

The Onion & Skin

FREE

Sharing news from the Co-op and the community

The Onion Skin

City Market, Onion River Co-op

May 2010



New Gleaning Project Plans to provide Area Food Shelves with Excess Food

By Bart Westdijk,
Community Organizer

In Burlington last year, approximately 30,000 pounds of produce were gleaned from area farms and redistributed to the Vermont Foodbank, local food shelves, and other agencies preparing meals for the community. The progress made was impressive, though demand for fresh food continues to exceed supply. With a new growing season at our doorstep, several active community members have been meeting to inventory and learn from current gleaning activities. This expanding group includes representatives from City Market, Burlington Area Community Gardens, Intervale Center, Vermont Foodbank, Chittenden Emergency Food Shelf, UVM Campus Kitchens Project, and community volunteers.

The result: Produce for the People.

There are close to 400 community garden plots in Burlington and many home gardeners are turning their backyards into mini "farms." Many gardeners have shown an interest in sharing their bounty, but have encountered

Gleaning, Verb:
"Gathering surplus produce after harvest"

barriers in doing so. Produce for the People, a partnership between many of the existing stakeholders, is exploring solutions. Having a presence at public places such as the Saturday Farmers' Market or Thursdays at the Intervale Center would provide a convenient place for folks to drop off surplus produce. In addition to exploring these opportunities, the group has made it a priority to track donations and monitor progress.

So, how can you help?

- Share some of your green thumb trophies! Whether you grow food in a community garden plot, in your backyard, or on your windowsill, all contributions are welcome. Seed packets will be made available to help get you started. (If you're new to gardening, consider joining the Community Teaching Garden, to learn more visit www.burlingtongardens.org/outreach)

- Volunteer to help receive and track donations! If you are a City Market, Onion River Co-op member worker, you can earn your hours spent at the public donation tables to contribute toward your monthly store discount. For more information on member work opportunities please contact Carrie at cmclane@ci.burlington.vt.us.

- Help spread the word! Become a fan of Produce for the People on Facebook, learn about the progress on www.EatLocalVT.com/Produce-for-the-People or start a conversation with friends or neighbors today.

If you are interested in learning more or in getting involved, please send an email to produce4people@gmail.com. We hope to hear from you this growing season!

Join City Market's 5th Annual International Herb Day Celebration

Herb Day is a coordinated series of independently produced public educational events celebrating the importance of herbs and herbalism. Please join us in celebrating Herb Day this year on Saturday, May 1. There will be an information table with recipes, herbal information, samples, and tea. We will also be featuring product demonstrations from companies such as Samhain and Urban Moonshine in the Wellness Department, a culinary herbs demo in the Produce Department and more demos and sales store-wide.

Workshops this year will include indoor herb gardening, plant identification, and a screening of "Numen: The Nature of Plants," a documentary by Vermont filmmakers about connecting to nature and plant-based medicine. For more information, check out Page 5 of this issue and online at www.CityMarket.coop/HerbDay.

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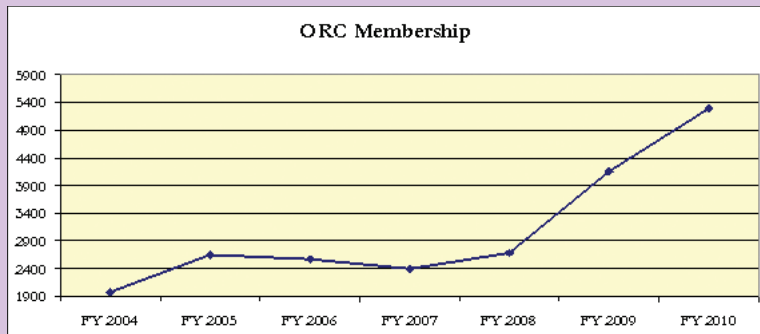
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Onion River Co-op Membership Soars

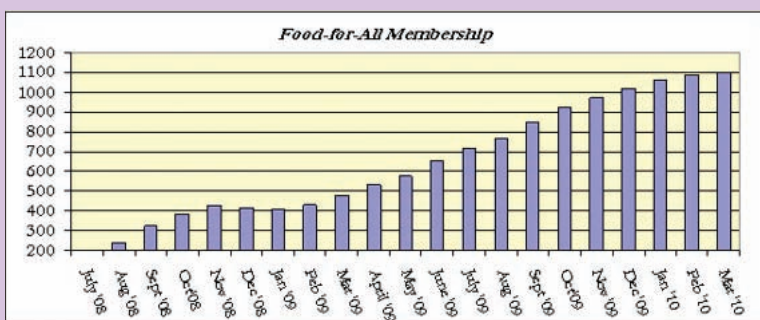
By Clem Nilan,
General Manager

Membership keeps climbing and climbing. In January 2010 for the first time, membership reached 5,000. In January 2009 membership was at 3,400, and January before that at 2,500. This phenomenal increase in membership is outpacing sales growth and is news to celebrate. What are the factors driving this increase?

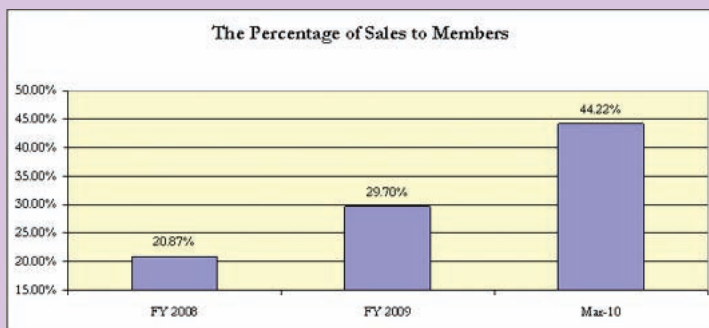


Membership really started taking off about a year and a half ago when the Co-op lowered the annual equity payment from \$25 to \$15. At the same time the Co-op transitioned from a discount system to patronage refunds and began offer the benefit of free water to members. The staff at the Co-op heard how members were thrilled to receive their first and second patronage refund checks. Member Services Coordinator Leila Cosgrove reports, "Over and over again we hear that members are joining the Co-op to take advantage of the Patronage Refund Program. The average check last year was \$78. What other investments give this type of return?"

