



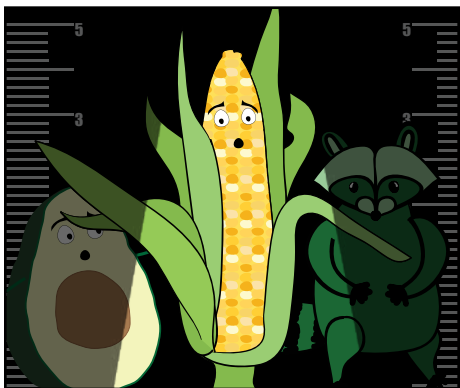
The Onion Skin

Sharing news from the Co-op & the Community



October 2009

Remember to Vote



Board of Directors Elections

October 1 - 22, 2009
at City Market

Please see page 3 to meet the candidates!

Join us at the 7th Annual Harvest Celebration

Sunday, October 4th noon - 4 p.m.

Sample some of the finest Vermont products!

There will also be prize giveaways, face painting, balloon animals, a canning demo, Sudzy Putty, live music from Mayfly and much more!

Some of our featured vendors are:

Flack Family Farm
 VT Cookie Love
 Elmore Roots Nursery
 Elaiodadon-Contis Oils
 Vermont Common Foods
 VT Coffee Company
 FatToad Farm
 Shalimar of India
 Shelburne Orchards
 Hardwick Beef
 Maple Grove Bakery

VT Soy
 Champlain Orchards
 Olivia's Croutons
 Wagatha's
 Awake Coffee
 Capitol Grounds
 Neighborly Farms
 Comfort Cookies
 Vermont Compost Company
 Dan's Chocolates

Get to know our local vendors under the big white tent!



Annual Fall Member Meeting & BBQ

Saturday, October 3rd
noon-2 p.m.

In the big white tent.

Enjoy a LOCAL FARMERS' BBQ
 Meet the 2009 Candidates
 for the BOARD OF DIRECTORS
 Vote for your Board of Directors
 Pick up an Annual Report

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Dietary Sugars and Health

By Clem Nilan

Internationally recognized nutrition scientist and recipient of the American Dietetic Association Foundation's Award for Excellence in Research, UVM nutrition professor Rachel K. Johnson was the lead author of the recent American Heart Association scientific statement on dietary sugars and cardiovascular health. (See link to article at bottom). With 114 citations, the statement is a comprehensive summary of the best research on the topic. A major conclusion of the study is that there is new evidence that supports a relationship between the intake of added sugars and overall cardiovascular health.

relationship between added sugars and overall cardiovascular health

Many people who shop in co-ops and natural food stores have a level of nutrition intelligence that is higher than average. It's hard to imagine living in America and being unaware of the epidemic of obesity, heart disease, and diabetes. Most savvy co-op shoppers understand that whole foods are better than refined foods. Most know that sodas are nutrient-void empty calories. Many co-op members are aware that a healthy diet is comprised of foods with naturally occurring sugars, including fruits and vegetables, whole grains and low-fat dairy products.

But when does sugar, as a healthy component to a well-balanced diet, cross the line and begin to have a negative health impact? The most recent nationwide food-consumption survey found that the average American consumes approximately 22 teaspoons of added sugars every day, much higher than the American Heart Association's recommendations.

Is it possible that co-op shoppers are actually consuming more sugar than they think?

Dr. Johnson points out that part of the problem is the FDA nutrition facts panel required on all packaged and processed foods.

differentiate between naturally occurring sugars and added sugars

Currently the food label does not distinguish between sugars that are naturally present in foods, like fructose in fruit and lactose in milk, from those that are added in processing or manufacturing, like high fructose corn syrup. That makes it difficult for co-op shoppers to differentiate between naturally occurring sugars and added sugars.

Much of the increase in Americans' added sugars intake is due to increased consumption of sugar-sweetened beverages. Sodas are obvious culprits. Dr. Johnson warns us not to be duped by the "health halo" of iced tea, fruit drinks, and some functional beverages. Read the ingredient list as added sugars content can vary substantially. More than ever, it's important to make discretionary added sugars intake meaningful. An increase of only 50 calories per day can result in a five pound weight gain

over the course of a year. Sugar-sweetened beverages are of particular concern because we don't compensate for beverage calories in the same way we do calories from solid foods. Beverages are less satiating than solid foods, meaning that our brain is slower to recognize that our stomach is full. This may result in unnecessarily greater energy intake and weight gain over time. Another danger is when sugar-sweetened beverages displace more nutritious beverages like milk, causing important nutrients such as calcium and vitamin D to be squeezed out of the diet.

Some added sugars such as "brown sugar syrup" or "fruit juice concentrates" may sound healthier than sucrose or high fructose corn syrup, but be careful about applying a healthy halo to these ingredients as they all add calories to the diet.

Dr. Cynthia Belliveau is Director of Vtrim Weight Loss Management Program (and Dean of Continuing Education) at the University of Vermont. Dr. Belliveau, a food educator and Co-op member, advises other Co-op members to examine the foods they are considering eating and to ask ourselves the question Vtrimmers ask, "Is this the food I should be eating?" Dr. Belliveau notes that obesity is an epidemic that currently rivals smoking in related deaths and health care costs. There is an urgent need to help people control their weight by changing their behavior when making food choices. Dr. Belliveau, a dedicated farmers'-market shopper, recommends eating a mostly plant-based diet - lots of local fruits and vegetables, plenty of whole grains - and staying away from "seconds."

