

The Onion & Skin

FREE

Sharing news from the Co-op and the community

The Onion Skin

City Market, Onion River Co-op

October 2010

**Fall Member Meeting
And Brunch**

Saturday, October 2
10:00 a.m. - noon

Meet the candidates and vote

Annual Fall Member Meeting and Brunch

Enjoy a local brunch, vote for your Board of Directors and vote on proposed changes to the Articles of Incorporation.

Topics

- Local Brunch
- Welcome/Meet the Board/
Review Agenda
- Don Schramm Award
- Meet the Candidates
- By-Laws/
Articles of Incorporation
Presentation
- Open Member Discussion
- Annual Report
- Wrap up/Adjourn

**8th Annual
Harvest
Celebration**

Sunday, October 3
noon - 4 p.m.

8th Annual Harvest Celebration

Sample some of the finest Vermont products!

There will also be prize giveaways, face painting, balloon art, NOFA's wood-fired oven, live music by Katie Trautz, and more!

Produce for the People will have a table at the Celebration – bring your garden's excess produce to donate to the Chittenden Emergency Food Shelf.

Some of our featured vendors are:

- Butterworks Farm
- Flack Family Farm
- Gerard's Bread
- Grafton Village Cheese
- Hardwick Beef
- Red Hen Baking Company
- Rockville Market Farm
- Shelburne Orchards
- Strafford Organic Creamery
- Vermont Cookie Love

Your vote is your voice!
Members vote instore
October 1 - 22
See Pages 2 and 3 for
more information.

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**Articles of Incorporation
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**Share the Harvest
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**350.org events on 10.10.10
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**October Events
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Food Safety

By Clem Nilan,
General Manager

Did you have a chance to read the recent news story about the new statistics on poverty in America? I was sitting at the breakfast table having a cup of tea when I read the report that 44 million Americans are now living below the poverty line. This is its highest level since 1959, five years before President Lyndon declared “the War on Poverty.” I was really taken aback that one in seven Americans lives in poverty. This makes me question our priorities as a nation.

In Washington DC, the Senate is about to vote on the Food Safety Modernization Act (S. 510). This bill, as noted by the Cornucopia Institute, would impose extremely burdensome and unnecessary requirements on the thousands of small farmers and food processors who are producing safe, nutrient-dense foods for their local communities – it may force some of these producers out of business. Much of the local food produced in Vermont comes from such small farmers.

After the recent egg scare (and a slew of other food recalls over the past several years) enhanced food safety has become a national debate. But many US Senators are not seeing the 600 pound gorilla in the kitchen. Most of our food outbreaks are caused by the industrialization of food on very large scale farms, not small farmers. You don't get a national Salmonella outbreak by buying local eggs from the farmers market.

I feel that it's in the best interest of the Co-op to support the passage of a key amendment sponsored by Senator Jon Tester (D-MT). The Tester amendment would exempt small farm and small food processing facilities as well as small and mid-sized farmers who primarily

direct-market their products to consumers, co-ops or restaurants within their region from the most burdensome and onerous paperwork and reporting requirements.

Presently United States agriculture policy is stacked up against the small farmer. Just ten percent of America's largest and richest farms collect almost three-fourths of federal farm subsidies – cash payments that too often promote harmful environmental practices.

Most people I talk to in the local food scene believe that Vermonters should continue to produce more local food to secure our future and become less dependent on long supply lines. As a concerned citizen, one way to help is to call/email our senators today and urge them to support the Tester amendment.

Circling back to the news on poverty, a severely restricted income also leads to a so-called “white diet,” made up of calorie-heavy but nutritionally deficient white bread, white rice and wheat pasta. The effects on health and learning in the classroom are significant.

How does a single person with an annual pretax income of \$10,830 afford to buy fresh vegetables? Or a family of four making \$22,050? There are 14.3% of Americans living below this poverty line.

We've all heard the exhortation, “Think globally and act locally.” We can be proud our Co-op's Food-for-All Program currently enrolls 20% of our members, giving them extra buying power to purchase local nutrient-dense foods. In the last year the Co-op added over \$1,400,000 to the buying power of economically challenged Burlingtonians.



Celebrate Co-op Month: Go Co-op!

By Erbin Crowell,
Neighboring Food Co-op Association

October is Co-op Month, and this year's theme — “Local. Trusted. Serving You.” — could not be more appropriate. As a member of your local food co-op, you know the benefits of co-operation. At a time when people are searching for economic alternatives, our stores are inspiring and successful examples of community ownership and a business model that puts service before profits. Reflecting our values, food co-ops have been pioneers in natural, organic and fairly traded products, and are leaders in the movement to support local producers. And by working with other members of the Neighboring Food Co-op Association (NFCA), our own food co-op is helping to build a thriving regional economy.

But we are not alone. Across the country, 130 million people are co-op members. From food co-ops to farmer co-ops, worker co-ops to credit unions, housing co-ops to health care, and insurance to energy and utilities, our businesses share basic values, including democracy, solidarity and social responsibility. And through the principle of co-operation among co-ops, we can create a viable alternative to business as usual; one that truly puts people and community before profit.

As an association of twenty food co-ops with a combined membership of more than 80,000 people, the NFCA can be a powerful voice for change in our communities. And together with other co-ops, we can contribute to a vision for a more just, sustainable and co-operative economy in our region and beyond.

Erbin Crowell serves as executive director of the Neighboring Food Co-op Association, a network of 20 food co-ops — including yours! — in Vermont, New Hampshire, Massachusetts and Connecticut that share a common vision for a thriving regional economy. For more information and a map of member food co-ops, please visit www.nfca.coop.

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.

Celebrate Howard Bowers Day!

On Tuesday, October 12th, City Market will donate 1% of sales to the Howard Bowers Fund to celebrate Co-op Month! All donations support training and education for new food co-ops around the country.

Proposed Revision to Articles of Incorporation

By Susan Munkres, Board Chair

Our original Articles of Incorporation were adopted in 1973 and have not been updated since then. In the past 30-plus years, changes in technology have provided opportunities for our Co-op to enhance the voting process for members, possibly including the use of mail-in or electronic balloting options. In fact, for a number of years the Co-op did use mail-in ballots to increase election participation before we realized that our original Articles prohibited this practice. Your Board of Directors believes that this simple addition to Article VI could make voting easier for members; the proposed deletions clarify and simplify the section.

Proposed Changes

(Deletions are indicated with strikethroughs and additions are underlined.)

