



The Onion Skin

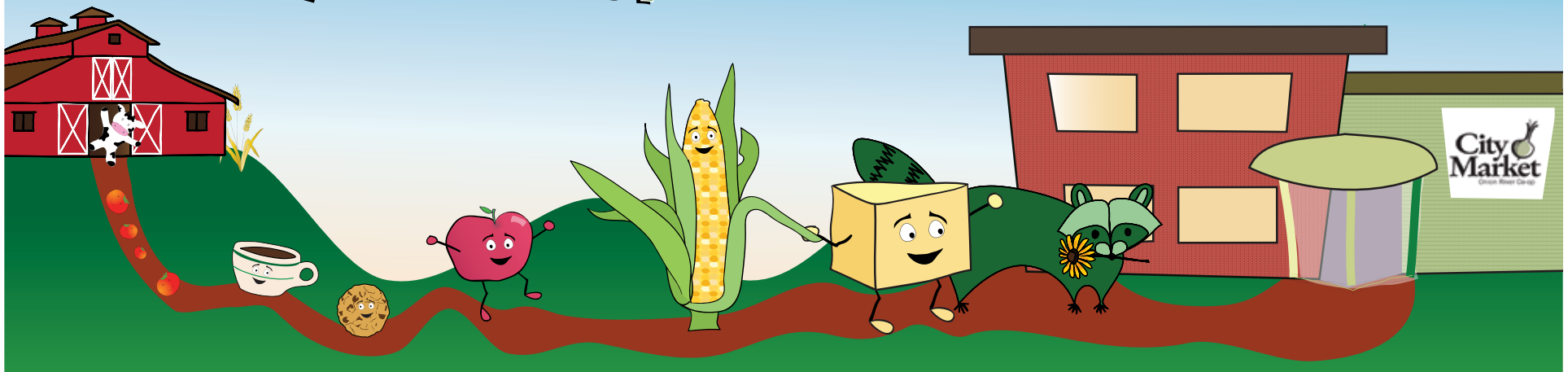
Sharing news from the Co-op & the Community



September 2009

7th Annual Harvest Celebration

Sunday, October 4



Preparing for City Market's 7th Annual Harvest Celebration



Caption for photo:

*By Christine Parlia,
Community Outreach Coordinator*

As the summer sun beats down, plans for our fall Harvest Celebration on Sunday, October 4th are well underway.

We've gathered the names of hundreds of City Market's Vermont vendors and invited them to join the celebration. Some vendors can't wait to hear more about it; even as early as mid-August we had already heard from VT Soy Company and Shelburne Orchards who are looking for more registration information.

As this issue of the Onion Skin newsletter goes to print, registration forms have hit the mailboxes of our vendors. Vendors can also find the registration form online at citymarket.coop.

"the registration form is online"

Several completed registration applications have already arrived. It is so fun to see who will be joining us this year. We can expect many seasoned vendors such as Champlain Orchards, Shelburne Orchards, and Olivia's Croutons

to join in our festivities. We're also happy to welcome vendors who will participate for the first time this year, such as cheese maker Fat Toad Farm.

The 7th annual Harvest Celebration brings together local vendors and thousands of Co-op members and guests in order to sample a variety of products from cookies to coffee; milk to soap. Plus the connection that this type of festival provides for consumers with local producers is invaluable to all.

As we move closer to the event on October 4th, we will be busy getting the large white tent set up and organizing the vendor's space as we prepare for the onslaught of community members to head over for some tasty treats, product samples, face painting, live music and fun! Mark your calendars and be sure to visit City Market to support our local vendors. This event will be held on Sunday this year, from noon to 4:00 p.m.

Look for finalized details in the October Onion Skin and online!



