

The Onion Skin

FREE

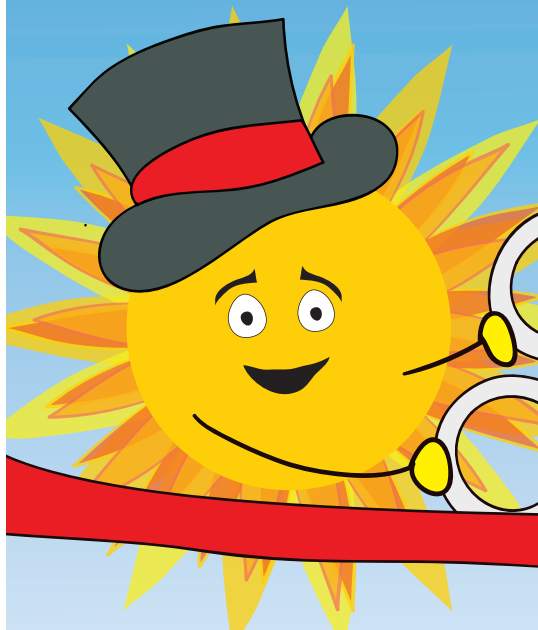
Sharing news from the Co-op and the community

The Onion Skin

City Market, Onion River Co-op

March 2010

Let the sun shine in!



OUR SOLAR PANELS ARE IN PLACE,
HELPING THE CO-OP CONSERVE ENERGY!

City Market Solar Project Completed

By Pat Burns,
Operations Manager

After a year of planning and a few weather delays, the installation of our new solar panels on the Co-op's roof is completed. As of press time, we are anticipating that February 18 should be the first day that the solar project will commence generation of 30.8 kilowatts of power helping us reduce our reliance on fossil fuels by at least 3%.

That might not seem like a lot of power savings and for people who haven't heard about this project, I'd like to share with you a bit about our electrical usage to put it in perspective.

The Co-op's monthly bill from the Burlington Electric Department (BED) is approximately \$17,000. Freezer and refrigeration units that run continuously use lots of energy. We have been working on many different projects to improve our energy efficiency and the solar power project is one of the largest and most impactful. We will be generating enough electrical energy to power six Burlington homes for a year.

The crew from groSolar of White River Junction has installed 136 panels on the roof in less than a week and is now finishing the wiring needed to move the energy through the system to BED. We are still waiting on BED to get approval for their new energy incentive plan that will actually pay us at 17 cents per kilowatt hour generated.

In addition, City Market and groSolar are teaming up to offer a series of free workshops called Solar Made Simple to educate people on solar energy and its use in residential applications. groSolar will be offering a "discounted" benefit to City Market members on solar installations. The next workshop is scheduled for March 23 at 6:00 p.m. You can sign up for free at the Customer Service desk.

Still to come in the next month or so, will be our display monitor that will allow customers access to our system to see how much energy we are generating daily. Check out our web site at www.CityMarket.coop/solarpower to see pictures of the panel array on the roof and to watch fun time lapse videos of the installation. Thank you to our many customers and members that were patient with us during the construction process and have supported our efforts to be even greener.

New thinking about what we're eating

Fresh

A film by ana Sofia joanes



**Co-op Members:
Spring Member Meeting 2010**

City Market, Onion River Co-op is pleased to announce an exciting new take on our traditional Spring Member Meeting. This year, in lieu of the customary Spring Member Meeting, City Market is planning an educational event that will benefit our members, as well as the community. On April 10, City Market will host a screening of the film FRESH at the University of Vermont for our Co-op members, followed by a Q & A session with the film's director, ana Sofia joanes. A second screening will be open to the public. Look for more details on our Web site at www.CityMarket.coop and in the April issue of the Onion Skin. Go Co-op!

5,000 Co-op Members
Page 3

Hardwick Farm Tour
Page 5

Rosemary Gladstar Event
Page 7

March 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



Working to Sustain Local Agriculture, One Bite at a Time

By Clem Nilan,
General Manager

Attending NOFA's (Northeast Organic Farming Association of Vermont) 28th annual winter conference once again made me feel humbled and deeply appreciative of being able to live in Vermont.

The winter conference is a celebration of how Vermont's farming, educational and co-op pioneers have tirelessly worked for decades with imagination and innovation to enhance our farms and food. All the Co-op (staff, members and customers) are grateful recipients of the fruits their labor. One of my heroes is Jack Lazor of Butterworks Farm. For 30 years Jack has innovated and produced organic milk, buttermilk, wheat, and beans. Jack's vision and legacy is today inspiring this new generation of farmers.

Dr. Vern Grubinger is the UVM Extension vegetable and berry specialist. Dr. Grubinger's workshop was a 20 year retrospective of Vermont small farm innovation by trial and error. "Bigger is not better," says Grubinger. "Big companies have bought up organics but economies of scope trumps economies of scale for real value." Small farm innovations have inched Vermont forward to a position Michael Pollan described as 15 years ahead of the rest of the country.

Dr. Grubinger points out that many of the new generation of farmers are confused where to begin. He notes that a beaver wanting to build a lodge when facing a forest will pick one tree and take a bite.

I was sipping on a cup of tea with this beaver image in my mind. I realized how even my cup of tea had the equivalent of a few beaver bites in it compared to the tea I was sipping a few years ago. Tea starts with water. Each week I fill up my 3-gallon jug and bring home the purified water that the Co-op offers free to members. Somehow my tea tastes better knowing all those Poland Springs bottles I used to buy aren't going to landfill. I'm embarrassed to admit that just four years ago I floated around the idea of a Co-op bottled water. I don't dare to think what would happen if I suggested Co-op bottled water today.

Gently infusing in my tea is an Equal Exchange tea bag- organic and fair trade. I like to think it even tastes better than the black Lipton's tea that was once our only choice at the coffee/tea station. I'm resigned to never be a purist because I admit I do like tea with milk and honey. The Co-op used to serve Hood

milk at the coffee/tea station. There is nothing wrong with Hood's taste or nutrition. But isn't milk from a Vermont family farm, bottled at the farm and only from the cows on the farm better than milk blended from many dairies across state lines? Today the milk at the tea/coffee station is Co-op Milk from Monument Farms. Only yesterday someone earnestly told me that they can taste a difference.

About six years ago my friend Bill Mares, president of the Vermont Beekeepers Association, grabbed me on the street and exhorted our Co-op to have a better representation of Vermont honey. Bill was absolutely right. Today we have a very nice set of local honeys. The honey in my tea is local. Sweet, yes? One bite at a time, baby steps, trial and error, muddling through... any way you want to say it building a great Co-op is no big thing... it's a thousand little things one step at a time.



www.JordanSilverman.com

Farmers? Artists? Farming artists!