Conclusion:

- Go for naturally occurring sugars in whole foods like fruits, vegetables and low-fat dairy products. Minimize the intake of beverages and food with added sugars.
- Limit your daily intake of added sugars: recommended amounts are 6 teaspoons (24 grams or about 100 calories) for adult women, 9 teaspoons (36 grams or about 150 calories) for adult men.
- Use sugar to enhance the flavor and palatability of otherwise nutritious foods like sweetened whole grain, high fiber breakfast cereals, sweetened yogurt and flavored milk.
- Go for the long haul, for nutritious foods instead of "sugar high" ones.

For access to the entire article, please visit:

<http://citymarket.coop/health-recipes/food-news/2009/9/7/dietary-sugars-circulation>

This article was reviewed by Rachel K. Johnson, PhD, RD, Professor of Nutrition at the University of Vermont

The following are some of the added sugars that can appear in an ingredient list: brown sugar, cane juice, corn sweetener, corn syrup, dextrose, fructose, fruit juice concentrates, glucose, high-fructose corn syrup, honey, invert corn syrup, invert sugar, lactose, maltose, malt syrup, molasses, maple syrup, raw sugar, sucrose, and syrup.

Patronage Refund checks to be mailed in October!

At the August Board of Directors' meeting, the GM and Controller proposed an increase in the Patronage Refund cash disbursement for fiscal year 2009 from 50% cash to 60% cash. The board accepted the GM and Controller recommendation.

On Sept. 4th, the USDA's Business & Cooperative Programs Director David Robinson concurred with the cooperative's request to issue a patronage refund of \$446,894.46 of which 60% (\$268,136.67) will be issued as cash and the remaining 40% will be retained as member equity capital.

The amount of each patronage refund check will vary proportionally based on individual member purchases. In the case of households, organizations, and groups, the stakeholder member (voting member) will receive the check. The average check for fiscal year 2009 will be approximately \$74, an increase of \$47 more than the last six months of fiscal year 2008!

Checks will be mailed out by the end of October. Checks expire in 90 days!

Members have 90 days from the check date of issue to cash their checks. Un-cashed checks and the corresponding retained member equity capital are returned to the co-op as taxable income.

Please cash your check!

Bicycle Benefits

Meredith O'Neill,
HR Director

As of July, City Market employees are earning extra cash for biking to work.

Thanks to legislation included in the 2008 federal stimulus bill, companies can now give their employees a \$20/month pre-tax benefit (\$240 per year) for bicycling to work. City Market is the first Vermont company we know of to be giving this benefit to staff. Employees must certify that they have commuted by bike at least three days per week for an entire month, and can then submit receipts for bike repairs and equipment and will be reimbursed up to \$20 per month.

City Market staffer Mary Manghis first read about the commuter benefit opportunity in a Sierra Club magazine and brought the idea to management. She estimates that nearly half of City Market employees bike to work on occasion. Employees think the bike commuting benefit is great!

City Market also participates in the popular Bicycle Benefits program that gives shoppers 5% off their bill if they pedal to the store and show their Bicycle Benefits helmet sticker at check out. Cyclists have received over \$8,000 in discounts on their food purchases to date. Also, City Market has sold more helmet stickers than any other business in the country and will soon be receiving acclaim from a national bike advocacy group.

It's no secret that our co-op has limited parking. Every parking space we can keep open for customers is a win-win for everyone!

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 Nicole Fenton at NFenton@citymarket.coop (City Market members receive a discount on ads.)

The Onion Skin is the official newsletter of The Onion River Cooperative. Submission deadline is the 5th of the month prior to publishing (e.g., May submissions due April 5th). Submissions are encouraged and may be edited for clarity, style, or length. The editorial staff reserves the right to accept or reject articles. Views expressed are those of each individual author and do not necessarily reflect City Market policy.

Join us!

The next Board meeting is
October 26, 2009
6 P.M. to 9 P.M.
in the
City Market
Conference Room.



2009 Onion River Co-op Board of Directors Elections

October 1 - 22 at City Market

October is Election Time for Three Board Directors

Co-op members may vote for the three open directors' seats. The voting period is from October 1st through the 22nd. The voting booth will be located in aisle one of the co-op. There will be a voting station at the member meeting in the tent on October 3rd.

A review of original Articles of Incorporation uncovered that voting must occur in person at the co-op. As a result, mail-in ballots will not be an option this year. Exceptions will only be made in the case of hardship. Any member unable to vote in person can contact Member Services Coordinator Leila Cosgrove, at 861-9707 or lcosgrove@citymarket.coop.

Onion River Co-op will revert to the voting method from the Co-op's early days, the simple majority vote, in an effort to achieve greater clarity. The ballot lists all the candidates running for office and Co-op voters may choose up to three candidates. The three candidates receiving the most votes will be elected. (See sample ballot below)

2009 Candidates



Charles Baldrige

Happy to have a local co-op, I joined as a member just before moving to Burlington. I have participated in co-operative model organizations in Ithaca and Boston. As a City Market member and member-worker, I enjoy interacting with employees, members, and community contacts. As a board member, I will leverage my business experience – recently opening the Baltimore Hostel - and economics background and love for the Burlington community to help build, strengthen and sustain the Co-op. I look forward to serving on the board to help further improve outreach programs, operations and participate in long term decision making and guidance.



Nathan Caswell

It's been an honor and a privilege to serve on our board of directors for the past three years. During that time, our board has evolved into a highly effective governance body, and I'm proud of whatever small part I've contributed to that team effort. I truly believe our cooperative is a powerful and transformative engine in our community, with more momentum and potential today than ever before. By representing you, our owners, our board is a key component of this "cooperative advantage." I would gladly accept the opportunity to further contribute to the effective governance of Onion River Coop.



Maura Finn

My experience as a community and co-op member for almost 30 years enables a great understanding of the opportunities available for City Market and City Market patrons. As a local food advocate, I grow my own vegetables, eggs and chicken. As a registered nurse for 18 years at a local hospital, I am acutely aware of the needs and health risks to our local population. As an Internet based small business owner, I am comfortable and familiar with the use of technology and the benefits associated with technology. I am familiar with financial statements and have basic accounting understanding.



