



# The Onion Skin

Sharing news from the Co-op & the Community



May 2009

## Spring Co-op Member Meeting & Brunch



May 2 @ noon

### Your Garden Can Help to Feed a Neighbor in Need this Summer

By Clem Nilan,  
General Manager

In our ongoing effort to eradicate childhood hunger in Burlington, I'm thrilled to report that we will be supporting two really great endeavors this spring through fall, the Grow an Extra Row and Fill a Truck Campaigns.

In the Grow an Extra Row Campaign, the Co-op is teaming up with an impressive group of socially minded partners in an effort to feed hungry Vermonters and educate residents on the importance of growing and eating whole local foods. The Grow an Extra Row Campaign is sponsored by High Mowing Organic Seeds, WCAX TV, The Vermont Department of Agriculture, the Vermont Foodbank and our own Onion River Co-op.

The essence of the Grow an Extra Row Campaign is to encourage Co-op members and community residents to plant an extra row of vegetables in their garden. The harvest will be earmarked for the neediest members of our

community. The campaign is scheduled to run from May to October.

Seeds will be distributed by WCAX, City Market, and Department of Ag at events all spring and summer. City Market will offer its members seed packets at the Spring Member Meeting and Brunch on May 2 and at farmers' markets across Chittenden County.

Tom Stearns founder of High Mowing Organic Seeds will be supplying over 6000 seeds free of charge. For those not familiar with Tom, he's the president of the Center for an Agricultural Economy in Hardwick and he'll be the keynote speaker at our Spring Member Meeting. For the Extra Row planting project, Tom has handpicked tried and true varieties. "I would propose that we do these three varieties: Marketmore 76 Cucumber, Kestral Beet and Provider Bean," said Stearns. "These are well known varieties that do well under a range of conditions and are crops that are good to donate because they are not as perishable as many others. They would

all be fine for planting most anytime in May or June."

It's a perfect time for Co-op members to plant a garden for themselves and share some of the bounty. Our members are extremely generous and have stepped forward to support our efforts to make sure that all children in our community have an adequate supply of healthy food.

Rob Meehan from the Chittenden Emergency Food Shelf says "there really is no wrong kind of vegetable to contribute." If clients of the Food Shelf aren't sure how to use items donated from local vegetable gardens, the Food Shelf will hold cooking demos and education if they have a surplus of unusual veggies. "High Mowing Seeds' selection is great, and I feel confident that our food education pieces will help expand people's local food horizons as well" said Meehan.

*continued on page 2*

### Keep Co-op Member Info Current

Hey City Market members... we still need your information! This is just a friendly reminder to update the Co-op with any changes to your household. City Market accepts household memberships. For only \$15 per year, you and your household can shop under the same membership and receive great member benefits, including discounts and a yearly Patronage Refund.

In order to provide the best quality service to you, our members, we need to keep your information up to date. This includes any changes to contact info, as well as who is shopping under your membership. It's easy to keep us informed with any changes to your account. Call our Member Services Coordinator at (802) 861-9707, email [memberservices@citymarket.coop](mailto:memberservices@citymarket.coop), or visit our new Web site, [www.citymarket.coop](http://www.citymarket.coop). The Membership page has an "Update Member Info" link where you can easily submit any changes to your household.

Please take a minute to update your member info with City Market today!

Market Cafe improvements  
Page 2

ABC's of CSA  
Page 3

Wine Picks under \$10  
Page 7

May Events  
back page

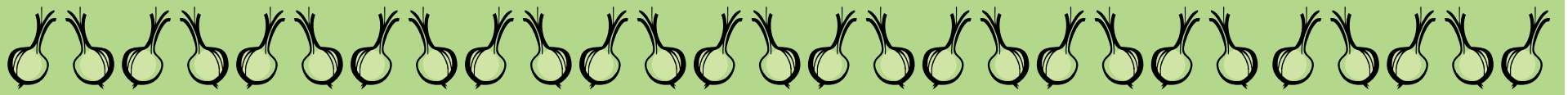
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## Your Garden Continued

On June 1, August 5, and October 1 we will be parking a truck in the Co-op lot collecting non-perishable food with the help of the Vermont Foodbank.

One of the ironies in the Co-op having bountiful well-stocked produce displays is the inaccessibility of this food to all members of our community. The sad side-story to being America's healthiest city is the appalling rate of childhood hunger right here in beautiful Burlington. One out of every five children in Burlington goes to bed hungry each night. The Food Shelf reports one in every three people who come for food is a child. Meehan has seen an increase in first timers at the Food Shelf, many are higher educated with significant work histories who have lost their jobs and need to feed their families.

As members of the Co-op and this community, we can do something to help. On your behalf we are supporting the Fill a Truck Campaign. Together with our partners WCAX TV, the Vermont Department of Agriculture, and The Vermont Foodbank, we plan to fill a truck three times with non-perishable food items that will go directly to area food shelves.

We know we can count on your help. Visit the Co-op on June 1, August 5, and October 1 to share what you can. Volunteers will be on hand to collect your donations and distribute them to the Chittenden Emergency Food Shelf and The Vermont Foodbank.

Co-op members are among the most generous kindhearted people I have ever been around. Together I know through these two programs, Grow an Extra Row and Fill a Truck, we can make a difference.



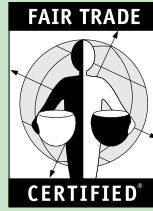
## Red Wagon Plants

Located in the Champlain Valley in Vermont, Red Wagon Plants are premium growers of heirloom and specialty plants for kitchen gardens. They are wholesale, organic plant growers with a retail outlet in Hinesburg. Everything Red Wagon sells is grown on their property.

