

The

Onion Skin



FREE

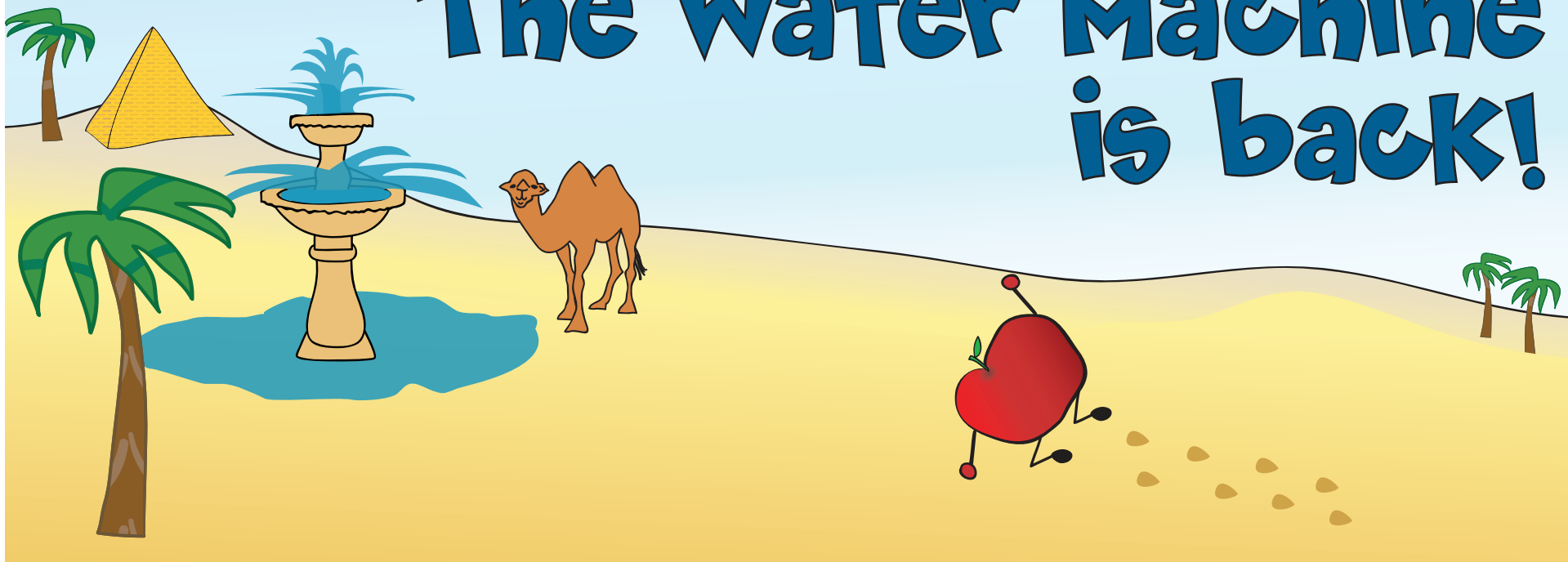
Sharing news from the Co-op and the community

The Onion Skin

City Market, Onion River Co-op

June 2010

The Water Machine is back!



New and improved Reverse Osmosis Water machine.

By Chris Lyon,
Assistant Operations Manager

Recent concerns over water supply, sourcing and quality have prompted our customers and Co-op members to overwhelming support our Reverse Osmosis Water Machine. Although Burlington's water supply is touted as one of the cleanest in the nation demand for Reverse Osmosis (RO) water has never been stronger at City Market.

Co-op members receive water for free as a member benefit. Looking back I don't think anyone in the store would imagine the water machine would be one of our most popular member benefits when it was first unveiled. Since the inception of our "Free Water for Members" benefit, our little old machine struggled to keep up. After just a year and a half in operation we decided to invest in a new water machine with a larger capacity to produce and store. Though you may still find lines for water at the machine, you will find it vends much quicker, and more reliably than our previous model.

Reverse Osmosis Water has been increasingly popular over the past years and finding a replacement for our machine was no small task. There are numerous companies who manufacture and sell RO systems. In most cases their revenue is spent on impressive websites with little real credibility behind the veil. We also were very close to placing a system from Culligan, only halted by the cost which would have required us to start charging Co-op members for water. In true Co-op fashion we rolled up our sleeves and pawed through the various options only to settle on the same manufacturer we currently used. Their customer service was strong and spoke to their commitment to build a relationship with us. The new system is a custom built system with a larger RO membrane, storage tank, and vending cabinet. We are excited to say that feedback has been primarily positive despite some adjustments customers have had to make in getting used to the new setup.

Like any mechanical system we won't go as far as to say that all of the kinks are worked out, in fact I just took a break in writing this to figure out why the tank wasn't filling. Despite this, the new system has been a breath of fresh air and a cool drink of water for us compared to its predecessor. We hope you'll enjoy the new machine and thank you for your continued patronage.

Food for ALL Member Program Celebrates Two Years

By Leila Cosgrove,
Member Service Program Coordinator

June marks the two-year anniversary of City Market's Food for All Member Program. City Market, Onion River Co-op began a process over two years ago to launch a program that would ensure that healthy food made it into the mouths of children. One out of five children in Burlington falls below the poverty line (two out of five in the Old North End). With this in mind, the Co-op developed a plan to help alleviate the high cost of food for residents experiencing financial difficulties.

The result is City Market's Food for All Member Program (FFA). FFA provides a 10% discount on all purchases (excluding wine and beer) for Vermonters who are eligible to receive 3SquaresVT (formerly Food Stamps); Women, Infants & Children (WIC); and Disability assistance. Current Co-op members who are eligible for the 10% savings need only to apply with their proof of eligibility. Non-members can receive the savings by becoming a regular member at \$15/year or a non-shareholding member, which has no annual fee. The FFA discount is good for one year at a time. Participants can easily re-apply by

showing proof of eligibility at the Customer Service desk.

Potential participants of the Food for All Member Program can present a variety of documentation as proof of eligibility. Customer Service representatives will accept grant award letters for 3SquaresVT, WIC, and Disability. In addition, an EBT card or a disability parking permit is also accepted.

Currently, one out of every five members at the Co-op participates in FFA—about 1150 memberships. In 2009, Food for All participants received over \$62,000 in store discounts. In just the first 10 months of our fiscal year 2010, we've already been able to provide over \$103,000 in discounts. Bringing the total of discounts provided to more than \$160,000. FFA is one of the many great examples of the Co-op's commitment to the community. For more information or to apply for FFA, please stop by Customer Service, visit our website www.citymarket.coop, or contact Member Services: memberservices@citymarket.coop, or 802-861-9707.