Molly O'Brien

As a current Board member, I sit on the Thriving and Healthy Community committee, which has been given the task of helping to educate the board about interesting articles, local events, and areas of potential board action on this subject. I have also represented the board at the Neighboring Food Coop Alliance meeting, an organization devoted to strengthening the regional economy through cooperation between cooperatives. If elected for another term, I could provide a continuity of leadership that would ensure that the coop's current efforts to strengthen the community would be continued and enhanced.

Onion River Co-op 2009 Board of Directors'

Official Election Ballot

(Listed alphabetically by last name)

Vote for no more than **THREE**

- Charles Baldrige
- Patrick Brown
- Nathan Caswell
- Mandy Davis
- Maura Finn
- Stephanie Hainley
- Molly O'Brien
- Wayne Turiansky



Patrick Brown

As a potential member of the Board of City Market, the skill and experience that I will bring will include representation from a diverse perspective of an ever growing multicultural community. My skills and experience, span many years of service on boards and community involvement that will be a great asset to the oversight of the Onion River Co-op.



Mandy Davis

I first became a member of a cooperative in college, where I experienced firsthand the strength of cooperative decision-making practices. Since college I have explored food and farming academically and professionally. I currently work at the Intervale Center and am a member of the Burlington Food Council. I have been a member of City Market for five years, serving as a member worker in the store, at events and through the Burlington School Food Project. I will bring the Board an understanding of Vermont's local food scene and a desire to contribute to the ongoing success of the coop.



Stephanie Hainley

With City Market as a cornerstone of Burlington and of my everyday life, I would love to be more involved with its future in the community. The wide network of jobs, members, and customers the co-op enjoys indicate its prosperity and I feel I could contribute my knowledge of Burlington and my unique blend of non-profit background with a business skill-set to the Board. My investment in this community is always growing and I look forward to integrating even further as a member of the Board of Directors.



Wayne Turiansky

As the owner of a small business for the past 30 years, and, in particular, a small business that recognizes my responsibility to my employees and to the community in which I've thrived for these many years, I feel I can bring not only my business sense to the board, but also a sense of purpose. Having served on the boards of several non-profits over the past 30 years, I've a good sense of what one can bring to an active board and I've also the skills to work well in concert with others.



Resourceful Renovator is a carpentry-based renovation business based in the Old North End. We specialize in renovating old houses in a sustainable way by using smart design/build solutions and reusable building materials. If you are planning on remodeling your kitchen, building a dormer, or other home improvements, call 802-999-4340

www.resourcefulrenovator.com



BULK HALLOWEEN Candy - making a difference one piece at a time

We have always carried a wide variety of loose candies – everything from Swedish Fish to Chocolate Covered Ginger Candy. This Halloween season, we have expanded our selection to include Sunspire Malted Milk balls, Reed's Ginger chews, Joyva Sesame Crunch, and some fair trade chocolates from Equal Exchange. Equal Exchange is committed to an awareness of sustainable farming methods and also how a company may impact the local economy to support stronger food systems. The list below shows which cooperatives benefit from Equal Exchange chocolate purchases.

- CONACADO (the National Confederation of Dominican Cocoa Producers). This co-operative includes 9,000 small-scale farmers, or 25% of all Dominican cacao growers. www.conacado.com.do/
- COCABO (the Multiservice Cacao Co-operative of Bocatorena). Founded in 1952, it was the first agricultural co-op established in Panama. COCABO is an organization of 1,500 small-scale cacao farmers, mostly of the Naso and Ngobe peoples, in the Bocas del Toro province.
- CACVRA (Cooperativa Agraria Cafetelera del Valle Rio Apurímac), and El Quinacho, two co-ops of approximately 1,500 small-scale coffee and cacao growers (total) in southern Peru.
- Four co-ops of small-scale sugar cane farmers. Three in Paraguay (Montillo, Arroyense, and Manduvirá) and one in Costa Rica (Asoproducte).
- La Siembra. Like Equal Exchange, La Siembra is a worker-owned co-operative dedicated to Fair Trade. They are based in Ottawa, Canada and have their own brand of fair trade organic cocoa and sugar products, Cocoa Camino, for the Canadian market. They help coordinate the ingredient sourcing and production of our various cocoa and sugar products.
- www.lasiembra.com
- www.equalexchange.coop/



Wine Picks for Under \$10

By *Alison Miner,*
Beer & Wine Buyer

This month we have two elegant Sonoma wines at great prices! They are perfect to keep in mind for the holidays which are quickly approaching! Lyeth “L de Lyeth” Cabernet and Lyeth “L de Lyeth” Chardonnay are both on sale while supplies last in October.

The “L” Cabernet Sauvignon is a delicious and complex California Cab with plum, cherry, blackberry and truffle on the nose, and rich, concentrated layers of juicy plum, black currant and coffee nuances on the palate. Polished tannins allow the ripe fruit flavors to shine through. It is excellent with grilled meats, lamb, ribs and hard cheeses such as Parmesan and Romano. Regularly a great value at \$12.99, it is on sale for \$9.99!

“L” Chardonnay is also \$9.99, saving \$3. This pale golden Sonoma Chardonnay boasts honeydew melon, guava and hints of Granny Smith apple on the nose. It is fruit forward, with highlights of soft spice, crisp and well-balanced, with creamy traces of vanilla and a buttery smooth finish. Excellent with crab, linguine with scallops, roasted chicken or veggie quiche. Get them while you can, but if you miss out, don't worry, they'll be back!