CHITTENDEN EMERGENCY FOOD SHELF
100% STAYS LOCAL

800 Lbs of Food Collected for Local Food Shelf this Summer

City Market customers helped to donate 273lbs of food to the Chittenden Emergency Food Shelf at the second of three Fill a Truck for Hunger food drives. That's in addition to the 530lbs collected in June. The Vermont Foodbank was on hand at the Co-op to collect food from 1:00 to 6:00 p.m. on Wednesday, August 5. A variety of non-perishable food items were collected and donated to the Chittenden Emergency Food Shelf.

City Market and the Vermont Foodbank plan to hold one more Fill a Truck for Hunger events on October 1. More details can be found at www.CityMarket.coop. Non-perishable food items that are most needed: tuna fish, peanut butter, cereal, meals in a box (mac & cheese, hamburger helper, etc.), canned fruit, canned vegetables, pet food, diapers, and baby food.

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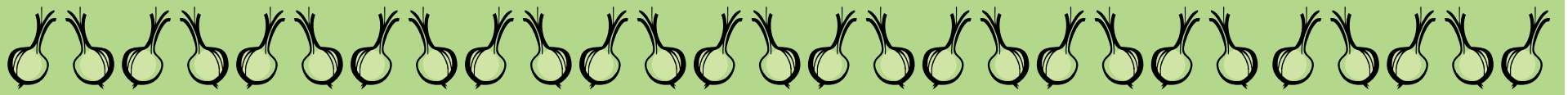
City Market, Onion River Cooperative, Your Community-Owned Grocery Store

82 S. Winooski Avenue, Burlington VT 05401

We welcome EBT, CAT\$cratch, Knight & CCCash Cards and manufacturers' coupons

Open 7 a.m. - 11 p.m. every day 802-861-9700 www.citymarket.coop

RETURN SERVICE REQUESTED



Mid-season Local Food Report

By Clem Nilan,
General Manager

Most agree that it's been a squirrely year weather-wise. On one Saturday I brought my notebook to the Burlington Farmers' Market to see how our farmers are faring.

My longtime friend and Grand Isle farmer Jane Pomykala, insisted "Please don't expect me to say anything negative. There's so much good to celebrate." Jane's "glass is half full" attitude resonates with me. There's lots of good news to balance the frightening story of the late season tomato blight.

Jane's growing season started with a bumper crop of asparagus. Cool weather and lots of water are ideal for asparagus. Her second asparagus bed came into fruition this year and the Co-op benefitted mightily. Asparagus season lasted much later than ever before. Jane noted that the wet cold summer also produced some fantastic leeks. The dreaded tomato blight hasn't hit her field tomatoes yet. Only one corner of her potato patch has been affected. Like other growers she mowed down the affected green leafy part of the plant (the fungus travels down the stem) and will harvest her potatoes later.

The appearance of the tomato blight in Vermont has sent shudders through the local food community. It's the same blight that caused the Irish potato famine. In Hinesburg where they grow 20 acres of vegetables, David Zuckerman lost all of his tomatoes and called this his worse growing season in 15 years. He estimates the loss of tomatoes at a \$20,000 retail value. Although he's out of luck at the farmers' markets, for his CSA customers he can swap out other vegetables.

In the Intervale, Diggers' Mirth Collective lost all of their tomatoes. They plowed them under the soil. Also in the Intervale, Andy Jones at Intervale Community Farm found blight in his potato patch and mowed his patch down. Spencer Welton of Half Pint Farm (Intervale) reported no problems with tomatoes as his are

all grown under cover. Spencer goes out of his way not to touch or handle them. His potatoes had blight and needed to be mowed.

In Starksboro, Hank Bissell of Lewis Creek Farm lost his entire three acre plot of tomatoes. That accounts for quite a hit on his expected revenue. Hank reports that the blight is getting into his potatoes as well. Also in Starksboro, Eric Rozendaal from Rockville Farm has been able to control the blight somewhat with the application of a copper spray* (which is approved for organic fruits and vegetables). Eric is building a storage facility and plans on holding in cold storage this year's bumper crop of winter squash. For us at the Co-op it is exciting to look forward to having winter squash beyond Thanksgiving.