UVM Extension's Center for Sustainable Agriculture presented Bounty: A celebration of Vermont's farming artists, which highlights painters, sculptors, photographers, textile and video farming artists from around the state. City Market was proud to sponsor the Opening Reception on February 11.

The exhibit is traveling around Vermont and was on display in February at UVM's Davis Center. Artists include: Barbara Flack, Kristan Doolan, Kate Stockman, Nancy Hayden, Pete Guenther, Jenn Colby, George Woodard, Gerianne Smart, Phyllis Bowdish, Diane Petrie and Emily Curtis Murphy. The next stop will be the Michael Currier Gallery at the Putney School in Putney VT. Visit www.uvm.edu/~sustainableagriculture for a complete listing of all galleries and dates.

City Market Carries Over 1,600 Local Products... And We're Looking For More!

By Meg Klepack,
Local Food Coordinator

Every day, as I walk up the stairs to my office in City Market, I look down onto the first floor, straight into the egg section of the perishables cooler. Since I started at the Co-op in December, there has been a blank spot on the shelf where the local organic eggs should be. Many days there are also blank spots where the local pastured eggs usually rest. We simply do not have enough local eggs from local farmers to meet the demand. And there are gaps like this for all sorts of products across our store – a few literal holes on the shelves and other spots where products from farther fields are on the shelves to fill the gaps.

In preparing for the Northeast Organic Farming Association (NOFA Vermont) Winter Conference on February 13 & 14, I pulled together a list of all the products that would be feasible to grow locally, if only we could find a farmer able to transform the soil and sunlight into a bin of beans or a case of eggs for us.

Behind a banner that read, "City Market Carries Over 1,600 Local Products... And We're Looking For More!" the City Market conference table featured the current list of the opportunities for farmers to sell local products to the Co-op.

The list, 52 products long, is exciting for several reasons. I was worried at first that the list might be filled with products, such as beans, oats, and flours, which take an enormous amount of infrastructure investment to process. While the final list does contain these products, it also contains a number of 'lower hanging fruit': things like mozzarella cheese, dried herbs, apple cider vinegar, popcorn, and winter stored onions that are easier for farmers to grow and process.

The list is also exciting as it demonstrates the market opportunities for farmers. For the many young aspiring farmers in the conference crowd (and there are lots of them!), it's exciting to see there really is a market for local products ranging from dairy to produce to meat and more. Many farmers that I spoke with at the conference were eager to see us proactively communicating about what products we are looking for, rather than waiting for them to call our buyers, product in hand, looking for a market for a product we already have crowded onto the shelf.

But perhaps the most exciting, by the time I got back to my office, I had messages from two egg farmers and one produce farmer interested in talking further about the opportunities to sell their products to the Co-op. I look forward to the day, hopefully one day soon, when the view from the stairs is of an egg shelf filled with smooth brown eggs from farms just down the road.

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: Aaron Toth
 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.

Join us!

The next Board meeting is
March 22, 2010
6 P.M. to 9 P.M.
 in the
City Market Conference Room.



City Market, Onion River Co-op Membership Surpasses 5,000

By Leila Cosgrove,
Member Services Program Coordinator

The Co-op has reached a major milestone in its history by surpassing over 5,000 members. Of those 5,000 members, over 1,000 are participants in the popular Food for All Member Program, which offers a 10% discount to qualifying members. The Food for All Member Program has provided \$129,412 in store discounts to participants.

“It is really rewarding to see a rise in membership which is an indication that the community is supporting the Co-op and the good work that we are performing on behalf of our members,” said General Manager Clem Nilan. “In addition to the Food for All Member Program, we can offer our members outstanding benefits one of which includes Patronage Refunds. This past fall, we were able to distribute over \$268,000 back to over 3,500 active members.”

The Co-op acts as a non-profit to its members by returning a portion of profits from member sales. Patronage Refund checks for the fiscal year ending June 30, 2009 were mailed to members on November 10.

Membership at the Co-op is \$15 annually and provides a variety of benefits including free water from the Reverse Osmosis water machine, discounts at area businesses, the opportunity to volunteer in and out of the Co-op for store discounts, in addition to the Patronage Refund. Co-op members show their member card and/or provide the name on the member account at the cash registers with every purchase. Individual patronage checks are a refund on profit relative to member purchases when member equity is current. Patronage checks ranged from \$1.03 to \$946.45. The average check was \$77.

Onion River Co-op members receive the following benefits with their \$15 annual membership:

- Patronage refund (cash refund based on annual purchases)
- Store discounts through member worker program (7% & 12% discounts)
- Discounts at area businesses through the Community Connections program
- Free water from the Reverse Osmosis water machine
- Opportunity to participate in governance through board meetings, elections, proposals, referenda, and eligibility for Board of Directors positions
- Reduced advertising rates in the monthly Onion Skin newsletter
- Opportunity to display artwork in Member Café Gallery
- Check writing with up to \$20 over purchases



City Market was proud to sponsor the Boys & Girl’s Club 4th Annual ONE Fashion Event, a major fundraiser for the Club. Nearly 400 people packed Higher Ground on January 23 to watch Club kids and local residents showcase their designs and the designs of local retailers on the runway. The event raised over \$40,000 for the Club. As one Club kid said, “It was the best night of my life,” the impact that the show has on the kids is beyond measure.



Community connections

Ten Moons Massage: The Many Benefits of Frequent Massage and Bodywork

There’s no denying the power of touch. Research continues to show the enormous benefits of bodywork- which range from increased circulation, joint flexibility and enhanced immunity, to lower blood pressure, decreased anxiety and levels of stress hormones.

Here’s the beauty of massage: its benefits are compounded with frequent visits. The more you receive, the greater the benefits you reap. Budgeting time and money for bodywork at consistent intervals is truly an investment in your health. And remember, just because massage feels like pampering, doesn’t mean it’s any less therapeutic. Massage can be a powerful ally in your health and wellness plan.

Ten Moons Massage in Colchester, VT is a proud member of City Market’s Community Connections Program. Services include Therapeutic, Hot Stone, Pre-natal, Couples and Onsite Chair Massage. Co-op members receive \$10 off their first session and may take advantage of our Frequent Therapy Wellness Packages. Contact today online www.TenMoonsMassage.com or by phone: 802 343-1003.

Throughout the month of March, City Market Members can enter to win a free one hour massage. Stop by Customer Service to enter today!

