

The

Onion Skin



FREE

Sharing news from the Co-op and the community

The Onion Skin

City Market, Onion River Co-op

November 2010



We're thankful for the Local harvest

Visiting the Turkeys of Stonewood Farm

By Meg Klepack,
Local Food Coordinator

I arrived at Stonewood Farm on a sunny October afternoon. Siegrid Stone met me, her 4 month old baby girl in her arms. Standing at the door of one of the barns filled with chuckling turkeys, Siegrid called out, “gobble, gobble, gobble!” only to have the turkeys fall briefly silent and then reply in perfect coordination, “gobble, gobble, gobble!” She seemed to conduct the turkey orchestra in fine style.

Stonewood Farm, located in Orwell, has been in the family for generations and is one of two farms supplying City Market with our local Thanksgiving turkeys this fall. Started as a dairy farm, the Stone family milked cows for decades. Then, given the difficult economics of dairy production, they diversified into turkeys a few decades ago, building an on-farm slaughter and processing facility, and converting the barns that used to hold heifers into turkey pens. The last of the cows left just 3 years ago and 3 generations of the Stone family now raise 27,000 turkeys for the Thanksgiving

and Christmas holidays and produce turkey sausage.

The turkeys live in five open-air barns. While the farm raised some pastured poultry in past years, after the avian flu scare a few years ago, Peter and Siegrid decided to move all the birds inside where they are isolated from wild birds that can spread diseases including avian flu to domesticated poultry.

Health issues are a large challenge for all poultry farmers. While some large-scale producers feed poultry antibiotics on a daily basis, Stonewood avoids this practice, choosing instead to focus on preventing disease. Stonewood’s turkeys are vaccinated against common illnesses and Peter and his farm hands are careful to practice proper hygiene – washing their boots and hands as they go from barn to barn to keep any infection from spreading. As the farm raises turkeys for the November and December holidays, the barns sit empty for the six months between December and June when they again begin raising up chicks. This six month ‘fallow’ allows the farm to reduce the spread of disease as well.

The farm has its own processing facility on site that can handle 1,000 birds per day. The plant is a stainless steel turkey disassembly line

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Coordinating Co-ops around the Country with the NCGA

By Clem Nilan,
General Manager

The Onion River Co-op belongs to a national organization of retail food co-ops, the National Cooperative Grocers Association, or NCGA for short. There are about 125 members nationally right now. Out of Vermont's 15 food co-ops, the following communities (besides us) have co-ops that are members of the NCGA: Middlebury, Brattleboro, Montpelier, Putney, White River Junction (two) and Springfield.

Increased buying power is a huge advantage for a member co-op to belong to our national organization. The 125 member co-ops function as a single buying unit and receive prices that no single co-op would be able to obtain. This gives each store the benefits of a chain's purchasing power. To do this we have collectively guaranteed that each member co-op will pay their purchasing bills.

Here at Onion River Co-op, there have been tremendous benefits to our Cooperative by being a member of the NCGA. As one of the larger purchasers of products through the NCGA supplier agreement, we have saved well over \$100,000 in costs since the inception of the program. The really nice piece of this is that the smallest co-ops benefit too. Our Co-op Deals sales program (formerly known as CAP, the Cooperative Advantage Program) levels the playing field by giving the smallest co-ops (Springfield, Vermont is currently the smallest co-op in the NCGA) the ability to purchase all of the Co-op Deals sales items at the same cost we pay at Onion River Co-op. This is a tremendous competitive advantage for small stores!

Let's make no mistake; in the large scheme we are fighting for market share with the likes

of Whole Foods, Trader Joe's and all of the grocery chains. These stores have enormous resources: centralized administration, deep pockets, private labels, to name just a few.

There's a price to pay for 125 co-ops with redundant services and administration in each member store: 125 IT Departments, 125 Finance Departments, 125 Marketing Departments, etc. Co-ops are very proud of our independence. There's a cost to this and an opportunity as well.

In this highly competitive world of retail grocery, our NCGA member co-ops agree that we've enjoyed tremendous success through acting together. And we're ready for another level of accountability. Opportunities abound. For example, it's difficult for our national buyers to negotiate a sale with a vendor when the buyer can't guarantee the product will be in every store. There are no such problems at Whole Foods or Trader Joe's.

What would "another level of accountability" look like? Co-ops are fiercely proud of their independence. How would giving up a bit of freedom to act cooperatively for enhanced benefits to the national group be decided? These thorny questions have been delegated to a new NCGA Standards Committee. As a member of this committee, I am excited by the challenge. I regularly speak with other co-op General Managers and the sentiment is that we can improve our own co-op's performance by cooperating more closely on a national level.

I can tell you frankly that some co-ops are happy with the status quo and unsure about being more accountable to the NCGA. But the great thing about our national organization is that we are democratically controlled. So whatever change we agree to will be based upon what's best for the majority. And that's always good business.



Burlington Winter Farmers' Market

City Market is proud to be a sponsor of The Burlington Winter Farmers' Market. This winter season there will be two markets per month in the Memorial Auditorium from 10 a.m. to 2 p.m. on the following Saturdays:

- November 6th and 20th
- December 4th and 18th
- January 8th and 22nd
- February 12th and 26th
- March 12th and 26th
- April 9th and 23rd

For more information, please visit them online at www.burlingtonfarmersmarket.org.