Slow Money Gathering
Page 3

Stonyfield Film Series
Page 5

Lawn to Garden Winner
Page 6

June Events
back page



Your Community-Owned Grocery Store

82 S. Winooski Avenue, Burlington VT 05401

Open 7 a.m. - 11 p.m. every day • 802-861-9700 • www.citymarket.coop

We welcome EBT, CAT\$cratch, Knight & CCCash Cards and manufacturers' coupons



Food Trends and the Need for Effective Education

Looking at the Crystal Ball for Fiscal Year 2011

By Clem Nilan,
General Manager

Have you ever daydreamed, “if I only had a crystal ball I would’ve done this differently?” In the light of the recession and the collapse of many folk’s 401(k) funds, predicting the future certainly has its advantages.

But nobody I know has a real crystal ball. And in my heart of hearts I wonder if we wouldn’t make more of a mess if we did know the future, but I digress...

As our business year comes to an end on June 30, your Co-op team is listening to what the experts have to say about the upcoming year. Our hope is to understand the challenges of the future so as to better prepare Onion River Co-op to meet the needs of our members and community.

As for predictions, would you like to start with the good news or the bad? I’m a big fan of getting the bad news out of the way, so here goes: most experts predict the recession will continue into 2011 although its effect will diminish...this should come as no surprise. The days of double-digit sales growth in the co-op world are a thing of the past. Co-ops across the country need to get by on less, just as member owners are tightening their belts. Pundits predict that our members and shoppers (with less money in their pockets) will continue the trend of shopping on price point and value. The silver lining is that there are more co-op shoppers than ever cooking at home and using the bulk department.

Industry analysts predict the growth of ethical and eco-friendly products. These products are differentiated by an appealing attribute: eco-friendly, humane, natural, pasture raised, organic and local. Anchored by the dark green consumer (a new term to many of us), these older, more educated and more affluent shoppers purchased a majority of the ethical and eco-friendly products. They are savvy and literate. They demand transparency and effective communication. One of their major concerns is sustainability. I believe that co-ops

are well positioned to meet their needs.

Local continues to rule the roost from Burlington, Vermont, through Tacoma, Washington. Local resonates emotionally through the telling of stories of people, places and locales. The organic category’s growth slowed a bit but overall total sales remained strong. In the Co-op’s Produce Department, organics continue to outsell conventional (by more than \$1 million a year) but in the past year conventional produce sales growth was 2% higher than organic. Mary Manghis, who has followed produce trends since the days of the North Winooski Avenue Co-op, points out that there’s a significant amount of local produce grown organically but not certified. It’s a challenge to communicate these attributes to members. By law, we can only label a product organic if it’s certified.

The national food industry is sales driven and we’ve all seen misleading product claims. One agency specializing in green campaigns, found that 31% of respondents said “100 percent natural” is the most desirable eco-friendly product label claim, compared to only 14% who chose “100 percent organic.” We find this very disturbing and agree with our local food coordinator, Meg Klepack’s research, “Natural is kind of a junk term that isn’t backed by standards and doesn’t mean much.”

There’s a need to separate the wheat from the chaff. In the upcoming year we are setting an education challenge. We’ll ramp up in-store and external education on the products we offer. We’re listening as our members tell us they appreciate knowing how and where products are produced.

Co-ops have a long history of education. In 1844, a group of 28 weavers working in the cotton mills in the town of Rochdale, in the north of England established the first modern co-operative business, the Rochdale Equitable Pioneers Society to provide food commodities at reasonable prices. These weavers were being gouged by exorbitant prices and poor quality at the company store. When their first purchases arrived, there was uproar because the flour tasted strange. It turned out the weavers never before tasted pure flour. The product they had been purchasing from the company store was cut with Plaster of Paris!

We’ve come a long way since then yet providing education as a companion to food remains a constant.



Co-op’s Member Worker Community Outreach Partner: The Intervale Center

The Intervale Center is a registered 501(c)(3) whose mission is to strengthen community food systems. Located in the Burlington’s Intervale, the Intervale Center manages 350 acres of land; supports farms; increases access to local and organic food; improves soil fertility; protects water quality through stream bank restoration; and educates young people about agriculture and healthy food. Through these efforts, the Intervale Center has established an exceptional agricultural and environmental resource within the city limits of Burlington.

The Intervale Center relies on the support of its volunteers and Co-op member workers for several of its programs. Intervale Gleaning Project member workers are needed to harvest produce from area farms for distribution to Campus Kitchens at UVM, Chittenden Emergency Food Shelf, the Vermont Foodbank and several other local organizations. At the Intervale Conservation Nursery member workers help grow locally sourced riparian trees for conservation projects throughout the state. And during the summer event series Thursday at the Intervale, member workers help staff tables and do a variety of jobs to support the event. Member workers are also periodically needed to help tend the Abenaki Heritage Garden at the Intervale Center. To expedite the volunteer process, please download the Intervale Center’s volunteer application form from our website: www.intervale.org.

Please sign and mail the form to:

Sara Novak
Intervale Center
180 Intervale Road
Burlington, VT 05401

You may also contact Sara Novak with questions at (802) 660-0440 x113 or sara@intervale.org.

Cooperative Principles

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

Board of Directors

- Susan Munkres - susan.munkres@gmail.com
Alan Matson - amatson@gmail.com
Rachel Jolly - racheljolly@yahoo.com
Nancy Nesbitt - nancyjnes@gmail.com
Molly O’Brien - msobrien@live.com
Wayne Warnken - warnken@medscape.com
Patrick Brown - patbw@hotmail.com
Maura Finn - finn.maura@gmail.com
Nathan Caswell - ncaswell@gmail.com

Onion Skin Editorial Staff

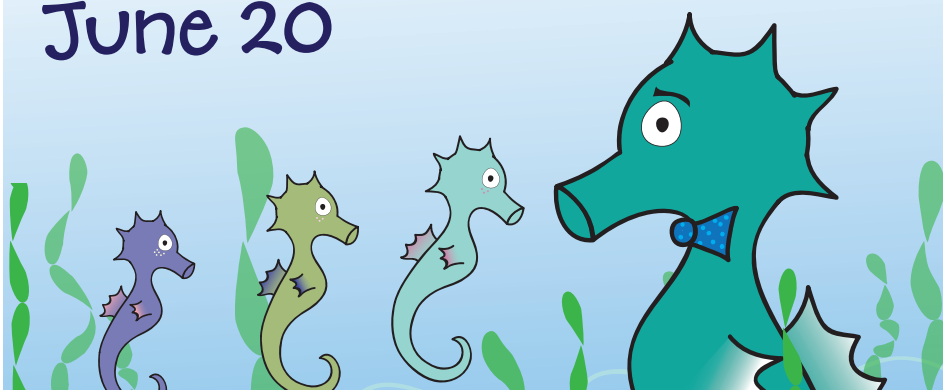
- Editor: Nicole Fenton
Production Coordinator: Nicole Fenton
Layout: Aaron Toth
Illustration: Aaron Toth, Becky Rouleau

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.