Our Food for All Member Program increase in membership reflects the driving forces of our economy. To receive the 10% Food for All discount, the applicant must qualify for WIC, 3SquaresVT (Food Stamps) or disability and also join the Co-op. It's a sign of the times that one in every five members of the Co-op is a participant in our Food for All Member Program. The 1,000+ participants in Food for All are overwhelmingly new members to our Co-op and reflect a much more economically diverse membership.



Another exciting trend worth watching is the percentage of store sales to Co-op members. Since the Co-op opened in this location eight years ago, sales to members have hovered in the low to mid-20%. In the last year there has been a phenomenal increase. The chart below shows that sales have broken the 40% plateau for the first time ever. That means there will be more money available for patronage refunds than ever before.



The health of the Co-op is based upon a strong engaged membership. Strong member growth and strong member sales are great indicators of member health. Thank you to all of our members for being a part of the Co-op.

What's happening on Serving Up Vermont?

May is green and pink, both in the gardens and on the table. Think spinach, salad greens, and asparagus, plus pink and pretty rhubarb. Check out City Market's food blog Serving Up Vermont (www.citymarket.coop/blog) for seasonal recipes, information on wild edibles, and Mother's Day ideas.

Co-op Member Workers! New Community Outreach Partner Announced.

The Burlington Area Community Gardens (BACG) office is excited to be a City Market, Onion River Co-op outreach partner this year. Community gardens are spaces for community members to come together to grow their own food. Gardeners sign up every year and pay a fee for the right to cultivate individual plots. BACG oversees 11 organic gardening sites with hundreds of participants.

BACG volunteers (or "gardenteers") can get involved in a number of different ways. Some opportunities are flexible such as cleaning up an abandoned plot for an hour or two, while others can have a set schedule such as mentoring a new gardener twice a month. Volunteering with the Burlington Area Community Gardens provides a rewarding experience. Whether a BACG gardener or not, there are plenty of ways to get involved. The enthusiasm that Burlington gardeners bring to the table is uplifting and BACG would like to invite you to be a part of it.

Some one time gardenteer opportunities that are approaching include:

- Opening work day at the garden sites on May 1
- BACG Kid's Day activity (supervising a "make your own stickers" activity)
- BACG benefit plant sale on May 22.

Some long term gardenteer opportunities starting up soon include mentoring new gardeners and opportunities with Produce for the People and fresh food drives at the gardens. Opportunities that will begin this summer include:

- Abenaki Traditional Garden
- ESL Assistance
- Help a Neighbor
- Special Events
- Office Assistance
- Workshop Presenter

To sign up, contact: Carrie McLane, A*VISTA at: 540-0115 or cmclane@ci.burlington.vt.us BACG Office at: 863-0420 or lcoven@ci.burlington.vt.us

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
May 24, 2010
 6 P.M. to 9 P.M.
 in the
 City Market
 Conference Room.

We welcomed
190
 new members
 in March!



Dear Onion River Co-op Members,

The Board of Directors is fresh off our yearly retreat, where we focused on our goals for the coming year or more. This year, we spent a good portion of our time working with a guest consultant who specializes in helping co-ops with their by-laws. We are currently planning to present revised by-laws at the Fall Co-op Member Meeting and on the ballot of the annual election that follows that meeting.

By-laws are an important part of the Co-op's foundation. They define the democratic structure of a co-op and provide general rules for its governance. They are intended to be both flexible enough to respond to changing conditions and accessible enough to allow members to understand their rights and responsibilities as owners of the co-op. (Of course, they also need to be consistent with state statutes and other laws.)

Our by-laws were last revised ten years ago, and there has been talk of revising them ever since they were approved. We decided to tackle the challenge of revising them this year.

Our goals for revising our by-laws include:

- 1) Making the language as simple and clear as possible
- 2) Clarifying several issues with unambiguous language
- 3) Simplifying by not repeating information given elsewhere, and
- 4) Creating by-laws that "stand the test of time."

For this last goal, we are particularly concerned with creating by-laws flexible enough to respond to changes in communication technology: for example, requiring a "mailed" ballot limits the Co-op's options in encouraging people to vote in elections.

I will be reporting on our progress through the next months. All of us on the Board hope that you will contact us if you would like to know more, or if you have thoughts on the by-laws that you would like to share. Our email addresses or phone numbers are posted at the entryway of the Co-op and in every Onion Skin newsletter. My email is susan.munkres@gmail.com, and I welcome messages from Co-op members.

You are also always welcome to come to our Board meetings, which are from 6:00 to 9:00 p.m. on the fourth Monday of each month. We include in every meeting some time for members to share ideas or ask questions, and members are welcome to stay for the entire meeting.

Best,
Susan Munkres
Board President



Red Wagon Plants

Located in Hinesburg, Red Wagon Plants grows premium, organic herbs, plants and flowers for the home and kitchen gardens. They are wholesale, organic plant growers with a retail outlet at their Hinesburg location. Red Wagon Plants has been selling to the Onion River Co-op since its days when it was on North Winooski Avenue.

"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 for 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 Co-op 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!

How Much Does Energy Impact a Grocer's Bottom Line?

This information was sent to City Market from the Burlington Electric Department. The source is the EPA (Energy Star Web Site). We found it interesting given our recent Solar Panel project at City Market. Take a read, perhaps you'll find it noteworthy as well.