Member Worker Opportunity: COTS Holiday Trees

City Market will once again sell fresh balsam trees from Craftsbury, Vermont to benefit COTS. Member worker shifts are available in 2 to 4 hour slots during the following dates and times:

Friday, December 10th	9am to 9pm
Saturday, December 11th	9am to 9pm
Sunday, December 12th	9am to 5pm
Monday, December 13th	9am to 9pm
Tuesday, December 14th	noon to 9pm
Wednesday, December 15th	noon to 9pm
Thursday, December 16th	9am to 9pm
Friday, December 17th	9am to 9pm
Saturday, December 18th	9am to 9pm
Sunday, December 19th	9am to 9pm

Before November 30th, sign up for a shift with Christine Parlia, Outreach Coordinator, by calling 861-9735 or emailing cparlia@citymarket.coop. After November 30th, please sign up for shifts at the Customer Service Desk.

Patronage Refunds Coming Soon!

Jennifer Kennelly,
Controller

Patronage checks for the fiscal year ending June 30, 2010 will be issued November 10, 2010. We are pleased to announce that the Co-op made a net profit before taxes and patronage of 6.7%. Member purchases totaled 40% of total sales and the Co-op declared a patronage dividend of \$778,458. The Board of Directors set this year's cash distribution at 50%.

Individual patronage checks are a refund on profit relative to your member purchases when your equity was current. Due to the cost of printing checks and postage, patronage refund checks less than \$1.00 will not be issued. Patronage checks will be issued to over 4,800 members, ranging from \$1.00 to \$697.36.

Per IRS regulations, patronage refund checks are only valid for 90 days! Please cash your check before February 10, 2011. The letter enclosed with your patronage refund check will also offer suggestions on how to donate your check or use it to make an equity payment.

We welcomed
211
new members
in September!

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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Advertising Information:

For an ad information sheet, please e-mail Allison Weinhagen at AWeinhagen@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.

Editor's Note:

In October's article titled, "Approaches to Cold and Flu from a Naturopath's Perspective," we stated the following:

- The flu vaccine is often recommended for children and elders; what are your thoughts on that?

It is often recommended for the elderly and children, but the H1N1 vaccine last year was actually more detrimental to younger people with strong immune systems. These strong immune systems create the potential for a high fever and immune overload as they fight the vaccine.

In fact, it is the H1N1 flu virus, not the vaccine, that is more detrimental to young people because of the potential for high fevers as their immune systems go into overload while fighting the virus.

In addition, Dr. Colvard was misnamed in the article and is, in fact, Dr. Sandy Colvard, N.M.D. She is a naturopathic doctor of the Vermont Integrative Medicine practice and sees patients four days a week in the Burlington Wellness Center.

We apologize for the errors and appreciate the chance to correct them.

Join Us!

The next Board meeting is
November 22, 2010
6 p.m. to 9 p.m.
in the
City Market
Conference Room.

In anticipation of the holidays, we talked some members of our Prepared Foods department into sharing recipes they like to prepare this time of year. We hope you enjoy trying their favorites, which may become your new favorites!



Momma George's Sweet Potatoes and Apples with Pine Nuts

Jay George,
Assistant Prepared Foods Manager

Growing up in a diverse ethnic background, I was introduced to many different styles of cooking and eating. My father being of Lebanese descent, and my mother of Slovak descent, we always had some sort of interesting food for dinner. My mother was the "Chef" of the family; I would come home from school and start cooking with her. This is where I got my first taste of real cooking. When the holidays came around, I always got so excited about the specialty foods that would be prepared for the occasions, because only a few times during the year, we got to suggest what we wanted on the table. So I always requested my mother's specialty -- Sweet Potatoes and Apples with Pine Nuts. It was so great to have an American dish with a little Middle Eastern flair to it. The pine nuts add a nutty, buttery feel to the warm seasonal dish.

- 6 medium sweet potatoes
- 2 cups apples, thinly sliced
- 1 freshly squeezed lemon
- ½ cup pine nuts
- ½ cup brown sugar
- A dash of cinnamon
- A dash of cumin
- A dash of salt and pepper
- ¼ cup unsalted butter, cut into small pieces
- Preheat oven to 350 F degrees.

Peel and cut potatoes into ½ inch slices. Boil them uncovered until nearly done (just tender). Drain.

Meanwhile, boil the apple slices until nearly tender in very little boiling water. Drain, reserving ½ cup of the cooking water.

Grease a 9x9 baking dish. Place apples and sweet potatoes in three to four layers, alternating. Sprinkle some of the brown sugar in between the layers. Sprinkle pine nuts all over pan; put some under some of the apples and potatoes. Pour in the reserved cooking water from the apples. Squeeze lemon juice over everything. Sprinkle the remaining brown sugar and the cinnamon, cumin, salt, and pepper on top. Dot with butter. Cover and bake until tender, about 45 minutes. Serves 6.



Nana's Apple Dumplings

Sarah Unger,
Prepared Foods Team Leader

- 8 baking apples, cored and peeled

Dough

- 3 cups flour
- 1 teaspoon salt
- 1 ¼ cups butter, chopped
- 1 egg, beaten
- ½ cup ice water
- 1 tablespoon vinegar

Topping

- ½ cup butter
- 1 cup brown sugar
- ½ cup water
- 1 tablespoon cinnamon

Preheat oven to 350 F degrees. Mix together flour and salt. Cut in butter, with two forks or a pastry blender, until the butter is the size of small peas. Combine egg, 1/3 cup water, and vinegar. Lightly incorporate egg mixture into flour and butter until dough forms. Let this dough rest for 5 minutes. Roll out on floured cutting board and cut into 8 squares. Wrap one piece of dough around each apple and place in a greased 9x13 baking dish. Meanwhile, combine topping ingredients in a small saucepan over low heat until butter is melted. Pour over apples.