*Note: The Co-op is advising shoppers to wash any vegetable treated with copper before eating. Signs will be on all vegetables that have been sprayed.

In Fairfax, River Berry Farm foresees a questionable harvest for the field tomatoes. They remark that the rain has created a lot of extra work.

Localvores (local foodies) will see very little Vermont legumes, (black beans, yellow eyed peas, navy beans) this coming fall. The rain played havoc with the crop. Quantities are going to be very low. My best advice- if you see them, buy them while you can.

Bill Mares, president of the Vermont Beekeepers Association, has only a few packages of comb honey to sell this year. Due to the heavy rains this summer Bill reports that the bees were unable to fly and collect as much nectar as they usually do.

On the sunny side of the street there is very good news on the maple syrup front. Longtime Co-op maple syrup supplier Peter Purinton says prices will drop beginning immediately. The huge Québec maple syrup crop which dictates market prices is back up again this year after a disastrous year last year. Peter predicts that prices will be somewhere between the shockingly high prices we witnessed this past year and the prices two years ago.



City Market Opens New Dog Zone

By Pat Burns,
Operations Manager

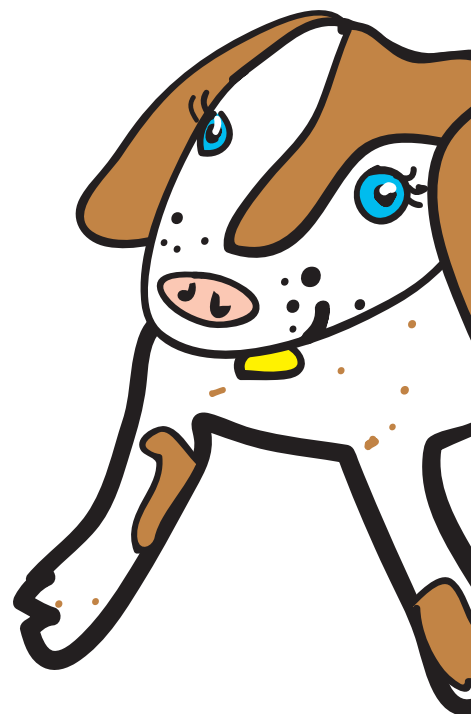
For many years we've had an ongoing issue with dogs being tied to the cart area or on the handrails by the entrance ramp. Our concern was two fold: we didn't want any dogs hurt accidentally by a shopping cart and we didn't want a surprised or frightened dog snapping at a passerby. This led to a number of conversations with dog owners about unattended dogs in dangerous places.

It is always our goal to meet the needs of our customers so with a little creative thought and some muscle power provided by Bonnie Acker and crew, we created a new dog tying station directly across the parking lot from the main entrance to City Market. (look for the big purple paw across the lot on the sign pole opposite the door.)

So now when you bring your dog to City Market you can tie your pup at one of four stations attached to the fence. We have provided a tree for shade, waste bags and a waste disposal container in case you need to clean up after your dog.

We hope this is a safe and useful area for your dogs and we encourage you to check it out. Please let us know if you have any comments about our new dog station.

"provided a tree for shade, waste bags and a waste disposal"



Cooperative Principles

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training and Information
6. Cooperation Among Cooperatives
7. Concern for Community

Board of Directors

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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
6 P.M. to 9 P.M.
September 28, 2009
in the
City Market
Conference Room.



Tickets on Sale Now for The 5th Annual State of The Onion Address

Join editors and writers of the world's most popular humor publication for an evening of scathing funny commentary and political satire, The Onion. Meet the people behind the New York Times bestsellers and the publication the New Yorker has hailed as "arguably the most popular humor periodical in world history."

The show is scheduled for Saturday, September 26 at 7:00 p.m. at the Main Street Landing's Performance Arts Center. Tickets are \$20 in advance and \$25 at the door.