A Fair Trade Invitation

You are cordially invited to attend Vermont's First Forum on Fair Trade Business on Saturday, October 17, 2009, from 4:30 p.m. to 7 p.m. at Burlington City Hall, Contois Auditorium. This event is sponsored by the Burlington Fair Trade Town Committee, a group of 15 businesses, retailers & wholesalers, schools, places of worship and individuals.

This event will include a panel discussion of six experts from UVM, Fair Trade retailers, coffee roasters such as VT Coffee Company, GMCR, and Equal Exchange, and will be moderated by Michael Moser of UVM and the Vermont Honduras Partnership. Coffee farmers from Guatemala may also be visiting, courtesy of GMCR. In addition, there will be time for a few of our political attendees to make brief statements. Mayor Kiss has been asked to announce that Burlington has completed the 5 criteria established by Fair Trade Towns USA, making Burlington the 12th official Fair Trade Town in the U.S. Brattleboro, VT was the 2nd. Our next goal is to make Vermont the First Official Fair Trade State in the nation!

City Market/Onion River Coop is graciously catering the event. This is an opportunity to thank all our local Vermont businesses and organizations for their support and involvement with Fair Trade. Our motto is “Buy Fair Buy Local.”

Below is a detailed schedule of the event: Saturday, October 17, 2009 Burlington Contois Auditorium

- 4:30** Viewing time for displays of Fair Trade Activities. Free food and beverages courtesy of City Market
- 4:45** Introductions and brief statements by some attending politicians
- 5:05** Mayor Kiss declares Burlington a Fair Trade Town
- 5:10** Committee member announcement of next goal
- 5:15** Opportunity to view displays, network and enjoy free munchies
- 5:25** Michael Moser introduces panel
- 5:30** Panel members offer personal stories
- 6:00** Public questions and comments
- 6:30** Visiting farmers, panel members and public interaction
- 7:00** end of event

If you have any questions regarding this event, please contact Meredith O'Neill at moneill@citymarket.coop or 802-861-9738.

HAPPY HALLOWEEN!



City Market's 4th Annual International HerbDay Celebration

October 10th 10:00 - 4:00 P.m.

HerbDay is a coordinated series of independently produced public educational events celebrating the importance of herbs and herbalism. HerbDay was conceived of by five nonprofit organizations with interests in herbs and herbalism (the HerbDay Coalition), to raise public awareness about the significance of herbs in our lives and the many ways herbs can be used safely and creatively for health, beauty care, and culinary enjoyment. Greater familiarity with herbs will increase informed use of herbal products and build public support for maintaining personal choice in the use of botanicals.

HerbDay Schedule

Herb Info Table 10:00 - 4:00 p.m.

Stop by the herb info table in aisle one for free herbal samples, tea, recipes, information, and to enter in a raffle for a teapot or gift basket.

Honey Gardens Demo 10:00 - 1:00 p.m.

Stop by the Wellness Department and taste and learn about Honey Gardens plant medicines. Take a coupon for 75 cents off your purchase of a Honey Gardens plant medicine product.

Fresh Culinary Herbs Demo 11:00 - 2:00 p.m.

Stop by the produce department to taste a recipe with fresh culinary herbs.

Medicinal Roots Workshop 12:00 - 1:00 p.m.

Join Herbal Education Coordinator, Cristi Nunziata, for a workshop on medicinal roots. We will sample recipes such as traditional root beer, kava tea, burdock stir-fry, and more, while discussing the medicinal benefits of various roots.

Ask the Herbalist 12:00 - 2:00 p.m.

Betsy Bancroft, Co- director of Vermont Center for Integrative Herbalism and office manager of United Plant Savers, will be available at the herbal info table to answer your herb-related questions.

Henna Body Art with Heartfire Henna 3:00 - 4:00 p.m.

Rebecca Freedner, of Heartfire Henna, will offer henna body art at the herbal info table. There is no sign up for this event, but body art will be on a first come-first serve basis. Free.

And More!

HerbDay Sales

Wellness Department Sales

Tinctures – **save 10%** 10:00 - 4:00 p.m.

Herbal Reference Books – **save 10%** all day

Dr Bronner's Castil Soaps (32 oz) Peppermint and Lavender.....	\$9.99
Gaia Sound Sleep Capsules (60 caps)	\$18.99
Gaia Olive Leaf Capsules (60 caps).....	\$17.99
Gaia Milk Thistle Capsules (60 caps).....	\$19.99
New Chapter Immunity Take Care (14 lozenges).....	\$14.99
Tea Tree Therapy Tea Tree Oil (2 oz).....	\$18.99
Tiger Balm Regular and Extra Strength.....	\$5.49
Tiger Balm Ultra Strength	\$5.99
Tiger Balm Ultra Strength Travel	\$2.49
Similisan Assorted Eye Drops and Ear Drops (10 ml).....	\$9.99
Hylands Complete Flu Care (120 tabs).....	\$9.99
Boiron Cold Calm (60 tabs).....	\$7.99

Beer and Wine Department Sales

Honey Gardens Mead (Assorted) **Save \$1.00**

Grocery Sales

Assorted Choice teas

Assorted Ginger People products

Annie's Shitake Vinaigrette

7th Generation Cleaning Products

Knudsen's Lemon Ginger Echinacea Juice

Produce Sales

Save 10% on Culinary Herbs

Save 10% on Burdock root

Prepared Foods Feature

Cilantro Rice (Vegetable stock, white rice, garlic, sliced almonds, cilantro and sesame oil)

The Five Flavored Fruit

October Herb of the Month: Schisandra- Schisandra Chinensis

Schisandra berry is referred to as the five flavored fruit. It most definitely has a unique taste which seems to change from one flavor to the next (sweet, salty, sour, pungent, and bitter) as you chew the berry. It isn't taste alone, though, that makes Schisandra such an interesting and useful herb.