Bake at 350 F degrees for 40-60 minutes until apples are tender, basting every 10 minutes with topping. Serve warm with vanilla ice cream. Serves 8.

SERVING UP VERMONT

What's cooking on Serving Up Vermont? Find tips for tasty turkey from our own Jamie Lewis, Meat & Seafood Manager. Also, go into the kitchen to see how to make amazing Mexican mole sauce with leftover turkey. You'll find pictures, recipes, and coverage of some of our classes, too, as we balance gearing up for the holidays with simple, everyday cooking for busy lives.

Visiting the turkeys, continued from cover
with a federal inspector on-site whenever the work is being done. This sort of infrastructure is unusual to find on Vermont's small-scale farms with most farmers relying on a mobile chicken processing unit run by the Vermont Agency of Agriculture.

We all have much to be grateful for this Thanksgiving including the wonderful farmers across Vermont that are such good stewards of the land and animals. Many thanks to the Stones for their hard work raising the centerpieces of our holiday tables.

Frances Stone's Cranberry Turkey Sausage Stuffing

Enough stuffing for an 18 to 20 pound Stonewood Farm Turkey

- 1 15 oz package, all-purpose seasoned stuffing
- 2 eggs, slightly beaten
- 1 ½ cups finely chopped onions (about 4 medium onions)
- 2 ½ cups finely chopped celery (about 6 stalks)
- 1 lb. Stonewood Farm Turkey Sausage, browned
- 1 8 oz can jellied cranberry sauce, beaten until thin
- 1 to 2 cups apple juice

Mix stuffing, eggs, chopped onion and celery, browned sausage, and cranberry sauce. Add apple juice, a little at a time, until entire mixture is dampened but not mushy. For drier stuffing, use less apple juice. Stuff turkey loosely and cook as directed for weight of turkey. Any remaining stuffing can be baked separately in covered casserole for 30 minutes at 350 F degrees.



Don Schramm award winner

The Co-op's 2010 Don Schramm Community Service Award was given to Jess Hyman at the Fall Member Meeting & Brunch on October 2, 2010. Each year, the Don Schramm Award recognizes the outstanding contribution to our community by a Co-op member. Hyman was nominated through her volunteer work with Grow Team ONE and the Archibald and Riverside Neighborhood Gardens. The Co-op member who nominated Jess writes:

With her leadership, many of my neighbors have access to organic, healthy vegetables. Classes are also available in learning to preserve and cook their harvest with her help. Jess has a very warm and welcoming heart. She is able to reach out to our very diverse community and make everyone feel comfortable.

All of Jess's work supports the Co-op's mission to promote local access to healthful choices, strengthening the local food system and supporting the cooperative model. Congratulations, Jess!

Order your Turkey today!

Same Price as Last year!

Stonewood Farm,
Local, fresh, turkeys from ORWELL, VT
\$2.99 Lb

Sizes are available from 10 - 32+ lbs
We will be taking turkey orders until
November 14, pick up between November 21-24

Misty Knoll Farms,
Local, fresh, free range turkeys from New Haven, VT
\$3.49 Lb

Sizes are available from 12 - 27+ lbs
We will be taking turkey orders until
November 17, pick up between November 23-24

Buy a fresh Stonewood Farm or Misty Knoll turkey from City Market and receive a voucher for a buy 1 - get 1 lift ticket to Sugarbush Ski Resort's Mt Ellen! 

Order your Turkey today and be entered to win your Turkey for FREE!

2010 3SquaresVT Challenge

November 14th thru 20th

Join the Vermont Campaign to End Childhood Hunger and take part in the 2010 3SquaresVT Challenge in November. Learn first hand what it's like to try to make ends meet on a limited food budget of \$38.

3SquaresVT (formerly food stamps) is one of the most important programs in the fight against hunger, designed to improve the nutrition and food purchasing power of people with limited incomes. The program makes a difference in the lives of over 86,000 Vermonters every day, but in many cases, the benefits are too low to allow households to purchase nutritious food and feed their families healthy meals on a consistent basis. The 3SquaresVT Challenge seeks to highlight what it is like to eat on the average 3SquaresVT benefit — approximately \$1.80 per meal or \$38 per week.

During the Challenge, only eat food that you purchase during that week. All food purchased and eaten during the Challenge Week, including fast food and dining out, must be included in your expenses. Be sure to track your expenses during the week! The idea is to not eat food that you already have in your pantry (excluding condiments and spices). If you have children and want to participate as a family, please read the additional guidelines on the website.

The Challenge will also be hosting a blog site for participants to reflect and share their experience with others. Some questions to think about while you are participating:

- How did your daily routine change (or not)?
- How did a limited budget affect your food choices?
- How did your food choices affect you socially?
- Where did you shop?
- How would your experience change if you had a family to support? What if you were older? Without transportation? Unemployed?

Sign up to take the Challenge during the week of November 14th at www.vtnohunger.org. For questions on 3SquaresVT, details of benefits or eligibility, please visit www.vermontfoodhelp.com.