Supermarkets are one of the most electricity-intensive types of commercial facilities, using an average of about 50 kilowatt-hours of electricity and 50 cubic feet of natural gas per square foot. Most of the electricity consumed by supermarkets is used for refrigeration, but significant fractions are also used for lighting and space conditioning.

After labor costs, energy expenses represent the most significant portion of the annual operating budget for the retail grocery sector. An EPA analysis estimates that, because the profit margins of supermarkets are so thin (on the order of one to two percent of gross sales), \$1 in energy savings is equivalent to increasing sales by \$59. Just a ten percent reduction in energy costs for a supermarket can increase the store's net profit by as much as 16 percent, so the retail grocery segment is a prime candidate for utility energy efficiency initiatives.

Farm to Plate Statewide Summit. Goals Drafted for 2010.

By Meg Klepack,
Local Food Coordinator

If you had a million dollars, say, to invest in Vermont agriculture, how would you spend it? What's most urgent to invest in? What will create the most change? What will have the longest lasting impact? These are essentially the question the Farm to Plate Initiative is spending one year researching and analyzing with the end goal of creating a ten-year strategic plan for the entire farm and food sector in Vermont. Saturday, April 10 marked the state-wide meeting of stakeholders in this process – an enthusiastic and inspired 300 farmers, grocers, chefs, educators, consumers, planners, and more gathered to review the draft plan and provide feedback and ideas.

The Initiative has drafted 20 big-picture goals for 2020. Among the goals are a few highlights I found particularly exciting:

1. 10% of all food consumed by Vermonters will be produced locally; getting to 20% might happen IF entire region works together. It's commonly thought that we're down around 5% local food consumption currently. If we grow to 10%, we will keep \$191 million of our food dollars here in VT (currently we're at \$95.8 millions).
2. All Vermonters will have greater access to locally produced, nutrient dense foods and the number of food insecure Vermonters will decrease by 20% (currently about 12% of Vermont's households are food insecure).
3. There is a sufficient supply of all forms of farm and food related infrastructure to meet the needs of producers and increasing year-round consumer demand (e.g. storage, aggregation and processing facilities of all kinds, telecommunications, and transportation).
4. 80% of Vermont's food waste will be diverted away from landfills to composting and food waste/manure digesters thus providing fertility for over 10,000 acres of vegetable production or the feed requirements for over 225,000 laying hens per year.
5. Vermont and regional consumers will be more aware of how the food system works, where their food comes from, how much it actually costs to produce, and the health benefits of eating more locally and in season.

To support these ambitious goals, the group spent the afternoon in 14 breakout sessions focused on different segments of the farm and food industry. Each group reviewed a list of the goals, strategies and objectives drafted for their particular segment, ranging from dairy production to fruits and vegetables processing to leadership and communication. My group, Consumer Education and Food Literacy discussed and prioritized issues ranging from food marketing to farm to school programs to nutrition programs to grass roots advocacy. While the Initiative is presenting dozens of goals, hundreds of strategies and maybe thousands of objectives, I came away from the day excited that we all get to be part of making the dreams of having more local food, while also reducing hunger a reality by 2020. To read more about the goals proposed by the Farm to Plate Initiative visit www.vsjf.org.

Vermont Healers Make Connections at 1st Annual Spring Expo

By Cristi Nunziata,
Herbal Education Coordinator

In late March, City Market proudly sponsored the 1st Annual Vermont Healers Spring Expo, along with other sponsors: Hunger Mountain Co-op, New Chapter, Cabot, and Connect with Amy Miller. The event held at the Vermont College of Fine Arts gymnasium featured a wide range of workshops from fermentation to flower essences to hula dancing. There were over 40 vendors from around the state and a key note speaker, Gwenn Hollowsmith, who shared information about the Care Bank. The Care Bank is a new barter program, modeled after Onion River Exchange and the Burlington Time Bank, designed to help meet the needs of elderly Vermonters.

Vermont Healers, with over 100 members, is an online directory of healing practitioners and service in the state of Vermont. It is designed to allow Vermonters to connect with the abundant resources that our state has to offer. The site also includes a resources page and a calendar page. The site began two years ago and City Market, Hunger Mountain Co-op, and Middlebury Co-op are the founding

sponsors. For more information or to become a member of Vermont Healers, go to www.VermontHealers.org



Winner Announced of Sugarbush Cabin Cat Excursion

Congratulations to Jenny Coates and 11 of her friends. As part of a partnership with Sugarbush Resort, City Market customers were able to enter to win their own cabin cat and mountain for 12 people! Called the Lincoln Limo, a 12-passenger cabin cat with cushy seats and a flat screen TV, will take Jenny and her buddies to Sugarbush's highest peak for private cat skiing/riding adventures.



VERMONT FARM TOURS

City Market Goes to Hardwick

By Meg Klepack,
Local Food Coordinator

Sitting in the cozy warmth of Claire's Restaurant while rain streaked down the windows, Chef Proprietor Steven Obranovich introduced us to our food, one ingredient at a time. The delicate slices of celery root, onions, carrots, sunchokes, and turnips in the Baked Vegetarian Gratin were from Pete's Greens; we had all been standing in Pete's root cellar and greenhouses just an hour before. The savory ham on the Open Face Ham Sandwich was raised on Bonnieview Farm; we would be admiring Bonnieview's new lambs in another hour. Meanwhile, 21 City Market members had Claire's Restaurant all to ourselves, enjoying a three course meal that Steven had specially prepared for us.

This extraordinary localvore meal was just one of the highlights from City Market's tour of Hardwick led by Vermont Farm Tours. The Tour took us behind the scenes to see where some of the food that fills City Market's shelves originates.