Happy Father’s Day! June 20



We welcomed
184
new members
in April!

Join us!

The next Board meeting is
June 28, 2010
6 p.m. to 9 p.m.
in the
City Market
Conference Room.



Gardening Tip of the Month

Excerpt taken from the *Lawn-to-Garden News*
produced by Intervale Compost Products

Want to know the easiest way to convert your lawn to a garden? For a very small investment in time and materials, you, too, can convert that patch of boring ol' lawn to a productive patch of garden with the magic of newspaper and sheet mulching.

Follow these simple steps if you want to plunk a garden right on top of your lawn, or you just want to have the final say over those persistent weeds:

1. Give your grass a final buzz cut with your mower.
2. Soak enough newspaper in water to cover the area of your dream garden with a layer four to six sheets thick, overlapping the edges by a good eight inches.
3. Lay down about four inches of compost, plant your seeds, and voila - instant garden!

The newspaper will break down over time but will choke out the grass and weeds from below until your new garden is established.

Note: Most newspapers in this area use soy-based ink and are fine for this purpose. The Wall Street Journal is an exception and should not be used. Stay away from all glossy pages as well. (From "Weedless Gardening" by Lee Reich, PhD; former plant and soil researcher with the USDA and Cornell University.)



The Green Life, located on Main Street in downtown Burlington, is a one-stop shop for lifestyle and home products made of organic or eco-friendly materials. They offer a unique selection of FSC certified furniture, natural mattresses, organic cotton and bamboo bedding, recycled glassware, jewelry, handbags, gifts, and children's items from furniture to clothing. They feature everything for the environmentally minded shopper and offer alternatives that are healthier for you and the planet.

The owners of The Green Life, Michael and Shannon Hassenberg, are a husband and wife team. Shannon had always dreamed of owning her own boutique. Mike has an ever-increasing concern over the health of our planet and wanted to learn how he could minimize his impact on the earth. They both wanted to live a more sustainable lifestyle and to provide a healthier home for their three young children. Shannon's urban style and Mike's eco-awareness combined to create The Green Life... a unique shopping experience in Burlington. 802-881-0633, www.thegreenlifevt.com. Throughout the month of June, City Market, Onion River Co-op members can enter to win a \$50 gift certificate to The Green Life. Stop by Customer Service to enter today!

City Market Celebrates its 5th Annual International Herb Day

By *Cristi Nunziata*,
Herbal Education Coordinator

Thank you to everyone who participated in City Market's 5th Annual International Herb Day Celebration on May 1. This was the first Herb Day on its new spring date. This year's workshops included a square foot gardening class and showing of the *Numen* film.

The Herb Day table featured an array of samples, literature, tea, and a raffle for an herbal gift basket. Elmore Mountain Farms and Urban Moonshine offered demos, allowing customers to try their products, as well as a Dandelion Pesto demo in the Produce Department. The purpose of Herb Day is to increase awareness of the safe and sustainable use of herbs for culinary, medicinal, and body care purposes. If you missed Herb Day this year, don't worry; it's an annual event! Next year we will celebrate Herb Day on Saturday May 7th.



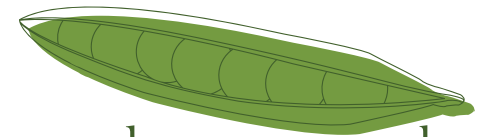
Slow Money's Second National Gathering. City Market, Onion River Co-op Members Receive Admission Discount

Slow Money. It's not an ISM - as in capitalism, socialism, consumerism, market fundamentalism. Instead, it's a new way of connecting investors to local food systems. A new way of connecting money, culture and the soil. A new kind of social investing and philanthropy for the 21st century.

Join Slow Money, along with an emerging network of thought leaders, investors, donors, entrepreneurs, farmers, and activists for our Second National Gathering June 9-11 at Shelburne Farms. Hear investment presentations from two dozen small food enterprises, learn about places across the country where Slow Money is starting to sprout and collaborate with amazing people committed to making change.

Let's fix America's economy from the ground up... starting with food.

Go to www.slowmoneyalliance.org/national-gathering for details and to register. Slow Money is pleased to offer all City Market members & employees a 20% discount off the regular fees - enter the discount code 'citymarket' to register for the gathering and 'citymarket+dinner' to register for the Friday evening Farm Table Dinner in addition to the regular activities. See you at the event!



produce for the people

Produce for the People Collection Locations Announced!

Burlington's newest program to help provide fresh produce to local food shelves, Produce for the People, has its first collection locations. Surplus produce can be donated at the Intervale Center's Thursday celebrations in July and August. In addition, there will be four "garden drives" to collect produce at Burlington Community Area Garden sites on Saturdays in August.

Other ways to help Produce for the People

- Share some of your green thumb trophies! Whether you grow food in a community garden plot, in your backyard, or on your windowsill, all contributions are welcome.
- Volunteer to help receive and track donations! If you are a City Market, Onion River Co-op member worker, you can earn your hours spent at the public donation tables to contribute toward your monthly store discount. For more information on member work opportunities please contact Carrie at cmclane@ci.burlington.vt.us.
- Help spread the word! Become a fan of Produce for the People on Facebook, learn about the progress on www.EatLocalVT.com/Produce-for-the-People or start a conversation with friends or neighbors today.

To learn more about Produce for the People and how to get involved, call Carrie McLane, garden and nutrition outreach coordinator at Burlington Parks and Recreation, 540-0115 or email produce4people@gmail.com.



Onion River Co-op Member Benefit at Arethusa Farm

For the second year in a row, City Market has teamed up with Arethusa Farm for an exciting Co-op member benefit. 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.

New Teen Multivitamin Now Available at the Co-op

City Market Wellness Department has added a Teen Multivitamin to our selection. It is an easy to remember, one-a-day formulation. The formula is tailored specifically to a teenager's needs, and contains calcium and fish oils in addition to bioflavonoids.