Hooray for Eat Local Week

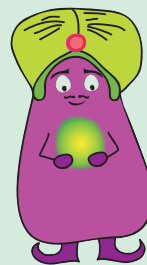
We're still savoring the success of Eat Local Week. With close to 150 scorecards submitted and hundreds of participants in the 27 activities, we're pleased as punch with the turnout. Thanks to all who joined us to celebrate food from just down the road and congratulations to our winners: Chizuko Hryer won the \$250 City Market gift card and Kitty Boyan won \$250 to the Burlington Farmers' Market.



350.org Event Pics

Enjoy some pictures of our 10/10/10 Harvest Pickin' Party on City Market's Facebook page. (see the "Photos" tab)

Ask the Health Genie



Dear Health Genie,

I've had a sore throat for a couple days now. At first I was worried it was the start of a cold or flu but so far I don't have any other symptoms. I made a doctor's appointment for later this week just in case, but now I'm curious about what might cause a sore throat and what I can try to alleviate the pain before my trip to the doctor.

Thanks,

Sorely in Need of a Remedy

Sorely,

Luckily, the reasons for most sore throats are not too much cause for concern. While they can be painful and very irritating, most will go away with little or no medical treatment. However, it is always good to seek the advice of a medical professional if you have any concerns.

Common causes can be broken down into three categories:

- Viral infections like colds, influenza or mononucleosis (AKA mono, "the kissing disease")
- Bacterial infections such as strep throat or tonsillitis
- Sore throats that are caused by irritants or an injury

Hopefully your trip to the doctor will help you sort out what is causing your sore throat and figure out what, if any, medical action can be taken to deal with it. In the meantime, here are some of my favorite remedies:

- Gargle regularly with warm salt water. One teaspoon of salt to eight fluid ounces of water gargled several times a day (or as needed) can help reduce inflammation and discomfort.

- Slippery Elm Lozenges or Tea are wonderful for soothing the throat. The mucilage that is found in the inner bark of the tree coats the throat and reduces irritation.

- This is more of a recommendation than a remedy, but if you are a smoker, try to abstain from smoking or being around smoke while you have a sore throat. This can worsen a sore throat or, in some cases, may be the cause of your discomfort.

- Throat sprays, especially those containing propolis, are a wonderful way to give relief by numbing the throat, much like a conventional throat spray. Often times they will also contain other beneficial herbs for the throat such as licorice, myrrh, and sage. Two of my personal favorites are Honey Gardens Apiaries Propolis Spray and Herbalist & Alchemist Herbal Re-leaf Throat Spray.

- I've found that a blend of lemon juice, cider vinegar and honey (proportion doesn't really matter here) taken several times a day will help relieve a persistent tickle and minor irritation.

- Nearly all throat lozenges will give some degree of relief, but I most often choose those with menthol, which cools and then numbs the throat. I also try to select lozenges with little or no sugar as this can slow down your immune system which is counterproductive if your sore throat is viral or bacterial.

- Much like lozenges, hot tea in general will help, but choosing one with herbs specific to healing a sore throat is even better. I like Traditional Medicinals Throat Coat Tea the best. It contains licorice which has been traditionally used to help clear away mucus, while the slippery elm and marshmallow root will help coat the throat and give some relief. Adding honey to any tea tastes great and can be soothing to the throat.

I hope one (or more) of these suggestions works for you and that your sore throat will soon be a distant memory!

The Health Genie

Local Heritage Pastured Turkeys Available!

We have a few special turkeys available this Thanksgiving. Gopher Broke Farm in Hyde Park raised heritage breed turkeys this summer. Unlike commercial birds grown in close confinement and fed a pure grain diet, the varied diet of these free-range turkeys produces a remarkably tasty and very moist meat.

Most of the 200,000,000 turkeys raised in the United States are the hybrid Broad Breasted White breed, bred for industrial style agriculture to be large in size and grow rapidly, maximizing the producer's profit and producing cheap meat for consumers. Heritage turkey breeds are older breeds of domesticated turkeys. These birds are selected for flavor rather than how quickly they grow.

Gopher Broke Farm raises their turkeys outdoors, enclosed within a circle of moveable electric poultry fencing containing a portable shelter. George, the farmer at Gopher Broke says, "Because they are happy to follow us anywhere or harass our flock of pet geese, we often let them roam about the yard at will. They do yeoman service keeping our raspberry patch weed-free and trimming the grass. But the real reason they like to stay near the berries is to scarf up the discards and drops when we pick the ripe fruits."

The turkeys will be ready for sale on November 4th. Stop by the Co-op on Sunday, November 7th between noon and 4:00 p.m. to meet George and get a taste of heritage turkey. We only have a very limited number heritage birds so pick yours up soon!

Holiday Hours

Wednesday, November 24th	7:00 a.m. – 11:00 p.m. (REGULAR HOURS)
Thursday, November 25th	Closed
Friday, November 26th	7:00 a.m. – 11:00 p.m. (REGULAR HOURS)
Friday, December 24th	7:00 a.m. – 7:00 p.m. (CLOSING EARLY)
Saturday, December 25th	Closed
Sunday, December 26th	7:00 a.m. – 11:00 p.m. (REGULAR HOURS)
Friday, December 31st	7:00 a.m. – 10:00 p.m. (CLOSING EARLY)
Saturday, January 1st	9:00 a.m. – 9:00 p.m. (OPENING LATE/CLOSING EARLY)



November Herb of the Month: Echinacea

By Cristi Nunziata,
Herbal Education Coordinator

As the weather cools, we may become more prone to illness due to airborne germs that are more likely to be transmitted as we spend more time indoors. One theory also suggests that winter illnesses happen during the colder months due to the fact that we are getting less vitamin D, “the sunshine vitamin.” So, as cold and flu season approaches, you may consider supplementing vitamin D and also using herbs that support your immune system. One of the best immune-enhancing herbs is this month’s herb of the month, Echinacea.