ARTICLE VI – MEMBERSHIP

Section 1. Each subscriber to this Cooperative shall have one vote only, and all meetings of members. Such vote shall be exercised in person or by such other process as may be authorized from time to time by the Board of Directors and no member may vote by proxy, provided, however, that if a member be other than a natural person, such member may be represented by any individual, associate, officer, manager, or other duly authorized agent to vote. ~~This provision shall not be altered and shall not be subject to amendment.~~

We strongly encourage you to vote YES for this change.

We welcomed
170
 new members
 in August!

Join us!

The next Board meeting is
October 25, 2010
6 P.M. to 9 P.M.
 in the
City Market Conference Room.



Charles Baldrige

I am looking forward to the opportunity to represent co-op members while serving on the ORC Board of Directors. I have been a member, and a member-worker, at City Market since I moved to Burlington. Over the last year and half, I have attended several board meetings. As a board member I will leverage my business experience, economics background, love for the Burlington community, and grocery industry experience to help build, strengthen and sustain the Co-op. The years ahead offer exciting opportunities to the ORC. As a director, I will offer thoughtful input as we navigate those opportunities and help set a course that most benefits the co-op membership, the co-op organization, and our local community.



Allison Searson

My family moved to Burlington 7 months ago. Although we've only been here a short time, I've worked very hard to immerse myself into the community. One of the many things that drew me to VT was the culture and attitude about food and nutrition. I'm a whole-hearted believer that good nutrition is key to a good health. Having locally grown food available and affordable is necessary to good nutrition. As a member of City Market I have volunteered in the store and for Grow Team O.N.E and have seen this belief put to work.

If elected to the Board, I believe I can offer an educated opinion on best practices for the coop. I've held a number of different positions at my current place of employment - all of which have taught me skills I think would be useful to the board. I've managed large budgets, worked with union workers and representatives, managed boards (and edited by-laws), and I understand the challenges of communication/advertising/marketing in a world that has moved very quickly into the digital world.

Thank you for the opportunity to run for a seat on the Board. If elected, I will be honored to serve for the next three years.



Julia Curry

Having been a member-worker for ten years, I hope to serve on the Board because I feel City Market is important to our community and our economy, and because I bring skills and values that will support its work.

In my current job I train and advise the boards of housing cooperatives. I am experienced in policy development, budgeting and financial analysis, cooperative structure, and group dynamics. I have also worked as a union organizer and a community organizer. I like to strengthen community by helping people work together, with shared control and accountability, to meet their common needs.

I value every facet of what City Market does. It sells food and products I like and trust. It strengthens local and sustainable food production and the local economy. It strives to provide decent and sustainable jobs. It aims to serve a broad range of people, including low-income customers who need a supermarket nearby.

To go on meeting this goals, City Market has to continue to be managed well and to look creatively at its opportunities. I'd like to use my skills to help it do so.



Kevin Duniho

I want to be on the ORC Board because I'm interested in supporting and progressing the members' vision of guiding the Co-op as a socially responsible business integral to the health of our community.

My background includes 3 years as Chairman of the City of Plattsburgh, NY Democratic Committee where we were successful in creating a Democratic city council in a very conservative city. We also revised our committee bylaws, held to a strict budget, and conducted events, fundraising and voter mobilization. I was also the Chairman of the City of Plattsburgh's Recreation Path Subcommittee. My guidance was critical in securing \$50000 from our state senator for a path feasibility study in 2005 which led to \$1.2 million in 2006 from the Governor of NYS.

Professionally, I've been a massage therapist since 1998 and am currently in my last months of clinical rotations getting a Doctorate in Physical Therapy from UVM. I own Vermont Pain Relief on Pearl St. and have lived in our wonderfully eclectic City of Burlington for the past 3 years.

As a parent, a healthcare professional, and lifelong athlete I value healthy food. As a socially and politically aware citizen I value the ORC mission.



Rachel Jolly

My past three years of service on the Board have deepened my understanding of what it takes to be a co-owner -- aka a member -- of a coop. I enjoy working with our fellow Board members, have a fuller sense of the complexities of policy governance and consensus, welcome the opportunity to give back to the coop, and thoroughly believe in the values and goals that this coop promotes. My time on the Board has made me even more proud of the multitude of ways we contribute to the larger community; it is very evident to me that we are so much more than just a grocery store.

I came to the Board with a background in environmental and experiential education, fifteen years experience in program coordination, and a passion for healthy and local eating for my family and myself. I was elected to be Vice President during this past year and enjoy participating fully in our monthly meetings. I would be honored to be chosen for another three year term to help represent our membership.

Onion River Co-op's Official Ballot
 For the annual election of Board of Directors
 and an amendment to the Articles of Incorporation

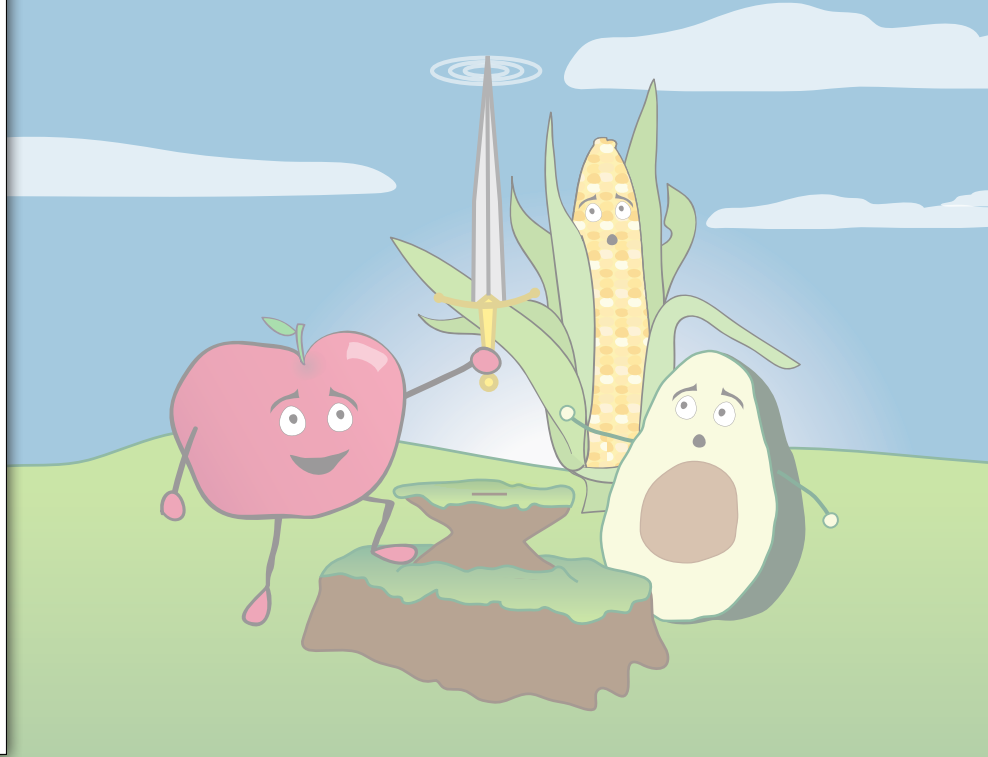
Part 1.
Board of Directors Candidates -
 Vote for no more than THREE
 (Listed in alphabetical order by last name)

Charles Baldrige
 Julia Curry
 Kevin Duniho
 Rachel Jolly
 Allison Searson

Part 2.
Amendment to the Articles of Incorporation
 The amendment proposes to permit future voting
 by mail or other means, such as electronic balloting,
 as may be authorized from time to time
 by the Board of Directors.