Souper Bowl Soup Kits a Big Success at the Food Shelf



By Meg Klepack,
Local Food Coordinator

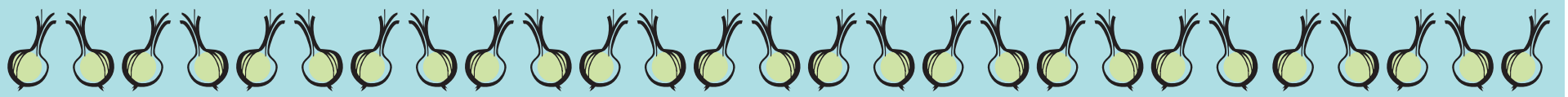
On January 26th four member workers gathered in City Market’s conference room amidst cases of cans of beans, boxes of kale, 50 pounds of sweet potatoes, and a few cups of paprika. Their mission: to assemble 100 soup kits based on the winner of the winter Souper Bowl Local Soup Challenge. Into each bag went all the soup ingredients (1 sweet potato, 1 onion, 1 bunch of kale, a can of beans, a few cloves of garlic, etc, etc) along with a recipe card. Their destination: the Chittenden Emergency Food Shelf. The soup kits piled up, filling four shopping carts full of bags of fresh produce!

The next morning I drove to the food shelf, soup kits piled high in the back of the City Market delivery van, along with a pot of hot soup that City Market’s Food Education Coordinator, Caroline Homan, had cooked up for sampling. It was a cold sunny day, perfect for soup, and the staff at the Food Shelf was excited to have us. In case you’ve never been to the Food Shelf (as I had never been!) they have a room that acts essentially a small grocery store where the shelves are lined with boxes of macaroni, day-old breads, bottles of orange juice, cereals, and more. The place was full with a seemingly endless line of people waiting to get in to choose their groceries. Although often times juggling bags of groceries and a few small children, many people were excited to sample the soup. Caroline’s cooking received high marks, and the soup kits flew off the tables.

The morning was so successful that City Market will be going to the food shelf every quarter to hand out samples and recipes of different, easy to make, affordable, and delicious soups, stews, casseroles, and more. We look forward to continuing this partnership with the Chittenden Emergency Food Shelf and supporting their essential work in our community. To try the winning soup recipe and all of the recipe entries for the Souper Bowl Challenge go to www.EatLocalVT.com.

Educational Store Tours for Kids

Curious how to demonstrate the difference between organic and conventional products to your kids? Let us give it a try! The Co-op offers educational tours for children around the Co-op encouraging kids to try new foods including many organic and conventional choices. The tours—which can last from 20 minutes to 1 hour—often focus on local foods and the Co-op’s connection to local farming systems and how they can get involved. If you would like to book a tour group, contact Food Education Coordinator, Caroline Homan at CHoman@citymarket.coop.



Turmeric

Medicinal and Delicious

By Dr. Robert Luby,
Co-op Member

The spice turmeric (sometimes spelled “tumeric”) comes from the herb known as *Curcuma longa*, which is in the ginger family. It is the rhizome, or the underground portion of the plant, which is used in making the spice. The rhizomes look very similar to ginger root, but with a deeper orange-gold color. It is this color which imparts the familiar color to curried dishes.

Medical interest in turmeric has peaked in the last decade due to its potential in treating many of the acute and chronic inflammatory conditions which are becoming more prevalent with the standard Western diet and lifestyle. It is now well-established that turmeric possesses anti-inflammatory, antioxidant, antiviral, antifungal, antibacterial, and anticancer properties in animal studies.^{1,2,3} Preliminary human studies show promise for turmeric in the treatment of conditions such as osteoarthritis, Alzheimer’s disease, ulcerative colitis, irritable bowel syndrome, peptic ulcer, pancreas cancer, and eczema.⁴⁻¹⁰

The specific targets of the medicinal components of turmeric appear to be many of the same mediators as are targeted by more expensive and toxic pharmaceutical drugs. These targets include NFkappaB, cyclooxygenase-2 (COX-2), lipooxygenase (LOX), inducible nitric oxide synthase (iNOS), and leukotrienes, to name a few. But unlike these pharmaceutical products, turmeric has been shown to be very safe, producing no toxicity at doses up to eight grams per day.^{1,2,3}

Turmeric is especially important at assisting the detoxification efforts of the body and protecting the liver. Combined with cruciferous vegetables, which are also beneficial detoxification aides, it is both medicinal and delicious. In addition to its benefits when ingested, it also has potent antiseptic qualities when applied topically to the skin. It has been used for centuries as an aid to wound healing.

Unfortunately, turmeric is not an herb that grows well in our local climate. More than 90% of turmeric is grown in India. The annual harvest occurs from January into April, so this is the best time to consume the fresh rhizome. When shopping for fresh turmeric, look for firm, uniformly colored “fingers” or rhizomes. Avoid discolored, soft, and moldy-appearing pieces.

Preparation of the fresh rhizome usually involves peeling the skin prior to grating or slicing. It may also be frozen whole for use later in the year. When removed from the freezer, it is best to grate it immediately. Turmeric is also available as a powdered spice. For a particularly medicinal “spice cocktail” combine equal parts powdered turmeric and ginger with a pinch of cayenne. Sprinkle this over any and all cruciferous vegetables drizzled with organic coconut oil. This combination, in addition to assisting digestion and detoxification, is simply delicious. Turmeric is also particularly well suited for soups and stir fries, marinades (especially lamb), and of course curries.

My favorite turmeric recipe of all will surprise you: Turmeric Ice Cream. Combine two cups of organic cream, one can (13.5 oz.) of organic coconut milk, two teaspoons of vanilla, ¾ to 1 cup organic raw sugar (or ½ to 1 teaspoon powdered stevia). Add four to eight “fingers” of grated fresh turmeric and watch your ice cream maker produce the most beautiful, delicious, and healthy ice cream you have ever tasted.

No matter how you decide to use it, turmeric will add flavor, color, and nutrition to your meals. City Market carries turmeric at all times of the year in its dry, powdered form in the bottled spice section and the Bulk Department of the store. At this time of year look for fresh turmeric rhizomes in the Produce Department.

References:

- 1) Trends Pharmacol Sci. 2009 Feb;30(2):85-94
- 2) Adv Exp Med Biol. 2007;595:1-75
- 3) Adv Exp Med Biol. 2007;595:105-25
- 4) J Altern Complement Med. 2009 Aug;15(8):891-7. (OA)
- 5) J Alzheimers Dis. 2009 Jul;17(3):703-17
- 6) BMC Neurosci. 2008 Dec 3;9 Suppl 2:S13 (AD)
- 7) Acta Med Indones. 2008 Oct;40(4):201-10 (eczema)
- 8) Clin Cancer Res. 2008 Jul 15;14(14):4491-9 (pancreatic cancer)
- 9) J Altern Complement Med. 2004 Dec;10(6):1015-8 (IBS)
- 10) Southeast Asian J Trop Med Public Health. 2001 Mar;32(1):208-15 (peptic ulcer)



Vermont Soy to Launch New Soymilk Line

Vermont Soy recently announced the launch of their new line of Fresh Soymilk- new labels, new bottles, new sizes, new case packs- same great taste. Vermont Soy’s Fresh Soymilk will be available in quart sizes and ten ounce sizes. Along with the new bottle sizes come brand new bottle designs.