Nutrient needs during teen years are greater than adults, especially for those young people that experience growth spurts. To support the transition from a child's body to that of a young adult - more nutrients

during this part of their life are important. Eating a balanced diet is optimal, and asking your pediatrician specific questions about your child's well-being is so important. Issues such as eating/attention disorders and teens participating in athletics cause a need for extra nutrition.

- Almost 80% of adolescent females do not get enough calcium.
- About 80% of high school students do not eat fruits and vegetables five or more times per day.
- Vitamin D deficiencies are common amongst adolescents - March 2009 review found that 1 in 7 adolescents (aged 12-17) were deficient.*

*Centers for Disease Control - November 2008 and March 2009



Herb of the Month: Yarrow, *Achillea millifolium*

By *Cristi Nunziata*,
Herbal Education Coordinator

Now is the time to experience all of the great medicinal herbs, that we carry in our bulk medicinal herb section, out in their natural habitats. While our bulk medicinal section is great for making teas and other preparations that allow you to experience the medicinal properties of these plants year-round, it is not quite the same as coming face to face with these great healers. One plant, that you may find in the wild, growing in your garden, or purchase in the bulk section, Yarrow, is steeped in legends and rightfully so, as it is a powerfully medicinal plant.

Yarrow is rather easy to find in the wild. It grows in fields and has feathered leaves and

clusters of small white flowers. It is also a beautiful garden flower. Cultivated varieties are sometimes yellow or pink, although the white variety is considered the most medicinal.

In *The Book of Herbal Wisdom*, Mathew Woods says, "Yarrow is widely used in folk medicine. It has a niche in the imagination of practically every culture endowed with a supply." In China, the stalks have been used as divining sticks. Yarrow's styptic, or blood-clotting, property has earned yarrow the names "Soldier's Woundwort," "Carpenter's Weed" and "tao-pi pezu'ta," meaning "medicine for the wounded."

Yarrow, or Achillea, is named for the Greek hero Achilles. According to legend, Achilles had been dipped in the river Styx to

be granted immortality. Unfortunately, though, his heels, by which he was held, were left vulnerable. He bled to death after being shot in the heel by an arrow.

To use yarrow to stop bleeding, you can purchase the herb in the bulk medicinal section and grind it into a powder, using a separate coffee grinder, which will not be used for grinding coffee. It is a good idea to do this and keep it in your first aid kit in case you are unable to find it in the wild. Alternatively, you can harvest it fresh, crush it, and apply it to a wound. Because it is not only astringent but also antiseptic, it can help to prevent infection of wounds.

Think of yarrow not only for wounds, but also bleeding of hemorrhoids, nosebleeds, and excessive menstruation. Yarrow may also benefit stuck blood of bruises or delayed menses, improve circulation, and tone varicose veins. It may seem strange that yarrow can stop or move blood, but as with many tonics, it has a balancing effect.

Yarrow is also a traditional remedy for the digestive tract and a fever reducer. As a digestive tonic, its bitter property stimulates digestion and relieves gas, nausea, and diarrhea. As an anti-inflammatory it may be used for colitis and IBS. It also relieves stomach and menstrual cramps. As a folk remedy for fevers, yarrow may be combined with Elderflower and Peppermint and consumed as a hot tea.

So much can be learned by experiencing plants as they flourish in the wild.

There are many helpful books to guide

you along the way, such as *Peterson Field Guides: Edible Wild Plants*, which is available in the book section of City Market. We also will be offering several free plant identification walks this summer. Once you are sure that you have properly identified the plant, taste a piece of the leaf, sit with it and observe it, admire it, and learn from it. This will both enhance your enjoyment of outdoor activities this summer and your health as you utilize the bulk medicinal herb section throughout the year!

References:

Wood, Mathew. *The Book of Herbal Wisdom*. Berkeley: North Atlantic Books 1997. 65-81. Print.

Great gifts for dads, grads,
and just plain fun in the sun



peace & justice store

Lake & College Streets on the
Burlington Waterfront
OPEN SEVEN DAYS • 863-2345 x2



The signs
of a healthier Vermont



Inspiring
fitness

Community Involvement



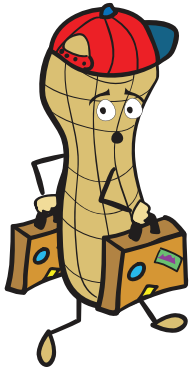
"I don't just see the Cross and Shield symbols on my employees' ID cards. I see them on the back of my daughter's Girls on the Run® shirt. In fact, I see them all over my community—Blue Cross and Blue Shield is working to keep us all healthier. They even delivered socks to needy kids last winter. In this economy, I do have to watch every dollar my company spends, but when I write out my monthly Blue Cross check, I know I have the best coverage out there and I see all the good my health plan does. Then again, you'd expect diverse, energetic programs from a plan based here in Vermont."



BlueCross BlueShield
of Vermont

An Independent Licensee of the Blue Cross and Blue Shield Association.

www.bcbsvt.com



How City Market Responds When a Product is Recalled

By *Chris Lyon,*
Assistant Operations Manager

Independent food retailers such as co-ops face a particularly heavy burden in dealing with product recalls. While larger corporations employ one person chain-wide to manage the regulatory requirements set forth by the FDA and USDA, independent stores, like City Market, Onion River Co-op have often struggled to comply with the documentation and notification requirements. At the Co-op, we've taken the challenge to not only comply, but to go above and beyond in our compliance with both sets of guidelines.

A new focus on food security cropped up early in 2009 in light of two factors; first was January's peanut butter recall and second was the establishment of the Obama Administration. Public outcries about the flawed recall response in part led the Administration to push food safety to the front of the list. As soon as the recall began to taper off the FDA visited City Market (for the first time since we've been open in our current location) to verify compliance with FDA recall procedures. Since then we have been visited twice for subsequent recalls. Though the FDA left both times impressed with our response, we took it upon ourselves to improve our process.

Food safety in our current food system is a far off goal; at the Co-op, we want to do our best to make sure we are aware of recalls as soon as they happen and able to pass on the information to our customers as soon as possible. To do this we have developed a protocol that ensures we control the progress of a recall as soon as it is brought to our attention. The process includes notification of store personnel, a record of destruction for each product and a notification being placed on our Web site. In particularly dangerous recalls such as salmonella or pharmaceuticals, we also send out an email to customers who have provided their email addresses to us. Signing up for our emails is easy to do on our Web site, at www.CityMarket.coop.