Pete's Greens is a four-season vegetable farm in Craftsbury. With a lot of emphasis on storing roots long into the winter and extending the season, Pete's mesclun mix is some of the first to be offered in our Produce Department in the spring. Greeting us as we pulled in to the farm was Pete's dog, Lulu, who greeted us appropriately with her 'ball' of the day: a turnip pulled from Pete's root cellar. We began our tour peeking in on the bins and bins of green cabbages, the totes of potatoes,

and the bags of carrots, still looking like good fresh food after six months of storage. Next we headed down to the greenhouses where the trays of sprouts were so verdant they seemed to be lit from within. Standing in those warm greenhouses surrounded by lively green plants on a cold, gray, rainy April day was like arriving in Eden and I was almost glad for the rain to make the contrast so stark.

In the afternoon we got up to Bonnieview Dairy, a sheep-cheese dairy in Albany. April is lambing time on Bonnieview and we arrived just an hour after yet another set of twin lambs were born. With 90 lambs accounted for and more on the way, farmer Neil Urie and his family have their hands full this time of year. While the Uries aren't making cheese at this time of year, we did get to sample their Coomersdale and Ewe's Feta cheeses while standing in the lamb barn.

As one tour participant said, "I really appreciated the chance to meet the producers and feel another connection with the food." I know that I'll never look at Bonnieview's cheese in our cheese case without thinking of Neil or see Pete's mesclun without imagining those green greenhouses. We are already looking ahead to future farm tours and we're excited to give more City Market, Onion River Co-op members the chance to get out and meet the people and the places that produce our food. Look for more information on upcoming Farm Tours online at www.CityMarket.coop and in the Onion Skin newsletter.

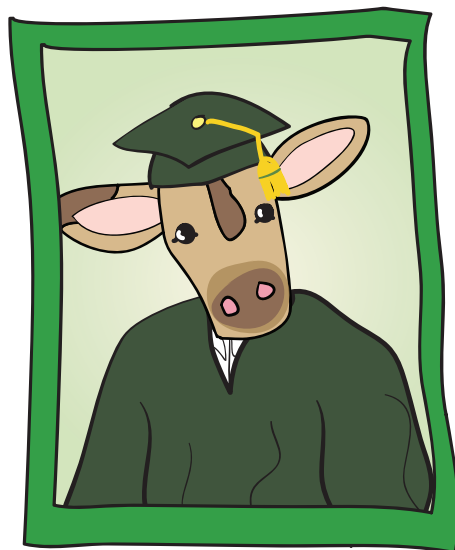
"City Market members had Claire's Restaurant all to ourselves"

City Market Recipes Make Their Way into the Community

By Christine Parlia,
Community Outreach Coordinator

This spring we began to create seasonal packets from our collection of City Market recipes that are featured monthly in the Onion Skin and distribute them to community organizations. Vermont Campaign to End Childhood Hunger received recipe packets to distribute to Cooking for Life classes and The Community Health Center of Burlington gave out packets during a recent free clinic day.

Chittenden Emergency Food Shelf has received such a positive response to the City Market recipe packets that they are being supplied on a monthly basis. We are happy to share our recipes with the community. You can see a sampling of our recipes on our Web site at www.CityMarket.coop/Health-Recipes. If you know of an organization that would like to participate in our recipe outreach project, please contact Christine Parlia at cparlia@citymarket.coop or call 802-861-9735.



Congrats Graduating Seniors

May Herb of the Month: Licorice *Glycyrrhiza glabra*



By Cristi Nunziata,
Herbal Education Coordinator

The word licorice may make you think of the rope-like candy commonly eaten at the movie theater. However, that candy is flavored with anise, rather than licorice. Licorice, on the other hand, is an extremely sweet root that makes tea blends both more palatable and more medicinal.

Because it is so sweet, licorice is used in a small amount in tea blends. It gives a demulcent, or soothing, property to cold and flu tea blends. This action soothes sore throats and irritable coughs. Furthering its medicinal properties for cold and flu, this root also has anti-inflammatory effects that lessen pain and inflammation in conditions such as bronchitis, tonsillitis, etc. The soothing and anti-inflammatory properties also make it helpful for digestive problems such as heartburn, ulcers, or colitis. In the book, *Herbal Therapies and Supplements*, the authors write of the many uses for licorice root "In China, licorice is one of the most frequently prescribed herbs. It is used to treat sore throats and sticky, hard-to-expectorate mucus; to tonify the stomach, spleen, and lungs; to control abdominal spasms; and as an antidote for arsenic and pesticide poisoning."

Another great benefit of consuming this herb is that it strengthens the adrenals. Long term stress and coffee consumption weakens the adrenals and our resistance to stress. Licorice may be incorporated into blends with other adaptogenic herbs such as Eleuthero, Holy Basil, or Rhodiola to rebuild the adrenals and stress response.

Topically licorice can lessen itchiness associated with rashes such as eczema. Try it in a compress or bath with oats and calendula. It is also used topically to heal herpes and shingles lesions.

When making tea, adding a pinch of licorice root can make your beverage far more enjoyable. As the weather warms, you may be more drawn to chilled teas. A great combination is Lemon Balm and Licorice (see recipe below). If you haven't tried licorice root before, now is the time, since it is on sale in City Market's Bulk Medicinal Herbs section for the entire month of May.

Please note: Licorice may cause water retention, which can be detrimental to those with high blood pressure. Consult with your health care practitioner before using Licorice if you have high blood pressure or are pregnant.

Lemon Balm- Licorice Infusion Tea

This is delicious served cold in the summer time.

- 5 TBS Lemon Balm
- 1 TBS Licorice root

Pour hot water over herbs in a quart Mason jar and let sit for at least 40 minutes. Strain and enjoy or refrigerate, or refrigerate and drink as a cold tea.

Reference:

Winston, David and Merrily A. Kuhn. *Herbal Therapy and Supplements: A Scientific and Traditional Approach*. 2nd edition, Wolters Kluwer/Lippincott Williams & Wilkins: Philadelphia, Pa, 2008. Print.

Slow Money Conference Comes to Vermont

Slow Money's 2nd national gathering will take place at Shelburne Farms June 9-11. According to their Web site, Slow Money is a new way of connecting investors to local food systems, catalyzing new forms of social investing and philanthropy for the 21st century. You can join the emerging network of investors, donors, entrepreneurs, farmers, and activists who are giving birth to the nurture capital industry. Come to Shelburne Farms, a working farm and forest and National Historic Landmark -- a setting uniquely imbued with the history of capitalism and a nonprofit organization dedicated to forging a

new future through sustainability education, creating social enterprises and strengthening local food systems. Meet thought leaders and change agents from around the country who are joining in this exciting project: designing capital markets that go beyond extraction and consumption all the way to preservation and restoration... Starting with food and soil fertility.

The event begins with an Etown show Wednesday, June 9th and ends with a farm table dinner celebration on Friday, June 11th. For program details and to register to attend go to www.slowmoneyalliance.org.



City Market Installs New Bike Racks!

Customer Comments

Dear City Market,

Can you put a sign at the entrance that says "did you forget your bags?" Shelburne Supermarket has this and it works for me every time—I go back and get my bags. Thanks

M. Ludlow

Dear M. Ludlow,

Thank you for your comment and question. Great suggestion! We do have a few signs posted around City Market about the benefits of reusing your bags but we'll look into putting one at the entrance to the store. In fact, we offer a five cent refund when you use your own bag. In 2009, we were able to give over \$14,000 in bag discounts to our customers. That has also helped us to reduce our use of plastic bags by over 14%.



Celebrate Herb Day with City Market

By Crisli Nunziata,
Herbal Education Coordinator

The 5th Annual International Herb Day Celebration is set for Saturday, May 1 at City Market. Herb Day highlights the importance of herbs and herbalism. The day is celebrated with public educational events across the country. It was conceived of by five non-profit organizations with interests in herbs and herbalism (the Herb Day Coalition) to raise public awareness about the significance of herbs in our lives and the many ways that herbs can be used safely and creatively for health, beauty care, and culinary enjoyment. Herb information, product demonstrations, free classes and workshops, plus sales throughout the store will be happening on May 1. A special screening of a documentary produced by Vermont filmmakers, Numen: The Nature of Plants will happen at 4:00 p.m. Look for more information at www.CityMarket.coop/HerbDay and on flyers in the Wellness Dept. today.

Check out these store-wide sales on Herb Day!

Wellness

Assorted Aura Cacia Mineral Baths 2.5 oz. 1.99/ 16oz. 7.99

Boiron Sabadil Allergy (60 tabs) \$7.99

Lily of the Desert Aloe Vera Jelly 4 oz \$2.99/ 12oz. \$5.99

Quantum Buzz Away Extreme Spray 4oz. \$6.99

Quantum Buzz Away Spray 2 oz \$4.49

Quantum Buzz Away Spray 6 oz \$7.99

Weleda Calendula Baby Shampoo 7.2 oz. \$7.49

Weleda Calendula Baby Cream 2.6 oz. \$7.49

Weleda Calendula Baby Lotion 6.8 oz. \$9.49

Weleda Calendula Baby Oil 6.5 oz. \$9.99

Weleda Calendula Baby Soap 3.5 oz \$4.99

Weleda Calendula Baby Diaper Care 2.8 oz. \$7.99

Lily of the Desert Aloe Vera Juice 32 oz \$7.99

Beer and Wine

Honey Gardens Mead- Save \$1

Prepared Foods Feature:

Cilantro and Cardamom Rice



Wine Picks for Under \$10

By Alison Miner,
Beer & Wine Buyer

Whether you are toasting a recent graduate, having a Mimosa with mom, or just celebrating the end of the work day, Prosecco is our favorite "every day" sparkling wine. Lighter and fruitier than most traditional champagne, Prosecco is known for its light bodied mouth-feel, crisp green apple and citrus flavors and easy, dry finish.

Two of our best selling Proseccos are **Lunetta Prosecco** and **Maschio Prosecco**, both on sale for \$9.99 in May. Lunetta has bright, lively aromas and flavors of apples and white peaches. Lunetta Prosecco makes a delightful Mimosa, Bellini (when mixed with Peach nectar) or sparkling punch. Maschio Prosecco is very light and clean with fine bubbles. An elegant value priced bottle that could pass for a high end Prosecco, Maschio has fresh stone fruit aromas and flavors with hints of kiwi and pear. Drink it on its own or with light appetizers to appreciate the delicate nature of this dry Italian sparkling wine. Enjoy!



Take the Way to Go Week Commuter Challenge

The 7th annual Way to Go! Commuter Challenge is May 17-21, 2010. This event encourages the use of healthier, more earth-friendly transportation, and less expensive alternatives to driving alone. Everyone who commits to walk, bike, telecommute, carpool, take the bus or use any alternative to driving solo will receive free giveaways and be entered in a drawing to win great prizes—iPods, a Neuton® battery-powered mower, Burton snowboards, overnight stays, restaurant gift certificates, yoga passes, spa treatments, bike tune-ups, golf and ski passes and more. Earl's Cyclery and Fitness is the corporate sponsor for the Community Challenge, providing the top performing community with new bike racks. Online registration is fast and easy at www.waytogovt.org.

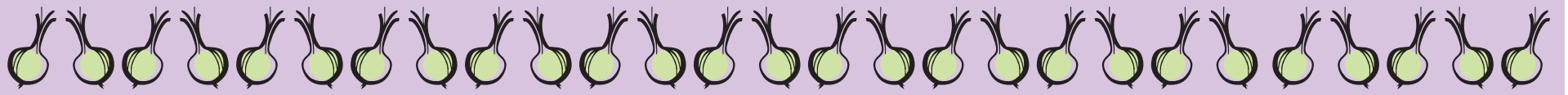
Last year, in just one week, 3,552 Way to Go! participants saved an estimated 236,813 commuting miles, 206,000 pounds of carbon dioxide, and \$33,000 in transportation expenses. The Vermont Energy Investment Corp, this year's Way To Go! host, has set an ambitious goal to try and save at least 500,000 pounds of transportation pollutants.