"As gardeners and cooks, our love of food starts with the seeds and soil and is cultivated throughout the growing process, ensuring the highest quality plants," said owner Julie Rubaud. "We strongly believe that the kitchen garden has significance in providing not only fresh, wonderful food to the table but adds beauty to the home landscape."

Red Wagon Plants are available for sale all season outside of the Co-op. Throughout the month of May, City Market members can enter to win a \$100 gift certificate and a personalized vegetable garden plan from Red Wagon Plants. Stop by Customer Service to enter today!

## Burlington's World Fair Trade Day Celebration



Saturday, May 9 from noon - 4:00 p.m. at City Hall Park

Burlington's Fair Trade Town Committee will be hosting a festive event in City Hall Park, coinciding with the Burlington Farmers' Market on its opening day. This event will be held in order to educate consumers about the practice and benefits of Fair Trade while promoting local businesses. Join us for a Fair Trade Coffee Break, local live music, Drum Circle, displays, vending, and a live performance by Jeh Kulu. Bring a drum and plan to join

## More Improvements in the Café!

By Pat Burns, Operations Manager

We are in the final stage of the café and register area, so I wanted to take this opportunity to update our members and customers as to what is coming next. The new café area has been widely accepted and is very busy with all sorts of folks coming in for a bite to eat. We estimate that usage has increased at least five fold from the old café area. And it is warmer! Here is a short list of additional improvements in the near future:

- 1) We have four different test "bottoms" for the chairs in the café to reduce the noise when they are moved. The rubber stoppers and the plastic with felt tips are the best candidates.
- 2) Facilities Manager Brent Demers is going to be installing sound absorbing panels on the ceiling to reduce the amount of echo and noise reverberation.
- 3) We are displaying a series of pictures chronicling the development of the Co-op over the years.
- 4) We will also be installing decorative fabric that will hang from the ceiling to further brighten the area and make the café cozier.
- 5) Window shades were installed to control glare and heat as the sun becomes more of a factor in the summer months.
- 6) A new water machine for drinking water using our Reverse Osmosis, triple-filtered water machine will be installed soon.
- 7) And in the outside seating area, due to popular demand we are reworking the bicycle rack system to allow for more bikes. The first racks did not allow for safe locking of bikes so we will remedy that situation.

The second bathroom has been a welcome addition (especially on Mardi Gras parade Saturday). And our outside tables are now in place because it is going to warm up some time soon—we hope! Thanks again for the patience during the construction and for your continued patronage that makes all that effort worth while.



## City Market Farm Feature: Pomykala Vegetable Farm

By Courtney Lang, Product Demonstration Coordinator

The Pomykala's began their route of self-employment in Grand Isle, Vermont raising sheep and sugaring in 1977. They purchased a house on two acres which face the shores of North Hero. Drawn to the island by its beauty and environmental integrity, Jane and Bob purchased 18 acres three miles down the road within four years of living there. The fertile piece of land has a small scenic shore where drastic wind damage is still visible from a previous summer's storm. Though it's not likely the farmers find much free time during growing seasons; Jane expressed gratification for the land's scenic environment and wildlife.

With the farm's close proximity to Burlington and surrounding markets, vegetable and berry farming seemed logical; sales from small-scale farm were almost guaranteed to be steady. Their two acre lot houses a farm stand, storage cooler and four greenhouses. The first set of houses hold maturing greens and the smell of cilantro, parsley, and fresh lettuce capture the room's aroma. Moving further from shore, the other set grows vine ripened tomatoes of the Cobra variety; a family favorite for its good looks and taste!

The unique positioning of their land, within yards of Lake Champlain, offers them the opportunity for a clever irrigation system with pump houses on both properties. Signs of true craftsmanship were present all around the farm. Bob installed a buzzer in the tomato house in case the furnace shuts down and they also built the greenhouses from scratch!

While this season's thaw has surely begun, hopes of seeing the farm favorite asparagus were lost in the muddle of last years wintered ferns. They are gradually creeping toward the full swing of summer; Jane pointed out the plethora of crops soon to be available. First to hit the City Market shelves will be asparagus in mid-May followed by strawberries in late June, tomatoes in July, and green peppers in August.

Be sure to check out their farm stand, which is open May through October from 8:00 a.m. to 8:00 p.m. or at the Burlington Farmers' Market on Saturdays starting in May. The farm also invites you to their Strawberry Social the last weekend in June. For more information about the farm stop by or give them a call at (802)-372-5157.

Check out [www.citymarket.coop](http://www.citymarket.coop) for more farm features.

## Cooperative Principles

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

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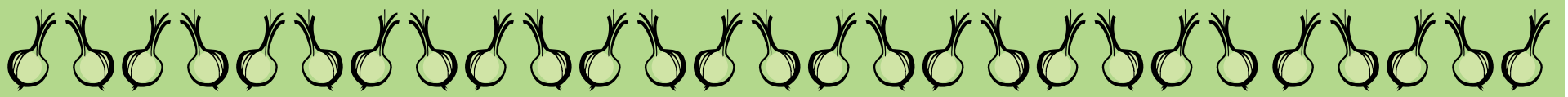
For an ad information sheet, please e-mail Nicole Fenton at [NFenton@citymarket.coop](mailto:NFenton@citymarket.coop) (City Market members receive a discount on ads.)

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  
**6 P.M. to 9 P.M.**  
**May 18, 2009**  
 in the  
**City Market Conference Room.**





## The ABCs of a CSA

From National Co-op Grocers Association  
News Service

Sometimes an idea is just so perfect you wonder why everyone doesn't do it (like joining a cooperative, for example). Community Supported Agriculture (CSA) — which produces thriving family farms and high quality, fresh food for entire communities—is one of those ideas. CSAs build healthful relationships among people, the food they eat, the farmers who raises it, and the land on which it was grown.