Though most recalls come after a product has been consumed or used, we are ready to pass along any information that we receive. As we head into a period of increased regulation and potential recalls, it becomes even more important for us to embrace the current state of our food system and to support safer farming and food production practices.



Wine Picks for Under \$10

By *Alison Miner,*
Beer & Wine Buyer

In June, we are featuring two unique Austrian wines for under \$10. One is a customer favorite and the other is a newcomer to our Wine Department.

You may love Grüner Veltliner and not even know it! **Huber Grüner Veltliner**, with its fun striped label, is a bold and tasty Austrian white wine that is always a great value. Fresh white peach and golden apple on the nose leads to a touch of earthy mineral aromas, a trait often found in Grüner Veltliner. Crisp citrus flavors and tart acidity lead to a bone-dry finish. Huber Grüner Veltliner is an extremely versatile food wine, perfect with seafood, bean salad, grilled asparagus or even barbeque on a hot day.

Zweigelt is a red varietal native to Austria that Vermont winemakers are also having success with in local vineyards. **Sepp Moser Zweigelt** has intense aromas of forest berries, and is elegant and soft on the palate with pure blackcurrant and blackberry fruit flavors. The palate is ripe and full, mellow, and a bit earthy. Sepp Moser Zweigelt is an easy sipping summer red. Enjoy!

Cooperative Development Foundation Grant Awards over \$62,000 for Cooperative Recovery in Haiti

City Market customers, members and staff helped to raise over \$4,200 to support the relief work in the earthquake torn island of Haiti.

Citing the need to help the long-term recovery of the Haitian economy, the Cooperative Development Foundation (CDF) announced over \$62,000 in grant awards from CDF's Co-op Emergency Fund for Haitian Earthquake Recovery. "Fundraising began within days of the earthquake and we are pleased to announce these first grant awards to three U.S. organizations that are helping to rebuild the Haitian cooperative community and assuring that cooperatives will be part of the rebuilt Haitian economy," said CDF Board Chair, Terry Lewis.

Grant awards were made on May 5th in Washington, DC, during the annual meeting of the National Cooperative Business Association (CDF's affiliated organization) to the following organizations:

- World Council of Credit Unions (WOCCU) for their work to help rebuild the Haitian credit union community (\$23,730).
- NRECA International Foundation for their work to help rebuild the electric generation and distribution system, countrywide, but with an initial focus on the Port-au-Prince area (\$24,250).
- ACIDI/VOCA for its work related to cooperative development in the rural, southeastern part of Haiti (\$15,000).



In all three cases, the projects for which the funds will be used are major initiatives for which substantial additional public and private sector funds are being committed. The CDF grant awards will primarily cover the costs of volunteers with special expertise to travel to Haiti and participate in the rebuilding.

Lewis singled out the food cooperative community for special thanks for their response to the fundraising appeal. "Every time there has been a major disaster, the food cooperative community has shown great compassion and generosity. They always step up to the challenge and the Haiti response was no different -- 78% of the funds raised to date have come from food cooperatives and their individual members."

City Market customers, members and staff helped to raise over \$4,200 to support the relief work in the earthquake torn island of Haiti. Contributions still are being accepted for the Co-op Emergency Fund for Haiti Earthquake Recovery (online at www.cdf.coop). CDF collects no administrative fee for any of its costs associated with the Emergency Fund and, as a result, 100% of the funds raised is used for grant awards. The Cooperative Development Foundation is a nonprofit charitable organization that promotes community, economic and social development through cooperative enterprise.



Stonyfield Farm Brings Sustainable Film Series to Burlington

City Market is teaming up with organic yogurt maker, Stonyfield to present a film series in June focused on sustainability, the Stonyfield Sustainable Film Series. The films will be shown each Wednesday evening 7:00 pm at The Roxy Theater starting June 9. Potential films include; Living Downstream; Renewal; and Ingredients.

Living Downstream is a feature-length documentary film about Dr. Sandra Steingraber's journey across North America, breaking the silence about cancer and its environmental links. Stonyfield Farm CE-Yo, Gary Hirshberg will be the speaker following this film.

Renewal is the first feature-length documentary film to capture the vitality and diversity of today's religious-environmental activists. Renewal Director, Marty Ostrow will be the speaker at this event.

Ingredients focuses on the farmers and chefs who are creating a truly sustainable food system whose collaborative work has resulted in great tasting food and an explosion of consumer awareness about the benefits of eating local.

The line up for each film's show dates at The Roxy Theater is being finalized complete with speakers for each movie. Details will be available online at www.CityMarket.coop.

Stonyfield Farm, celebrating its 27th year, is the world's leading organic yogurt company. Its all natural and certified organic yogurt, smoothies, milk, cultured soy, frozen yogurt and ice cream are distributed nationally. The company advocates that healthy food can only come from a healthy planet. Its organic ingredient purchases keep over 100,000 farm acres free of toxic, persistent pesticides and chemical fertilizers that can contaminate soil, rivers and drinking water. To help reduce climate change, Stonyfield offsets all of the CO2 emissions generated from its facility energy use. The company also started a nonprofit called Climate Counts (www.climatecounts.org) which shows people how they can help fight climate change by the way they shop and invest. Stonyfield also donates 10% of its profits to efforts that help protect and restore the Earth. For more information about Stonyfield Farm, its products and initiatives, visit www.stonyfield.com.



turn my lawn into a GARDEN CONTEST

“Turn My Lawn Into A Garden” Essay Contest Winners Announced

The Chittenden County Lawn to Garden Campaign is pleased to announce the three winners of the “Turn My Lawn Into A Garden” essay contest. There were 113 entries to the contest from all over the county. The essays were an inspiring mix of thoughtful rhetoric, personal stories, and garden plans. Fifteen judges reviewed the essays and the winners were chosen from the highest average scores.

The grand prize winner is Meg Wallace of Washington Street in Burlington. Meg wins everything she needs to install a vegetable garden at her home, including compost from Intervale Compost Products, seeds from High Mowing Organic Seeds, transplants from Red Wagon Plants, a garden cart from Gardener’s Supply Company, and a Lawn to Garden crew to help install the garden!