In its native China, Schisandra has been used for hundreds of years as a tonic herb. It is said that each of the five flavors corresponds with a different organ system, which in turn tonifies the entire body. Each of the five flavors represent one of the five elements commonly referred to in Traditional Chinese Medicine. The berries are wild harvested by people in China as a remedy for many ailments ranging from hepatitis to poor eyesight.

In the US, Schisandra is considered an adaptogen, an herb that increases resistance to stress and supports mental and physical endurance.

One champion of this tonifying herb is Dr. Tso – Cheng Chang of Amherst, Massachusetts. For nearly 25 years he has been the only farmer to successfully cultivate Schisandra in the United States. Upon meeting Dr. Chang, the benefits of this herb become overwhelmingly obvious. At 80 years of age, he looks about 60. The glow in his skin and face is almost surreal. His secret? He has consumed a tonic beverage of fresh pressed Schisandra every day for the past 22 years.

Research studies involving humans and race horses showed enhanced athletic performance and accelerated recovery after exercise after just two weeks of Schisandra use. In *The Family Herbal*, Rosemary Gladstar suggests mixing the berries with Ginseng to enhance stamina and endurance in hikers and athletes.

Schisandra berries are also high in vitamin C and have antioxidant properties, particularly against free radical damage and environmental toxins. Liver health may be enhanced, especially when damage is due to alcohol, solvents, pharmaceutical medications, or viruses.

Since it has such an interesting taste, this herb can be enjoyed simply as a delicious beverage or to benefit the health in various ways. You can find the dried berries in the Bulk Medicinal Herbs section and a recipe below.

"In Traditional Chinese Medicine, Schisandra is said to nourish and tonify the kidneys, to replenish the bodily fluids, and to support the eyes." *Therapeutic Herb Manual*, by Ed Smith

References

Gladstar, Rosemary. *The Family Herbal*, Story Book Pub, North Adams, MA, 2001.

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

Smith, Ed. *Therapeutic Herb Manual*. Ed Smith, Williams, OR, 2008.

Schisandra –Cider Tea

This tea blend has a flavor that resembles cider and makes an enjoyable beverage in the fall and winter months.

3 T Schisandra Berries

2 T chopped ginger root

1 tsp cinnamon

1 tsp licorice

Simmer herbs in a quart of water for 20-40 minutes.

International HerbDay

The Herbal Education program at City Market kicked off four years ago on the first ever International HerbDay. In case you are unfamiliar with International HerbDay, here is a quote from their website (www.herbday.org). "HerbDay is a coordinated series of independently produced public educational events celebrating the importance of herbs and herbalism. HerbDay was conceived of by five nonprofit organizations with interests in herbs and herbalism (the HerbDay Coalition), to raise public awareness about the significance of herbs in our lives and the many ways herbs can be used safely and creatively for health, beauty care, and culinary enjoyment. Greater familiarity with herbs will increase informed use of herbal products and build public support for maintaining personal choice in the use of botanicals."

HerbDay has been officially held on the second Saturday of October, but celebrations have been held on other days in October or even for the entire month. From now on International HerbDay is being moved to the first Saturday of May, since more plants are growing at that time. Rather than skip the annual October celebration, we have decided to have two celebrations, so look for another event to be scheduled in May of 2010.

The City Market HerbDay celebration this year will include an herbal info table with a raffle, tea, samples, and recipes. We have also scheduled free henna body art and an 'ask the herbalist' to take place at the herbal info table during various times of the day. There will also be demos and workshops. The complete schedule can be found in the classes section of the Onion Skin and in the classes flyer, found in the entrance of the store. We are looking forward to seeing all of you at our celebration!



Over 877 Lbs of Food Collected at the Strike Out Hunger Food Drive

City Market teamed up with The Lake Monsters, the Burlington Free Press and Citizens' Bank to sponsor "Kids CAN Help, You CAN Too" Night at a Lake Monster's Game at Centennial Field on August 20, 2009. Anyone who brought a non-perishable food item to donate to the Chittenden Emergency Food Shelf received a free general admission ticket to the game. The combined food and cash donations contributed that night totaled 1,037 pounds of food for the Food Shelf! Thank you to everyone who helped to donate so much food for the Food Shelf.



City Market Farm Feature: Rockville Market Farm

By Courtney Lang,
Demonstration Coordinator

Be sure to meet Keenann and Eric Rozendaal of Rockville Market Farm at the Burlington Farmers' Market before the season ends this October. At this time of year, the 108 acre farm is bumpin' with squash. In the spring, they transplanted about 6,500 plants onto 15 acres; once they mature the numbers turn out to be about 300 bushels per acre! In 2008, the Rozendals invested in a modern storage barn that holds up to 5,000 bushels of squash that can keep until Easter. The science of this barn is that the building is made of metal, the floors have radiant heat and the walls are insulated with R19 and a layer of blown foam.

This Starksboro farm also dedicates itself to pasture-raised meats. Housing pigs and chickens, you can find their meat at the Farmers' Market, Penny Cluse Café, BlueBird Tavern, and a few other locations. The farm sells wholesale to many of the local markets and this year was the first year they offered a CSA. Check out their website <http://www.rockvillemarketfarm.net> where you can learn more about the farm and sign up for next year's CSA.

Community connections

Burlington City Arts

Burlington City Arts (BCA) has served the cultural and artistic needs of the Greater Burlington area for more than 25 years. Their vision is to fuse a dynamic relationship between the arts and community, to nurture creativity and imagination, and to ignite a passion for learning through the arts. BCA is offering City Market members a special \$50 BCA membership rate for the FRIEND membership level (valued at \$125) which includes the BCA dining card, giving members a 20% discount on entrees at participating restaurants. Visit www.BurlingtonCityArts.com for more info about membership and the benefits.