Echinacea is a perennial herb of the daisy family, native to Midwestern North America. It is commonly seen in gardens of Vermont, including City Market’s garden. There are nine species and two varieties. The species that are used medicinally are Echinacea purpurea, aerial portions and roots, and roots of Echinacea pallida and Echinacea augustifolia. You will find products that contain a combination of Echinacea species in City Market’s Wellness department.

Echinacea has a long history of use throughout the world. Native Americans have used Echinacea for a wide range of topical afflictions such as boils, abscesses, burns, insect bites, swollen lymph glands, and even poisonous snake bites, hence the nickname “snake root.” It was used internally for sore throats, coughs, colds, toothaches, headaches, stomach aches and joint pain.

What we know of Echinacea today is due not only to Native American history, but American doctors also began using Echinacea in the early 1900s. During that time, it was believed to be effective against conditions such as boils, abscesses, blood poisoning, post-partum infection, malaria, typhus, and tuberculosis. More recently, German studies have also shown various medicinal benefits. Although there is conflicting research, the long history of usage has demonstrated the effectiveness of this plant. Much of the German research has shown that Echinacea may be beneficial when used to treat septic conditions, rheumatoid arthritis, antibiotic resistance, whooping cough, flu, various skin conditions and infections of the respiratory, reproductive, and urinary systems.

If you taste a fresh Echinacea preparation, you may notice some numbing and tingling on your lips and tongue. Because of this, you may

consider using Echinacea in a spray or gargle to numb the pain of sore throats and toothaches.

Echinacea is most effective when taken in frequent doses at the first sign of an illness. In *Rosemary Gladstar’s Family Herbal*, she suggests a half teaspoon every half hour to ward off illness and one teaspoon every two hours if you are already sick. Echinacea is effective due to its ability to increase the activity of our immune cells. This powerful herb is even safe for children and elderly. However, those who are allergic to Asteracea family plants (chamomile, daisy, and ragweed) should use only root preparations. During cold and flu season, try combining Echinacea with other immune-enhancing herbs to maximize the effects. Wellness Formula has a great combination of vitamins and herbs to overcome winter illnesses.

During the colder months, we all need to pay a little more attention to our bodies. Getting more rest, washing our hands more often, and eating well can be very beneficial in resisting winter illnesses. If you’d like to also try Echinacea, you’ll find an array of products in the Wellness department, and it will be on sale in the Bulk Medicinal Herb section all month.

Throat Soother Tea

From: *Rosemary Gladstar’s Family Herbal*

- 2 parts licorice root
- 1 part cinnamon
- 1 part Echinacea
- 1 part marsh mallow root
- 1/8 part ginger

Put 1 tablespoon of the mixture per cup of water in a pot on the stove, and simmer for 20-30 minutes.

References

Gladstar, Rosemary. *Rosemary Gladstar’s Family Herbal*. North Adams: Story Book Pub, 2001. Print.

Kuhn, Merrily A. and David Winston. *Herbal Therapy and Supplements*. Philadelphia: Lippincott, Williams, and Wilkens, 2008. Print.

McIntyre, Anne. *The Complete Floral Healer*. New York: Sterling Publishing Co., Inc., 1996. Print.



Cranberry and Blueberry Upside-Down Cornmeal Cake

Find Mystic frozen blueberries from Harlow Farms in Westminster, Vermont at City Market in Aisle 5! Just when you thought blueberry season was over, at only \$3.99 per pound, they’re an affordable way to add a local serving of fruit to your diet. Mix that with some fresh or frozen cranberries and local cornmeal and you have the makings for a delicious dessert!

Topping

- 1/4 cup butter
- 1/4 cup sugar
- 1 1/2 cups frozen or fresh cranberries
- 1 1/2 cups frozen blueberries

Cake

- 3/4 cup cornmeal (try local Butterworks Farm Early Riser Cornmeal available in our bulk section)
- 1 1/2 cups all-purpose flour (try local Nitty Gritty Grain Co. flour; also available in bulk)
- 2 1/4 teaspoons baking powder
- 1 tablespoon salt
- 1 cup unsalted butter, at room temperature
- 1 cup sugar
- 4 large eggs, at room temperature
- 3/4 cup whole milk yogurt or sour cream

Preheat the oven to 375 F degrees. To make the topping, melt the butter in a 10- to 11-inch cast-iron skillet over medium heat. Add the sugar and swirl around for a minute or two, just until it starts to turn brown (not black) and remove from the heat. Allow to cool slightly and add the berries.

To make the cake, combine the cornmeal, flour, baking powder, and salt in a bowl and stir until blended. In an electric mixer, cream the butter with the sugar until light and fluffy, about 3 minutes on medium speed. Add the eggs, one at a time. On low speed, add the flour mixture alternating with the yogurt (or sour cream) in three batches, ending with the flour. Scrape the batter into the skillet.