CSAs aren't new; the first two in the United States were founded in Massachusetts and New Hampshire over 20 years ago. But the constellation of concerns and interests right now—about strengthening local communities, environmental health, supporting the small family farmer, insuring the healthfulness of the food we eat—have put the concept in today's spotlight. In 1990, there were about 50 CSAs in the United States; today there are about 1700.

### Sowing and Growing a CSA

Community supported agriculture is exactly what it sounds like—farmers being supported by their communities. CSAs are made up of groups of people who pledge their support to farms in return for portions of the season's harvest. Typically, the operating budget for the farm—including expenses for seeds and other supplies, land payments, water, equipment, and labor—is tallied, and these costs are then split among members of the CSA, who commit to the farm by purchasing a share of the season's harvest ahead of time.

In return for their investment, members receive regular bundles of fresh food from the farm during harvest—typically from late spring through early fall, depending upon the local growing season. CSAs might provide fruit, vegetables, flowers, herbs, meat, honey, and/or dairy products. The amount of each allocation depends in part on the success of the harvest (influenced by favorable or unfavorable growing

conditions, such as weather and pests) and the number of shares the member has purchased. One share might provide enough produce for a family of four each week throughout the season, for example.

As surely as each crop varies, so do CSAs. Where the farm is located, what the farmer grows, and what the community needs are just a few of the variables that come into play. In some CSAs, members weigh out or count their own shares, while in others staff weighs and packs shares to be picked up or delivered to distribution points or to individual members. Most CSAs ask members to pay up front for a year (at the beginning of the season, for example), but some accept regular monthly or weekly payments throughout the growing season. In some cases, members work on the farm, helping during the busiest times and offsetting a portion of the membership fee. Some CSA farms offer apprenticeships, extending the promise of small farms into the future. Many CSA farmers offer shares in the farm as well as the harvest. And some CSAs have even been organized by consumers, who rent land and hire farmers.

Visiting a CSA—especially on distribution day—is a good way to learn more about what participation might be like. As with most cooperative ventures, you're likely to find yourself feeling welcome and enthused about joining in! For more information on CSAs in Vermont visit [www.vermontagriculture.com](http://www.vermontagriculture.com) to learn about one in your area. CSA shares are often purchased in the winter, so check to see which farms still have shares available. If you are out of luck this season, City Market works with all of the area farms and carries products in-store that are often part of a CSA share. Look for the local product signs throughout the store to learn where the farm or producer is located.



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[www.resourcefulrenovator.com](http://www.resourcefulrenovator.com)



## Annual Sugar on Snow Celebration



Thank you to all that attended and sampled some delicious maple syrup, waffles, salsa, tofu, wine, and more!

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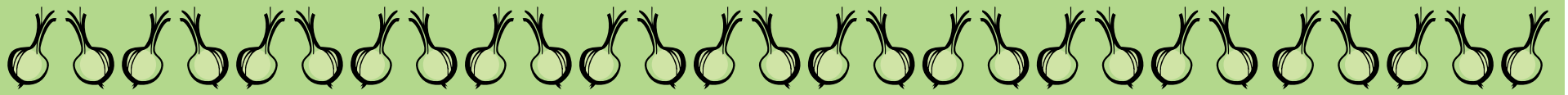
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**Happy Mother's Day!**  
Mother's Day is Sunday May 10





## Customer Comments:

Dear City Market,

I love to buy my lunch here from the prepared foods (so yummy), sit and read the paper... but the chairs screeeech endlessly. The sound is absolutely ear-piercing. I see some rubber caps on some of the legs—can you cap them all? Thank you.

Anonymous

Dear Anonymous,

Thank you for your comment. We have tried several solutions to fix the loud chair noises in the Market Café. Operations Manager Pat Burns references a couple of new methods (article on Page 2) that we are trying next in order to hopefully permanently fix the issue. Thank you for your patience.

Dear City Market and Brian Martel,

Thank you for now stalking frozen “Sno Pac” organic cut spinach, a product of the U.S.A. It is a good product—conveniently frozen in small balls, like individual portions, and fresh tasting.

Sincerely,

E. Angell

Dear E. Angell,

Thank you for your comment. We are pleased to be now carrying Sno Pac. We also carry their organic green peas, sweet corn and in addition to the hand-cut spinach. We also have a feature on Sno Pac on our new Web site. Go to www.CityMarket.coop, click on In The Market and What’s New to read more about this great company.

Dear City Market,

You carry several types of Almond Milk but none are sugar free. A brand you do carry, Pacific, makes a totally no sugar-added version. Please stock it.

Sincerely,

K. Butler

Dear K. Butler,

Thanks for your suggestion. The sugar free almond milk is on it’s way and should be on our shelves in a few weeks.



## May’s GAP Sales Flyer Featured Recipe

Sample this recipe in store on Thursday, May 14, at 12:30 p.m.

### Chicken Enchilada Casserole

Here is a family favorite sure to make any occasion—Cinco De Mayo, Mother’s Day brunch or Monday night dinner—a fiesta fantastical!

#### Ingredients

- 2 ½ cups cooked chicken breast, shredded
- 2 cups Monterrey or pepper jack cheese, shredded and divided
- 1 cup sour cream
- 6 ounces green chili or enchilada sauce
- 1 can (4 oz.) diced green chilies
- 3-4 scallions, chopped
- 1 tablespoon chili powder
- 1 teaspoon salt
- ½ teaspoon pepper
- 2 pkgs. (6 count) 6-inch corn tortillas

#### Instructions

Preheat oven to 350 degrees F. Grease a 13x9x2-inch baking pan.