Throughout the month of October, City Market members can enter to win a free membership from Burlington City Arts. Stop by Customer Service to enter today!

Customer Comments:

Where did all of the Cabot yogurt go?

Betsy

Dear Betsy,

In the highly competitive world of yogurts, Cabot was pulled from our shelves a few months ago for slow sales. Liberté, Butterworks, Fage, Brown Cow, Yoplait and Stonyfield consistently outperformed Cabot. But there's good news for Cabot lovers. Recently yogurt shelf space opened up when Stonyfield reduced their line by a third. Cabot, a Vermont cooperative, saw an opportunity and is offering us new competitive pricing. So we will be bringing their line back in.

Staff

We are very pleased to see you have created a place for dogs. Thank you!

Jeff & Sara

P.S. We think you should call it the "Barking Lot."

Dear Jeff & Sara,

Thanks for your comments. We've received lots of similar remarks. Great name! Woof woof!

Staff

Looking for dried roasted edamame.

Jane Doe

Dear Jane,

You're in luck. Dried roasted edamame is located in Produce on the shelf above the conventional peppers and eggplant.

Staff

October is National Fair Trade Month Building a Co-op Economy Together

By Scott Patterson,
Equal Exchange

A co-owner of mine recently shared an interesting interaction. A woman came up to her at a co-op event that we were sponsoring and said that she had been a passionate Equal Exchange supporter in our early days, but assumed that after nearly 25 years we had sold out to grow or survive.

Given the current climate of corporate bailouts and the long list of disappointments from Green & Black's, Tom's, Burt's, Kashi, Dagoba, Honest Tea and more, it's easy to arrive at that conclusion. When we shared that Equal Exchange is a worker-owned cooperative and that, like at her food co-op, the values of transparency and democracy are the rules by which we govern - and, aren't just pretty words - the landscape shifted.

There is some grey area here; it is, of course, possible for co-ops to be broken, sold or poorly managed. But when done well, the one member, one vote and profit sharing backbone of co-ops protects against greed and promotes ethical entrepreneurialism better than any business model I have seen to date. In the case of Equal Exchange, imagine 91 people who have a genuine financial stake in seeing their work succeed. Our recent jump into bananas exemplifies this spirit.

Last December, the worker-owners at Equal Exchange voted to take on a daunting challenge. The banana industry is totally dominated by Dole, Chiquita and Del Monte. Who in their right mind would try this? But remember we aren't just talking about one company. The origins and success of Fair Trade coffee can almost exclusively be traced to a powerful chain of cooperators. Picture it: small farmers - Equal Exchange - natural foods co-ops around the country - you.

Together, both with international and local farmers, our collective work is one of creating food chains that stand for our values. The beauty of co-ops and these supply chains is that they are transparent; you can get to know something real about the 80 farmers

who are growing your bananas. And with shared ownership and decision making, when you as a shopper support cooperatively owned companies on the shelves of your store, you are sharing your power and creating authentic change.

Traditionally, October's co-op month has been about celebration and we have many successes to enjoy. At the same time, we have a lot of work ahead. While we've seen copycats repackage our work and call it things like "direct trade," we do need to reinvigorate and step up our game when Frito Lay and Wal-Mart tout their "relationships" with farmers. No wonder most shoppers are skeptical. And the risk is that when we can no longer distinguish between real efforts and marketing, we lose our ability to create true change.

So, how do we move forward together? Well, for Equal Exchange's part, in addition to jumping into the banana industry, we are committing to doing a better job of sharing both why small-scale farmer organizations are valuable and letting you all get to know us. I suggest that natural foods co-ops embrace the debate about who owns the companies behind the products on your shelves, share this with your member-owners and do even more to actively promote cooperatively owned companies.

In addition to local, organic and Fair Trade labeling, let's identify and be proud of our business models. On the part of shoppers, hang in there! I know you are stretched for time and money but if you've read this far you must see value in building these connections! I ask for your amazing, continued loyalty to your co-op and to Equal Exchange, and that you join us in holding our collective feet to the fire. Remember, your grocery store has been an innovator and is able to carry the products you want because it is a co-op! As you shop the aisles of your natural foods store and think about your routine purchases, why not keep asking for more companies that are cooperatively owned - and in this way remove the incentive for companies to sell out.

Community FLU Shots City Market

Saturday, October 24th

10am to 2pm

In the Red Cross bus in the City Market parking lot

\$25 each

Brought to you in collaboration with the Northern Vermont Chapter of the American Red Cross and Fletcher Allen Health Care

Seasonal flu shots only

Question? Email or call Allison
at 861-9750 or aweinhagen@citymarket.coop



View from Ninety

A NONOGENARIAN VIEW #2

By Carol L. Winfield,
City Market Member

Rambling-Rambling

Anyone who has read my book (*of which more below) or is in the least familiar with my attitude about age and aging knows what a foot-stamping, table-pounding tizzy I go into over expressions such as (1) "you're not old, you're so young at heart," or (2) "91? You don't look ninety-one!"

The attitude toward old, in this country at least, is inexcusable. As Buddhists maintain, the old years are but another stage in the process of living and dying. Pitfalls, pains, strains and confusions accompany every age. So does exhilaration, contentment, and serenity. Calling me "young at heart" is meaningless. It takes a lifetime, and I mean a lifetime, to become young at heart. The youthful of you out there have no inkling of what the term means. Far too frequently I meet youngsters in bitter despair. Just stop a moment to think about the ever-increasing statistics on teenage suicides. I attended two weddings this summer. Both

couples have difficulty finding quality time alone they are so busy holding down jobs, and in one instance, two jobs.