Yes
 No

Vote for no more than
THREE



Viruses and Elderberry

By Jill Frink Thompson,
Clinical Herbalist

A virus is a bit of genetic material. It is about 10 times smaller than bacteria, and wears a capsid, which is like a helmet. The capsid is a protective coat, keeping the virus's nucleic acid (RNA or DNA) safe. Sometimes the virus carries an envelope on its capsid containing pieces of stolen identity from the host cell. It uses these proteins and nutrients to trick the healthy cell into letting it in. The word virion describes the virus, its capsid, and any envelopes it may have.

All viruses reproduce by taking over the reproductive mechanism of the host. First, the virus must gain entry through the host's cell membrane. The virus uses special proteins contained in its capsid or envelope, like protruding keys. The Influenza virion has about 500 spikes sticking out of its lipid envelope. These spikes, or keys, contain viral protein, and the virus uses them to connect into specialized receptor sites on the host cell. Once inside the healthy cell, the virus sheds its capsid like a wolf in sheep's clothing and takes over the reproductive machinery. Now the virus reproduces itself. Offspring swim out of the cell, and go off on their own to invade healthy cells in the body.

The word influenza dates back hundreds of years, to a time when people thought the flu was caused by super-natural "influences." The flu is actually caused by the Orthomyxovirus. Influenza is a viral infection of the respiratory and pulmonary system and usually (but not always) presents with fever, coughing, chills, sore throat, headache, and muscle aches. The virus is transmitted by coughing or sneezing. These droplets are deposited into the air, and breathed in by its next victim. The virus is also potentially communicated by touching contaminated surfaces, then transferring the germs to the mouth. It is very easy to get the flu.

There are 3 types of influenza:

- Type C: Infects mostly young people, and rarely causes serious illness. Sometimes there are no symptoms at all. Type C Influenza does not cause epidemics.
- Type B: Causes local outbreaks of the flu, mostly in children.
- Type A: Can mutate transpecies and causes pandemics.

All influenza viruses have RNA genetic material which replicates much faster than DNA. This rapid reinvention causes many more "errors" or mutations in the replicated virus. This actually speeds the process of evolution in the virus. Mutations that help the virus are duplicated many times in the next generation. Mutations that weaken the virus are eliminated. This is called an antigenic drift and is what causes type B influenza local epidemics. The seasonal flu is basically a recycled version of last year's virus. Our immune system holds the memory of its unadulterated make up. Antibodies in our bodies remember what it looked like before the drift. In other words, we are ready for it.

I have been using Elderberry (*Sambucus* spp.) clinically for many years when dealing with the flu. Although recently studied extensively, its actions were scientifically researched and documented well before the 2009 H1N1 pandemic. The findings have always supported its empirical use as an effective remedy for influenza Type A and B.

Elderberry contains certain chemicals that actually act to inhibit the enzyme that the virus uses to take over the host. This enzyme (Neuraminidase) (Knox, 2003) is contained on the spikes of the influenza virus. This is a part of its key chain. Elderberry constituents wrap around the spikes, and literally prevent the keys from opening the locked doors on healthy cells. The homeless virus is then left wandering around with nowhere to go. Our immune system detects the derelict, and takes action. It is able to defend the body and create antibodies against the intruder. Our bodies actually gain the benefit of immunity by fighting the virus. We will never again be susceptible to this exact virus, and its mutated cousin will be easily exterminated upon arrival.

Elderberry syrup is a great way to beat the bug this fall and winter. It tastes great, kids love it, and it really works!

Jill Frink Thompson is a practicing Clinical Herbalist in Plainfield, Vermont where she specializes in the care of women and children. She is also the owner and crafter of Sambain Herbs which offers a complete line of highly medicinal yet local and artisan crafted tinctures and syrups. Her products are available in the Wellness department.



Pick for Your Neighbors at Local orchards

This fall visit the following local orchards to help donate to the Vermont Foodbank. Visitors pick apples, pay for the apples, and have them set aside for the Vermont Foodbank. Foodbank workers then gather all the donated apples and take them to the regional foodbank facility nearest the orchard. From there they are distributed to 280 network agencies throughout Vermont, including food pantries, schools, shelters, senior programs, and meal sites. So enjoy some local apple picking this fall and remember to pick some for your neighbors as well as yourself!

Participating orchards in the Burlington area:

- Adams Apple Orchard, Williston
- Allenholm Farm, South Hero
- Chapin Orchard, Essex
- Hackett's Orchard, South Hero
- Hall's Orchard, Isle La Motte
- Shelburne Orchards, Shelburne

ASK the Health Genie



Dear Health Genie,

I've been working out more recently and have been feeling fatigued afterwards. I'm considering trying protein powder but there are so many different types, not to mention brands.

I've attempted searching online for answers but most of what comes up are just sites trying to sell me their product. Can you help me figure out what type of protein powder is right for me?

A guy in need of some advice and some protein!

Alright "Guy,"

I think I might be able to help you sort things out. How much protein a person needs depends on age, size, and activity level. A good way to figure out how much protein you need to consume daily (both via diet and supplementation) is to multiply your body weight in pounds by .37 to .4. According to this formula, a person weighing 150 lbs would need to consume approximately 55-60g of protein on a daily basis. Ideally, 10-35% of the calories you consume daily should come from protein. Because protein is not stored in the body in any substantial level, too little protein in your diet can cause the body to break down muscle. You should also make sure you are not consuming too much protein, as this can put stress on the kidneys and may cause calcium to leach from bones. Make sure you really do need to supplement your diet with more protein before you go any further in selecting a protein powder.

As there is no unified labeling system for protein powders, you can evaluate them in different ways. The biological value (BV) rating represents how well and how quickly your body can use the protein source. Not all powders list a BV rating, but a higher BV rating indicates a better ability for the body to use the protein and a higher amino acid content. As a comparison, whole eggs have a BV rating of close to 100. The World Health Organization rates protein powders using the "protein digestibility corrected amino acid" score (PDCAA), which rates a protein based on its ability to provide humans with the 9 essential amino acids. An ideal score according to the PDCAA is 1.