In a large bowl, mix together chicken, 1 cup cheese, sour cream, chilies, salt, pepper and chili powder.

Cover bottom of pan with 4 tortillas and layer tortillas with a smear of sauce and half of the chicken mixture. Repeat the process ending with a layer of tortillas on top. Smear top layer of tortillas with sauce and garnish with cheese and scallions.

Bake covered for 30-35 minutes until completely heated and cheese is melted. Serve immediately with Spanish rice.



By Carol L. Winfield,  
City Market Member

By the time you are reading this, the triumph of Social Band’s concert at the U.U. Church on Saturday, April 5, will have long since passed. So too, the equal but different triumph Sunday afternoon, April 6 at The Waterfront Theater, where I saw the compelling Dreamtime, a drama by playwright Maura Campbell that could well be on long-running, sold-out status at any Broadway theatre. Then, Monday, April 7 at Faith United Methodist Church in South Burlington, I attended an absorbing lecture on The Transition to Modernism: Stravinsky and Schoenberg by the eminent musical scholar, Jane Ambrose in the Faith United Methodist Church, part of the Elder Education Enrichment “Learning Through the Seasons” series. Talk about a cup running-eth over!

Those three meaningful occasions reaffirmed my conviction that the Burlington area abounds in bountiful benefits, much at minimum expense, some even free! Add to that the only-in-Vermont phenomenon wherein the audience can and does become a part of the performance: after Social Band I was chatting up one of the composers; before Dreamtime I was discussing the similarities and differences between The Big Apple and Burlington with its author; during the lecture, I asked a question which the distinguished Dr. Ambrose was kind enough to label “a good question.”

I spent 30-some years participating in New York City’s many and varied offerings. Consuming as much as time and pocket book allowed, thereby hearing, seeing, observing the best—and the worst. As a result, crotchety, selective ninety-year-old me has been there, done that. I do know quality when I come upon it.

When I first moved to the Queen City I felt a little hesitancy about the caliber of The Arts that was here available. Not any more! Though I remain a confirmed New Yorker who will never let anyone belittle “her” city, I have become an enthusiastic Burlington Booster. In fact, not that long ago, Rachel, my Chicago-based, gourmet-grandee granddaughter and I were talking about a restaurant she and her husband favored. (Turns out The Obama’s favor it too!) “We’ve got great restaurants in Burlington, m’dear,” I countered, suggesting she and family come see for themselves. “Grandma!” Rachel sighed a sigh, “I’m getting tired of the way you keep praising Burlington.

Enough already! Burlington can’t be that good!”

But it is that good. The Flynn, for instance, our magical, miracle theater is constantly offering outstanding performance after performance of highest caliber. Even more, its doors are open for free to Vermont students, giving them opportunities to attend classes and matinees. The Flynn is pure gold. I hope you will take a minute to appreciate it, support it if you can. Whilst appreciating, take more than a minute to appreciate the incredible art to be seen throughout the area. Somewhere recently I read an article in the New York Times, I think, that per capita, there is more and better art in Vermont than in any other state. Visit those galleries, sign on for the Jazz Festival just ahead in June, the offerings at UVM and St. Michaels, the local bars, and restaurants. One could fill this entire paper and still run over on the quality events available to overflow.

As a total change of subject aside, and since The Onion Skin is a City Market paper, allow me to throw it a paean or two. Unlike you and I; it’s not perfect, needs improvement, but the staff, an agreeable, helpful group, continually keeps working to improve. And you well know, it is, a dandy Burlington dividend continually working to deliver everyday top notch products and service. As with The Flynn, take time to think about this, to become a Co-op member if you are not one already.

But back to the matter at hand: I have been following Social Band since first coming here. I have always enjoyed its concerts, but this last one represented a new level of professionalism. As for Dreamtime, Author Campbell has already had plays produced in New York, thus proving my above made critique. One of my companions at the performance, whose experiences closely matched mine, went to Campbell after the play’s end to say: “On a scale of one to ten, I give your play a 15!”

As for the Elder Education Enrichment series that will resume next fall, it is a treasure trove for those ancients lucky enough to have a car or a friend who has one. Five dollars a lecture, and when you get to \$40, you become a member. The talks cover a vast range of topics and the speakers are generally first rate. Ergo: Let’s hear it for the Abundant Bounties of Burlington!

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## Composting—it's easier than you think!

Composting is the transformation of organic material (plant matter) through decomposition into a soil-like material called compost. Invertebrates (insects and earthworms), and microorganisms (bacteria and fungi) help in transforming the material into compost. Composting is a natural form of recycling, which continually occurs in nature.

### Why compost?

1. It's very inexpensive to do
2. It provides you with free soil amendments and mulch for your garden.
3. It saves you money as you throw less garbage away and reduces landfills
4. It recycles natural materials as they should be.

### What can you compost?

1. All vegetables and fruits, including nuts
2. Dryer and vacuum cleaner lint
3. Eggshells
4. Shredded newspaper, paper and cardboard produced with soy based inks
5. Manure and waste from healthy herbivores (pet waste from rabbits, guinea pigs and other vegans)
6. Saw dust and wood chips
7. Weeds, dead plants from your garden, dead indoor plants and flowers, lawn clippings, leaves, straw, hay, grass, peat moss, shredded stems and twigs
8. Fireplace ashes (no coal ashes)
9. Coffee grounds and filters
10. Cardboard rolls from toilet paper and paper towels

### What should you not compost?

1. Chemically treated yard waste or plants
2. Meat and dairy products
3. Diseased items

### Where can you compost?

1. Your yard in a sunny spot
2. Small container in your house
3. Your town's local composting facility
4. Join friends and neighbors to make a compost pile
5. In a commercially produced activator or container in your yard

### When can you compost?

All year around—yes, even in the winter. During cooler months you will not be able to turn your compost heap, but you can accumulate the materials.