Bake for 45 to 60 minutes, or until a knife point inserted near the center comes out clean. Remove from the oven and let cool for 10 minutes. Run a knife around the edges of the pan, invert onto a plate, and serve. Serves 10

Recipe printed with permission from Chef Steven Obranovich, proprietor-chef of Claire’s Restaurant & Bar in Hardwick. More information at www.claire.svt.com, where you can find this cake on their current menu.

New Local and Made in Vermont Products!

By Meg Klepack,
Local Food Coordinator

Looking at the list of new local products this fall, it seems we’ve cracked several difficult nuts here at City Market – we have had trouble getting in local eggs, meats, and grocery items in the past but that seems to be shifting. It’s an exciting time to be a localvore for sure!

Dairy Cooler

We’ve been having difficulty locating an organic egg farmer that can keep up with our demand and can keep us flush with organic eggs through the winter. I’m therefore especially excited to welcome Blue Heron Farm organic eggs to our dairy cooler. Located in Grand Isle, Blue Heron is one of the few farms that kept their eggs certified organic when the price of organic grain when way up a few years ago. As farmer Christine Burke explained, “We only want to produce eggs that we feel fully comfortable feeding to our 3 year old daughter.”

Meat

Finding local meat can be a challenge – there are not enough processing facilities in the state and farmers often have to book their animals a year ahead. Lamb is one product that has been particularly challenging to find from local farms which is why it’s great to be starting a relationship with Winding Brook Farm in Morrisville. Winding Brook is a small-scale family farm that pastures their animals during the nice weather months and shelters them in the winter. Their products will be available year-round and Jamie Lewis, our Meat & Seafood Manager, is getting in ground lamb, lamb chops, leg of lamb, lamb kabobs, and more. Seven Days Newspaper wrote up an interesting piece about the farm a few years ago. Read it at www.7dvt.com/2008meat-and-greet-halal-slaughter-morrisville.

Grocery

Most of our local products hug the perimeter of the store, coming in fresh to the produce, bulk, meat, dairy cooler, and cheese departments. Now Two Guys in Vermont Soup is boldly entering the center of the store, producing two delicious canned soups. They have a Chunky Tomato Fennel as well as a Curried Apple Butternut Squash. They source many of their ingredients from local farms and their glass jars are BPA free!

Other New Local Products

- Butterworks Farm Kefir
- Vermont Artisan Coffee & Tea Company Black Series Coffee
- Fat Toad Farm Cinnamon Goat’s Milk Caramel
- Vermont Soap Yoga Mat Wash
- Krin’s Bakery Mini Cakes and Cupcakes
- The Inspired Baker Maple Meringue, Friendship Bars, and Chocolate Almond Biscotti
- August First Baguette
- Woodchuck Private Reserve Pumpkin Cider

Customer Comments

Dear City Market,

Please make real silverware available in the café or use a compostable corn product instead of plastic that goes to the landfill.

A.

Dear A,

While we have plastic ware available as a convenience for customers, we do offer actual silverware right below those dispensers for customers eating in the café. We use compostable ware for many of our catering events, but we don't currently offer it in the café. Currently the Intervale does not accept compostable ware. So even if we did offer this item in the café, we couldn't compost it with the rest of our usual items. We certainly encourage customers who are not eating in the café to use their own non-disposable utensils (we sell a reusable bamboo utensil set in Aisle 1). As regulations and availability for composting change, we'll continue to update our processes.

Dear City Market,

I noticed that you recently changed the software used at your cash registers. Why did you make this change and what are the benefits?

B.

Dear B,

The software used on our cash registers (you'll hear us call it our "POS" system, for "Point of Sale") was upgraded recently as the company is no longer supporting the version we had. Like any change, this upgrade took a little getting used to, but it does provide some interesting benefits. You're now able to see the total of your local purchases at the bottom of the receipt; bear with us as we continue to update our information to account for the hundreds of local products we offer. We can now highlight information to customers on the screens near each registers (upcoming classes, next board meeting, sale items, etc). In addition, in the near future we'll be changing the way we process checks as payment. We'll be moving to a "tele-check" system that will process your check electronically. The cashier will return the voided check to you at the end of the transaction. We appreciate your patience during this transition!

Dear City Market,

I recently read in a science magazine that a large percentage of receipts use bisphenol A (BPA) in the printing and developing process. I've read about studies showing that handling these receipts can expose people to BPA. As consumers are more aware of BPA in various products, what is City Market doing to replace their receipts?

V.

Dear V,

As BPA is a growing concern for many of our customers, we found a supplier of BPA-free receipt paper (also known as thermal paper). We have been using BPA-free receipts for some time now.



City Market's New Wine Bag

Our new bag holds six bottles of your favorite wine. The bag is only \$1.99! Buy six bottles to fill the bag and receive a 10% discount on the wine.



Wine Picks for Under \$10

By Alison Miner,
Beer & Wine Buyer

Months ago we selected five red Bordeaux wines that are set to arrive in November. Reserved for us while they were still in the barrel and hailed as a fantastic vintage, these 2009 Bordeaux "futures" have received lots of good press and are offered to you at a great savings.

Château La Roche-Pressac Castillon Côtes de Bordeaux 2009 is soft and earthy with a harmonious balance of fruity and leathery nuances. Though still young, it has a mature personality. Regularly \$16.99, La Roche-Pressac will be on sale for \$9.99 and we think it will disappear fast!