I belong to The Margaret Johnson Writers Group. Five years ago it was a much larger group than now, where we number three in the 90s, one an 80-something, another in her 70s, and then several babies of 40 or 50! It is our custom to meet at one another's homes where we eat Julia Child quality lunch, seriously critique our work, solve the affairs of the world, yes; but mostly, we laugh. When I write laugh, I mean straight-out, uproarious, uninhibited laughter! I remember one recent occasion when we decided to go to a restaurant rather than one of our homes. Even as we selected a table, even while we ordered, then as we ate we were having so much fun that other diners began enviously eying us. Our waitress and the bartender ended up sitting down at our table.

"You all seem so young at heart," they said, believing they were complimenting us. Well, yes, they were complimenting us, but the adjective went awry. Old in heart is what we are. I have belonged to writing groups for many years. Until this Margaret Johnson Group laughter never played so integral a part. It could not have. Not until one has weathered life's vicissitudes as thoroughly as do the old can one meaningfully reverberate to the paradoxical ambivalence and ridiculousness of the world. As our numbers (obviously) dwindle, our gatherings take on a singular, elusive, and certainly precious poignancy. The poetry, essays, stories, commentaries offered often bring a tear or sparkle to an eye but also a numbed silence while we think about the pungent eloquence we have been privileged to hear. There is something almost --dare I use

the word?- I will- sacred about these meetings. Our friendship, comfortable togetherness is belittled by any attempt at a definition. We just know, among ourselves, we know, and it brings us a special joy impossible to achieve at an earlier age.

You see what you youngsters have to look forward to?

Then there's that bit about not looking ninety-one. I am ninety-one so this must be what ninety-one looks like! More important, however, the implication in the remark is that ninety-one isn't all that good to look at, i.e., growing old means growing less attractive, even unattractive. Because of genes and my yoga practice I am more agile than many old men and women of today. This situation, however, is changing almost weekly. I read in the paper, see on the streets, everywhere, people near my age moving with even greater ease than I. It is a fact that centenarians are the fastest growing group in the world today. Think about that. Think, too, about the obituaries appearing in newspapers today, astonishing how many have begun to list age of death in the 90s and above.

Which sends me back to table-foot-stomping! Ancient faces, hands, bodies have their own elegance, distinction even. We simply must stop degrading a graying head, lined hand, face, or stooped body. As an example of this attitude, look at the pictures in those obits mentioned above. More often than not, a friend recently pointed out, the deceased may be in the eighties or nineties but the photograph invariably is of a younger person, sometimes much younger. Why?

Why should we be ashamed of showing our ancient selves in the newspapers (or anywhere) as the veined and wrinkled, hobbled and sore men and women that we are? It may be a losing battle. It probably is a losing battle, but I ask you readers to give a think about the matter.

During my years in New York at the Metropolitan Opera and American Museum of Natural History, I came into contact with some of the most important of the most important VIP's the world over. A few I came to know fairly well. Their happiness level more often than not did not seem to be reflected by that importance. They squabbled and groaned, rejoiced and reveled with equal passion, no matter their success or failure. They also worried about growing old.

I was in my forties. It seemed a ridiculous worry. Now in my nineties I know it was not a ridiculous worry. Today I look at my peers and see beauty. Cannot others? I see minds that remain alert with the capability for that same amount of joy and despair. As more and more of us continue to live longer and longer, is it not possible for our youthful counterparts to not merely acknowledge but also revere that longevity?

*(As for the book mentioned above, (my professional life was in the Department of Marketing, Development and Public Affairs). *Yoga in the Morning, Martini at Night or The First Three-Score-and-Ten are the Hardest*, is available through Amazon.com or I have copies at home. Ask nicely and I will autograph one for you. My email: carollwinfield@gmail.com.)



Ask the Health Genie

Dear Health Genie,

With the holiday season approaching, I find that at this time of year, I am constantly thinking about the myriad of what I need to buy (or how much I have to spend), which cards to send out, what parties I'll be hosting - and little time gets spent focused on day - to - day activities. My mind is always racing with thoughts, and I am concerned that I may have a little bit of anxiety. It used to only happen mid-day, but now I find it is interfering with my ability to fall asleep. I am no longer motivated to attend my dance class, and I find that a cup of coffee and cookie is the fuel I crave when I'm feeling stressed.

Thanks,

Racine Minds

Dear Racine,

Changing seasons, holidays, moving to a new place, starting a new job are just some of the seemingly ordinary events that can create stress. Remember that it is easy to simply grab another cup of coffee, a donut or skip that aerobics class because you have run out of time. Allowing yourself quiet moments for a walk, a cup of tea and skipping the soda and sugar is the first step to not only practicing self-discipline but also helping your

long-term path to better health. Reading books or researching an obscure food or recipe may also help you to de-stress. There are many foods that have positive impacts on mood, in addition to herbs. Believe it or not, simply increasing meals with protein such as beans or nuts have a positive impact on your neurotransmitters. Walnuts are high in omega oils (possibly helps to prevent depression), lentils are rich in folate (B-complex family, essential mood elevators), and salmon is high in vitamin D (increases serotonin production). Lemon balm, peppermint, ginkgo and ginger are a few that when steeped into teas can quickly sooth and relax the restless mind. Besides eating well and supplementing your diet with vitamins or herbs, I have practiced a relaxation technique that I learned from a yoga instructor. This technique has helped me successfully fall asleep during extended car rides, plane flights and after a long day at work.