Here are some of the most popular types of protein powders, along with some of their pros and cons:

-Whey: Possibly the most popular of all protein powders, whey accounts for approximately 20% of the protein found in cows' milk. Whey can be quickly broken down into amino acids and utilized by the body. It also enhances muscle mass and muscle recovery, thus making it ideal for after a workout. Whey typically has a BV of 100-104 and a PDCAA of 1, making it an ideal protein powder for anyone, with the exception of those who are vegan or have sensitivities to dairy.

-Soy: Derived from soy flour, soy is one of the most complete of the vegetable-based proteins, meaning it provides the full profile of essential amino acids. Soy may also help lower LDL ("bad") cholesterol. It should also be noted, however, that the isoflavones found in soy have been shown to raise estrogen levels and may impair thyroid function. It may be wise to look for products that use fermented soy which lowers this risk. Soy protein should not be taken by those with an allergy to soy products.

-Rice: While less complete than soy as a source of amino acids, rice is broken down faster by the body so it can still be a good option post-workout. Unlike soy and whey, very few people have allergies or difficulty digesting rice protein. Rice protein is created by using enzymes to separate the protein found in brown rice from its carbohydrates, and is considered a vegan and raw food.

-Hemp: More complete than rice protein, hemp contains all 21 essential and non-essential amino acids. It digests slower than whey or rice, making it better as a part of a morning meal or before bed snack.

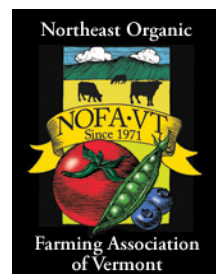
In short, you should choose a protein powder based on its digestibility, amino acid content, and palatability in addition to your dietary lifestyle and allergies. I would also recommend checking to make sure any protein powder you buy is non-GMO and, in the case of whey, contains no rBGH. Organic is always a safe way to go since according to current USDA regulations organic foods cannot contain GMO products or rBGH. Look thoroughly at each label to check sugar content, other ingredients, and additives (most list if they're gluten-free or not too). Since most protein powders come in single serving packets, these can be a great way to test out what's right for you.

The Health Genie

Share the Harvest!

The 16th annual Share the Harvest fundraiser will be held on October 7th to benefit NOFA-VT's Farm Share Program. The Farm Share Program is a great way for limited-income Vermonters to purchase CSA shares of fresh produce from their local farmers. In 2010, the Farm Share Program served over 1,300 people statewide and 50 Vermont farms participated. The Farm Share Program is funded by donations and by the annual Share the Harvest fundraiser.

On Thursday, October 7th, City Market, along with other co-ops, restaurants, and food stores will participate in Share the Harvest by donating a portion of their day's sales to the Farm Share Program. If you are not able to participate on October 7th, you can also print out NOFA's online coupon to make a donation. To find the donation coupon and a list of participating businesses, visit www.nofavt.org/annual-events/share-the-harvest.



Onion River Co-op and Intervale Center, Better Together

By Clem Nilan,
General Manager

Our Co-op and the Intervale Center are well matched partners. And over the course of the last several years our relationship has deepened and strengthened. There are striking similarities between the two; it makes total sense to work together.

Both organizations have overlapping missions. The Intervale Center's mission is all about strengthening community food systems. City Market is all about making the products of these local farms available to our members.

Both the Co-op and the Intervale Center operate on land made available through a special relationship/partnership with the City of Burlington. City Market's two-acre downtown site is owned by the City. The City owns a one percent interest in the core 232 acres of farmland owned and operated by the Intervale Center.

Both organizations have navigated through past controversies and emerged stronger. The brouhaha surrounding the city choosing the Co-op over Shaw's is a whisper of the past. The Intervale's compost to-do has (thankfully) reached a successful resolution with compost operations slated to move to Williston next June. This enhanced operation will enable the solid waste district to capture a higher rate of Chittenden County's potential compostables, moving toward a 100% diversion goal.

Over the course of the last two years, both organizations have tangibly stepped up mutual cooperation in several key areas: member work, governance, finance and education.

Our member work program, as most of you are aware, gives our members the opportunity to earn discounts on purchases by performing work that benefits the Co-op. Historically this work has been done in the store. Within the last two years, the Co-op has developed a program to allow member work outside the store with City Market's Community Outreach Partners. The Intervale is one of our key partners and provides exciting member work opportunities. Joyce Cellars, Development Coordinator, says that in 2010 City Market's member workers have contributed 25% of total volunteer hours to the Intervale Center. "And even better, those wonderful City Market member workers contributed over 180 hours, or 70% of total volunteer hours, during our eight-week Thursdays at the Intervale summer event." Leila Cosgrove, the Co-op's Member Services Coordinator, remarks how wonderful it is for City Market members to be able to work at the Intervale. Leila notes that from August 2009 through August 2010, 77 households completed over 675 hours of member work at the Intervale. Co-op member workers receive hands-on experience, connect to the community and receive an in-store discount.

In governance, City Market General Manager, yours truly, has joined the board of the Intervale. This connection has strengthened

communication and cooperation between both organizations. Says Executive Director Glenn McRae, "Clem's devotion to City Market's goal of advancing local food and products to support a local economy makes him a valuable contributor to the Center's mission of strengthening community food systems, as does his business and organizational expertise."

Financially, both organizations are very dependent upon each other. The Intervale supplies a significant portion of our local food, from several small-scale Intervale farms such as Diggers Mirth and Arethusa Farm. The Co-op provides a ready-made market for their products. Mary Manghis has been purchasing produce for the Co-op since the Archibald Street days. Mary remembers a decade ago when the Intervale was still used as a dump and Diggers Mirth carrot crop was destroyed by vandals driving cars over their fields. Mary told me the story of how our Co-op came to the rescue with a donation campaign to salvage their season. Mary attests that the Intervale farms are among the oldest and most reliable suppliers of local staples.

From the grower's perspective, there's a long history of mutual trust and support. Arethusa Farm, located in the Intervale, has been producing a diverse mix of high quality, certified organic produce since 2001. Arethusa's Thomas Case says, "The Co-op is our oldest customer and largest account. They are enormously important to us. The Co-op is very supportive and flexible. We've begun expanding beyond simply growing vegetables and doing demos together, like our bean workshop."

Burlington is hungry to learn more about local food. Co-operation between the Intervale and the Co-op has resulted in more educational opportunities. Examples are: in-store demos of Intervale products, cross-linking websites and sharing articles, education workshops. The Co-op and the Intervale Center have pledged to increase these opportunities and make today's efforts the tip of the iceberg.