### What do you need to compost?

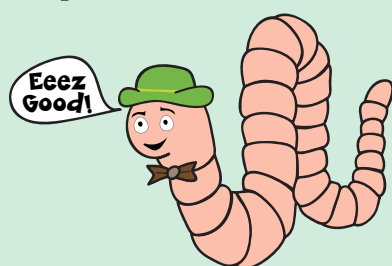
1. Separate container or space
2. Bowl or container to hold items from the house before it goes into the heap
3. Cooperation from family members
4. Tool to turn the compost
5. A small amount of time and energy

### What do I have to do with my compost pile or container?

1. The smaller the items that go into your compost pile, the faster they decomposition time.
2. Turn your pile at least once a week.
3. Add a lot of items to your pile less frequently, as opposed to adding small amounts frequently—volume is better than frequency.
4. You can add worms to your compost to speed up the process.

### Where can I find more information on compost?

- [www.composting101.com](http://www.composting101.com)
- [www.howtocompost.org](http://www.howtocompost.org)
- [www.cswd.net/composting](http://www.cswd.net/composting)
- [www.intervalecompost.org](http://www.intervalecompost.org)



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## Springtime Garden Planning

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

It's not too late to begin to plan your summer garden. There are a variety of resources available in order to plan a garden that provides your favorite vegetables and perhaps even an extra row for your local food shelf. Whether you have a large garden or a small plot in a community garden, it can be one of the most rewarding summertime activities.

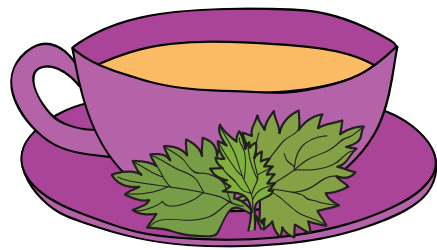
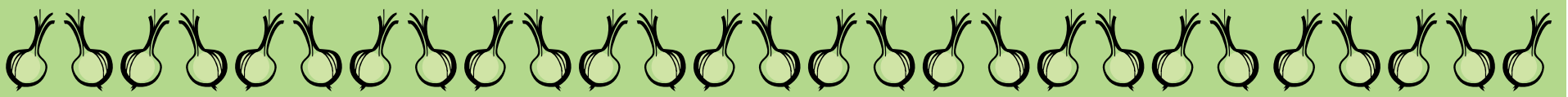
One of the best tips I've received is to consider your climate when planning your garden. Climate can roughly be broken down into three basic categories... cold, temperate and tropical/sub-tropical. Since we are located in what would be considered a cold climate, it's important to learn what vegetables grow best in a cool, wet spring and the mild temperatures of the summer months.

You also need to take into account how many weeks it takes a particular plant to go from a seed to harvest. The best cold tolerant

crops we can grow in Vermont are kale, spinach, collards, arugula, mustard greens, mache, and herbs like cilantro, dill, sorrel, and chives. However, I've enjoyed experimenting with some of my favorite fruits and veggies with surprising success including bok choy, asparagus, strawberries, and blueberries. All of which, with a little extra TLC do very well.

Whether you are choosing to start from seed or plant a vegetable that has already been started, it's so fun and rewarding to see what all of your hard work (yes, weeding can be hard work!) can produce. The difference in taste and satisfaction knowing that you actually grew something is very gratifying. One of City Market's vendors, Red Wagon Plants offers a large variety of plants for all types of gardens. Check out the flyer insert in this month's Onion Skin to see what types of plants will be available all summer long. Happy Gardening!





## May's Herb of the Month: Nettle

By *Cristi Nunziata*,  
Herbal Education Coordinator

"Nettles are so well known that they need no description. They may be found, by feeling, in the darkest night." Culpeper 1561

As the landscape becomes green, many medicinal herbs are uncovered. To some, these herbs, such as plantain, dandelion, and nettle are mere "weeds", but if you become more familiar with their medicinal properties you'll find yourself delighted by the abundance of these plants. Nettle is one "weed" that is both a tasty wild edible and a highly esteemed medicinal herb.

Known to many as wild-spinach, nettle can replace common spinach in a variety of recipes. Like spinach, nettle is packed with vitamins and minerals. If you ever encountered this plant in the wild, it's likely to have gotten your attention! Nettle has been known to sting unsuspecting first-time foragers, but once it is dried or cooked this action is neutralized.

Some people actually enjoy stinging themselves to counteract inflammation in the joints or in the skin (rashes, bug bites, etc). This is because the nettle sting actually injects the plant's antihistamine properties. You can also enjoy the anti-histamine benefits of nettle during allergy season by using either fresh tincture, or freeze dried capsules. The dried herb can be made into a nutritive and diuretic tea or added to a seasoning blend.

If you are unsure how to identify nettle, join us for the wild edibles walk later this month (details on the Back Page of the Onion Skin). You may also find plant identification books in the Co-op's book section, which are helpful in identifying tons of local medicinal plants. Whether foraging for or obtaining nettle at City Market in the Bulk Medicinal Herbs or Wellness section, you'll likely find yourself happy to have made its acquaintance.

### Nettle Sesame Salt

Recipe by Susun Weed: This is a mineral rich seasoning that can be used in place of salt.

- 1 cup sesame seeds
- ¼ cup dried nettle

Roast sesame seeds in a heavy pan over medium heat, stirring constantly. Grind together with nettle and a pinch of salt.

### References:

Weed, Susun. *Healing Wise*, Ash Tree Publishing, Woodstock, NY, 1989.