Meg wrote about how she has strengthened her Old North End neighborhood through

greenbelt flower beds and wished she could afford to install a raised bed vegetable garden to grow food for herself and her tenants. Here is an excerpt from her essay:

“When I bought my house, an up/down duplex on Washington Street, almost five years ago, I went from being functionally homeless to owning (with the help of CEDO, and with the bank) .08 acres of land – a place of my own, and a Burlington rental property designed to be affordable. Huzzah! ... Unfortunately, and as many, I live on a very tight budget, and while I have – with the help of many community donations – been able to expand the greenbelt plantings every year, I haven’t been able to afford to install safe raised beds for food gardens, although both I and my tenants have dearly wanted these. The two main projects I would like to complete now, with your aid, are: a) Expanding and improving community greenbelt gardens on Washington Street and environs. b) Creating a safe, lead free, gardening space for my tenants and myself in order to allow us to grow our own food crops.

These two projects will primarily benefit my tenants (current and future), and the neighborhood as a whole – a much greater and more widespread effect than could be normally hoped for. With an established track record of creating and maintaining very low budget sustainable gardens, you could be confident that these projects would benefit not an individual, or even an individual family, but tenants, who as a relatively transient population are rarely able to access safe gardening space in the Old North End, and the greater good of the entire neighborhood, with visible long term and lasting positive effects through many years and growing seasons. How could this not

be a good thing?”

The second-place winner is Brian Bixby of Cedar Street in Burlington, who wrote about the joy and he gets from growing food for his family.

“About 8 years ago, my now wife, Jeannie, purchased a Land Trust house on the corner of Rose and Cedar streets, in the Old North end of Burlington. Not so soon after we met we decided to live together. But when I moved in only a third of the yard had actually been landscaped. There was a pile of rocks from an old foundation, some still buried, that she intended to do something with when I came along. So I moved a lot of rocks, and decided to separate some space for a small vegetable garden. I moved into a household of “strong women.” ... The reality was that three strong women and one in training surrounded me. I won them over. I did this by feeding them. I cooked. And some of the things I cooked came from the little garden I grew. They really appreciated it and I, for the first time in my life, felt unconditionally love. ... I have no idea why getting my knees dirty makes me so happy, but it does. Planting, watering, and watching things grow brings me a sense of peace, and gives me pride that I didn’t know I could have. Simply put, I am a better person when I grow tomatoes. I feel like the more I learn how to grow, well, the more I am. ... and every time I cook something for my family that I grew, there is no way to explain the payback I get. Who knew that life’s accolades would come from the bellies of the women I care for. ... After hearing about your contest we have spent hours talking about creating a cocoon with plants. There isn’t any money to create the edible jungle we have openly dreamt about. In many ways I am a prime candidate. Pick me,

and then come pick my tomatoes.”

The third prize winner is the Tucker Family of Shelburne. By transforming their suburban lawn into a productive vegetable garden, the Tuckers hope to ensure that the children in their neighborhood will have the opportunity to know the fun and satisfaction that comes from growing food.

“I am a native Vermont country boy who has been transplanted into the suburbs of Chittenden County. I grew up in Waitsfield and spent my summers and school breaks working for my parents who owned a garden center there ... Now the closest thing I have to those childhood experiences is my verdant green, suburban yard. Having lived in Chittenden County for two years, the memories of those long hot days spent weeding interminable rows of veggies and flowers have been colored by a more idyllic shade. Now that I am an expectant father, I look back at my days working at the garden center and hope that my child will be able to work in the dirt in some meaningful way, the way I did as a child.”

The Chittenden County Lawn to Garden Campaign is an Intervale Compost Products initiative in partnership with Chittenden Solid Waste District, Burlington Permaculture, Grow Team O.N.E., Gardener’s Supply Company, High Mowing Organic Seeds, and Red Wagon Plants. For more information about transforming your lawn into a garden, or to be part of grand prize winner Meg Wallace’s garden build, go to www.intervalecompost.net or call 802-660-3138. Find the Chittenden County Lawn to Garden Campaign on Facebook too.

SERVING UP VERMONT What’s happening on Serving Up Vermont?

June is National Dairy Month, and (for us at the Co-op) Vermont strawberry month. For the best recipe for strawberry shortcake made with local Butterworks Farm cream, check out City Market food blog Serving Up Vermont this month, as soon as you see local strawberries at the Co-op!

Solar Made Simple Public Seminars Continue in June

The next free educational Solar Made Simple seminar featured at the Co-op is scheduled for June 22. 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. Sign up at the Customer Service Desk.

Spring Mow Down Pollution Gets the Job Done!

City Market partnered with Neuton Lawnmowers, All Cycle, and Burlington Electric Department to offer a great deal on environmentally friendly electric mowers at our 4th Annual Mow Down Pollution event. On a beautiful Saturday morning in April, customers began to line up in our back parking lot, ready to recycle their gas mower and to purchase a Neuton mower. 60 mowers were sold, marking another year of making a green difference in our community. Thank you to all City Market staff and member worker volunteers that help to make Mow Down Pollution such a success.





View from Ninety Am I Getting Fed UP?

By Carol L. Winfield,
Co-op Member

If people don't stop making sad, pitying "dear-dear!" comments or look at me with a depressed sigh, or make charming comments about how only the tough survive, etc., I am going to turn myself into an impudent old lady.

Sure old age is hard! So? None of you have troubles! Sure old age leads to the limiting of ones activities, having to deal with closer and closer parameters in which to work. Of course I'm crippled (would you prefer handicapped—they mean the same, you know!), my hearing is lousy, eyesight getting worse. Yes, I'm largely alone and often lonely and I do not, repeat not, enjoy at this late time of life to be living on a limited budget. But, in many ways I am as happy as I have ever been in my life! Pay attention now for, as titled above, I'm getting fed up with people believing that old age means the end of joy, laughter, exhilaration, utter silliness, plus an ability to resonate with excitement at discovering a new book, hearing an old war horse piece of music differently rendered.

Shucks. I could go on forever, but since space is limited I won't. What I will do is point out a few salient facts:

When young, though unaware at the time, children always assume the lives into which they are born are the way everyone lives, my life could not have been more miserable. I was scared – no downright frightened – most of the time. I was lonely. As I grew older I grew happier, less frightened, and generally ended up finding myself a rather spectacularly meaningful life. Now here we come again with the BUT: Numberless tots, teenagers, students, newly and less newly-married are working their adorable (and not so adorable) bottoms off trying to survive. It's no tougher, I promise you, surviving at 92 than 19, it's just different, not necessarily worse, for that matter better, just different.

Show me statistics, or tell me about friends, or read me the newspapers, tweet me a twitter, face me a face-book, or email me an email, all are filled to overflow with the struggle and pain that means survival. Kids, I promise you, old age has a lot, repeat a lot, going for it. I am no longer getting, I am fed up.