As well matched partners in a local-food square dance, City Market and the Intervale Center have a bright future together. In addition to planning to provide more local food and more educational opportunities, there are some very exciting projects on the drawing board, including a food processing facility designed to alleviate some of the gaps in the local food supply.

Stay tuned.

Vermont's 2nd Annual Forum on Fair Trade Business

By Courtney Lang,
Fair Trade Burlington

Vermonters definitely have reason to hype the Local Foods movement, as we've become one of the most well-known small, progressive cities in the nation. But, did you ever stop and notice that there are small Fair Trade wholesale businesses popping up in and around Burlington? Take Hope for Women, Vermont Coffee Company, Creative Women, and Dolma Designs just to name a few. It only seems right that Vermonters support their local Fair Trade movement as well and Fair Trade Burlington wants your support.

Since 2004, Fair Traders have been celebrating National Fair Trade Month every year in October. Join Fair Trade Burlington as we celebrate this October with Vermont's 2nd Annual Forum on Fair Trade Business. Last year the event brought together over 200 Fair Trade entrepreneurs, students, advocates, and concerned consumers for an evening of inspiring stories from Guatemalan farmers, Fair Trade debating, and free refreshments.

Save the date! This year's forum will be held on Saturday, October 23rd from 5:00 – 7:00 p.m. at Burlington's City Hall, Contois Auditorium and will be sponsored by City Market. The topic of this year's forum will be "How does Fair Trade work in a business model?" The event, which is free and open to the public, will commence with displays and samples at 5:00 p.m. At 5:30 p.m., the discussion will begin with panel members from Hope for Women, Studio Di Designs, UVM, Creative Women, Equal Exchange, and Vermont Artisan Coffee and Tea. Panelists will share personal challenges and rewards of developing Fair Trade businesses. The audience will be given a chance to ask questions and a networking session will be offered to cultivate new or deeper relationships. Refreshments and raffles will also be provided to participants.

Local Fair Trade businesses, retailers, and organizations are encouraged to join. If you'd like to register for a display table please e-mail Courtney Lang at cmlang33@gmail.com for more details.



10-10-10 Global Work Party – a Day to Celebrate Climate Solutions

October 10, 2010

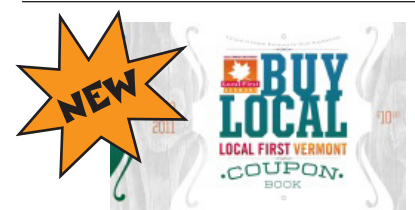
Local Foods Cooking Class,
City Market 11:00 a.m. – 1:00 p.m.

Harvest Pickin' Party,
Intervale Community Farm 1:00 – 3:00 p.m.

10/10/10 will be a day of work parties all over the world, implementing solutions to the climate crisis: from solar panels to community gardens, wind turbines to bike workshops, while asking our elected leaders, "We're getting to work--what about you?" With 2,200+ events in 145+ countries, we're proud to be joining the planet by celebrating local food and farms as solutions to the climate crisis.

From 11:00 a.m. – 1:00 p.m. join Caroline Homan at City Market in a Local Foods Cooking Class. Make an entirely local meal and learn how to use all the wonderful foods growing here in Vermont! Space is limited and will be available on a first-come, first-serve basis- no preregistration required.

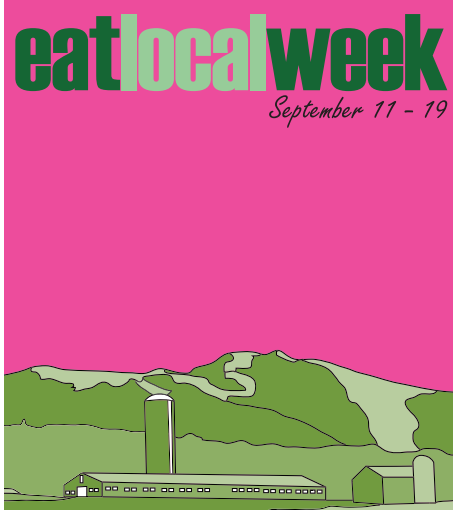
Then from 1:00 – 3:00 p.m. we will be lending hands at Intervale Community Farm for a Harvest Pickin' Party to accomplish a big project together or glean for the local food shelf. The exact project will be determined as the season progresses and our farmer host, Andy Jones, sees what needs to be accomplished. We'll have live music to accompany our work in the field! Come join us for a root-pickin' good time, free food, and a free t-shirt! Sign up for the Harvest Pickin' party at City Market's Customer Service Desk. For more information, check out 350.org



Buy Local Resource Guide and Coupon Book

Now available at City Market, the Buy Local Resource Guide and Coupon Book supports local businesses and the Local First movement. This guide and coupon book is filled with \$2,300 in local savings and is available for only \$10. Inside you'll find discounts for local businesses like American Flatbread, Leunig's Bistro, Peace & Justice Center, Shelburne Farms, Shelburne Orchard, Vermont Smoke and Cure, and many more! Please stop by City Market to purchase your copy or go to www.vbsr.org for more information. Plan ahead; this would make a good gift for the upcoming holidays!





For the Love of Local Food – The 2010 Eat Local Week

By Meg Klepack,
Local Food Coordinator

Strolling the perimeter of the farmers' market during Eat Local Week, I felt like a butterfly flitting through a garden of abundant, colorful local food. There was the basket of tiny red hot peppers laid out by Diggers Mirth and braids of garlic hanging from Dragonfly Sugarworks' tent. Amir was there with his velvety brown mushrooms and Penny with her dark purple plums that I couldn't stop eating. Don't get me started on George's creamy cheeses.

Each of these baskets and boxes and platters of food is absolutely unsurpassable in quality. You couldn't find a better bite of cheese or a better plum anywhere, for any kind of money. I doubt even the Queen of England eats better than Burlington on a Saturday morning.

Friday afternoon found me at the Making Mozzarella workshop. After 3 hours in the kitchen we had some rather squeaky farmers' cheese and some mild mozzarella to nibble on. I love cooking, baking bread, fermenting sauerkraut, and making my own yogurt, so I was surprised to find I was disinterested in diving more deeply into cheese making. In the end, I concluded that rather than invest money in my own cultures and molds and spend gobs of time in the kitchen only to end up with cheese that is just plain ok, I'd rather pay someone to produce the divine smooth cheeses available from our local farmers. Still I'm glad to have taken the time to learn a bit about the process. Rather than feeling the class had taken down the proverbial curtain to reveal the mere man behind, it actually deepened the mystery of how our local food magicians transform milk to the spicy blues and creamy chevres that are so irresistible. And with a deeper understanding of the time and materials that went into these cheeses, suddenly I'm happy to honor their work by paying \$16 a pound.