“These new bottles are a direct reflection of the suggestions our dedicated consumers and buyers gave us,” says Sophia Light Smith, director of sales and marketing at Vermont Soy. “The new sizes will make our soymilk more accessible to a wider range of households, and our new label does an excellent job portraying our Healthy Food System mission.”

According to a company press release, the “Fresh Factor” and their commitment to organic family farms is what sets Vermont Soy’s soymilk apart in taste distinction and nutritional value. Fresh means gently pasteurized to insure a safe product with full nutritional benefits and full flavor. Gentle Pasteurization is the exact opposite of Ultra High Temperature Pasteurization (UHTP), which kills everything in the product- beneficial nutrients and flavor. It also allows for long distance marketing because the milk lasts for months after it is produced.

Vermont Soy is a sustainable business located in Hardwick, Vermont, that handcrafts Fresh, Organic Soymilk and Fresh, Organic Artisan Tofu out of the highest quality, locally grown soybeans. To learn more about Vermont Soy check out www.vermontsoy.com.



March’s CAP Sales Flyer Featured Recipe

Tuscan Tuna Nicoise

Delicious and easy to put together for a light lunch or an impromptu gathering of friends and family. Serves 4-6.

Ingredients

- ½ cup mayonnaise
- 2 Tbs olive oil
- 2 Tbs lemon juice
- 2 Tbs minced fresh parsley
- 1 Tbs minced fresh basil
- 1 Tbs minced fresh garlic
- 4 6-ounce cans yellow fin tuna, drained well
- 4 canned whole artichokes, drained and roughly chopped
- ¼ cup red bell pepper, diced
- ¼ cup pitted Kalamata or black olives
- 2 Tbs red onion, diced
- Salt and pepper to taste

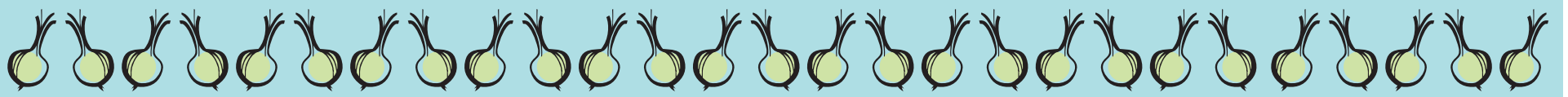
Preparation

In a mixing bowl whisk together mayonnaise, olive oil, lemon juice, parsley, basil, and garlic. Add the drained tuna and chopped artichokes, red bell peppers, olives, and red onion.

Mix everything together with clean hands or a spoon until well blended. Salt and pepper to taste. Enjoy!

Sample this recipe in the store on Saturday, March 20 from 1:30 – 3:00 p.m.





The 3rd Annual Jr. Iron Chef Competition is March 27

The 3rd annual Jr. Iron Chef Competition is set for March 27 at the Champlain Valley Exposition in Essex Junction. City Market is proud to sponsor the event which is a fundraiser for VT FEED and the Burlington School Food Project to fund work that will strengthen Farm to School programs across the state, supporting the health of families and farms in our communities. 80 teams of high school and middle school students will compete for the title of Vermont's Jr. Iron Chef 2010. A team of farm to school experts will judge all recipes and choose three winning dishes in the categories of Best in Show, Most Creative Dish, and Greatest Number and Best Use of Local Ingredients.

The competition gets underway at 9:30 a.m. on Saturday, March 27. Visit the Jr. Iron Chef website www.JrIronChefVT.org for more info and to join in the fun.

Measuring Fish Oil Supplements' impact on the Environment

By Lynn Ellen Schimoler
Grocery & Wellness Manager

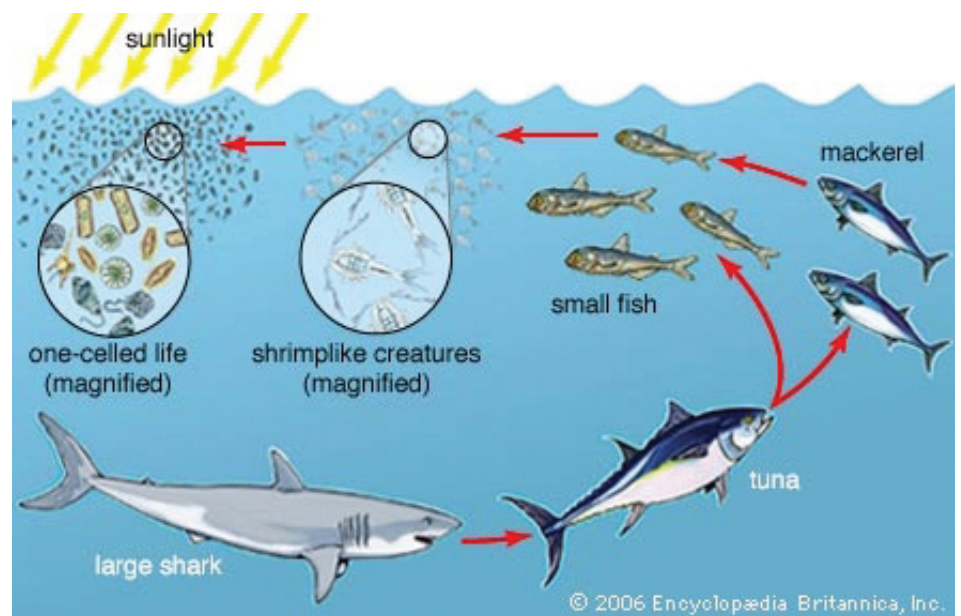
Lately there has been increased discussion about fish oils and the ecological impact. Recently, I stayed up late to catch the Vermont Public Television's broadcast of 'End of the Line'—directed by Rupert Murray (former oyster shucker at a London restaurant). Narrated by Ted Danson, this film illustrates how demand for cod off the coast of Newfoundland in the early 1990s led to the decimation of the most abundant cod population in the world, and how with the advent of technology, fishing vessels leave virtually no escape route for the several population of fish that get caught in the quest for us to consume tuna, salmon, or the popular Chilean sea bass.