Château Haut Laulion Bordeaux 2009 has warm blackberry and cassis aromas with exotic black fruit flavors and a long lingering finish. Château Haut Laulion is on sale for only \$8.99 and shows a \$7 savings! These two and their 2009 Bordeaux counterparts may be in limited supply so get them while you can! They are expected to age well.

Happy Thanksgiving!!!



Montstream Studio Annual Sale and Benefit



- **New! Flashbag wallets and placemats, Iron Art, clothesline of reduced originals! And simultaneous Facebook sale!**
- **First 30 people each day: 20% COUPON off one item all weekend! Been eyeing an original? Here's your chance! (One coupon per household)**
- **FOOD DRIVE! Let's break a record!**
- **Local Motion, making safe roads for pedestrians. Win an original painting; enter the dollar raffle and support this cause. Bike jerseys for sale!**
- **Lake prints and lake cards support Lake Champlain Land Trust.**
- **Watercolor demo at 1:00 on Sunday. Win the original.**
- **New print with Mt Mansfield and Camel's Hump at sunrise.**
- **Holiday cards galore and factory seconds too.**

Friday, Nov 12, 1- 6 pm
Sat & Sun, Nov 13 & 14, 10 am – 4 pm

One Main Street, Union Station, Burlington
802 862 8752
kmmstudio@gmail.com
kmmstudio.com
find us on Facebook at Montstream Studio

2010 Harvest Celebration



2010 Fall Member Meeting



Carol Winfield

Hasn't anyone noticed? Burlington is getting dirtier and dirtier. When I first moved to the city, it almost took on a shine of its own; the public ways were so clean. Now, merely going to the library in front of my apartment, I notice with dismay an alarming increase in clutter. Not only is this disagreeable to behold, it becomes a hazard for those with a handicap or using a wheelchair.

Here's my proposal: let's implement a city-wide program which will make every business, private home, apartment or recreation area, fully responsible for maintaining the space in front of their properties. In other words, let's introduce an order that residents, businesses or public buildings see to it that the area in front of public walkways is cleaned of whatever trash careless passersby toss thereon. It would be even nicer if the owners planted flowers or small shrubs where possible. If space does not allow or would make it difficult for a wheelchair or handicapped individual, pay attention to keeping the area clean.

Burlington is a designated Queen City. Why not treat her as the Queen we proudly claim she is? Thus, as with royalty through time, offer Burlington similar obeisance. Those aristocrats of yore received their deferential treatment under duress, in some cases actually leading to death by decree! Brrr! We luckier Burlingtonians can implement the program of our own free will. We would step out upon a bright, clean city indicating our pride of place. If each one of us thus honored our beautiful metropolis, think of the subtle effect it would have on resident or tourist alike! Without conscious realization, we would find ourselves more content and livelier merely by meandering forth upon the sidewalk. It could bring smiles forth gloomy day or nay. Our metropolis would become a model. Its influence might even spread...

If everyone pitched purposely into proper receptacles passersby would begin to notice what was occurring, maybe even think twice before they pitched improperly on to improper property. The feeling comes over me that this habit could influence offenders leading them to think twice about their laxity. It saddens me that more of today's youngsters do not take their public housekeeping as seriously as we did when I was growing up. "Cleanliness is next to godliness," went the hue and cry. No magic solution looms, yet I find myself clinging to the belief in the power of one. If we each took upon ourselves the responsibility, the effect might begin to, well, take effect.

As for tourists, do you think the habit would spread just enough to cause them to notice not only Burlington's inherent beauty, but also the respect with which we hold it. Downtown Burlington and City Market areas are alive with abundant flowers or handsome plantings. How much better if the outlying buildings throughout the entire city were to instigate similar ornamentation, but on a smaller scale of course! No need to place too much pressure on property owners.

Admittedly, there are not many trash cans immediately available. I need to walk quite far before finding a suitable receptacle for tossing unwanted stuff; a walk well worth the minimal extra effort.

Speaking of extra effort, obesity has become an increasing problem in this country. On public radio this morning, I heard a commentator report from teachers that a majority (repeat, majority) of kindergarteners and first graders are overweight. They are considering ways to teach their students to pay closer attention to what they consume. They stated that, along with the fast food assailing us, kids no longer want to go outdoors to play. Taking those extra steps to a garbage disposal is not what one would call vigorous exercise but it can exercise us toward a path of thoughtfulness that at least exercises our brains.

As a writer, I know time spent at the computer can be exhausting. It requires a force of will to get myself outside. So far I have managed, regardless of weather, at least to walk once around the block. It had been my habit on Fridays to don a pair of white cotton gloves, carry a stick with a point on its end, and carry a small plastic bag into which I placed trash I found as the block was circumvented.

No longer! Why? Because a dismaying array of said stuff all too quickly fills the container. This returns me to my original proposal: every building resident take it as his or her responsibility to assure that their little "estate" appears neat as the proverbial pin. Instead of the oft quoted cry, "not in my backyard," invert the cliché to "definitely my back (front) yard," emphasizing the good sense policy of the "cleanliness is next to godliness" cry. Do you like the idea? Will you be the power-of-one person who, with cheerful goodwill, spruces up our Queen City? Yes? Thank you.

November Class Listings

Free Herbal Clinic

November 1, 4:00-7:00 p.m.

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

Crafting Hand-Milled Soaps with Joann Parling

November 3, 5:30-7:30 p.m.