We local food lovers all need to be educated consumers. We need to know, for example, a bit about why local cheese costs \$16 a pound. I'm not saying that all local food is or should be unaffordably expensive, but I am saying that there are reasons that local food is sometimes on the pricey side. These reasons are honorable – none of the farmers I know are

getting rich quick and retiring to the Bahamas. Most farmers I know work incredibly hard, long hours, hope to make ends meet, and end up with a bowl of beautiful cherry tomatoes to share with us at the farmers' market.

Why then do they bother? There would be simpler ways to make a living after all. It seems the answer must be, for most, that it's all a labor of love – love of the land, of the food, and the people who will eat it. What's for sale at the farmers' market each Saturday may look like vegetables, meats, cheese, and divine baked treats, but it's really just love. It's an honor to participate in a community of farmers that honors its consumers by offering such love and it's a pleasure to live in a community of citizens that honors its farmers and the hard work they do to feed us every day. Both farmer and local-eater need each other and together we will create a re-localized food system on which this troubled world may soon depend.

This love, this community, this self-reliance is what Eat Local Week was all about this year, and I'm honored to have seen such enthusiastic participation from hundreds and hundreds of people across town. We've already begun to look forward to next year's event but I'm certain that each of us will continue to celebrate throughout the year in our own lives the foods, the farms, and the love that bring us together.



Vermont FEED (Food Education Every Day) is a Farm to School program run as a partnership of three Vermont non-profit organizations: Food Works at Two Rivers Center, Northeast Organic Farming Association of Vermont (NOFA-VT), and Shelburne Farms.

VT FEED grew out of a deep belief that the growing disconnect from our land, our food and our Vermont agricultural roots was neither healthful nor sustainable; and that an important opportunity could be found in simultaneously promoting the resurgence of local farms and increasing equitable access to fresh, healthy food for all children through education and outreach in schools.

Vermont FEED has worked with more than 100 Vermont schools and communities to raise awareness about healthy food, the role of Vermont farms and farmers, and good nutrition. We act as a catalyst for rebuilding healthy food systems, and to cultivate links between the classrooms, cafeterias, local farms, and communities.

City Market Member Worker opportunities include:

- Volunteering for events such as, Jr. Iron Chef VT, conferences, etc.
- Office support including—organizing photos, mailings, and more
- Volunteering with our partner Burlington School Food Project

For more information on Vermont FEED, visit our website—www.vtfeed.org. To volunteer, please contact Libby McDonald, 434.4122 or libby@nofavt.org.

New Local and Made in Vermont Products!

By Meg Klepack,
Local Food Coordinator

We're excited to be carrying many new local products this fall. This list doesn't include the wild world of the produce department where local fruits and veggies arrive (and go out of season) on a daily basis. Check the chalkboard in produce to see what's new there!

Bakery

I'm glad to see August First Bakery selling their bread at City Market. I've been a big fan of their bakery on South Champlain since it opened last summer and I'm excited that we're carrying their Ultimate Hamburger Buns – finally an artisanal bun to pair with my grass-fed burgers! We've also got their Seven Grain Bread (which I've been loving toasted), Jalapeno Cheddar Bread, Olive Bread, and their Country French Bread.

Bulk

Local oats are back after a long summer hiatus due to a change in distributors. The oats are milled at Golden Crops up in Compton, Quebec and are all Quebec grown. Clem Nilan, our General Manger, and I got up to visit Golden Crops in May and met Michel Gaudreau who runs the mill.

True North Granola in Brattleboro is now selling us their Certified Gluten-Free Granola with gluten-free rolled oats, macadamia nuts, and cashews alongside their Granola Blues granola (yum, dried blueberries).

Chocolate

The Daily Chocolate from Vergennes has hand-crafted chocolates that look dangerously good – Toffee Almond Bark, Classic Almond Bark and Carmel Trio are in a display near the Vermont cheese case. I think I might have to try them all after lunch today...

Wellness

After visiting Elmore Mountain Farm's sweet baby goats this July, I'm excited to see more of their luscious goat milk soaps on our shelves. We've now got their peppermint eucalyptus and bergamot rosewood soaps as well as their petroleum-free utility balm.

Zack Woods Herb Farm is now supplying us with two new dried herbs for our bulk medicinal herbs section. We've got organic tulsi (holy basil) and organic oat tops.

In plenty of time for holiday gift giving, we have Recycle Moe's "upcycled" journals, wallets and notebooks made in Winooski from discarded, second-hand and repurposed objects.

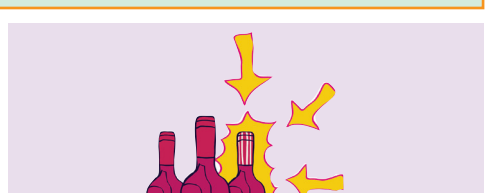
Just for Babies

Vermont Soap Organics has just put out a new Baby Wash Shampoo. Steff, our Assistant Wellness Manager, says she's really impressed with the simple ingredients list – it has just 7 ingredients!

Naked Baby offers Vermont-made baby food. Made with all organic produce from local farms and then flash frozen to lock in nutrients and flavor, their single-serving containers are located in the freezer in aisle 5 and are BPA free.

Wine

We welcomed a new Vermont winery to our shelves this summer – Neshobe River is a small, family run winery down in Brandon crafting fine wines ranging from the spicy, complex Vermont grown Traminette to the smooth, easy sipping Purple Haze. "These wines are a delight!" says Alison, our Beer and Wine Buyer.



Wine Picks for Under \$10

By Alison Miner,
Beer & Wine Buyer

This month we are featuring Lamplighter Chardonnay and Lamplighter Cabernet Sauvignon – two new great values that drink like a wine twice their price! Regularly only \$7.99, both Lamplighters are on sale now for \$5.99 each!

Lamplighter Chardonnay has bright flavors of grapefruit, lemon, green apple, and buttered toast. Crisp acidity and light oak are balanced and elegant in the mouth. It's an easy drinking, food-friendly Chardonnay!

Lamplighter Cabernet Sauvignon is one of the tastiest California Cabernets we have ever encountered in this price range! From the makers of Cannonball Cabernet Sauvignon, Lamplighter Cab is crafted in a classic style with deep, dark fruit flavors, hints of chocolate and a long, smooth finish.

Got Kimchi?

Ferment Veggies with Doug Flack, Sauerkraut Maker Extraordinaire!