The film pleads for the consumer to take responsibility in our choices when we buy fish, arguing that politicians play an enormous role if they choose to ignore the sound counsel of scientists and research groups who devote an entire lifetime to protect the oceans. There is also a general shaming of fisherman that break quotas by fishing illegally – and there are actually former members of the fishing industry interviewed in the film who are now activists and watchdogs for impropriety. With all of these factors stacked up, one takes away a sense of an impending doom on fish species. My initial reaction was to return to my vegetarian roots, but after watching the film I realized that there are some simple practices and choices that we all can make to help alleviate this global crisis.

Are fish oil supplements 'eco-friendly'?

In a December Op-Ed piece in The New York Times, Paul Greenburg waxed philosophical about the endangered menhaden and the vast majority of fish oil supplements that are derived from this type of herring. While I share my dismay with Greenburg about the ramifications in general on the food-chain, there are some differing opinions and responses to his thoughts. The Environmental Defense Fund points out on their Web site that "Consuming fish oil supplements to obtain omega-3s is clearly ecologically preferable to eating fish that Environmental Defense rates as a Worst Choice (view their Eco Best and Worst list).

Some of our Worst Choice fish, such as farmed Atlantic salmon, are fed large amounts of fishmeal and oil. Overall, fish oil supplements are an acceptable choice for ecologically concerned consumers. Ideally consumers should be able to choose supplements derived only from truly well-managed fisheries. In a statement that we received from Vitamer Labs – the makers of City Market Brand vitamins: "The fish oil used in our Omega-3 products (Concentrated Omega-3, EPA & DHA, and Ultimate Omega Complex™) comes from anchovies and sardines off the coastal waters of Chile and Peru. Because there is an abundance of these fish species in this region, over-fishing is not a concern. However, cod and tuna from the Atlantic (but not South



America) are at risk for over-fishing. Sardines and other small fish species typically comprise the bulk of the fish oil used in our soft gels and are not at risk for over-fishing." Manufacturers should be able to provide consumers with information about their practices. See us in the Wellness Department to get Web sites of some of the vitamin companies we stock for more information.

It is still hard to evaluate the ecological harm of fish oil supplements, since there is a wide variety of fish species that get processed for fish oil. In general, fish oil for supplements comes primarily from reduction fisheries in Peru and Chile and, to a lesser extent the U.S., Africa or Europe. These fisheries catch fish for processing fishmeal and fish oil, which is used mostly in animal feed (more food chain impact). Most fish caught for this kind of reduction are small species such as anchovies, sardines, mackerel and yes, menhaden. However reproduction rates of these fish is fast making them somewhat resilient to overfishing. In addition, it has been pointed out that the type of fishing gear used to catch many of these fish actually does comparatively little harm to other sea life and marine habitat.

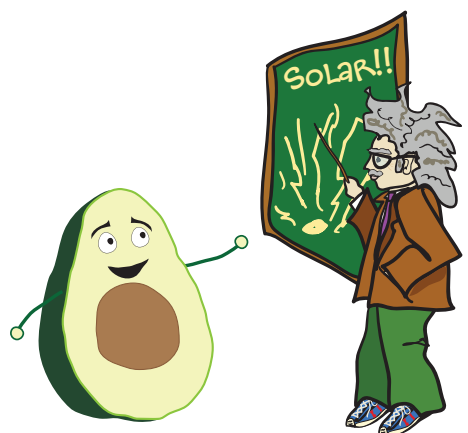
Nevertheless, no one can make a blanket statement claiming that any sort of mass fishing is ecologically sound. We all understand that populations of these small fish are important to marine ecosystems: marine predators like seabirds or other larger fish all rely on these fish for food. There is an ultimate price being paid in terms of impact on overall food chain. Sharks prey on tuna, which prey on mackerel, which prey on small fish, which eat tiny shrimplike creatures, and so on.

Remember that you can get similar Omega-3 from plants (for example, flaxseed oil, milled flax, and flax seeds) although these terrestrial sources lack the beneficial longer chain omega-3 fatty acids (EPA and DHA) of fish oil. In addition to flaxseed, there are walnuts, kale, spinach, algae, salba, hempseed oil, pumpkin, and soy as other sources of Omega-3. Our Meat and Seafood Dept. updates on a frequent basis which fish a consumer can choose based on mercury or PCB amounts, in addition to information about harvesting. Ask Jamie Lewis, the Meat and Seafood manager for more information. Taking the responsibility

to be an informed consumer can help you to make small, wise decisions that although may feel like a drop in the ocean – eventually can have long term positive impact on our marine friends.

"My big fear is that it may be too late, I have a very graphic image in my mind. It is of the migration of so many buffalo in the American West in the early 19th century. It was the same with bluefin tuna in the Mediterranean, a migration of a massive number of animals. And now we are witnessing the same phenomenon happening to giant bluefin tuna that we saw happen with America's buffalo. We are witnessing this, right now, right before our eyes." Quoted from, a Spanish marine biologist with the World Wildlife Fund, Sergi Tudela.

No more magnificent fish swims the world's oceans than the giant bluefin tuna, which can grow to 12 feet (3.7 meters) in length, weigh 1,500 pounds (680 kilograms), and live for 30 years. Once, giant bluefin migrated by the millions throughout the Atlantic Basin and the Mediterranean Sea, their flesh so important to the people of the ancient world that they painted the tuna's likeness on cave walls and minted its image on coins. *National Geographic*



City Market and groSolar are teaming up to present Solar Made Simple public seminars

March 23, 6:00 – 7:30 p.m.

groSolar (headquartered out of White River Jct., VT) is North America's premier provider of solar energy solutions. The free educational Solar Made Simple seminars will provide 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.

**Co-op Members:
Save the Date!
Hardwick Farm Tour
Saturday, April 17**

City Market is teaming up with Vermont Farm Tours to present the Hardwick Farm Tour on Saturday, April 17. The tour will be free (with the exception of lunch), limited in space and open to Co-op members first. Last year, over a dozen members visited Jasper Hill Farm, High Mowing Organic Seeds, Claire's Restaurant, and Vermont Soy Company. Details about the Hardwick Farm Tour 2010 will be unveiled in the April Onion Skin newsletter and on our Web site at www.CityMarket.coop.



“Cooking for Life” goes Local!

By Rachel Schattman,
Center for Sustainable Agriculture,
UVM Extension

The Cooking for Life/Local Food Pilot is a collaboration between the Campaign to End Childhood Hunger and two existing Extension programs: the Expanded Food and Nutrition Education Program (EFNEP) and the Local Food Program at UVM's Center for Sustainable Agriculture (CSA). Since 1999, the Campaign and EFNEP have provided a series of classes called Cooking for Life (CFL), which target low-income Vermonters. After participating in a CFL series, adults are “better equipped to make healthy food choices, practice safe food handling practices, and use the appropriate skills and knowledge to plan healthy meal options for their families.” Since CFL began there have been hundreds of series serving over 4,000 Vermonters.