## Seaweed, Sushi and You

By *Robin Asbell*,  
NCGA News Service

The popularity of sushi has swept in from the Coasts like a tidal wave, steeping Americans in soy sauce, wasabi, rice and raw tuna. We just can't seem to get enough. Chefs in New York are going beyond sushi and using nori in all sorts of high-end dishes, wrapping and sprinkling with the now-familiar green sheets.

A curious side effect of this sophistication is that Americans are eating seaweed. Many people have been enjoying this ancient food all along, and it is nice to see the mainstream getting a tiny bit of nori into their diets. It just might make a contribution to the deficit of minerals in the typical American meal.

Sea vegetables are truly a gift from the sea, with fiber, protein, minerals, complex carbs and iodine. Vegetarians have always looked to the crackly dried veggies of the sea for a clean, sustainable source of elements that they don't get from meat. Of course, the Japanese are the champions of seaweed cuisine, consuming more than any other country, over 9 billion sheets of nori per year. They also delve into at least 20 other kinds of seaweed, from the kombu used to make dashi broth to others of the 7,000 known varieties.

Because we associate seaweed so strongly with Japanese food, it is easy to overlook the many other cultures that have harvested the bounty of the sea. Scotland, Britain, Ireland, Indonesia, Thailand, Korea, the West Indies and Native American cultures have age-old traditions of eating sea veggies. Anybody with a coastline and an appetite figured out a use for these free, nutritious plants. The thickening agent carrageenan is named for the Irish village, Caragheen, where the sea veggie used to make it was harvested. In Jamaica and the

West Indies, red algae are used to make virility tonics. However, most of these cultures have forgotten about sea vegetables, in favor of modern products.

There is an ongoing debate about both the iron and the B-vitamins in sea vegetables. Some experts point out that vegetable-sourced iron is non-heme iron, and not absorbed by the body as effectively as animal-sourced iron. Vitamin C enhances absorption, and tannins in black tea inhibit it, so have fruit and you will get more iron. The B-12 that is in sea vegetables in abundance is also controversial, with studies on both sides, saying it is either an analog that just resembles B-12 or the real thing. As of this writing, most experts say don't count on seaweed for B-12. Nevertheless, there are so many other nutrients in sea vegetables that you can't go wrong eating them.

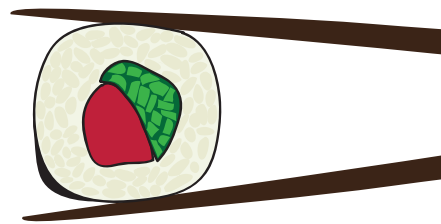
In Traditional Chinese Medicine, sea vegetables are considered beneficial for certain types of healing. They are considered cooling and damp, and good blood cleansers. They shield the body from heavy metals and radiation because sodium alginate actually transforms metals into insoluble salts in the digestive tract. Other healing qualities attributed to them include decreasing bad cholesterol, stabilizing blood sugars, cleansing and treating the digestive tract, preventing flatulence, enhancing immunity, balancing hormones, and stimulating antioxidant activity.

So, when bellying up to the sushi bar or choosing sushi at the Co-op, make sure to get the seaweed salad and the miso soup. If you pick your sushi carefully, it can be a really healthful meal.

## Sushi at City Market Made Fresh Throughout the Day

Shortly after City Market opened, downtown Burlington resident and sushi lover Peter Hartwell partnered with local sushi chef Jing Miang ("Homja" to his friends), and approached the Co-op with the idea to open a fresh sushi bar in the store. In April, 2004, an underutilized area in the seafood department was converted for sushi preparation and Sushi at City Market was born.

Homja, who just recently became a US citizen, arrived from China and studied sushi in New York City before settling in the Burlington area nine years ago. He credits the success of his sushi to his strict adherence to traditional techniques such as the use of the "hangiri" a large wooden tub and paddle imported from Japan, crucial to controlling the texture and moisture content of the rice, as well as top quality imported rice vinegar and other ingredients. His menu includes a balance of sushi traditions such as thickly sliced raw



tuna and salmon, as well as a variety of fully cooked and vegetarian rolls. Spicy raw salmon rolls and the popular Spider Roll, fried soft shell crab rolled in tangy sushi rice, are student favorites. The menu was recently expanded to include brown rice versions of several rolls.

Sushi at City Market packages are available in the Sushi display, in the back of the store near the seafood department, as well as on the end of the Grab and Go display. If you don't see your favorite sushi, just ring the bell on top of the sushi display and chef Homja and partner Ada will gladly make your order while you shop. Custom orders and party platters are available.

Have you tried City Market sushi now with brown rice? Check out these delicious sushi offerings available with or without brown rice: vegetable roll, avocado roll and California roll. Enjoy!



## City Market Deli Features McKenzie All Natural Meats

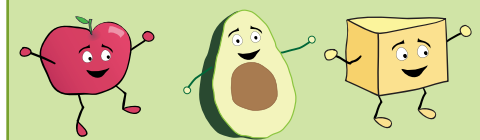
By *Craig Goldstein*,  
Prepared Foods Manager

Amongst our premium deli selections, we are proud to feature McKenzie All Natural country classics, including ham, turkey breast, and oven roasted beef. What makes these meats special? Here's some great info about how the animals are raised and the processes that goes into each slice of meat!

The all natural, antibiotic free deli ham is made from pork that has never been given antibiotics or growth hormones and was raised without the use of animal by-products, plus was fed a vegetarian diet!

The McKenzie all natural, antibiotic free turkey breast comes from turkeys that were not raised in cages, in fact they were raised in 30,000 square foot barns that allow the birds the opportunity to eat, drink, sleep, and move freely about. Their environment is heated in the winter and cooled in the summer. They too have never been given antibiotics or chemicals and have been raised on an entirely vegetarian grain fed diet.