Doug Flack and Flack Family Farm are synonymous with amazing lacto fermented veggies. Hang out with Doug and crew for a day and learn the art of fermentation while helping put up this year's cabbage crop. Doug is even offering helpers a bucket of sauerkraut or kimchi to take home in exchange for their work! The dates he needs help are:

October:

Monday, 10/4	Tuesday, 10/5
Thursday, 10/7	Friday, 10/8
Monday, 10/11	Tuesday, 10/12
Thursday, 10/14	Monday, 10/18
Tuesday, 10/19	Thursday, 10/21
Friday, 10/22	Tuesday, 10/26
Wednesday, 10/27	Friday, 10/29

November:

Monday, 11/1	Tuesday, 11/2
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To sign up call: Doug Flack, Flack Family Farm, 802-933-7752

Where does everything in my blue bin go?

By Brent Demers,
Facilities Manager

Recently a group of City Market employees took a trip to the Materials Recovery Facility (MRF) in Williston. Our goal for the field trip was to learn more about how we can improve our recycling efforts and keep as much waste out of the landfill, above and beyond what we already do here in the store.

Michelle Morris, the Waste Reduction Coordinator at Chittenden Solid Waste District (CSWD), schedules and guides the 45 minute tour which is open to the public. The tour starts out with a full explanation of what is accepted in your blue bin and what is not. Then it is time to put on your hard hat and head out to where all of the sorting happens.

Machines rumble around us as we wind through each station. Large conveyor belts move unsorted blue bin material, blowing paper and cardboard with giant fans in one direction. Metals get picked up and tossed by a giant magnet and plastics get tumbled to their destination. Employees sort by hand in large conveyor belt rooms and operate heavy equipment to move the material around. The end product is a giant bale of paper, cardboard, plastic, or aluminum bundled with metal wire that gets stacked and ready for sale to the market.

This business is fueled by the sale of these products back into the market, with paper and aluminum being the most valuable commodities. The eventual destination of these recycled materials may be glass used as construction aggregate or plastic bottles made into fleece jackets or carpeting. The energy used in recycling costs less and has a much smaller carbon footprint versus mining or production from raw materials.

CSWD recommends using products that can be recycled more often and asks that we adequately clean the containers we send to the MRF. Market consumers of these large bales of recycled materials will inspect the cleanliness of the plastics when purchasing, even cutting the entire bale open. If there are large amounts of contaminants (i.e., unclean product) within the sample, they will often reject the recycled materials and buy from another recycling facility. This could potentially negatively impact the economic development of our local recycling facility, so don't forget that at the very least a simple rinse is in order. Currently, CSWD employs about 40 people to separate the recycling from the trash and improperly cleaned containers.

Visit the MRF on your own sometime and keep doing your part to recycle your clean containers and other items for everyone's benefit. Check out CSWD's web site for additional information on how to reduce, reuse and recycle at www.cswd.net.



Approaches to Cold and Flu from a Naturopath's Perspective with Dr. Stacy Colvard, N.M.D.

By Cristi Nunziata,
Herbal Education Coordinator

Every year around this time, news stories emerge about when we're due for the next flu pandemic and what we can do to protect ourselves. I recently spoke with Naturopathic Doctor of Vermont Integrative Medicine, Dr. Sandy Colvard, to get some tips on cold and flu prevention and overcoming winter illnesses.

• Do you recommend that people get a vaccine?

This is an individual choice that people must choose for themselves. People who have compromised immunity may be better candidates, including people on immunosuppressive medications after transplants and those with cancer, or AIDS.

• 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.

• What are your concerns regarding the vaccine?

The big concern with the flu vaccine, and any vaccine really, is the preservatives. They often contain harmful substances, such as mercury. Last year the CDC offered a preservative-free vaccine, but people had to specifically request it.

• What are alternatives that people can use to protect themselves?

Flu bugs are contracted through the nose, throat and mouth. People must wash their hands thoroughly and often, and keep their hands away from their faces. Antibacterial soap is not necessarily the best option because there are more and more antibiotic resistant bugs. Hand sanitizers may be drying to the skin. Regular soap can do the trick.

Also gargling with sea salt and warm water two to three times a day is effective. That way, if flu germs are present, they are either washed out of the mouth and throat or swallowed, where are stomach acid can kill them. The neti pot can also be used to rinse germs out of the nasal passageways.

• What supplements and/or vitamins do you recommend for cold and flu prevention?

Vitamin C may be taken in doses of 2-3,000 mg. You can also get this dosage from your daily food intake. EmergenC is also a good source, but it does contain a lot of sugar, so I prefer "EmergenC lite."

Vitamin D may protect both the immune system and bones. Doctors can have patients' levels checked to determine the right dose for them. A good maintenance dose is 2000 IU, although some people may need more.

• What about dietary recommendations?

Avoid sugar! One teaspoon of sugar suppresses the immune system for 5 hours. Be especially careful to avoid refined sugars and high fructose corn syrup.

Also warm liquids should be consumed to rinse the germs from the mouth. Drink plenty of water. I recommend that most people drink half of their weight in ounces of water daily. For example, a person weighing 120 pounds should drink 60 ounces of water a day.

Warm foods are beneficial, too. People should eat seasonal fresh fruits and vegetables. During the winter, consuming root vegetables, soups, and stews can warm, nurture, and connect us with the earth.

• If someone has already gotten sick what would your advice be?

Each person is different and naturopathic doctors treat people individually based on their needs. Don't let illness drag on for too long without getting some help.

• What can people do at home?

Often people consider a fever a bad thing, but it is a healthy approach to overcoming illness. You must be careful with children, but in an adult if fever isn't present you may want to encourage it. Hot baths can stimulate fever. Hot teas with warming herbs like ginger and cinnamon are also helpful. Be sure to steep your tea for at least 10 minutes. You can add fresh-squeezed lemon juice and honey, and you can reuse the tea bag.

Also steams can be used if someone is very congested. Boil some water and pour it in a bowl, and add essential oils such as eucalyptus and rosemary. Then, drape a towel over your head and breathe in the steam.

• Any nutritional advice for people to follow once they are ill?

Eat lightly. Have things like broths, juices, gruels, lemon, orange, cabbage broth. Garlic and onions have antibacterial and antiviral properties, and horseradish clears the nose. Avoid protein and dairy, which can stimulate mucus. Avoid foods that your body normally reacts negatively to.

• Generally, how long should one stay home from work/school?

If someone gets a case of the flu, they need a good bit of time to relax and recover. It may be 7-10 days before they are up to par. If someone is sneezing, coughing, and blowing their nose, they are still spreading germs around and should stay home.