Slow release

This simple technique, known as progressive relaxation, helps relax your muscles, one body part at a time. As you're lying in bed

(or sitting in a chair), clench your right fist as tightly as you can. Hold for about 10 seconds, and then release the tension immediately and completely, as though you were turning off a switch. All the tension will drain out of your body. Feel the looseness in your right hand and notice how relaxed it feels. Now do the same thing with your left hand; then clench both fists simultaneously and slowly relax them. Next, bend your elbows and tense your arms. Hold a moment. Then relax your muscles and let your arms sink into the mattress (or pillows of a chair). Continue by tensing and relaxing your head and brows. Then squeeze your eyes and clench your jaw. Finally, tense and then relax your stomach, lower back, buttocks, thighs, calves and feet. By the time you're finished, your whole body should feel limp, relaxed and ready for sleep.

Recommended reading:

Herbal Recipes for Vibrant Health – Rosemary Gladstar

The Farm to Table Cookbook – The Art of Eating Locally – Ivy Manning



October CAP Sales Flyer Featured Recipe

Sample this recipe in store on Tuesday, September 29 from 5:00 – 7:00 p.m.

Banana Oat Bars

October is Fair Trade month, so we wanted to do something with bananas and chocolate. These bars are moist and sticky, made sweet with bananas, sugar and chocolate chips.

Makes about 20 2-inch square bars. Prep time: 10 minutes. Bake time: 25 minutes.

Ingredients:

- ¾ cup butter
- ½ cup brown sugar
- ½ cup white sugar
- 1 egg, beaten
- 1 teaspoon vanilla extract
- 1 ½ cups bananas, mashed
- 1 cup whole rolled oats
- ¾ cup all purpose flour
- 2 teaspoons baking powder
- 1 cup semi sweet chocolate chips
- ½ cup chopped pecans (optional)

Preparation:

Preheat oven to 350 degrees F. Grease and flour a 9"x13" baking pan.

In a large bowl, cream together the butter, white and brown sugars. Beat in the egg and vanilla extract. Fold in the mashed banana. Mix together the flour and baking powder, then fold it into the butter mix. Stir in the chocolate chips. Spread into the prepared pan. Bake 25 minutes, until set. Cool before cutting.

Free Herbal Clinic

October 5th 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.

Incense Making with Joann Darling

October 8th 5:00 - 6:00 p.m.

Join Joann Darling, of Garden of Seven Gables in Barre VT, for a workshop where participants will learn the basics to blending natural, locally available ingredients. We will create cones and loose blends to take home. Please bring a mortar and pestle if you have one. \$5 material fee

International HerbDay Celebration

October 10th 10:00 a.m. - 4:00 p.m.

Stop by the herbal info table between 10:00 and 4:00 for tea, herbal samples, literature and recipes and to enter in the raffle for a teapot or gift basket. There will also be a variety of workshops and demos (see HerbDay ad).

Medicinal Roots Workshop

October 10th noon - 1:00 p.m.

Join Herbal Education Coordinator, Cristi Nunziata, for a workshop on medicinal roots. We will sample recipes such as traditional root beer, kava tea, burdock stir-fry, and more, while discussing the medicinal benefits of various roots.

Applesauce Canning Workshop with Peggy Thompson

October 13th 6:00 - 7:30 p.m.

Fill your kitchen with the aroma of apples! The Vermont Agency of Agriculture brings its popular canning workshop to City Market as Peggy Thompson shows us how to make and can homemade applesauce and apple butter. Participants take home a warm jar of freshly canned applesauce/apple butter.

Cooking with Kids: The Apple Orchard

October 14th 6:00 - 7:00 p.m.

Kids, come and enjoy the apple harvest with fun crafts and cooking projects. We will make apple stamps on lunch bags, dry apple rings, and make homemade applesauce. Also, children will be tasting different varieties of Vermont heirloom apples. Kids 8 and under accompanied by an adult, please.

Seaweeds Workshop

October 15th 6:00 - 7:30 p.m.

Join General Manager, Clem Nilan, and Herbal Education Coordinator, Cristi Nunziata, for a seaweed workshop, where participants will taste and learn to prepare a variety of seaweed dishes. Recipes will include Nori rolls, Hijiki salad, Miso soup and Arame salad. We will also discuss the medicinal benefits of seaweeds. Please sign up at Customer Service.

Free Herbal Clinic

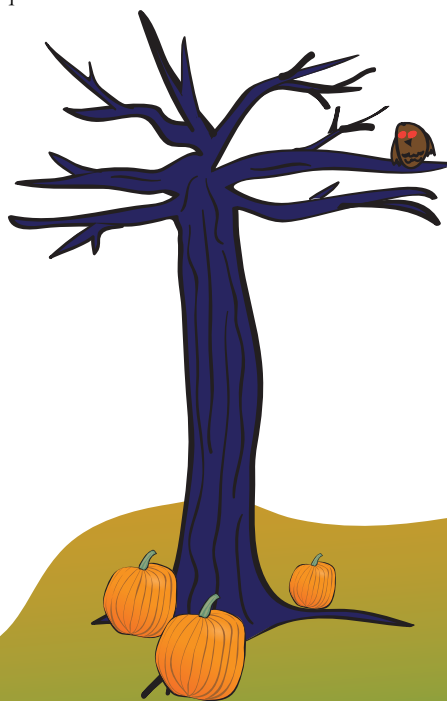
October 19th 4:00 - 7:00 p.m.

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.

Herbal Research and Strategies for Cancer Support with Guido Mase

October 26th 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.



Sign up at the Customer Service Desk.

ALL Classes are FREE & open to the Public however some REQUIRE a materials fee

Follow us on:

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We welcomed

189

new members in August!

Art Showing

Maryann Miller is City Market's featured member artist in October. Maryann is a member as well as an employee of City Market. A self-taught artist, Maryann works mostly in oils and watercolors. Her work features scenes, floral arrangements and animals. Stop by City Market's Café Gallery throughout the month of October to view Maryann's work.



Happy Halloween!