Because, you see, we old are calmer, less impassioned, more contented with our lives than you babes-in-the-woods out there refuse to recognize. We are wiser, lots and lots wiser and part of that wisdom is realizing

how infrequently you youthful types fail to acknowledge our wisdom. You listen, --yeah-yeah-- but you don't buy! Why do I know this? Because I am old, very old, been there done that! Do I like many, many-many aspects of my life today? No, no, no! However for over fifty-odd years, give or take, I liked those years. Did I recognize then how great they were? Probably not, but I sure as shootin'-tootin' do now.

Old age, in my dictionary begins at about 85, ages 63-85 represent prime, especially if you've been more or less lucky in the physical health category.

This "Am I Fed Up?" article represents a verdant plea: Do not feel sorry for us old, do not fear age for yourselves. Having said that, back to the big BUT:

We old should be treated respectfully. We should be helped across a street, up a stair, down to the front of a line. We should be recognized as being clever as we are, quick on the giggle, cavort (emotionally, that is), carry on outrageously --in fact we do and couldn't (shouldn't) care about the opinions of others. We should be granted that, but not pitied, in certain ways, actually, envied. We represent a goal one wishes to achieve.

Has my point come across? Old age is another stage of life, period. It has its insurmountable, frustrating, exasperatingly restraining moments. Yes, it does. Doesn't yours? That's why the unexpected (and expected) aspects take on significance, a luster, and full-throated hallelujah, you youngsters won't get to know until you are lucky enough to make it to Old, Old Age!

Processing Nutrients with the Solvent Hexane: Spotlight on Infant Formula and Fish Oils

By Caroline Homan,
Food Education Coordinator

About a year ago in the *Onion Skin* I wrote about a report that most soybeans processed for the "natural" soy industry were being treated with the solvent hexane, a chemical possibly linked to cancer. Hexane is a petroleum byproduct of gasoline refining.

At the time, I was concerned about a report issued by the Cornucopia Institute ("Behind the Bean: Heroes and Charlatans of the Natural and Organic Soy Foods Industry") about the use of hexane in processing soy foods as filler for such "natural" food products pitched to the vegetarian market as vegetarian burgers and nutrition bars. You won't find hexane on any ingredient list, but odds are, if you consume a package of non-organic food that has "soy protein" in the ingredients, there is a good chance it will have been treated with hexane (the same is not true for whole soybeans used to make tofu or soymilk).

Because of consumer outrage, some natural foods companies have taken the step to

remove hexane-treated soy protein from their products. Amy's Kitchen, for example, has issued a statement that, "Because of concerns around soy protein extracted with hexane, we have eliminated the use of any soy protein ingredient that uses hexane in its processing." By law, foods certified as organic may not contain ingredients processed with hexane to protect consumers, BUT there are two notable exceptions: Soy lecithin, and DHA and ARA, the latter of which has been the subject of recent scrutiny with regard to organic infant formula.

DHA and ARA are essential fatty acids found in breast milk, and DHA is also found naturally in fatty fish such as salmon, sardines, and in cod liver oil. Synthetic DHA and ARA are being derived from algae and fungi by means of hexane, and they have found their way into infant formula, among a slew of other items, because of their role in neural development and brain function.

While many conventional packaged foods aimed at the natural foods industry can and do contain additives that make them more likely to appeal to shoppers, "Organic foods should be a refuge from chemically processed additives in foods: Consumers expect nothing less," according to the Cornucopia Institute. It has aired information that some babies have been sickened while using formula containing synthetic DHA and ARA, and now the USDA National Organic Program is reviewing the process by which these ingredients were green-flagged for organic infant formula.

Hain-Celestial, the group that represents Earth's Best Organic Infant Formula, stresses that at this time, the USDA is not recommending that DHA and ARA be removed from infant formula, and that it stands behind the safety of its products in their current formulation. They also point out that the mainstream alternative, non-organic infant formula, itself has health concerns - hydrogenated oils, and either milk derived from cows treated with hormones and antibiotics, or soybeans grown with pesticides. Another product affected by the review is Horizon organic milk supplemented with synthetic DHA.

Shoppers may have questions about DHA found in their fish oils from the Wellness Department. A spokesperson for Hain-Celestial, which produces Spectrum fish oils, says that "All of our fish oils are 3rd party tested. The fish oil is steam distilled. Our fish oil with D and cod liver oil are molecularly distilled. Spectrum never uses hexane in any product."

Sources:

"Behind the Bean: Heroes and Charlatans of the Natural and Organic Soy Foods Industry", The Cornucopia Institute, May 18, 2010

"USDA to Reevaluate Use of DHA and ARA in Organic Milk and Baby Formula," Natural Foods Merchandiser, April 30, 2010, by Pamela Bond]

Press Release from Amy's Kitchen (www.amys.com), April 2010

Vermont State Legislature Hears Testimony from The Co-op

By Lynn Ellen Schimoler,
Grocery Manager

The following is an excerpt from testimony that I provided in an argument against taxation of supplements to the Vermont State Legislature. A bill earlier this spring was passed in the Vermont House in an effort to raise 1.3 million dollars to help fix the burgeoning budget deficit in Vermont. I attended one of the hearings on bill H.783 in front of the Finance Committee in early April. Also in attendance that day giving similar testimony was Kari Bradley, the General Manager from Hunger Mountain Co-op.

"Over the past several years, I have heard countless stories about the efficacy of supplements on health. Stories about skin problems, vision issues, sleep disorders. Regardless of the demographics that I've worked in – waiting on customers from all walks of life – affluent, college educated, middle class or living beneath the poverty line – we all agree on one fundamental topic: Prevention is the best cure, and we all take great pains to make the best choices to prevent disease by avoiding high costs with preventable doctor's visits. As all of us are painfully aware, we do not have a health care system in this country that works. Adding additional costs only creates additional angst. Prevention is the best cure. Prevention of disease is best accomplished through dietary and lifestyle habits that support health and prevent disease."

"Most Americans consume a diet that is inadequate in nutritional value. Is it theoretically possible to get all of our nutrients from foods? In an effort to increase our intake of essential nutrients, many of us look to vitamin and mineral products as a way to supplement aspects of our diets that are lacking. Why can't we consider taxing soda or processed potato chips which have only deleterious effects on the body?"