Dr. Sandy Colvard is a naturopathic doctor of the Vermont Integrative Medicine practice and a graduate of Southwest College of Naturopathic Medicine in Tempe, AZ. She sees patients four days a week in the Burlington Wellness Center. Dr. Colvard specializes in acupuncture, chronic pain, endocrine disorders, anxiety, depression and women's health. For more info, go to vtime.com. The viewpoints expressed in this article reflect the opinions of Dr. Colvard and do not necessarily reflect the opinion of City Market or its staff. Remember to seek the advice of your medical professional.

October is Coop Month!

As members of City Market Food Coop, you know the benefits of cooperation. Coops put people before profits, contributing to a more fair, participatory and sustainable economy.

Since 1975, the Cooperative Fund of New England has helped coops grow, providing more than \$22 million in loans to over 450 coops and community organizations across our region.

But we do not do this work alone. We rely on our donors and investors — people like you — to help our coops thrive. For more information on how you can get involved, please contact us at 1-800-818-7833 or visit www.coopfund.coop

CELEBRATING
35 YEARS GROWING COOPS!



October Class Listings

Free Herbal Clinic October 4, 4:00-7:00 p.m.

Have you ever been interested in using herbal medicine to improve your health? Join Betzy Bancroft RH (AHG), Larken Bunce MS, 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.

Heirloom and Local Wheat Bread Tasting October 5, 1:30-4:30 p.m.

Whole wheat, white, pastry, bread, and even 'bolted' flour can now be found from local sources with farmers growing both heritage wheat varieties and modern hybrids. Jon Melquist from Truckenbord Bakery will be baking breads using a variety of local wheat in NOFA Vermont's wood-fired oven. Come get a taste for our local wheats at this special event hosted by the Northern Grain Growers' Association.

Local Foods Cooking Class for 10/10/10 October 10, 11:00 a.m.-12:30 p.m.

Make an entirely local meal and learn how to use all the wonderful foods growing here in Vermont! This is part of a world wide day of action to raise awareness of global warming with 350.org. Space is limited; please arrive promptly to reserve a spot.

Fall Cleansing with Guido Masé October 11, 5:00-6:00 p.m.

A brief period of reduced activity and caloric consumption, coupled with reflection and gratitude for the summer's harvest, traditionally marks the Fall period as we begin our transition into the colder months. Come learn how such a ritual, including appropriate medicinal herbs, can strengthen energy and immunity while also providing focus for the winter's "retreat" period.

Apple Butter (Canning) October 13, 6:00-7:00 p.m.

At the Chubby Muffin



Learn how to make delicious, homemade apple butter and can it for the winter. This is the perfect class for people new to canning. Everyone will take a jar home for the pantry.

Medicinal Roots Workshop October 16, 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, burdock stir-fry, pickled burdock, ginger jam, and more while discussing the medicinal benefits of various roots.

Cooking with Kids: The Apple Orchard October 17, 10:00-11:30 a.m.

Kids, come and enjoy the apple harvest with fun crafts and cooking projects. We will make apple stamps on lunch bags, apple rings for drying, and make homemade applesauce. Kids 6 and under accompanied by an adult, please.

Free Herbal Clinic October 18, 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 Class Two: Appetizers October 20, 5:30-7:00 p.m.

This is the second class in a new 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 Two, we will make and sample appetizer recipes and participants may submit their gluten-free soup or salad recipes for the following class.

Growing Culinary Mushrooms October 20, 7:00-9:00 p.m.

Add culinary mushrooms to your garden! Eric Swanson from Vermush, Vermont's own mushroom farm, will share the fun of growing gourmet fungi at home. Each participant will bring home their own oyster mushroom spawn with instructions on how to grow them in about 4 weeks. Please sign up at the Customer Service Desk.

Cacao, Coffee, and Sugar Cane: 3 Sacred Plants of the Global South with Sandra Lory October 21, 6:30-8:00 p.m.

Even the most devout 'localvores' of Northern climes have a relationship with chocolate, coffee and sugar. Why? In this multi-sensory presentation we will discuss: healing qualities, plant spirit medicine, history, farming and processing of these special plants that are loved worldwide.

Indoor Gardening - Pea Shoots October 23, 1:00-2:00 p.m.

Learn how to garden indoors all winter with Peter Burke. This workshop will focus on growing a steady supply of pea shoots. Ready to harvest in just 7 days, pea shoots are versatile, good for fresh salads and stir fries! Whether you live in an apartment or have a big homestead kitchen, Peter will show us how to grow the bulk of our salad greens all winter with no special equipment and no lights. The workshop will outline general techniques and one specific variety of greens. Please sign up at the Customer Service Desk.

Eating Well on a Budget October 24, 11:00 a.m.-12:00 p.m.

Take an Eating Well on a Budget tour of City Market with Caroline Homan and learn to make the most of healthy and affordable foods throughout the store.

Sauerkraut & Kimchi October 27, 6:00-7:00 p.m.

At the Chubby Muffin



Make a batch of homemade sauerkraut or kimchi with fresh, local cabbages, herbs and spices of your choice, and Celtic sea salt. Sauerkraut or kimchi will cure at home with the lacto-fermentation method.

Save the Date

Free Herbal Clinic November 1 and 15, 4:00-7:00 p.m.

Soap Making with Joann Darling November 3

Gluten Free Series: Soup and Salads November 17, 5:30-7:00 p.m.

October Product Sampling

October 1 - Vermont Artisan Coffee & Tea Company
9:00 a.m. - 1:00 p.m.

October 2 - Local Produce
1:00 - 5:00 p.m.

October 4 - Polymeadows Farm Yogurt
4:00 - 7:00 p.m.

October 5 - Heirloom and Local Wheat
1:30 - 4:30 p.m.

October 7 - Bella Farm Pesto
4:00 - 6:00 p.m.

October 10 - Savage Gardens Eggs
10:00 a.m. - noon

October 13 - Rockville Market Farm Squash
3:00 - 6:00 p.m.

October 15 - Local Produce
3:00 - 7:00 p.m.

October 22 - Holistic Home Facials
3:30 - 6:30 p.m.

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

Please park offsite
for our classes
and events.

SERVING UP VERMONT

Autumn brings to mind words like brisk and crisp, foliage and harvest. Find information on Serving Up Vermont that reflects these seasonal changes. We'll have recipes for cozy, warming foods that are easy to prepare at citymarket.coop/blog.

October Art

October is Co-op Month! Throughout the month of October, City Market's Café Gallery will feature interesting information on Vermont's fourteen food cooperatives, from Buffalo Mountain Food Cooperative in Hardwick to the Brattleboro Food Co-op and others in between!



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