"Participation in this event has grown significantly, however we need your help to achieve the goal of 500,000 pounds of carbon emissions saved. This is great opportunity for folks to accept a new way to commute to work, school or anywhere else they might

usually drive," said Debra Sachs, Director of Community Climate Action, 10% Challenge, one of the event's organizers. The weeklong event is designed to be easy and fun and encourages everyone to try an alternative way than driving alone every day. Interest in commuting alternatively is sky-high and the Commuter Challenge proves that other ways to commute are indeed the "Way to Go!"

Several communities and regions are planning special kick-off events including: May 11 & 12th from 6:30 a.m. to 9:00 a.m. at the Ferrisburgh Park & Ride lot; May 13th at 11:00 a.m. on the corner of Cherry and Church Streets in Burlington; and on May 17th at 7:30 a.m. in front of the Chittenden Bank on State Street in Montpelier. Other areas of the State are planning events as well. The Point Radio will be on site promoting sign-ups and providing giveaways at the Burlington and Montpelier events. Stop by and join other commuters to learn more, sign up to participate and be eligible to win great giveaways.

As in past years, businesses, schools and communities will compete for 2010 Way to Go! awards. Go head-to-head with others to see who can encourage the highest percentage of employees to walk, bike, telecommute, carpool or take the bus from May 17-21. The winning employers will receive awards at a ceremony on Thursday, June 17th at 11:00 am. In addition to schools and businesses competing, there is a challenge to Vermont communities. Who will be Vermont's "greenest commuting city or town?" The winner will be decided based on the highest participation rate of residents in each municipality.



Grains from our Backyard

Growing Wheat and Baking with Local Flour Workshop

May 18, 7:00 – 9:00 p.m.

City Market has an exciting addition to our Bulk Department this spring: our first local white flour! Grown by wheat farmer Tom Kenyon on his farm in Charlotte, the flour is the first white flour grown in Vermont in recent times with high enough quality to be used for baking. Red Hen Baking has been using the flour all winter to make their local Cyrus Pringle bread.

As all expert bakers know, no two flours are alike and Randy George, owner of Red Hen Baking Company, will join us to discuss wheat varieties, protein content, flour grinds, and the best uses for each kind of flour, particularly focusing on the best uses of the local flours offered in the Bulk section. He'll present fabulous recipes and techniques that let our new local flour shine.

Heather Darby, Adjunct Extension Assistant Professor at UVM Extension, will also join to lend an agricultural context for the new local flour, discussing the history and challenges of growing grain in Vermont and what the future may hold for Vermont grain growing. The Growing Wheat and Baking with Local Flour Workshop is free. Please register at the Customer Service desk. More information is online at www.CityMarket.coop/news/calendar.

Solar Made Simple Public Seminars Continue in May!

The free educational Solar Made Simple seminars presented by groSolar have been so popular that we've decided to schedule three more workshops. The next workshop is Tuesday, May 25. The workshop provides an overview of the workings of solar power, including how to use state grants and federal tax credits to help pay for a system, as well as guidelines for assessing whether your home or business is right for solar. Bring your recent utility bill and pictures of your roof if you'd like to discuss your home in more detail with a groSolar representative. Free and open to the public. Look for more workshops on June 22 and July 20.

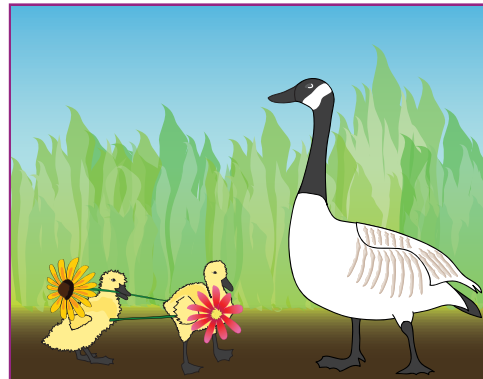


Educational Event for Spring Co-op Meeting a Success!

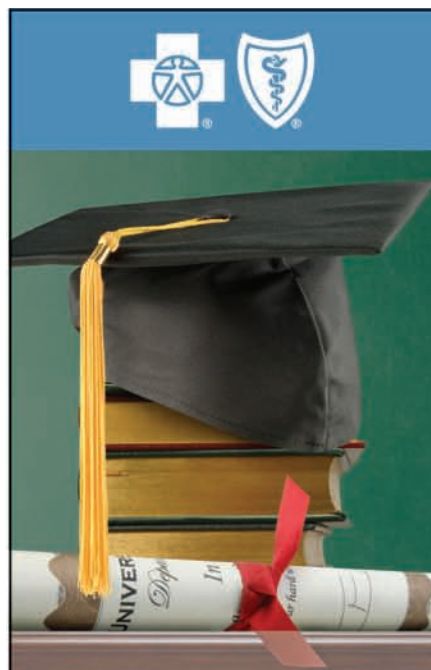
Thanks to all who attended City Market's Spring Member Meeting on Saturday, April 10th. Co-op members attended a screening of the film FRESH, followed by a question and answer session with director Ana Sofia Joanes. Films like FRESH encourage people to think about our current food system and ways to improve it. See you in the fall for our annual Fall Member Meeting. Look for information in-store, at www.CityMarket.coop, and in the Onion Skin newsletter.

Celebrate Cinco de Mayo with Savings on Beer

'Cinco de Mayo' means "Fifth of May" in Spanish and is a festival of Mexican pride and heritage. To help in your celebrations on Wednesday, May 5 check out the following sales on beer. Corona, Negra Modelo, and Pacifico six-packs are all on sale for Cinco de Mayo! Sale price \$6.99+ deposit; regularly \$7.49+ deposit



HAPPY MOTHER'S DAY



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Boys & Girls Club Middle School Team



Boys & Girls Club High School Team

Congratulations to the 2010 Vermont Jr. Iron Chefs.