"In Michael Pollan's book: Food Rules; he states 'roughly three quarters of the two-trillion plus we spend on health care in this country goes to treat chronic diseases, most of which can be prevented by a change in lifestyle, especially diet.' As much as I would hope we could all espouse to the wisdom in Food Rules – we simply do not. In terms of diet, we are still a country of convenience. If one turns on the radio, and the reminder for where to get coffee is simply "America runs on Dunkin," then I feel it speaks volumes about the kind of risks we take by living so conveniently. This proposed tax only furthers these risks – many will be discouraged to dig deeper into their pockets for products that are so widely used and supported both in the naturopathic and allopathic community."



June Class Listings

Allergies and Food Sensitivities with Dr. Suzy Harris June 5, noon - 1:30 p.m.

Do you suffer from rashes, itchy water eyes, congestion, or food sensitivities? Yes, spring is here and allergy season is in full bloom. Each year more than 50 million Americans suffer from Sinus and food allergies. Dr. Suzy Harris is a chiropractic physician and clinical nutritionist who has pursued a career in chiropractic and nutrition to provide a powerful alternative healthcare to people with difficult-to-treat conditions and to people who are still suffering from common ailments because of traditional medicine not working.

Join Dr. Suzy Harris for a discussion of a state of the art technique that could put an end to your allergies and other tough to treat health concerns. Complimentary screenings for all attendees.

Free Herbal Clinic June 7, 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 1: Plant Walk at Ethan Allen Homestead June 12, 10:30 - 11:30 a.m.

There are many plants that are easy to find and identify that can be used as excellent first-aid remedies. Learn about plants such as jewelweed, plantain, yarrow, and nettle. Participants will also learn tips for assembling a first aid kit. We will meet at the shelter at Ethan Allen Homestead. Part 2 of this class will be held at City Market in July and will involve making several first aid products.

Gardening for a Continual Harvest: Successional Planting Plans with Peter Burke June 19, 1:00 - 2:00 p.m.

Harvest fresh salad greens from your garden all summer long by planning out successional plantings. Peter will help us understand how often to plan to replant salad greens and other veggies as well as when to think about planting your fall (already!?) cold-hardy greens. Peter Burke has gardened for the past 40 years and teaches extensively using the square foot gardening and indoor gardening methods.

Homemade Yogurt June 20, 11:00 a.m. - noon

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 yogurt cream cheese and crème fraiche. Take home recipes using yogurt and also free organic yogurt, courtesy of Stonyfield Farm.

Free Herbal Clinic June 21, 4:00 - 7:00 p.m.

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

Eating Well on a Budget June 27, 11:00 a.m. - noon with store tour

Learn how to use the Bulk Department to its best advantage in the warmer months and take a tour of budget-friendly products in the store. Come with an appetite for sampling.

Waterfront Herb Walk with Guido Masé June 28, 5:00 - 6:00 p.m.

Join Herbalist Guido Masé for an herb walk at Waterfront Park, and learn to identify common medicinal plants. Bring a camera and paper and a pen to take notes if you'd like. Meet at the beginning of the bike path across from the aquarium.

Vegetarian Sushi June 29, 6:00 - 7:30 p.m.

Have you ever wanted to learn how to make your own sushi? In this class, we will learn how to make vegetarian sushi rolls, including making our own sushi rice, using nori seaweed, and flavoring our creations with wasabi. The sky is the limit for delicious, vegetarian sushi fillings.

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

The New "Dirty Dozen"

Many of you are probably familiar with the "dirty dozen," the fruits and vegetables highest in pesticide residues when grown conventionally. Now there's an updated list, put out by the Environmental Working Group in Washington, D.C. There are a few changes to the list: Celery has moved up from fifth place to occupy the number one spot for pesticide residue. Two fruits and vegetables that have been in the news a lot lately for their big nutrition value are also big pesticide offenders on the new list: blueberries and kale join the list for the first time. The pesticide measurements are taken after fruits and vegetables have been washed and peeled if necessary. The "clean fifteen" side of the list is still topped by fruits and vegetables with a thick protective skin that is discarded, such as onions, avocado, sweet corn, and pineapple.

DIRTY DOZEN		CLEAN 15	
Buy These Organic		Lowest in Pesticides	
WORST	1 Celery	BEST	1 Onions
	2 Peaches		2 Avocado
	3 Strawberries		3 Sweet Corn
	4 Apples		4 Pineapple
	5 Blueberries		5 Mangos
	6 Nectarines		6 Sweet Peas
	7 Bell Peppers		7 Asparagus
	8 Spinach		8 Kiwi
	9 Kale		9 Cabbage
	10 Cherries		10 Eggplant
	11 Potatoes		11 Cantaloupe
	12 Grapes (Imported)		12 Watermelon
	13 Grapefruit		
	14 Sweet Potato		
	15 Honeydew Melon		

ENVIRONMENTAL WORKING GROUP
www.foodnews.org

Other Opportunities to Tour Hardwick! Tours at The Center for the Agricultural Economy

By Meg Klepack,
Local Food Coordinator

Missed the City Market farm tour of Hardwick? Hardwick's Center for an Agricultural Economy has just started organizing tours of the region each 3rd Thursday of every month through October. Hear the stories, tour the facilities, and meet the people that help make the Hardwick area so rich in community-based agricultural enterprises as well as the subject of countless news articles and most recently, a book.

Tom Stearns, from the CAE's Board of Directors and High Mowing Organic Seeds, will lead a group of up to 25 people to several different farms and/or businesses in Hardwick, Craftsbury, Albany, Greensboro, and East Hardwick. The tours will be informative, fast paced, fascinating, and a fun way to experience the area. Tours are \$50. More information and registration details are online at www.hardwickagriculture.org/outreach.

June Product Sampling

June 4 - Local Produce
4:00 - 6:00 p.m.

June 7 - Helios Kefir
10:00 a.m. - 2:00 p.m.

June 12 - Imperial Chorizo
11:00 a.m. - 3:00 p.m.

June 15 - High Country Kombucha
10:00 a.m. - 2:00 p.m.

June 17 - Bumble Bar
10:00 a.m. - 2:00 p.m.

June 17 - Equal Exchange Chocolate
2:00 - 6:00 p.m.

June 18 - Local Produce
4:00 - 6:00 p.m.

June 21 - Desert Pepper Salsa
3:00 - 7:00 p.m.

June 22 - Aurora Chicken Vindaloo
3:00 - 7:00 p.m.

June 25 - Nutty Steph's Magic Chunks
11:00 a.m. - 3:00 p.m.



Meet June's Co-op Member Artist Exhibit: The Burlington Earth Clock

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 outdoor spaces that inspire and promote a global vision of peace. 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.

Follow us on:

