

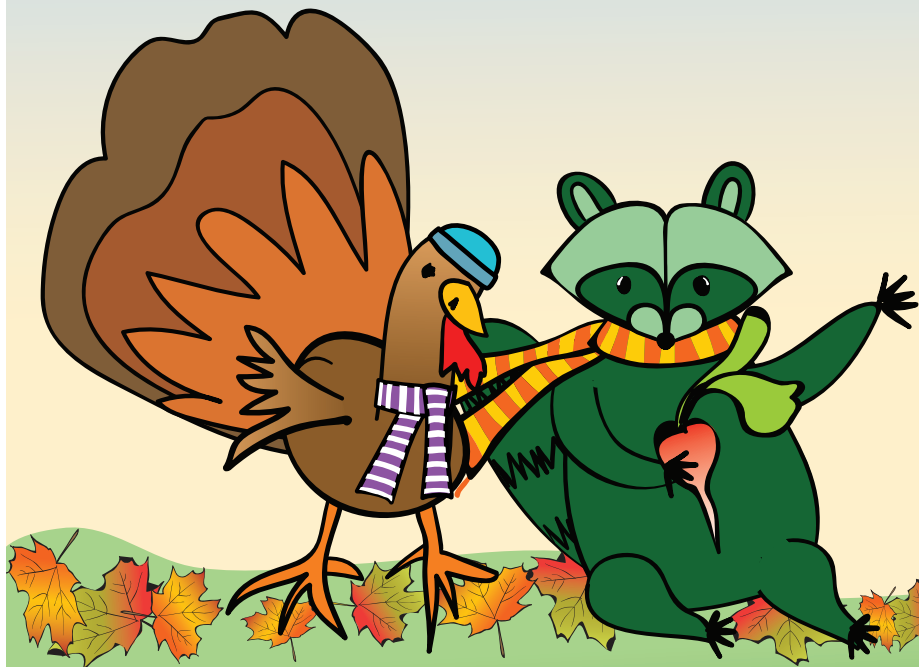


# The Onion Skin

Sharing news from the Co-op & the Community



November 2009



# We are Thankful for you

## Stonewood Farm Turkeys

By Jamie Lewis,  
Meat & Seafood Manager

Thanksgiving is right around the corner and holiday meal planning is on our mind at City Market. Living in Vermont we are very fortunate to have a bounty of great local foods available for us to enjoy, including that classic culinary icon, the turkey.

We would like to highlight one of the farms that provide us with this feathered feast!

Stonewood Farm is located in the beautiful and productive Champlain Valley, in the town of Orwell. Three generations of Stones live and work on the farm and are responsible for all that goes on. They are hands on in working hard to grow and process one of the best turkeys you can buy.

Stonewood Farm turkeys are grown in open sided buildings that let in plenty of sunshine and fresh air. This overhead shelter protects them from predatory animals, and the threat of overhead flying geese and ducks, that potentially can spread avian bird flu.

These birds are free of cages, and are raised naturally without antibiotics, or growth hormones. They are not fed animal products. The family does all of its processing in a spotless, federally inspected building, located right on the farm.

Stonewood Farm birds are self basting, juicy, tender, meaty and delicious.

**Order your Local Thanksgiving Turkey at the Meat & Seafood counter today!**

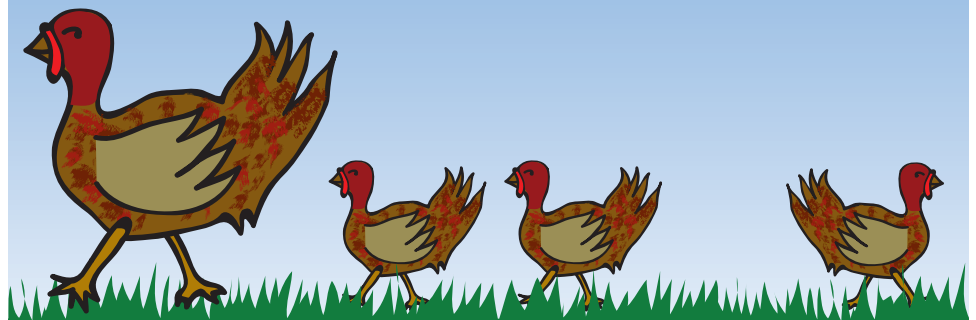
**Stonewood Farm Turkeys: \$ 2.99 a lb.**  
Orders taken now through November 15th.

**Misty Knoll Farm Turkeys: \$ 3.39 a lb.**  
Orders taken now through November 18th.

## Order your Thanksgiving turkey today!

in person at the Meat & Seafood Counter OR CALL (802) 861-9705

Fresh (never frozen!) free-range turkeys from **Stonewood Farm** in ORWELL, VT and **Misty Knoll Farm** in New Haven, VT



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## In Pursuit of the Holy Grail- Artisanal Bread with Local wheat

By Clem Nilan

One of the things that I miss most when I travel is the good crusty bread available at the Co-op. Old-timers like me remember that this wasn't always the case. The bread scene 20+ years ago consisted of the dense heavy healthy type. When Renee Ball opened the La Patisserie Francaise on Main St. and offered a baguette, there was joy in B-town. Renee retired this past year and a new generation of bakers is carrying the torch.

Burlington is now blessed with a world class array of artistic bread. Co-op shoppers can choose from Red Hen Bakery, O- Bread, Stewart's Bakery, Klinger's Bakery and of course the venerable Gerard's.

But up to now none of these bakers have a production loaf with Vermont grain. What gives?

One of the sacred cows of bread wisdom is that you cannot make a high-quality artisanal loaf of bread with Vermont flour. To achieve this artisan bakers look for high quality wheat. Wheat is the only grain able to produce raised bread. The proteins in wheat when mixed with water produce an amazing substance called gluten. Gluten can stretch as the dough rises and form pockets of trapped steam. This produces bread that has nice big holes in the middle.

Artisan bakers search out high protein flour from hard-wheat varieties. In general, hard wheat produces bread flour and soft wheat is best for cakes and pastry. Hard wheat has a protein content around 11% and a falling number (measure of enzymatic activity) above 250, among other, less quantifiable qualities. Soft wheat cultivars usually yielding a protein count in the 8-9% range.

Is it possible for Vermont wheat to have this level of quality? Of course it is possible, however given our growing climate this level can be difficult to obtain. The wet and humid climate in Vermont makes growing high quality wheat a challenge. Most bread wheat is grown in a climate that is dry that enables producers to obtain a high quality level consistently year to year. Some new techniques, varieties, and testing equipment are all helping farmers reach these high standards.

Wheat has been grown in Vermont since it was settled. Actually in the early 1800s there were 40,000 acres grown in our state. We actually even exported surplus wheat out of Vermont. Areas such as Addison County were known for their high quality wheat throughout the United States. Of course at this time our country didn't extend much past Ohio. Regardless, we were known as a breadbasket. What happened? Well, the Erie Canal for one and increased crop loss to insects, disease, and the weather. Old newspaper articles report that a farmer could obtain a good wheat crop only 1 in 5 years. It only made sense for the farmers to turn their focus to more profitable agricultural enterprises such as livestock.

Vermont farmers grew many types of wheat in the early days. Winter wheat was grown in the Champlain Valley but there was still a high risk of winter kill. Most other places in Vermont grew spring wheat. There were 3 spring wheat varieties developed in Vermont by a plant breeder from Charlotte. These 3 varieties were called Champlain, Defiance, and Surprise and were released by the famous botanist, Cyrus Pringle.

There are a few farmers in Vermont who grow wheat but certainly the acreage is far less than 40,000 acres. Currently, there is closer to about 500 acres of wheat cultivated in the state for production of bread and pastry flour. Over the past year the farming community and baking community have been working closely to increase the quantity and quality of wheat grown in Vermont. With this new collaboration many advances have occurred in the last few months including the production of a 100% Vermont grain bread.

Randy George is head baker and co-owner of Red Hen and has a passion for artisan methods. For the past several years he's been stubbornly looking to make a quality bread with local grains. Randy says, "For several decades the small amount of wheat grown in Vermont has been stone milled into whole wheat flour. It's tricky to make good whole wheat flour- you need the right wheat and certain milling equipment. Those things don't exist in VT right now."

Three years ago Randy asked Tom Kenyon, owner of Aurora Farm in Charlotte, if he would be interested in growing some hard wheat. Randy's jaw dropped when Tom agreed. Tom was thrilled at the possibility of selling directly to a baker. Tom put in a 30- acre plot of hard wheat on his 500 acre farm among his other crops of alfalfa, corn, soybeans, and soft wheat.

The crop matured and was harvested but failed to pass the falling number test. Tom tried again a second year. Again the crop failed. Tom had to sell the crop for feed at a fraction of its retail value. Randy says, "Tom deserves a lot of credit for going out on a limb like this." This year's crop faced the challenge of a very wet growing season. As this year's crop matured and was harvested Tom and Randy nervously awaited the results of the tests. Great news! The falling number reached a very successful 300. The protein is a little low at 10.8%.

After having a sample of this wheat milled into white flour by Champlain Valley Mills, Randy was so thrilled with the bread that he was able to produce with it, he signed on to guarantee the purchase of the entire crop. "I was a little worried about the low protein but as bakers we have a lot to learn. In Europe the protein levels are quite low and they make great bread. I look forward to the challenge of producing terrific local bread with this flour. The wheat tells a story of the place that it was grown."

Randy made arrangements with Champlain Valley Milling Corp. to purchase the entire 30 acre crop on his behalf and to store and mill the 60,000 pounds of grain. Randy also agreed to pay Tom a Fair Trade price. Tom needed to get \$18/bushel for the wheat. Champlain Valley Milling Corp. initially balked at this price.

Midwest wheat is going for \$7.50 to \$8.50 a bushel. Randy felt it was fair to pay what Tom needed to get. Randy remarks, "You can't compare growing wheat in Vermont to growing wheat in Kansas. The conditions are different and the scale is different. There are thousands and thousands of acres under cultivation in the Midwest." For Randy it was important that the farmer is getting the vast majority of the value of the crop. Somehow Randy would make it work. "We are saving a bundle on shipping the grain from the Midwest," Randy notes.

Taking over the shipping piece presented a challenge. The grain is being transported to the mill by Tom Kenyon. Randy praises Hillcrest Foods for the trucking and warehousing of the flour from the mill to Red Hen.

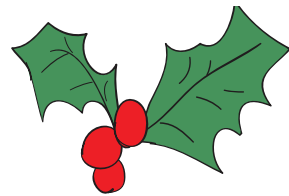
Champlain Valley Milling will transform the wheat into white flour. Randy plans to create a bread using 80% of Tom's Aurora Farm's flour mixed with 20% whole wheat flour from Ben Gleason's farm in Bridport. The new bread will be called Cyrus Pringle in honor of the 19th century Vermont wheat guru. The bread was showcased to rave reviews at the Co-op's Harvest Celebration Oct.3rd. "Nice crust, great sandwich bread," remarked one taster.

When asked about next year Randy ponders, "I don't know for sure if Red Hen will be able to make Cyrus Pringle next year. If we do Vermont bread, it might not be the same thing. This is Ag (agriculture)! The bread looks good for this year and that's enough for now. I'm not doing a large run of printed bags. We're just going to use a stick-on label for now."

Randy is an optimist. "Next year it's likely we can continue with Vermont wheat bread."

That likelihood received a nice boost when Tom Kenyon, buoyed by this year's success, told Randy he intends to plant 100 acres of wheat next year. Tom was so happy that Randy was so happy!

Onion River Co-op will proudly offer Cyrus Pringle for sale seven days per week. The first delivery is scheduled for Friday, October 23.



### Note Cards at the Coop!

This holiday season, City Market will be selling Farm 2 School Art Cards. These note cards have been developed for the Burlington School Food Project and VT FEED. The sales from the cards benefit the school-food work being accomplished in Burlington and around Vermont. The cards and envelopes are made from 100% recycled, 100% post-consumer, chlorine-free paper manufactured in a carbon-neutral manner with the printing featuring environmentally-sound ink. The landscapes (created by VT artists) on the cards reflect the mission of both organizations - working with local farms by incorporating local food into school food programs thus strengthening the promotion of local food/ farms and nutrition.

### 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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Illustration : Aaron Toth, Becky Rouleau

### Advertising Information:

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  
**November 23, 2009**  
**6 P.M. to 9 P.M.**  
in the  
**City Market Conference Room.**





## Member Meeting Wrap Up

Thanks to all who attended the City Market Annual Fall Member Meeting! Some highlights included a delicious local farmers' barbeque, a meet & greet of City Market's 2009 Board of Directors Candidates and an inspiring talk from our guest speaker David Zuckerman. Zuckerman discussed what "local" really means and sparked an exciting dialogue. See you all next year!



## Harvest Wrap Up

City Market's 7th Annual Harvest Celebration was another huge success filled with sweets, treats, fantastic music by Mayfly and fun for the kids! We would like to thank all the local vendors and community members that gathered together to celebrate Vermont. Here's to keeping it local!



**Patronage refund checks will be mailed out in early November.**

**If you didn't have the opportunity to attend the Annual Meeting, you can pick up a City Market 2009 Annual Report at the Customer Service desk.**

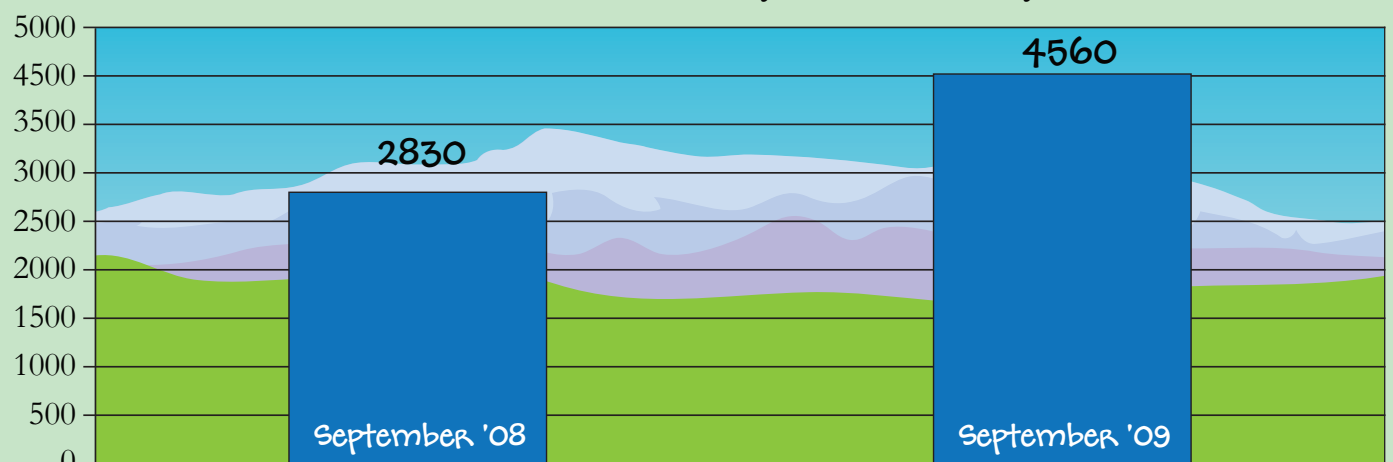
## Membership...the Heart of the Co-op

Our Co-op's membership grew an amazing 60% from September '08 through September '09.

About half of these 1730 new members joined the Co-op to partake in our Food-for-All Program, which gives disabled members and participants in WIC (Women Infants & Children) and 3SquaresVT (formerly Food Stamps) access to a 10% discount on purchases.

The recession has folks examining their spending more closely than ever. More than ever the value of supporting a community owned grocery store makes sense.

## The Rise in Co-op Membership







## Understanding Celiac Disease and Gluten Intolerance

By Lynn Ellen Schimoler  
Grocery & Wellness Manager

Many people think the terms food allergy and food intolerance mean the same thing; however, they do not. Food intolerance, unlike a food allergy, does not involve the immune system and is not life-threatening. Lactose intolerance, inability to digest the sugar in milk is a common example. Symptoms from this food intolerance may include abdominal cramps, bloating and diarrhea. A food allergy occurs when the immune system reacts to a certain food. The most common form of an immune system reaction occurs when the body creates immunoglobulin E (IgE) antibodies to the food. When these IgE antibodies react with the food, histamine and other chemicals (called “mediators”) are released, causing hives, asthma, or other symptoms of an allergic reaction. Gluten, a complex protein found in wheat, rye, and barley, is the common denominator in most of the grain-based products we eat, such as cereals, breads, and pasta. It seems that there are a growing number of people worldwide that have, or are developing gluten intolerance. The upside of gluten intolerance is that it is not considered a food allergy, and eating gluten does not usually cause long term damage on the systems of the body. More serious gluten intolerance is called celiac disease. That’s when gluten actually triggers the body’s immune system. When people with celiac disease eat foods or use products containing gluten, their immune system responds by damaging the villi - tiny, fingerlike projections in the small intestine that absorb the nutrients from food. For this reason it’s considered an autoimmune disease.

Celiac disease, which also goes by the names gluten-sensitive enteropathy, nontropical sprue, and celiac sprue, is a genetic disease. This means that it is likely you will inherit it from your relatives. Untreated celiac disease can make it hard for you to get the nutrients you need, since most people simply avoid foods that cause them digestive discomfort without realizing that something may be more seriously going wrong in their intestines. Since the main treatment for celiac disease is to avoid eating any foods that contain gluten, even the smallest amount of gluten is harmful and can cause symptoms in some people. Some people with celiac disease need to avoid cow’s milk and milk products when they first begin treatment. Most people can slowly add dairy foods back into their diet as the intestine heals. But they will still need to avoid foods with gluten for the rest of their lives. Eating a variety of healthy foods that do not have gluten can help provide the proper nutrients – thus keeping the body in balance. Some foods are labeled wheat-free, but this does not mean that they are gluten-free. For example, some food labels list hydrolyzed vegetable protein. You would think that vegetable protein in this form would seem innocuous, but this protein is often made from wheat and can contain a lot of gluten. Gluten is found in wheat, rye, and barley which also means crossbred hybrids of wheat, rye or

barley (e.g., triticale, which is a cross between wheat and rye).

Common foods that contain gluten include:

Bagels, bread, breakfast cereals made with wheat, barley, or rye, or with the term malt or malted in their names, crackers, pasta, pizza.

Common foods that do not contain gluten include:

Acorns, almonds, amaranth, flaxseed, kasha, lentils, beans, several types of rice including black, red, aromatic and wild, millet, hominy grits, teff, tapioca, sweet potato.

As a consumer, it is very important to pay close attention to all food labels, since currently the guidelines within the Food and Drug Administration are still in the midst of proposing definitions around gluten free. Currently, there is no FDA regulation that defines the term “gluten-free.” However, FDA has not objected to the use of the term “gluten-free” in the labeling of foods, provided that when such a claim is made, it is truthful and not misleading. So far proposals to define the term “gluten-free” to mean that a food bearing this claim in its labeling does not contain any one of the following are as such:

- An ingredient that is a prohibited grain
- An ingredient that is derived from a \*prohibited grain and that has not been processed to remove gluten
- An ingredient that is derived from a prohibited grain and that has been processed to remove gluten, if the use of that ingredient results in the presence of 20 parts per million (ppm) or more gluten in the food
- \*Wheat, meaning any species belonging to the genus *Triticum*
- \*Rye, meaning any species belonging to the genus *Secale*
- \*Barley, meaning any species belonging to the genus *Hordeum*
- \*Crossbred hybrids of wheat, rye or barley (e.g., triticale, which is a cross between wheat and rye)

If you have questions about following a gluten-free eating plan for celiac disease, talk to your doctor or dietitian. There are an increasing amount of stores that carry gluten-free foods (especially City Market) in addition to restaurants whose chefs will often adjust entrees for the customer seeking gluten-free alternatives. Stop by the customer service desk to pick up our shopping guide that lists the many foods we carry whose labels say ‘gluten free’, or ask any member of the Grocery dept. to take you on a tour of the aisles. We will have a wide selection of Gluten Free baking alternatives in aisle one in November – just in time for the busy baking season.

Celiac Disease Foundation:  
<http://www.celiac.org>

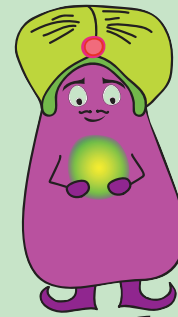
Gluten Intolerance Group:  
<http://www.gluten.net>

National Foundation for Celiac Awareness:  
<http://www.celiaccentral.org>

R.O.C.K. (Raising our Celiac Kids):  
<http://www.glutenfreedom.net>

The Living Gluten-Free Answer Book:  
<http://www.theglutenfreelifestyle.com>

## ASK the Health Genie



Dear Genie,

*I have tried many shampoos whose labels say they are for dandruff. I wash my hair every other day, have impeccable hygiene and a good diet – but nothing seems to work. Do you have any ideas?*

Flakie Danders

Dear Flakie,

Remember that you’ll want to see ingredients like tea tree oil (Australian plant known for its antiseptic qualities) or biotin (B- vitamin which helps to break down fats and proteins) on the label next time you purchase shampoo. Here is a simple home remedy that is easy to prepare and inexpensive.

1. Mix ¼ cup of a high quality apple cider vinegar with ¼ cup water.
2. Pour this mixture into a spray bottle and spritz it on to your hair and scalp, being careful to avoid the eye and ear area.
3. Wrap your head carefully in a towel, and then sit quietly with a good novel.
4. After 15 minutes to an hour, remove the towel and wash your hair. This is generally done once or twice a week.

Good luck,

Genie



## Wine Picks for Under \$10

By Alison Miner,  
Beer & Wine Buyer

Zinfandel is a favorite red for when the cold weather sets in. The juicy rich berry flavors are smooth yet exciting, and the spiciness will help keep you warm! **Four Vines Old Vine Zinfandel** is a great Zin on sale in November for \$9.99 - a savings of \$4! On the nose this multi appellation Zinfandel has layers of dark berry fruit and anise aromas. On the palate, blackberry and plum fruit abound, with some black pepper and a touch of toasted oak in the rich mouth-filling ending.

**Starling Castle Riesling** is lovely example of German Riesling grown in slate and limestone. Aromatic and fresh with citrus and pear notes. Semi-sweet fruit flavors on the mid-palate lead to a crisp, elegant finish. It’s fruity, light and very versatile with food. At \$9.99 and packaged in a lovely bottle, it will be right at home on your Thanksgiving table.



**Special Thanks to:**

**Bonnie ACKER, Lionel Persinger and Brian Carlson**  
For your great job on the gardens this year!





## The Health Benefits of Alcoholic Beverages

Although alcoholic beverages are derived from plant sources, they behave physiologically much more like drugs or medications in that they can exert tonic or toxic effects, depending upon the dose. It should be emphasized at the start that there are some populations for whom the toxic effects of alcoholic beverages so significantly outweigh the tonic effects that complete abstinence is recommended. Pregnant women, persons with severe liver or gastrointestinal disease, and those taking medicines with adverse effects when combined with alcohol fall into this category. Yet if alcoholic beverages have the potential to confer health benefits, several questions arise. What quantity is tonic, and what quantity is toxic? What are the beneficial effects? Is the beneficial effect the same for beer, wine, and liquor? Is the beneficial effect derived from the alcohol or from the other plant-based “phytochemicals”? Do the beneficial effects differ depending upon when and how it is consumed?

It is by now well established that a “J-shaped” mortality curve exists for alcohol consumption. That is, light drinkers and heavy drinkers have higher mortality rates than moderate drinkers, with the mortality rate of heavy drinkers outstripping that of light drinkers. The “moderate” consumption of alcohol remains somewhat controversial, but it is currently believed to be one to two (and in some studies up to three) standard drinks per day

(5 oz wine or 12 oz beer). The optimal “dose” is believed to be somewhat lower in women and the elderly. While these data are relevant on a population scale, genetic differences almost certainly play a role in determining what is the tonic and toxic dosage for specific individuals. This type of information will likely be available in the coming years.

Many studies have demonstrated the benefits of moderate alcoholic beverage consumption on cardiovascular disease, including myocardial infarctions (heart attacks) and stroke. But less well publicized are studies in which moderate consumption was shown to have benefits for certain types of cancer, diabetes, peripheral arterial disease, dementia, kidney stones and bone density. Although not all studies directly compare wine to beer, it appears that the benefits may be derived from either, with the exception of the studies on stroke and dementia, where wine but not beer was beneficial.

It is often difficult to discern whether the beneficial effects are derived from the alcohol content or the plant-based phytochemical content of these beverages, but data is emerging from more recent studies of “dealcoholized” wine. What has come to light thus far is that the most important phytochemicals in alcoholic beverages are a group of nutrients known as polyphenols. In beer the main hops-derived

polyphenols are “isohumulones”, whereas in wine the best known grape-derived polyphenol is resveratrol. Polyphenols are important for their antioxidant properties. This is important in counteracting the harmful effects of oxidation so prevalent in the chronic diseases mentioned above. It is known that red wine has higher levels of polyphenols than either white wine or beer, but it is not known with certainty whether this translates into higher antioxidant activity in all cases.

For localvores and organic food enthusiasts, it is interesting to speculate on the possibility that local Vermont wines and organic wines may have higher antioxidant levels than wines from temperate climates. It is well established in agrarian science that plants produce these antioxidant compounds in response to stressors (which could be in the form of cold climates or pests). Therefore, wines produced from “hardy” northern grapes and pesticide-free organic grapes may contain higher polyphenol levels. It is hoped that future research will yield an answer to this question.

Finally, although it is often said that “You are what you eat (and drink),” it is perhaps just as important that “You are HOW you eat (and drink).” Interesting evidence is emerging that the health benefits of alcoholic beverage consumption are greater when consumed as part of a meal, rather than without food.

Although not totally clear at this time, the preliminary data indicate that the benefit is due to reversing some of the harmful qualities of the fat content of the meal. City Market has a wide variety of local, national, and international products from which to choose. Drink responsibly, drink “tonically”.

Robert Luby, MD

References:

- J Am Diet Assoc – 2008; 108(10): 1668
- Curr Atheroscler Rep 2008; 10(6): 536
- Appl Physiol Nutr Metab 2008; 33(1): 12
- Inflammopharm 2008; 16(6): 265
- Nat Prod Commun 2009; 4(5): 635

Drink responsibly,  
drink “tonically.”



## Montstream Studio Annual Sale and Benefit



- First fifty get a print each day
- Watercolor demonstration at 1:00 of Sunday
- New paintings of Mallets Bay, Shelburne Bay, the waterfront and views from NY
- Holiday cards featuring Camels Hump and snowy barns.
- Flashbags with all new Montstream images.
- Food Drive for the Chittenden Emergency Food Shelf
- Lake Champlain Land Trust will benefit from the dollar raffle for original painting
- FARM2SHOOL greeting cards bringing locally grown food to our public schools.

Friday Nov 13, 2:00-8:00  
Sat and Sun Nov 14 & 15 10am-5:00

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## Dinner for 142- The First Thanksgiving Menu

Ever wonder how closely the Thanksgiving feast you relish each year resembles that first celebration shared by about 90 Wampanoag Indians and 52 colonists at Plymouth in 1621?

Our ancestors' feast was limited by food availability, of course, and was quite different from the Thanksgiving spreads we know today. There were no hollows of mashed potatoes to fill with gravy, no bread stuffing, no cranberry sauce, no pies, maybe not even a turkey! But there was still an abundance of fresh and freshly preserved food—grown and harvested, caught and hunted by the people who gathered around the table to share their good fortune. (In fact, the first Thanksgiving wasn't called a "thanksgiving"—a word used by the colonists for a special day of prayer—but a "harvest celebration," the kind of festivity Native Americans had celebrated long before the Europeans arrived.)

Historical sources tell us that fowl was on the menu. That could mean there was turkey, but it might just as well refer to duck or geese, crane, swan, or partridge. We also know from these accounts that the Indians killed and brought to the colonists five deer for the occasion.

And that's all we know for sure. Food historians can guess what else might have been on the menu, though:

**Meat**—This was definitely not a vegetarian spread. In addition to venison and fowl, rabbits might have been served. If turkey appeared, it would have been wild turkey—smaller and more intensely flavored (with more dark meat) than the turkey we're used to. Whatever meat was served was roasted for hours on spits over an open fire.

While the colonists brought hens, historians don't know if any were left or

still laying eggs by the time of the harvest celebration. If there was cheese, it would have been goat cheese.

**Fish and shellfish:** The Wampanoag were skilled fisherman as well as farmers, and lobster and mussels, clams, eel, oysters, cod, bass, herring, shad, and bluefish were all commonly eaten. Because there was no refrigeration, fish (as well as corn and herbs) was often dried. Fresh fish was often covered with leaves and baked in coals.

**Fruits**—Native fruits like black and red plums, melons, and white and red grapes were likely menu candidates. Raspberries, strawberries, and cherries may have appeared, too. But because sugar was very expensive and the supply was diminishing, cranberry sauce wouldn't have been an option. Instead, the tart berries were probably used for color and punch.

Dried fruit, including gooseberries, strawberries, raspberries, cherries, and blueberries, were used to season meats and other dishes. And stewed dried fruits may have provided a sweet treat.

**Vegetables and legumes**—Native vegetables included leeks, wild onions, Jerusalem artichokes, and several varieties of winter squash. (Squanto, the Native American who graciously served as interpreter for the event, had shown the colonists how to grow the nutritionally complementary "three sisters:" squash, beans, and corn.) While pumpkins were one of the native squash, pumpkin pies didn't grace the table. For one thing, there were no ovens; for another, butter, flour, and sugar were scarce. Instead, pumpkin was baked whole in coals, then served or made into pumpkin pudding.

The English probably grew turnips, radishes, lettuce, cabbage, parsnips, onions, garlic, and carrots. Collards, spinach, and peas (though reportedly scarce that year) were also grown. Potatoes didn't show up in the northern part of the New World until around 1719, so there were no white potatoes. Nor were there sweet potatoes or yams for the feast.

**Grains**—Barley was grown in 1621, as well as a hard-kernelled variety of corn. The corn was eaten as a vegetable and ground into meal for use as a thickener and to make a kind of cornbread, which was baked in coals. Some wheat flour was also available.

**Seasonings**—The food was lively, not bland, with the abundant use of spices like cinnamon, ginger, nutmeg, and pepper. Herbs used in cooking included sorrel, yarrow, brooklime, liverwort, watercress, parsley, sage, rosemary, and thyme. Salt—but not pepper—was used at the table.

**Beverages**—Water was the most likely mainstay, though there are other possibilities. The colonists did bring some

wine with them on the Mayflower, though we don't know how much there was or how long it lasted. Some barley was harvested, but not in time to brew beer before this celebration. And while New England colonists had cider in the mid 1600s, in 1621 there weren't apples yet at Plymouth. Some historians believe the colonists may have served beer made from maize, which they learned to brew from the Indians.

**Desserts**—It's a good bet that puddings were on the menu. While sugar was expensive and scarce, some honey and maple syrup were available and could have been used as sweeteners.

**Nuts**—Walnuts, hickory nuts, chestnuts, and acorns were all available and often roasted, and ground nuts were used for cooking.

The first Thanksgiving guests ate off wooden plates, and no forks appeared on the table, just spoons and knives (fingers were probably the utensil of choice for many dishes). There were no courses; everything was served at once, including meat dishes and sweets. People ate what was placed next to them rather than passing food around the table and the best food was placed next to the most important people.

If you're looking for more authenticity at Thanksgiving, you might incorporate a few foods enjoyed at that first feast that are new to you—try baking pumpkin pudding, for example, or roast acorns or try venison or a new dried fruit.

But even if you stick with turkey, mashed potatoes and candied yams, you can share in the spirit of that first Thanksgiving—in gratitude for the food (and the farmers who produced it) that's been harvested for your nourishment.

**Thanksgiving wasn't called a "thanksgiving"- a word used by the colonists for a special day of prayer - but a "harvest celebration," the kind of festivity Native Americans had celebrated**



## Food shelf volunteers needed

It's hard to believe that the Holiday season is knocking on our door. At the Chittenden Emergency Food Shelf we are gearing up for Thanksgiving. Turkeys will be given out to families and individuals on November 19, 20, 23 and 24th from 3:00 PM - 6:00 PM. This event kicks off our busiest time of the year. We always enjoy knowing that we can give a turkey to those who ask. Volunteers will be needed during that event. If interested, please call Vesna, our Volunteer Coordinator at 658-7939, Ext. 24 for additional information. With the help of our volunteers, who contributed over 1,700 hours of service in September, we were able to assist clients in our distribution area, deliver groceries to seniors and disabled adults and continue our warehouse operations of sorting, stocking and weighing food.

This year we are seeing more and more people coming to the Food Shelf for groceries. And, with the earlier than usual cold temperatures more community members are coming into our cafeteria for a hot meal which is served every day from 6:30 AM to 9:30 AM. Volunteers are needed in the kitchen and dish room to help with that program. We also provide a five day supply of groceries through our Grocery Distribution Program Monday through Friday from 9:00 AM to 4:00 PM.

Thanks to the many volunteers and contributors who have supported us. They are the foundation of our organization.



Congratulations to City Market member Lauren Esserman, winner of the Honest Ade/City Market bike giveaway!

Laura is shown here with Operations Manager Pat Burns

## Customer Comments:

Dear City Market,

Would you consider carrying hormone-free chicken sausage?

K.

Dear K,

First I would like to make you aware that all chicken and poultry products raised in the U.S. are raised without added synthetic hormones, whether they are certified organic or not. Federal regulations prohibit it. Federal regulations also prohibit manufacturers from making claims about not using hormones in their products unless they also cite the federal law prohibiting it. Due to this most manufacturers don't say anything about hormones on the label. That being said, we have many options for you to choose from for chicken sausage. We also have a few selections of certified organic chicken and turkey sausage available. Please feel free to stop by the department any time and speak with me or my staff. We will always be more than willing to help you find any product you are looking for. Also I am open to sourcing specific products (brands, flavors, specific product attributes etc.) that you are looking for

that we don't currently carry.

Thank you for the feedback.

Jamie Lewis,  
Meat & Seafood Manager

Dear City Market,

Will you be getting in the Ben & Jerry's Pumpkin Cheesecake ice cream soon?

X


Dear X.,

Yes it's been confirmed that Wal-Mart contracted for the entire run of Ben & Jerry's Pumpkin Cheesecake this year!

We've asked for the flavor to be stocked at the Co-op and heard from Ben & Jerry's that if there's any left over they will try to get it to us. Wal-Mart will be contracting for a few more flavors in 2010 too.

Staff



## View from Ninety

A NONOGENARIAN VIEW #3  
Angels

By Carol L. Winfield,  
City Market Member

Do you believe in angels? I do. Without an angel now and then, how do we manage? Take this story for example.

Last July 4th I had arranged to spend a weekend with friend Judy at her lovely by-the-sea- home and also to view the famous, annual Marblehead Art Show. As we had in the past, we arranged to meet in the Manchester, New Hampshire bus station. Details had been confirmed, all was ready-set-and go I did stepping confidently onto the Burlington bus.

Easy as could be! No problem! Except for one enormous OOOPS!

Blissfully unaware I watch the bus pull into the Manchester Airport. "This is our only stop in Manchester," the driver intoned, leaving no trace of doubt. I jumped up and went to him. "When did this happen? You've always made a stop at your regular bus station downtown."

"Not any more, Ms." The bus makes only one Manchester stop these days and that's the airport."

"When did this happen and why doesn't someone tell us that when we get our tickets?" "Can't help you Ms. I don't make the rules,

just drive the bus. This is our one and only Manchester stop so now please get off."

He closed the door and went, leaving me with my dropped stomach there on a lonely, empty airport ramp. I couldn't just stand there, so, hearing-aid planted, cane solidly gripped, I took my bag-toting self into the bustling, cavernous airport, hoping against hope that the number I had for Judy was a cell phone one. I looked at the people disinterestedly scurrying about their own preoccupied travel plans. I stood there. In front of me I saw the back of a young man using a cell phone. I tapped his shoulder. He turned. Could anyone that handsome also be my first Angel of the day?

In a voice so weak it frightened me, I began to explain about how you see "this friend I 'm supposed to meet at the bus station and I'm not sure if it's a cell phone, but..." and on I rambled ending with a plea "to use your cell phone. I'm not sure she has one but this is the only number I have!"

His voice was calming, so too his reassuring manner. He tried Judy's number. No answer, as expected. "Not to worry," he said, "We'll solve this."

He handed me his card. "I have to meet my mother-in-law shortly so cannot stay with you, but I'm a lawyer. If things don't work out, call this number." He looked directly into my eyes. "I promise you. We will see that you're helped."

He took my arm and escorted, exactly that, escorted me to the Information Booth and explained the situation to the two women there. A petite blonde with short soft-waved hair smiled back. "Not to worry," spoke up Angel Two. With that she picked up a microphone and paged Judy. But of course, no response!

"I'll see if I can call the bus company," she said as she looked into the phone book, found a number, called and asked if there was anyone

in the waiting room. "No one," answered Angel Three, "but let me go out into the parking lot 'n see if anyone's waiting there." "No luck," I could hear her say, "not that I expected to see anyone. The station's closing down. But I'll keep an eye open and send her to the airport if she comes."

Angel One spoke up, all friendly optimism. "There, see, someone will send her here." She took another look at my woeful face and came from behind the desk. I figured her to be somewhere in her sixties. She took my hand. "It's okay, honey. Relax. We'll find her. And if we don't you can come home with me."

Just like that, a complete stranger. "You can come home with me! Angel?"

Meanwhile, back at the bus station, feeling equally helpless, stood Judy, puzzled and frustrated as I. She saw a bus labeled "Boston" pull into the parking lot. She went to the driver to ask if there was another bus or bus station, or another bus from Burlington that had not yet arrived. He told her Greyhound and Vermont Transit no longer used this downtown station except for occasional Boston traffic. "She's probably at the airport. That's where the Burlington bus now stops." "Airport!" "How do I get there?" The driver began to explain.

As he was explaining, Angel Four stepped off the bus. "You want the airport? It's complicated. Tell ya what. It's not much out of my way, I'll lead you there. Just let me get my car. You can follow me." Despite protests from Judy, Angel Four insisted. "It's too difficult. Stop arguing, let's just go." It was almost a command. With that, she picked up her cell phone, called the airport and explained what was happening.

By now, practically best friends Claire and I sighed a collective what-a-relief sigh. "It should take them about a half hour to get here," she said. "I've got to get back to the

booth, but I'll take you to the pick-up ramp and you can wait there." She gave me a hug. "And remember, if something still goes wrong. Come back to the booth and go home with me. I think we can be great friends."

Relieved and grateful we exchanged emails and said our goodbyes.

Hold it there! At the passenger pick-up, another snag arose. I was in the midst of a milling mass of people and baggage, as a tense Tour Manager tried herding his group. "You can't stay here," he said. "Go over there," and he pointed to a spot about a tenth of a mile away.

"But I was told to wait here," I wailed. "I've been in this airport over three and half hours. I missed connections with my friend but finally she's coming and I was told to wait right here." He took one look at my face and instantly materialized into Angel Five. He pulled a suitcase from the pile. "Sit here until your ride comes. You have had a hard time. I'll manage until your friend shows up."

After almost forty minutes of waiting, I spied Judy, her white car, her fluffed-white hair, her anxious face behind the wheel. In matters of moments I went from The Worst of Times to The Best of Times.

She pulled up. I got in. We looked at one another about to go into a hugging fest but were ordered to "get moving," by a Security Officer, and get moving we did without further ado. Once we were safely on the highway we compared notes. We realized we had been major players in two parallel performances that three and a half hours later melded into one happy ending theatre piece through the good works of five angels.

The weekend was a winner, the Art Show a smash, the weather ideal, our reunion sublime. One lesson was learned: travel with a cell phone; one lesson was reaffirmed, "Yes, Virginia, there are angels. Just believe, baby, just believe!"



## Burlington Fair Trade Town

by Melinda Haselton  
Guest Blogger

Three women in Burlington, VT shared the same vision to make their city a Fair Trade Town. Coming from different backgrounds and motivated by different experiences with fair trade, Sandy Wynne of Wynne Associates, www.sandywynne.com, Courtney Lang of City Market, www.citymarket.coop, and Melinda Haselton of Dolma Designs, www.dolmadesigns.org all contacted Fair Trade Towns USA independently of one another. Fair Trade Towns USA put them in touch in

the Fall of 2008. The trio hit it off right away and set the wheels in motion.

Using Fair Trade Towns' guidelines, the women completed the five necessary steps to make Burlington a Fair Trade Town. A 15-member steering committee was formed in January 2009 that included businesses, schools, organizations and houses of worship. The committee planned a media event, World Fair Trade Day, on May 9, 2009 at City Hall Park in downtown Burlington. The event included fair trade coffee, tea, chocolate and flowers, craft vendors and an African drum circle as well as guest speakers Mayor Bob Kiss and U.S. Senator Bernie Sanders.

They compiled a list of local businesses that offer two or more fair trade products in their stores as well as a list of fair trade certified products available in Burlington. To complete the last step and pass a resolution, the women cited other Fair Trade Town resolutions and used language to emphasize that it is a voluntary designation. They connected fair trade and the local foods movement with social and environmental responsibility at the core of each. On August 10, 2009, the Burlington City Council passed the resolution with no objections making Burlington, VT the 12th

Fair Trade Town.

Now that Burlington is a Fair Trade Town, Sandy, Courtney and Melinda are looking to the future and exploring new ways to engage the Burlington community on fair trade issues. This included hosting a panel discussion on Fair Trade Business on October 17. With the help of Fair Trade Towns USA, the women are working with local retailers to promote their fair trade businesses. They are proud of their accomplishments and are excited for what the future will bring.

## BULLETIN BOARD Posting Policy

If you are interested in displaying a poster for an event on our Bulletin Board in the exit area, please check in at Customer Service. We will stamp, date and post your material. Please understand that the high volume of requests we get for postings requires us to place materials on the board for TWO WEEKS ONLY, LEADING UP TO THE DATE OF YOUR EVENT!

Consider this when you bring your posters to us please and thank you.

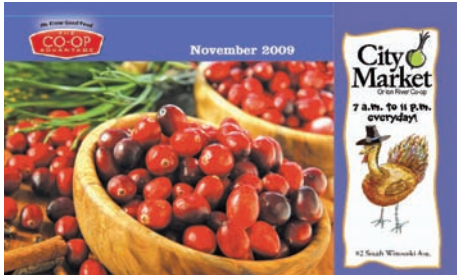
## City Market's New Charitable Giving Match

As of July 1st, City Market has a new benefit, a charitable giving match. After one year of continuous employment, employees are eligible for a match of up to \$75 per fiscal year to any donation made by the employee to a tax-exempt, non-profit organization. Employees must provide a copy of the donation receipt and proof of the organization's tax-exempt, non-profit status in order for the organization to receive the employer match.

Matching employees' charitable contributions builds on City Market's current practice of giving back to the community through programs like member volunteering, patron donations to the Chittenden Emergency Food Shelf, participating in the Kids Can Help food drives, and COTS Holiday Tree sales.

This new benefit aligns with City Market's beliefs and encourages employees to support charitable organizations of their choosing. We're proud to make this charitable giving match the newest offering in an already socially responsible and generous benefits package.





## November CAP Sales Flyer Featured Recipe

Sample this recipe in store on Tuesday, November 20, from 12:00 to 2:00 p.m.

### Cranberry Pecan Rice Pilaf

Recipe courtesy of Lundberg Family Farms

#### Ingredients:

1 cup uncooked Lundberg Organic Long Grain Brown or Organic Short Grain Brown Rice

2 tablespoons butter or margarine

2 cups chicken broth

1 cup grated Parmesan cheese

½ cup dried cranberries

½ cup chopped pecans, toasted

¼ cup sliced green onions

salt and ground black pepper to taste

#### Preparation:

Melt butter in a 2 quart saucepan over medium heat. Add rice; cook and stir 2 to 3 minutes. Add broth and heat to boiling; stir once or twice.

Reduce heat; cover and simmer 50 minutes. Remove from heat. Let stand covered 10 minutes.

Stir in cheese, cranberries, pecans and onions. Season to taste with salt and pepper. Makes 4 servings.

### Free Herbal Clinic

November 2, 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. Please sign up at the Customer Service Desk.

### Gluten Tour

November 12, 6:00 - 7:00 p.m.

Join Grocery & Wellness Manager Lynn Ellen Schimoler on a tour of the store seeking out the dozens of Gluten-free foods. There will be a tasting of some of these items, in addition to looking at Gluten Free book titles (coupons will be available). We'll end the tour with an open forum discussing the coop's current selection and ways that we can make gluten free shopping easier for you at City Market.

### Cold and Flu Preparations

November 14, 12:00 - 1:30 p.m.

Join Herbal Education Coordinator, Cristi Nunziata, in a discussion and sampling of various remedies for cold and flu. Participants will learn to make remedies such as slippery elm lozenges, mullein neck wraps, herbal chest rubs, and more! Everyone will take home a few items to provide relief against seasonal illnesses. Please sign up at the Customer Service Desk.

### Free Herbal Clinic

November 16, 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. Please sign up at the Customer Service Desk.

### Sourdough Bread Workshop with

Joe Cleary

November 17, 6:00 - 7:30 p.m.

Learn how to make homemade sourdough bread and pizza and maintain a sourdough starter. Participants will take home their own sourdough starter and methods and recipes for getting started. Please sign up at the Customer Service Desk.

### Feng Shui with Kerry Jenni

November 19, 5:30 - 6:30 p.m.

Kerry Jenni, licensed acupuncturist, offers Feng Shui: Healthy Home & Healthy Body, a lecture in which we will cover the basics of Chinese Five Element Feng Shui. Discover the optimal placements for furniture, simple color enhancements, and other tools to optimize the energy flow within your home. Kerry provides acupuncture and craniosacral treatments in Waterbury, working to harmonize internal energy flow. Please sign up at the Customer Service Desk.

### Herbal Research and Strategies for Cancer Support with Guido Masé

November 30, 5:00 - 6:00 p.m.

Traditional knowledge and modern research have identified a number of key herbal and nutritional factors essential for prevention and support in a wide range of cancerous conditions. We will review some of the most specific, as well as discuss the interface between modern approaches and "alternative" strategies. Can antioxidants be used during chemotherapeutic regimes? How can we counteract blood deficiencies associated with conventional treatment? What are the roles of immunity, liver metabolism, and digestion in cancer prevention and treatment, and how do herbs and diet affect these? Bring your questions. Please sign up at the Customer Service Desk.



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

## Art Showing

Artist Karen Dawson has been operating a visual art studio in the Lakeside neighborhood in Burlington, Vermont since 1989. Her work includes acrylic and oil painting, stained glass, mosaic, and other mixed media. Dawson is a University of Vermont graduate who remains in the Burlington area to make her life and livelihood.

"Through all of my work I hope to promote empathy and a world view in which entropy and emergence can coexist; but most of all, to find HOPE. We need an injection of sanity into our lives, and art can do this for us all."

Dawson has played a variety of roles including farm worker, business owner, real estate broker, apprentice at a stained glass business for 11 years and many, many others. Currently, she divides her time between painting, teaching at a local correctional center, and running Seventh Horizon Design Company which sells her fine art cards.

To see more of Dawson's work, go to [Karendawson.com](http://Karendawson.com), or call 865-1208 for studio hours.



Stop by City Market's Café Gallery throughout the month of November to view Karen's work.

Follow us on:


twitter

facebook

We welcomed

213

new members  
in September!



## Holiday Hours

11/25	7 a.m. -11:00 p.m.
11/26	Closed
11/27	7 a.m.-11:00 p.m.
12/24	7 a.m.-7:00 p.m.
12/25	Closed
12/26	7 a.m.-11:00 p.m.
12/31	7 a.m.-10:00 p.m.
1/1	9 a.m.-9:00 p.m.