The 3rd Annual Jr. Iron Chef VT competition was a huge success. 57 teams of middle and high school students from across Vermont showed off their skills; proving that school food can be delicious, local, nutritious and fun!

City Market was proud to sponsor the 3rd Annual Jr. Iron Chef VT competition as well as the teams from the Boys and Girls Club of Burlington. The middle school team from the Boys and Girls Club made a VT Quesadilla, which is a whole wheat tortilla with apples, onions, cheddar cheese and a beet-yogurt sauce. The high school team made Fettuccini with a Winter Vegetable Primavera Sauce. Yummo!

Here are the winners of the 3rd Annual Jr. Iron Chef VT competition. Congratulations to all students that participated! To learn more go to www.JrIronChefVT.org today.

Middle School

Best in Show:

The J-Lee Stew Crew! Twin Valley

Most Creative Dish:

Green Mountain Girls! Rochester School

Greatest Number and Best Use of Local Ingredients:

Roots for Hannaford! Lyman C. Hunt Middle School

High School

Best in Show:

Rochester! Rochester High School

Most Creative Dish:

A Cut Above The Rest! BFA

Greatest Number and Best Use of Local Ingredients:

Harwood Union! Harwood Union High School



By Carol L. Winfield,
Co-op Member

Many years ago, when I still lived in New York City I would occasionally drive to Burlington. When here, I would remark upon the cleanliness of the sidewalks, the charm of Church Street, the apparent efforts being made to bring beauty to the city thereby serving the dual purpose of drawing the citizenry to a pleasant atmosphere thereby creating a friendly shopping place.

When I subsequently moved to the Northeast Kingdom, again, I would occasionally take a joyful jaunt into big Burlington City—big as compared to Little Newport City, not the truly big, Big Apple, of course, which in those days could not make any lofty claims to cleanliness. However, it surely had and still has its unending lofty claims. As my readers must know by now, I'll never let anyone badmouth "my" New York. It is a great place to visit AND an even greater place to live!

But back to my point: on every trip, I would find myself commenting on the cleanliness and comfort of the sidewalks and streets, especially compared to the grunge I had grown unpleasantly accustomed to in New York. I tell ya: I was adeptest of the adept at avoiding, almost by instinct, the inevitable the dog-er-a- evacuation clutter!

My, how turn-around matters have become. New York, as always maintaining its singular distinction, has become a genuinely clean, tidy joy. The most elegant of avenues, the tiniest of side streets, the most abrupt of dead end streets, almost all are now tidy, undefiled areas, and great good fun to traverse. Alas, Burlington no longer can make such a claim! It has become, and becoming even more a sadly shoddy piece of real estate.

On my City Market way, I found myself so disgusted with the trash that despite my cane and ancient aches, found myself picking up litter. It was a balmy day, (we do have them in the spring, you know!) so the effort was minimal. But after scarcely two blocks, my arms were so loaded with gooky, drippy bottles, cans, wrapping papers my arms would hold no more of the amassed mess. I looked for a nearby garbage can, finally finding one at the Co-op.

During those younger, stronger, healthier Newport days I would climb the hill by my

house to walk the golf course that overlooked Lake Memphramagog. Every Friday, I would don a pair of white gloves, pick up a long stick with nail on its end, climb the hill and pick up trash along the way, placing it into a large, sturdy shopping bag I kept solely for trash-collecting purposes. By walk's end the bag was full, but not overflowing despite walking well over three miles. However on my recent Burlington "Pick Up Trash Day," had I been stuffing that bag it would have been in overflow mode before three blocks much less three miles.

When I first moved to my Burlington apartment I had adopted a similar habit. Fridays found me walking toward the lake, white gloves, pole, bag in hand, and picking up trash. That was then, way back then. Now, between the cracks, the holes, the torn cement and the mess, it has become a hazardous, useless endeavor, particularly for a handicapped old lady. Pushing a shopping cart on the streets has become not merely hazardous, but downright dangerous.

What has happened to our pride of this city?

What has happened to our pride of this city? What has happened to its residents that they allow this clutter to continue? Is it an augur of what is occurring throughout our once glorious United States? And what can we do about it?

I for one send a plaintive plea. I have no sense of the impact City Market's Onion Skin newsletter, but I can only hope it influences enough people to take notice. I remember once in Manhattan when several young boys jumped off the bus, throwing their gum wrappers on the ground in front of them. I called out remonstrative rebukes.. For thanks I received (1) angry, scornful glares from the boys; (2) a stern rebuke from the bus driver that "you're taking your life in your hands talking to young tuffs like that." I know I had felt sufficiently intimidated that I never did it again.

Until now when somewhat safely anonymous behind this column, I send a plea: Pay attention to your beautiful city—and it is a beautiful city. Please do not litter. I have a feeling—it's somewhat the same as when you finally get around to neatening up your dresser draws or closets—a splendid halo will form above your head as you silently pat yourself on the back to declare "oh what a good (girl?boy?) am I!," every time you take the time to toss trash into a trash can no matter how great the distance you need traverse!



May Class Listings

City Market's 5th Annual Herb Day Celebration

May 1, 10:00 a.m. - 4:00 p.m.

Celebrate Herb Day at City Market. We will have an herbal information table with herbal info and recipes, teas, samples, and a raffle and a variety of demos, sales, and workshops. Go to www.CityMarket.coop/HerbDay for the latest info!

Square Foot Gardening for Herbs with Peter Burke

May 1, 1:00 - 2:00 p.m.

Use the Square Foot Garden method to grow your herb garden. We will review the basic concepts of Square Foot Gardening and how to use them to grow small and large herb gardens. The method is easy, no rototiller needed. The workshop covers the basics: planning, raised beds, permanent paths, perfect soil, grid planting, watering, trellis, succession planting, maintenance, and how design an herb garden.