Saving perhaps one of the best for last, the all natural oven roasted beef is a popular offering with our customers. It's roast beef without nitrates or nitrites added. It's tender roast beef made with USDA choice American beef, hand-rubbed with salt and pepper before being slowly roasted. It's one of the most delicious and affordable roast beefs we offer. So next time you are stopping by the deli, look for the All-Natural label on our meats, you'll feel good about what you are eating.



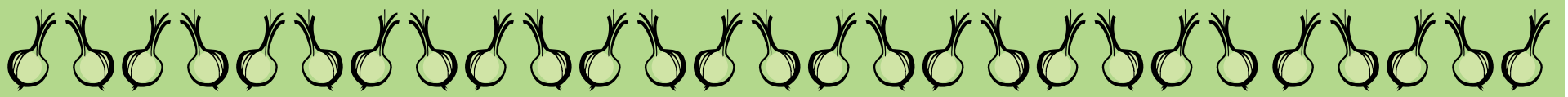
## Want to apply for a job at City Market?

Help us be green by filling out an application online. It's easy to do.

1. Go to [www.CityMarket.coop](http://www.CityMarket.coop)
2. Click on Work with Us
3. Click on Open Positions
4. Complete and submit your application!

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





## Wine Picks for Under \$10

**Falesco Vitiano** is a hearty Italian red blend from Umbria, on sale now for \$9.99. Falesco Vitiano is very approachable and food friendly, made up of equal parts Cabernet Sauvignon, Merlot and Sangiovese. It has warm, ripe, blackberry aromas and flavors, with hints of licorice and plum. It's great with barbeque, grilled meats and hard, flavorful cheeses.

**Botromagno Gravina** is a dry, delicate white blend from Apulia, Italy, on sale in May for \$8.99. Composed of 60% Greco and 40% Malvasia, it has expressive aromas of stone fruit, wild herbs, and fresh wildflowers that lead to a flavorful palate of peach, pear and citrus fruit. Enjoy this tangy white with shellfish, spicy Asian cuisine or soft cheeses on rosemary Focaccia.

## Ask the Health Genie



*Dear Healthy Genie,  
My feet are very dry on the sides, and I notice an odor that permeates into my socks often. Sometimes my toes itch so badly that I want to take my socks and shoes off— can't since I work in a very busy office.*

*Sincerely,  
Desperate & Sockless*

Dear Sockless,

It sounds like you have a mild case of athlete's foot. Athlete's foot is a common fungus that is present around public swimming pools, showers and damp places. When feet are exposed to this fungus, itching, redness, and even scaling can occur. Here are some tips for prevention or relief:

- Wear cotton socks and change daily
- Be sure to wash all socks in hot water, either by hand or on the hot wash setting of your laundry machine.
- Keep your feet as dry as possible, especially area between toes
- Wear flip flops in public showers
- Avoid walking around barefoot in public places

Melaleuca Alternifolia or Tea Tree Oil is an Australian plant that has traditionally been used by aboriginal people for a variety of skin ailments. The leaves of the plant can be rubbed onto an affected area – the most commonly known form here in the U.S. is the oil.

After consulting your physician, you may want to try diluting 2-3 drops in a cup of distilled water and then pat onto the soles of the feet. Remember to let them dry in the open air or sunlight, and good luck!

Health Genie



## New BULK Brochures Make for Easy BULK Shopping

For many customers and members, the Bulk section is part of what's so attractive about City Market -- offering a help-yourself, take-just-how-much-you-need-of-whatever-you-need atmosphere. In addition to ambience, though, those bulk buying opportunities offer big advantages to you as a customer as well as to the environment.

To make your bulk shopping even easier, we've unveiled new bulk brochures located next to the bulk spices and herbs. You'll find tips on buying and cooking bulk items such as rice, pasta, split peas, lentils & dal, dried beans, hot cereal, flour, whole grains, and even herbs. Each brochure includes a recipe or two using bulk ingredients. Pick up a bulk brochure today!



The signs  
of a healthier Vermont



## Your first choice for health insurance

For Graduates

### Catamount Blue<sup>SM</sup>

"I'm covered on my parents' health plan now, as a dependent student. I was worried about health care after graduation. I do some pretty extreme biking. But then I heard about Catamount Blue<sup>SM</sup>, a Blue Cross and Blue Shield of Vermont Plan for as low as \$60 a month\* — perfect for graduating seniors. I can count on Blue Cross and Blue Shield now, on my parents' plan — good to know they'll be there for me when I'm on my own."

[www.bcbsvt.com](http://www.bcbsvt.com)

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



### BlueCross BlueShield of Vermont

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





## May Product Sampling

**May 1 – Honeydrip Beverages**  
11:00 a.m. - 3:00 p.m.

**May 1 – Castleton Crackers & Fat Toad Farm Cheese**  
4:00 - 7:00 p.m.

**BarLeans Omega Swirls**  
3:00 - 6:00 p.m.

**May 4 – Wellness Day**  
4:00 - 7:00 p.m.

**May 5 – Produce Day – Taste something fresh!**  
4:00 - 7:00 p.m.

**May 8 – Dr Hauschka**  
4:00 - 6:00 p.m.

**May 8 – Green and Black's Ice Cream**  
5:00 - 7:00 p.m.

**May 8 – Narayan's Bread**  
11:00 a.m. - 2:00 p.m.

**May 11 – Kind Bars**  
5:00 - 7:00 p.m.

**May 14 – Food Should Taste Good Tortilla Chips**  
5:00 - 7:00 p.m.

**May 17 – BULK Herb Demo**  
4:00 - 7:00 p.m.

**May 18 – Wellness Day**  
4:00 - 7:00 p.m.

**May 19 – Produce Day – Taste something fresh!**  
4:00 - 7:00 p.m.

**May 27 – Pamela's Cookies**  
1:00 - 3:00 p.m.

**May 28 – Marie and Ricardo's Whole Wheat Tortillas**  
5:00 - 7:00 p.m.

**May 29 – Green and Black's Chocolate**  
noon - 2:00 p.m.

**May 30 – Honeydrip Beverages**  
11:00 a.m. - 3:00 p.m.

**BarLeans Flax products**  
11:00 a.m. - 2:00 p.m.

**May 31 – BULK Herb Demo**  
4:00 - 7:00 p.m.

### Free Herbal Clinic

May 4, 4:00 - 7:00 p.m.