The CFL/Local Food Pilot will build upon the past successes of the CFL Program. During the Pilot we will source food for the course from local farmers, redesign the recipes provided to the participants to integrate locally and seasonally available products, develop lessons that help participants access local food in a cost effective manner, and integrate the Local Food Pilot material into current CFL classes. Between 100-150 participants enrolled in the Pilot will be given skills that will improve food security and health for themselves and their families, and therefore their quality of life.

The Pilot will provide additional direct marketing opportunities for 10-20 Vermont farmers while expanding the customer base for local food. In addition to the Pilot, CSA will work with community host organizations to host eight “local food celebration” meals that will be open to the community and provide CFL participants, chefs and farmers the opportunity to come together outside of the classroom and further develop community relationships. This will increase the number of Vermonters who are healthy and well-nourished, increase quality of life for program participants, and contribute to a safe and secure food system.

Haiti Earthquake Relief Days



The Co-op's Haiti Relief Days Result in over \$4,200

By Nicole L'Huillier Fenton,
Marketing & Community Relations Manager

City Market customers, members and staff helped to raise over \$4,200 to support the relief work in the earthquake torn island of Haiti. In total, four Haiti Relief 1% days and donations from customers during January and February resulted in \$4228.66 in funding for the Cooperative Emergency Fund.

The Cooperative Development Fund has created the Cooperative Emergency Fund specifically to provide financial aid to people during a devastating event like the recent earthquake. The Cooperative Emergency Fund will be donating all monies received from here until July 2010 to help the rebuilding efforts in Haiti. CDF will be collaborating with international cooperative relief efforts in this endeavor to rebuild those co-ops afflicted by this disaster.

In addition to the percentage of sales donated by the Co-op; members and customers can also donate to the relief fund online at their secure Web site, www.cdf.coop. Over the last 20 years, the Cooperative Emergency Fund has raised over \$275,000 for cooperative relief and rebuilding efforts for ten different disasters. The CEF was founded to give stability and constancy to CDF's emergency relief efforts, many of which are of a longer-term rebuilding nature.

Customer Comments

Dear City Market,
Bring back the Liberté Yogurt apple crisp flavors! Mmmmm!
Anonymous

Dear Anonymous,
Thank you for your comment and suggestions. We too loved the apple crisp flavor but Liberté has discontinued it. On a brighter note, Liberté staff recently sampled a new line of 0% fat Mediterranean yogurt that they are considering introducing in the states. The products included Peach & Passion fruit, Strawberry, and Blackberry. Feedback was very positive so perhaps look for these new products soon!

Here's something new... customer comments through City Market's Twitter feed.

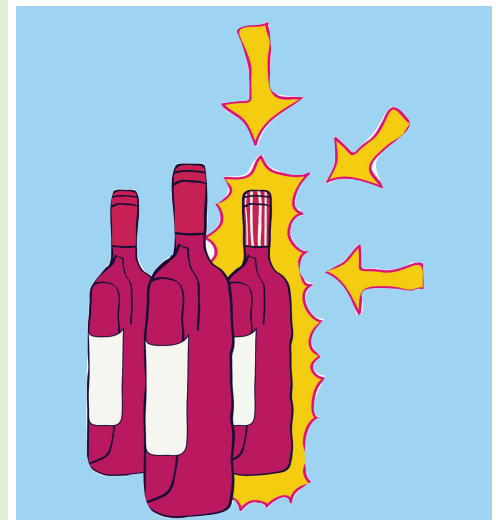
From some of our Co-op shoppers that Tweet!

- “The people working in the produce department at City Market are so awesome and helpful!” tweeted by *TinySunSprout*
- “Agreed, they're always super nice and smiley :)” tweeted by *Amandawormann*
- “Just had great customer service @ CityMarket in Burlington, VT. Staffers said hello in the aisles; woman at reg. asked very sincerely how my day was.” tweeted by *Feedmenow*
- “Now THAT makes me proud to be a member! re: “Solar Power project starts today w/ the delivery of solar panels! Yahoo!” tweeted by *Thesbeck*

SERVING UP VERMONT

What's happening on Serving Up Vermont?

If you haven't checked out some of the local recipes with a tropical twist, do so while citrus is still in season. While the sap is running, Caroline blogs about maple recipes and spotlights our ever expanding local meat section, now with great new signs. Gear up for St. Patrick's Day with local brisket and Passover with local lamb recipes. Go to www.citymarket.coop/blog.



Wine Picks for Under \$10

By Alison Miner,
Beer & Wine Buyer

Nero d'Avola is a nicely aromatic, medium to full bodied varietal indigenous to Sicily. Often used as a blending grape, Nero d'Avola is gaining popularity among our Italian wine aficionados who love its versatility, smooth body and unique characteristics. A fine “Nero” (as we call them) is often in the \$15-20 range, but we are lucky to have found a lovely Nero for under \$10 – Flano, on sale now for \$8.99! **Flano Nero d'Avola** is a gutsy wine for the price. Full bodied with ripe plummy notes, a hint of chocolate, a touch of pepper and a velvety texture that pairs well with everything from strong cheeses, to pizza, to lamb, but is also tasty on its own.

Looking for Rudolf Muller “Bunny” Riesling? The Bunny had been one of our most popular Rieslings year round and was especially appropriate for Easter celebrations, where Riesling pairs well with many holiday foods including ham and lamb. **Rudolf Muller Bunny Riesling is now Fritz Zimmer “Maestro” Riesling** – a very similar wine with a very different label. Look for the musical notes in the same shelf space we had for Bunny Riesling. At \$8.99, give it a try!

Edmunds Middle School Navigators Learn to Love Local

By Caroline Homan,
Food Education Coordinator

“Food change often happens from the younger people,” says Bonnie Acker in the new video shot by Eva Sollenberger (7-Days) for City Market. Edmunds Middle School students have been coming to the Co-op for three years as part of a monthly community service learning program. This semester, they are creating a PSA for Channel 17 about the benefits of buying local and supporting City Market.

By coming to City Market on a regular basis and helping to gather data on price comparisons for the monthly Eating on a Budget class, they are not only directly helping to make an impact here but are becoming ambassadors for local foods for their school and families. “They want to be part of the solution,” says General Manager Clem Nilan. You can watch these students learn to deliver their local foods message and get a glimpse into community service learning on City Market's Web site: www.citymarket.coop, click on “News and Events.”

30% off Handbags Through March

peace & justice store

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



City Market Presents Stewards of Healing Plants:

Planting the Future with Rosemary Gladstar

Saturday, March 6 4:00 – 6:00 p.m. at the
First Unitarian Universalist Society

City Market presents a lively discussion
with world renowned herbalist Rosemary
Gladstar on Saturday, March 6 at the First
Unitarian Universalist Society on Pearl Street.