Advance tickets available at the City Market Customer Service desk and at Borders. On the day of the show, tickets may also be purchased at the Burlington Book Festival booth in the Lake Lobby of Main Street Landing's Performing Arts Center throughout the morning and afternoon. Please be aware that tickets traditionally sell out quickly. For more information contact 802-658-3328



**Community outreach
Partner Friends of
Burlington Gardens**
www.burlingtongardens.org

Friends of Burlington Gardens (FBG) is a grassroots nonprofit organization working to increase public access and support for community, school, and neighborhood gardens. FBG's office is located at 180 Flynn Avenue in the same building housing the Vermont Campaign to End Childhood Hunger.

FBG was formed in 1996 as an advocacy arm for Burlington's city-sponsored community and youth gardening programs. Since becoming a nonprofit in 2001, FBG's mission and outreach have expanded statewide. During the past three years, more than 160 community-based gardens across Vermont have received technical assistance and mini-grants through FBG.

City Market Members can serve as volunteers with Friends of Burlington Gardens and have the hours count as required City Market Member Worker hours. For more information on volunteering, please contact FBG's executive director, Jim Flint at 861-4769 or jimf@burlingtongardens.org.



**Sauerkraut
Production Days at
Flack Family Farm**

Volunteers needed to help product the Flack Family's famous sauerkraut. Join Flack Family Farm for a day of sauerkraut and kimchi making by the barrel. Learn the craft and take home a bucket of fermenting veggies for yourself.

September : Tues 15, Thurs. 17, Fri. 18, Mon. 21, Tues. 22, Fri. 25

October : Thurs. 1, Fri. 2, Mon. 5, Thurs. 8, Fri. 9, Mon. 12, Thurs. 15, Fri 16, Mon. 19, Tues. 20, Thurs. 22, Fri 23, Mon. 26, Tues. 27, Thurs. 29, Fri. 30

Sign up to participate in production day by calling Doug Flack at the Flack Family Farm 802-933-7752. More information is available at www.flackfamilyfarm.com.

**Onion River Co-op
Semi-Annual Member Meeting**
Saturday, October 3rd, 2009
In the tent City Market Parking Lot
BURLINGTON, VT

TIME	TOPIC
12:00 - 12:30 p.m.	Local Farmers' BBQ
12:15 - 12:20 p.m.	Welcome/Meet the Board/ Review Agenda
12:20 - 12:50 p.m.	Local Food Presentation
12:50 - 1:05 p.m.	Meet the Candidates
1:05 - 1:20 p.m.	Open Member Discussion
1:20 - 1:25 p.m.	Don Schramm Award
1:25 - 1:40 p.m.	Store Staff Reporting
1:40 - 1:50 p.m.	Policies Reporting and Direction of the Co-op
1:50 - 2:00 p.m.	Finance Report
2:00 p.m.	Wrap up/Adjourn

Article III: Member Meetings and Referenda

3.1 REGULAR MEETINGS. Members shall meet as an assembly twice yearly at a date, time and place determined by the board of directors. The purpose of such meetings shall be to receive a report on the finances and operations of the cooperative including especially matters related to policies and directions of the cooperative, and to be a general informational, educational and discussion forum. Decisions on all issues at assembly meetings shall be advisory only. One meeting per year shall also be considered an annual meeting for the purposes of preparing an annual report for submission to the Secretary of State. Child care will be provided at all regular meetings.

Vermont Cookbook Author Featured

By Lynn Ellen Schimoler,
Grocery and Wellness Manager

We are pleased to announce that Yum Dragon Frozen Vegetarian Dumplings* are now available in the freezer section at the Co-op. Linda Furiya is a writer and culinary creator residing in Vermont. Her dumplings are delicious and very easy to prepare for a healthy lunch or accoutrement to dinner. (Keep an eye out for more upcoming demos).

In addition to her food item; we are also carrying one of her book titles: How to Cook a Dragon. A combination of both memoir and cookbook – this book is a delightful and

poignant read with recipes at the ends of each chapter. Please check out many of the current favorite cookbook titles that we have been stocking in addition to some wonderful new titles at City Market. Enjoy the Literary Festival!