Introduction to Plant Identification with Betzy Bancroft

May 1, 2:30 - 3:30 p.m.

Ever wondered what all those flowers, weeds and wildflowers are? Simple clues can help us identify them and understand how they may be related to other plants. Participants will learn the basics of using a field guide so they can identify the plants wherever they go! If you have Newcomb's Guide to Wildflowers, please bring it to the class.

"Numen: The Nature of Plants" Documentary

May 1, 4:00 - 6:00 p.m.

Special free screening of Numen: The Nature of Plants. Vermont Filmmakers Ann and Terry Armbricht present Numen, 95 minute documentary about the healing power of plants and the natural world. The film features interviews with herbalists, naturopaths, native healers, and ethno botanists from around the world and encourages viewers to look more carefully at their health care choices and the effects that those choices have on themselves and the larger web of life. It inspires viewers to deepen their relationships with the natural world and reminds us that healing is made possible by re-embracing our place in the wider web of life.

Free Herbal Clinic

May 3, 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.

Edible Spring Flowers

May 8, noon - 1:30 p.m.

Join Cristi Nunziata, City Market's 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.

Herbal approaches for endocrine disruption with Guido Masé

May 10, 5:00 - 6:00 p.m.

The endocrine system is the source of hormones and a major balancing force in the human physiology. Learn about herbal approaches to support three crucial endocrine tissues: the thyroid, the adrenal glands, and the pancreas. Together, these glands affect metabolic rate, energy level, and healthy blood sugar balance. A well-targeted herbal and nutritional approach that takes the interrelationships between them into account can have profound impacts on well-being.

Flower Essences with Maureen Short

May 15, noon - 1:30 p.m.

Flower Essences are gentle remedies used to promote emotional wellbeing. Join Maureen Short in a discussion involving what flower essences are, how they are made, and how you can use abundant local flowers for healing yourself and others.

Lawn-to-Garden: The Square Foot Method

May 16, 1:00 - 2:00 p.m.

Convert that patch of grass into a veggie garden using the square foot gardening method! Local gardening guru Peter Burke has been using the Square Foot Garden method since 1981. The method is easy with no rototiller needed to establish permanent beds. The basics will be covered: planning, raised beds, permanent paths, perfect soil, grid planting, watering, trellising, succession planting, maintenance, and how not to have a jungle of weeds in August.

Free Herbal Clinic

May 17, 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.

Local Grains from Vermont's Backyard - Growing Wheat and Baking with Local Flour

May 18, 7:00 - 9:00 p.m.

As all expert bakers know, no two flours are alike and Randy George, owner of Red Hen Baking Company, will join us to discuss wheat varieties, protein content, flour grinds, and the best uses for each kind of flour, particularly focusing on the best uses of the local flours offered in the Bulk section. He'll present fabulous recipes and techniques that let our new local flour shine. Heather Darby, Adjunct Extension Assistant Professor at UVM Extension, will also join to lend an agricultural context for the new local flour, discussing the history and challenges of growing grain in Vermont and what the future may hold for Vermont grain growing.

Eating Well on a Budget

May 23, 11:00 a.m. - noon, followed by a tour

Learn how to use the Bulk Department to its best advantage in the warmer months. Recipes for grain salads, granola, dips, and dressings all using Bulk will be shared. Come with an appetite for sampling. A tour of budget-friendly products in the store will follow.

Solar Made Simple Public Seminar

May 25, 6:00 - 7:30 p.m.

The free educational Solar Made Simple seminar presented by groSolar 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.

Mexican Cooking Class with Dalia Gonzalez

May 28, 6:00 - 7:30 p.m.

Learn how to make authentic Mexican dishes with City Market's own Dalia Gonzalez. Participants will make homemade corn tortillas, tostadas, and refreshing horchata and have an opportunity to ask questions about Mexican cooking and ingredients. Don't miss this delicious class!

May Product Sampling

May 1 - Culinary Herbs

11:30 a.m. - 1:30 p.m.

May 1 - Urban Moonshine

2:00 - 4:00 p.m.

May 3 - Aurora Chicken Vindaloo

4:00 - 6:00 p.m.

May 8 - Republic of Tea

11:00 a.m. - 3:00 p.m.

May 8 - Vermont Fresh Pasta

noon - 3:00 p.m.

May 8 - The Nomadic Oven

3:00 - 6:00 p.m.

May 9 - Vadeboncoeur Nougat

3:00 - 6:00 p.m.

May 10 - Q.Bel ALL Natural

Chocolate Covered Wafers

2:00 - 6:00 p.m.

May 10 - Deano's Jalapenos

4:00 - 7:00 p.m.

May 14 - Green & Black Chocolates

2:00 - 6:00 p.m.

May 18 - R. W. Knudsen

Family Spritzers

4:30 - 7:00 p.m.

May 28 - Dreuxmanna

Cookies and Crackers

2:00 - 6:00 p.m.

May 29 - Vermont Smoke and Cure

10:00 a.m. - 3:00 p.m.

May 29 - orb Weaver Farm Cheese

12:30 - 4:30 p.m.

Art Showing



Co-op member Danielle Pecor, a ceramic artist, found clay her sophomore year of college at the University of Vermont.

She has been working with clay, mostly wheel-thrown work, ever since. She has studied ceramics, as well as Asian art, in South Korea which is where she gets a lot of her inspiration for aesthetic and decoration. Her desire to make her work more feminine drew her to start making jewelry. The intentional imperfection she puts in her work reveals the beauty of the clay as well as brings the pieces to life. Contact Danielle: www.myspace.com/danielle.pecor, pecor03@gmail.com, or 802-922-5124. Stop by City Market's Member Artist Gallery throughout the month of May to view Danielle's work.

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