Soap making has an ancient history that lies at the crossroads of science & art. The science is the blending of acids & bases and the art is in your own personal selection of scents and shapes. Each participant will have the opportunity to blend their own soaps using natural ingredients. Please sign up early as space is limited. Fee :\$8

Enhancing Immunity to Prevent Winter Illness with Guido Masé

November 8, 5:00-6:00 p.m.

A stitch in time saves nine: in matters of health, enhancing the physiological 'field' can dramatically improve quality of life in those prone to recurrent or lingering winter infections. Learn how to strengthen immunity and vitality to prevent debilitating illness rather than treating it after the fact.

Mat Pilates Class with Classic Form Pilates (at City Market)

November 9th 6:00-7:00 p.m. & November 20th 10:00-11:00 a.m.

Mat classes are the foundation of the Pilates method. A classical mat class will take you through the fundamental Pilates repertoire, including a focus on breathing and body awareness. Exercises are performed lying down or kneeling on a mat, so there is little to no impact on the joints. Participants should wear comfortable clothes that they are able to move in (no jeans), and plan on no wearing shoes (socks are fine).

"Simply Raw" Movie Screening and Discussion with Melanie Brotz, R.D.

November 10, 5:30-7:30 p.m.

Simply Raw: Reversing Diabetes in 30 Days is an eye-opening documentary film that chronicles six diabetics who switch to a diet consisting entirely of organic, vegan, uncooked food to improve their health. The culturally diverse participants are challenged to give up meat, dairy, sugar, processed and packaged food, and even cooked food for 30 days. The film follows their remarkable journey and captures the medical, physical, and emotional transformations brought on by this radical diet and lifestyle change. Stay after the film for a discussion with herbalist and registered dietician, Melanie Brotz.

Make Ahead Meals at the Chubby Muffin

November 10, 6-7:30 p.m.



Beginning with a delicious base of sautéed vegetables called soffritto, Adele Dienno will teach participants how to make a number of different dishes using this base prepared ahead of time. Simplify meals during the busy holiday season and use leftovers like turkey to prepare tasty, versatile homemade meals in less time.

Eating Well on a Budget - Student Edition

November 14, 11 a.m.-12:30 p.m.

Take a student-friendly tour of City Market with Caroline Homan and learn to make the most of healthy and affordable foods throughout the store. Afterward, cook a few simple dishes you can make almost anywhere.

Free Herbal Clinic

November 15, 4:00-7:00 p.m.

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

Gluten-Free Series:

Soup and Salad

November 17, 5:30-7:00 p.m.

This is Class Three of a six month series to provide education for gluten-free individuals and a forum for discussion. Each class, participants will have the opportunity to submit a recipe for the following class. Then, together we will make and sample one or more of the recipes. All recipes will be compiled into a Gluten-Free Community Cookbook. In Class Three we will make and sample soup and salad recipes, and participants may submit their gluten-free side dish recipes for the Class Four.

Sourdough Bread Workshop at the Chubby Muffin

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



Keep a fire in the hearth for homemade bread: Joe Cleary will show participants how to make sourdough bread and maintain a sourdough starter at home. Participants will see the process of making sourdough bread and take home their own sourdough starter.

Eating Well on a Budget One-on-One, throughout the month

If you would like to schedule a one-on-one tour on Eating Well on a Budget with Caroline Homan, please call 861-9731 or e-mail choman@citymarket.coop.

Save the Date!

Free Herbal Clinic

December 6, 4:00-7:00 p.m.

January 17, 4:00-7:00 p.m.

Herbal Facials

December 11, 12:00-1:30 p.m.

Gluten-Free Series Class Four: Side Dishes

December 15, 5:30-7:00 p.m.

Gluten-Free Series Class Five: Entrees

January 19, 5:30-7:00 p.m.

November Product Sampling

November 4 -

Bumble Bars

11:00 a.m. - 1:00 p.m.

November 5 -

R.W. Knudsen Sparkling Juice

3:00 - 7:00 p.m.

November 6 -

Local Produce

1:00 - 5:00 p.m.

November 7 -

Gopher Broke Farm

Heritage Turkeys

12:00 - 4:00 p.m.

November 8 -

R. W. Knudsen Spritzers

11:00 a.m. - 1:00 p.m.

November 19 -

The Bakery at

the Farmhouse Kitchen

3:00 - 7:00 p.m.

November 23 -

Champlain Orchards

3:00 - 7:00 p.m.

November Art

City Market's featured member artist for the month of November is Jason Pappas. He describes his exhibit as, "a mixed media presentation of rust and paint." Stop by City Market's Café Gallery throughout the month of November to view Jason's work.



Community connections

Classic Form Pilates

Classic Form Pilates is a unique wellness studio, offering personalized in-home Pilates and wellness classes for individuals and small groups. We also have a robust employee wellness program, working with local businesses to enhance their existing wellness offerings. We are grounded in the classical Pilates method, as developed and taught by Joseph Pilates. Pilates is known for its rehabilitative properties, making it the method of choice for dancers and athletes. Benefits of a regular Pilates practice include a stronger core, increased flexibility, lengthened muscles, improved posture and alignment, and spinal mobility. Angela, the owner of Classic Form Pilates, has been a student of Pilates for over 15 years, and has been teaching for over 5 years. For more information, please email classicformpilates@gmail.com.

Throughout the month of November, City Market members can enter to win a free private Pilates session from Classic Form Pilates. Stop by Customer Service to enter today!

Sign up at
the Customer Service Desk.
Most Classes are FREE & open
to the Public
Please park off site
for our classes
and events.

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