Land stewardship, habitat protection and sustainable cultivation practices are of primary importance to the conservation of Native American medicinal plants and the rich heritage of American herbalism. Gladstar has been practicing, living, learning, teaching, and writing about herbs for over 35 years. She is the author of nine books including the popular *Herbal Healing for Women*, *Herbal Recipes for Vibrant Health* and *The Science and Art of Herbalism*, an extensive home study course. Join City Market in an important and timely discussion about herbal conservation and discover the many ways that you can make a difference in helping to preserve not only medicinal plants but also the tradition of American Herbalism.

Hear Gladstar discuss land as sanctuary, creating botanical sanctuaries on your own land, cultivation methods of some of our most important native medicinal plants, and learn about plants that are 'at risk' in Vermont and the appropriate analogs for these herbs. A gorgeous slide presentation of North American at Risk Herbs and details about United Plant Savers, a grass roots non-profit organization dedicated to the conservation and cultivation of North American medicinal plants are also included. The event is free and open to the public but tickets are limited. Tickets are available the City Market Customer Service desk.

World maple production and maple pricing

By Dave Folino,
Hillsboro Sugarworks

The recent relatively high and stable maple syrup prices have been caused by three major factors--the weather, expanding global demand and a supply management system in Quebec. Quebec is by far the largest producer of maple syrup. Quebec usually produces about 80% of the world crop. Vermont usually makes 10-15% as much as Quebec, every other state or province makes far less. At the same time, while Quebec is the major producer of maple syrup, the U.S. is the major consumer--with most syrup being funneled through the U.S. syrup packers such as Butternut Mountain, Maple Grove, Highland Sugarworks, or (Coombs, Brown Family Farm) Bascom Maple. These packers also source their syrup from throughout the U.S., from Indiana to Maine.

To a large extent, maple syrup production is influenced by weather conditions during the spring harvest period. If it's too warm or too cold, production can drop substantially. This happened in Quebec from 2006-2008. This would be the equivalent of bad weather hurting oil production in Saudi Arabia.

At the same time (pre-recession) global markets for maple syrup were growing at double-digit rates. Asian demand grew rapidly, U.S. demand broadened as syrup became generally available throughout the country in chain and specialty stores.

Quebec is culturally unlike the free-trade U.S. They have universal health care, cheap colleges, and both dairy and maple supply management. Quebec maple farmers are assured a fair price if they limit production

to a quota. They are required to join the "Federation." All syrup is sold to the Federation at an agreed upon price. The system works as a bank and attempts to establish fair prices and adequate supply. It tries to maintain a surplus to act as a market-buffer. The system works well at guaranteeing prices, but it is not rapidly flexible at expanding supply.

By spring 2008, there was almost no syrup in Quebec or the rest of the world. For the first time in memory, tractor trailer loads of syrup headed from Vermont to Quebec in early 2009. Prices climbed and have remained relatively high throughout 2009. The Federation is still trying to rebuild their surplus.

My expectation is that prices should moderate following the 2010 season. There is rapid production expansion occurring in the U.S. and moderate expansion in Quebec, while production techniques and yields are improving each year.

Demand has slowed slightly--although demand seems to be less elastic than I feared it might be. I would estimate that pricing might drop in the 10% range if adequate supplies are in place after the next season.

An additional factor is beginning to come into play. The Canadian dollar has become roughly equal to the U.S. dollar--and since most syrup is Canadian, this could work to keep U.S. syrup prices relatively high. The stronger the Loonie, the higher the price.

That's my crystal ball. There are plenty of other variables that could influence supply and price, but that's a semi-informed snapshot of the maple market as of now. Don't hesitate to contact me with any questions.

March Herb of the Month- Marsh Mallow Althea officinalis

By Cristi Nunziata,
Herbal Education Coordinator

"Althea comes from the Greek word "althane" to heal." The Complete Floral Healer, Anne McIntyre

When you hear the word marshmallow, you make think of the ingredient in S'mores, but Marsh Mallow is actually a medicinal root that has similar benefits to the "at-risk" slippery elm bark. However, Marsh Mallow was used as an early form of marshmallows, as people would steep the roots in honey and roll them into balls to sooth sore throats. Young children were also given the roots to chew on when teething. Unlike the sugary confection, Marsh Mallow root has many healing properties throughout the body.

Marsh Mallow soothes not only sore throats and gums but any irritation or inflammation both internally and externally, particularly in the digestive, respiratory and urinary systems. Traditionally, Marsh Mallow root has been used to treat a range of conditions such as bronchial infections, sore throats, diarrhea, heartburn, urinary tract infections, and ulcers. These soothing properties are due to a water-soluble plant fiber called mucilage.

When mucilage comes into contact with water, it becomes a soothing gel. Think of another mallow family plant, okra, to get a sense of what mucilage is like.

Aside from soothing irritated mucous membranes, Marsh Mallow contains pectin. Pectin is a fiber, also found in carrots, apples, rosehips, and figs, which can help balance cholesterol and blood sugar. This soluble plant fiber may also be used to alleviate constipation.

Externally, Marsh Mallow soothes skin irritations. For example, try a soothing bath with Marsh Mallow and Oats. A Marsh Mallow tea gargle may be used for mouth problems or sore throat. Good for the hair as well, look for Dr. Hauschka's Jojoba and Marsh Mallow conditioner in the Wellness Department.

City Market carries Marsh Mallow root in the Bulk Herbs section. Steeping it in cold water brings out the most mucilage; however, you can also prepare it with hot water as you would any other medicinal herb (see recipe included).



Spring Cleansing Tea

From: "Spring cleansing: a traditional, constitution-based Approach"
Workshop with Guido Maseé

Equal Parts: Nettle, Marsh Mallow, Chamomile, Cleavers

OR

Equal Parts: Nettle, Marsh Mallow, Fennel, Calendula

Use the first ingredients if you consider yourself warm and the second if you are a cold-bodied type. Blend equal parts of the ingredients and use one Tablespoon per cup of hot water, or put one Tablespoon of each herb in a quart mason jar, fill with hot water, and steep for at least 20 minutes.

Sample the Spring Cleansing Tea recipe March 10 from
11:00 a.m. to 1:00 p.m. next to the Bulk Herb section.

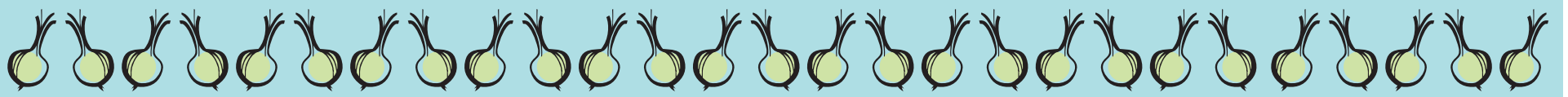
References:

Duke, James A Ph.D. The Green Pharmacy. Rodale Press, Emmaus, PA, 1997.