*Ingredients: organic cabbage, organic scallions, organic garlic, organic ginger, tofu, cellophane noodles, bamboo shoots, mock duck, shiitake mushrooms, soy sauce, Shaoxing rice wine, sesame oil, and white pepper. Dough - Unbleached all-purpose flour, water, and spinach juice for coloring.



**Board of
Directors
Elections-
Applications
due Sept. 11th**

The Co-op is looking for three new Board Members. Please consider applying if you are interested in running to become a Co-op Board Member or encourage a Member who would be a good candidate.

We need Co-op Board Members:

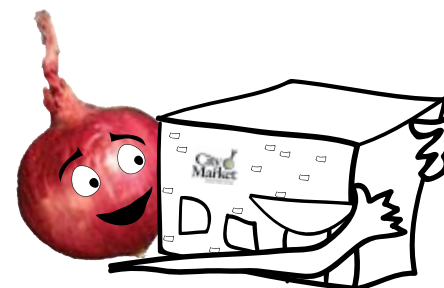
- To guide the Co-op in becoming central to a thriving and healthy community.
- To be dedicated to a socially responsible business.
- To be willing to contribute to our Co-op and its future.
- Who have discipline and diligence as well as the ability to productively contribute to decision making.
- To prepare for meetings by reviewing packets of information prior to the meeting.
- Rich in life's experience, including the areas of business and/or finance.
- Have a sense of humor!

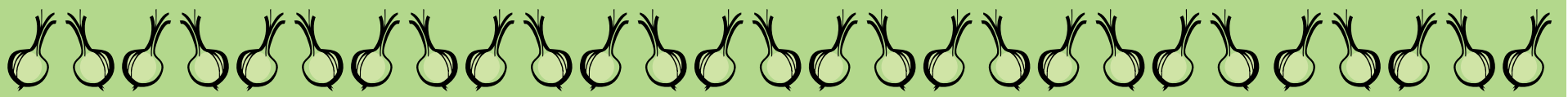
We are seeking Members to be candidates to run for three open seats. Our Co-op's Board of Directors is made up of nine seats, each with a three-year term. A seat's term begins at the first board meeting in January. Meetings of the Board of Directors are held on the fourth Monday of each month from 6:00 to 9:00 p.m. with a delicious meal served.

Members of the Board may serve at some point during their tenure in at least one of the executive officer positions (president, vice-president, secretary, or treasurer).

If you have questions, please feel free to contact any current Member of the Board or City Market's Member Services & Board of Directors Coordinator, Leila Cosgrove at lcosgrove@citymarket.coop or (802) 861-9707.

Applications are due by September 11 and are available at the Customer Service desk or online at www.CityMarket.coop/membership/board-of-directors. Go Co-op!





Canning 101

By Caroline Homan,
Food Education Coordinator

Nothing spells comfort like a cupboard with a few jars of canned applesauce, jam, or pickles. To get started canning, you don't need any special equipment, just a large pot to fit some canning jars and a pair of tongs to lift them in and out. Once you get into it, you might want a few more things, but if this is your first time canning, check out these easy starter recipes and instructions on how to can. When the cool weather rolls around, you'll be thankful for the harvest you preserved. Get together with a few friends for a canning party, or surprise someone this winter with a jar of jam or applesauce you canned yourself.

How to Can

30 Minutes Before Canning

Partially fill a canner with hot water. If you do not have a canner, use your largest pot. Put a metal trivet or a few extra screw bands (from canning jars) on the bottom so the jars are not resting on the bottom of the pot. Make sure the pot is high enough for 1 to 2 inches of water to cover the jars when they are resting on the trivet.

Place clean canning jars into the canner or pot. Have a kettle with boiling water handy to top up the water level in the canner after you have put in the jars, if necessary. Cover and bring the water to a boil over high heat. Boil for at least 10 minutes to sterilize jars.