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

### Square Foot Gardening with Peter Burke

May 6, 6:00 - 7:00 p.m.

Learn how to garden the easy way—no roto-tiller needed for permanent beds and there isn't a bad soil in which to start with. Basic gardening will be covered using all organic methods: planning, raised beds, permanent paths, perfect soil, grid planting, watering, trellis, succession plantings and maintenance. Plus how not to have a jungle of weeds in August!

### Dr. Hauschka Mother's Day Event

May 8, 4:00 - 6:00 p.m.

Pamper yourself with products from Dr. Hauschka, with free consultations, samples and 10% Off all Dr. Hauschka all day.

### Edible Flowers

May 9, noon - 1:00 p.m.

Join Cristi Nunziata, Herbal Education Coordinator, in a seasonal treat: a floral feast! Edible flowers are not only tasty but can also add beauty and color to any meal. We will be making and sampling delicious floral delights, such as Dandelion Fritters and Pesto, Candied Violets, and Spring Flower Salad.

### Alteris Renewable Energy Workshop

May 13, 6:00 - 7:00 p.m.

Alteris Renewables provides turn-key solutions for grid tied/off grid Solar electric, Solar Thermal and Wind systems for residential, commercial, educational, or agricultural applications. Alteris has over 30 years experience providing renewable energy, and has installed over 4 megawatts of PV. The average Vermont family home can be powered by solar for as little as \$15,000. To get started, sign up at the Customer Service desk!

### Apartment Garden Workshop

May 17, 11:00 a.m. - noon

Learn how to garden indoors in your apartment with Peter Burke. This workshop will focus on learning how to grow a steady supply of fresh greens with only a cupboard and a windowsill. Ready to harvest in just 7 to 10 days; learn how to grow greens that are both good for fresh salads and to cook in a stir fry. Great for localvores!

### Eating WELL on a Budget

May 19, 6:00 - 7:00 p.m.

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

### Take a WALK on the wild Side with MELANIE PUTZ BROTZ

May 23, 10:30 a.m. - noon

Join naturalist, herbalist, and registered dietitian Melanie Putz Brotz for a Wild Plant Treasure Hunt in the Intervale. There are so many amazing edible and medicinal plants growing in this region; come join the adventure. Participants in this workshop traditionally uncover many delectable surprises, from Wild Pheasant Back mushrooms to Stinging Nettles, Burdock Root, Lambs Quarters, and invasively prolific and delicious Garlic Mustard Greens. Meet at the small parking lot on the right after the dirt road begins, by the entrance to the Rena Caulkins trail.

### Small-Batch Tofu-Making with Linda Furiya

May 24, 11:00 a.m. - noon

Watch and see how tofu can be made right in your home kitchen, with Linda Furiya, writer and host of Asian culinary classes. The magical process where whole soy beans are soaked and pressed to produce rich, creamy soy milk, then coagulated and pressed into tofu is fascinating to see and learn.

### Allergies and Asthma with Guido Masé

May 25, 5:30 - 6:30 p.m.

Inflammation in the respiratory tract is often related to an over-reactive immune response. Explore simple herbal support strategies with Guido Masé RH (AHG) that feature medicinal herbs and a whole-person approach to reducing the severity and frequency of symptoms while leaving your entire being stronger.

### Sweet and Savory Crepes

May 26, 6:00 - 7:30 p.m.

Light and fluffy crepes are a great match for spring produce. Learn how to make savory buckwheat crepes (galettes) paired with spring greens and asparagus, and sweet crepes with rhubarb compote. The perfect complement: homemade crème fraiche.

### Eating WELL on a Budget

May 31, noon - 1:00 p.m.

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

### A Taste of Vermont

May 30, 10:00 - 11:00 a.m.

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

## Classifieds

Spacious, light and peaceful atmosphere in downtown Burlington, available by the hour or day. Suitable for healing arts, therapy or personal retreats. Contact: Meira 802-999-8259.

We welcomed

205

new members in March!

## Art Showing



City Market member Ashley Watson's Blue-Collar Academic is the title piece to a series of paintings that evolved into an exploration of how we define individual identity and what role our internal and external validations play in that process. In Watson's work, she uses gouache and acrylic, along with materials usually associated with "crafts" instead of art, such as Mod Podge and crayon. She also uses cheap canvas board, painted over older pieces, and used liner notes and clippings from old issues of Utne magazine. This experimentation with mixed media led to Watson's idea that art, and ultimately a person's work, is given an arbitrary price. For Watson, Blue-Collar Academic begs the question: If we are defined by the type of work we do, then who are we? Watson's work will be on display in the Café Gallery throughout the month of May.

## Visit City Market at the Vermont Business and Industry Expo

May 20 & 21

@ Booth 146A on the 2nd floor

Sheraton Hotel

South BURLINGTON

Sign up at the Customer Service Desk.

ALL CLASSES are FREE & open to the Public