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

McIntyre, Anne. The Complete Floral Healer. Sterling Publishing Co, Inc, New York, NY 1996.





March Product Sampling

March 1 – Pirate's Booty
10:00 a.m. – 1:00 p.m.

March 3 – 18 Rabbits Granola Bars
11:00 a.m. – 1:00 p.m.

March 4 – Honey Drop Beverages
4:00 – 6:30 p.m.

March 5 – Capitol Grounds Coffee
10:30 a.m. – 1:00 p.m.

**March 10 – City Market's Spring
Cleansing Tea**
11:00 a.m. to 1:00 p.m.

**March 16 – Aurora Chicken
Vindaloo**
4:00 – 6:00 p.m.

March 17 – Cascade Fresh Yogurt
11:00 a.m. – 1:00 p.m.

March 19 – Naked Juice
11:00 a.m. – 1:00 p.m.

March 20 – Riverberry Farm
10:00 a.m. – 12:00 p.m.

March 20 – DAHLicious Lassi
2:00 p.m. – 5:00 p.m.

**March 20 – GAP Recipe Demo,
Tuscan Tuna Nicoise**
1:30 p.m. – 3:00 p.m.

March 28 – Amazing Grass
2:00 p.m. – 4:00 p.m.

March 31 – Naked Juice
11:00 a.m. – 2:00 p.m.

March Class Listings

Free Herbal Clinic
March 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, 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.

**Indoor Gardening Workshop -
Salad Mix**
March 3, 6:00 – 7:00 p.m.
Material Costs \$5

Set your taste buds for spring by sprouting indoors this March. Peter Burke, indoor gardening guru, will present simple steps for sprouting a salad mix of greens. No special equipment required. Everyone will plant their own tray of greens to take home!

**City Market Presents: Stewards
of Healing Plants: Planting the
Future with Rosemary Gladstar**
March 6, 4:00 - 6:00 p.m.
First Unitarian Universalist Society,
152 Pearl Street

Land stewardship, habitat protection and sustainable cultivation practices are of primary importance to the conservation of Native American medicinal plants and the rich heritage of American herbalism. Join City Market as we present Rosemary Gladstar in a lively discussion of this important and timely topic and discover the many ways you can make a difference in helping to preserve not only medicinal plants but also the tradition of American Herbalism. Tickets are free but limited. Pick up tickets today at the Customer Service desk.

**Herbal support for a healthy
nervous system**
March 8, 5:00 - 6:00 p.m.

The herbalist's approach to conditions such as anxiety, depression, and sleeplessness relies on tonification and strengthening rather than sedation or masking of symptoms. Learn how to build strength in your nervous system and also how to gently address issues such as nerve pain and weakness with medicinal plants.

**Cooking with Kids:
Maple Syrup Time**
March 14, 10:00 - 11:30 a.m.

With sugaring season upon us, kids have fun making recipes with maple syrup at City Market and doing maple-based activities. (Kids 6 and under accompanied by an adult, please.)

Free Herbal Clinic
March 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, 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.

**Culinary and Medicinal
Uses of Herbs and Spices**
March 17, 6:00 - 7:30 p.m.

Join Food Education Coordinator, Caroline Homan and Herbal Education Coordinator, Cristi Nunziata, for a discussion and sampling of culinary and medicinal spices and herbs that are commonly used in various cuisines. Travel the spice trail with us and learn all about how to put the spices in our wonderful Bulk spice section to mouth-watering use.

**Ayurvedic Cooking, Six Tastes for
Better Balance of Health**
March 20, noon - 1:30 p.m.

Learn to cook easy, healthy, (and most importantly) tasty meals while gaining understanding of Ayurveda. Participants will learn to use common kitchen spices as medicine and understand how the six taste theory can bring balance to one's health.

**Indoor Gardening Workshop -
Salad Mix**
March 20, 2:00 – 3:00 p.m.
Material Costs \$5

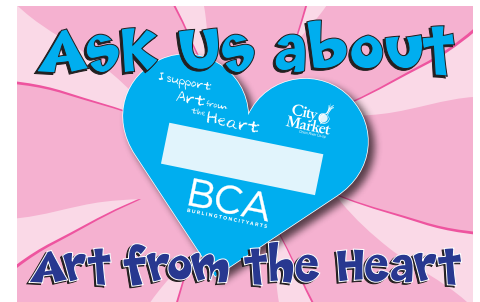
Set your taste buds for spring by sprouting indoors this March. Peter Burke, indoor gardening guru, will present simple steps for sprouting a salad mix of greens. No special equipment required. Everyone will plant their own tray of greens to take home!

**Eating Well on a Budget -
ALL About BULK!**
March 21, 11:00 a.m. – noon

Learn time and money saving tips for cooking and eating well on a budget by learning all about our Bulk Department. From beans to grains, spices to flour, Bulk has everything you need.

Spring Cleansing with Guido Masé
March 29, 5:00 - 6:00 p.m.

Spring officially arrives this month, and it is time for spring cleansing. Cleansing provides relief of winter's stagnation and opens you to a more energetic state of being. Learn to use herbs for cleansing and detoxification and which herbs can be supportive of the liver in its role as the major detoxifier of the body.



ART From the Heart a Huge Success

By Christine Parlia,
Community Outreach Coordinator

Burlington City Arts and City Market partnered for the second year to support the Art From the Heart program. Hearts were sold at City Market for \$1 with a total of 500 hearts sold! BCA's Art From the Heart program helps children on the pediatric ward heal and grow by providing them with the space, time and materials to experience the joys of painting and creative work. Money raised will be used to buy art supplies for Art From The Heart, which operates seven days a week and serves 1000 children annually.

To learn more about the Art From the Heart program and opportunities to volunteer, visit www.burlingtoncityarts.com. Thank you to all of our customers who purchased hearts and helped to support this valuable program.



Co-op Members: Start Saving Today!

Pick up your March Co-op Advantage coupon book the next time you are in the Co-op. It's full of big savings on favorite brands and includes a couple of tasty recipes for good measure. Coupons are valid until March 31, 2010.

This coupon book is just one small way for us to thank you—our Co-op members. Your continued support makes the Co-op more than just another grocery store. Your investment, patronage and input help us better serve you, support our local community and build connections with other communities. Thanks for being a part of the Co-op.

We welcomed
243
new members
in January!

Follow us on:
twitter
facebook
YouTube

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