5 Minutes Before Canning

About 5 minutes before you are ready to fill the jars, place lids in hot or boiling water.

Filling Jars

Remove jars from canner and pour or ladle the foods into hot jars to within 1/2 inch of top rim. If the food is in large pieces, remove trapped air bubbles by sliding a clean small wooden or plastic spatula between glass and food; readjust the head space to 1/2 inch. Wipe jar rim very well with a clean, damp dishcloth to remove any stickiness. Center lid on jar and screw on jar band until fingertip tight. Do not can any jars that are not filled completely. Simply refrigerate these for your own use.

Processing Jars

Place filled jars in canner and adjust water level to cover jars by 1 to 2 inches. Cover canner and return water to boil. Begin timing when water returns to a boil. Process for specified canning time.

Remove jars from canner to a clean surface and cool for 24 hours. Check jar seals (sealed lids turn downward). Label jars with contents and date and store in a cool, dark place.

Applesauce

14 pounds juicy apples, such as McIntosh, or a combination of local varieties

juice from 1 lemon

cinnamon to taste (optional)

9 pint jars, lids, and screw bands

Wash and core the apples. If you do not have a food mill and do not want apple peels,

remove the skin. Slice into quarters.

Place the apples in water with a little added lemon juice to prevent them from browning. Boil until tender, approximately 10-20 minutes, depending on the apples. Add cinnamon or other spices if you like.

When the apples are soft and tender, press them through a food mill to remove the skins or blend them in batches in your blender to break up the skins. If necessary, add more water to bring the applesauce to the desired consistency.

After milling or blending the apples, put the applesauce back into the pot to stay warm until you are ready for canning.

To can, place the applesauce in sterilized jars and wipe rims well. Make sure you leave at least 1/2 inch space at the top of the jar to prevent applesauce from leaking out and ruining your seal. Place lids and screw bands on jars.

Boil for 20 minutes. Remove the jars of applesauce from the boiling water and allow them to rest undisturbed overnight.

Dill Pickles

4 pounds 3-4 inch long pickling cucumbers

3/4 cup kosher salt

1 gallon cold water

5 cups water

3 cups apple cider vinegar

1/3 cup kosher salt

2 Tbs. granulated sugar

3 Tbs. yellow mustard seeds

1 Tbs. coriander seeds

1/2 tsp. red pepper flakes

1 large white onion, thinly sliced

21 fresh dill sprigs

7 pint jars, lids, and screw bands

Slice cucumbers lengthwise in half or into quarters.

Brine the cucumbers by dissolving 3/4 cup salt in the water in a large bowl. Add the cucumbers and let stand 8 hours or overnight.

For the pickle, bring the water, vinegar, salt, sugar, mustard seeds, coriander seeds, and red pepper flakes to a boil in a large pot. Drain the cucumbers, discarding the brine; do not rinse cucumbers.

Pack the cucumbers, onion, and dill into the sterilized jars. Ladle the boiling pickling liquid over them, evenly distribute the spices among the jars, and leave 1/2 inch headroom. Wipe the rims and seal the jars. Process in a boiling water bath for 10 minutes.

From Recipes from Home, by David Page and Barbara Shinn

Easy Raspberry Jam

5-6 cups raspberries*

4 cups granulated sugar

5-6 half-pint jars, lids, and screw bands

Place berries in a large saucepan with sugar. Bring to a full boil over high heat,

mashing berries as they heat. Boil hard for 1 minute, stirring constantly. Turn heat down to a simmer and boil until mixture forms a gel, stirring occasionally (can take anywhere from 10-40 minutes). To test and see if a gel has formed, place a spoonful of jam on a small plate that has been sitting in the freezer - cool jam is a better indicator of the gelling process than warm jam. It should be somewhat thick. *Can also adapt for other berries.

Ladle into sterilized jars and process for 5 minutes.

Adapted from The Complete Book of Year-Round Small-Batch Preserving by Ellie Topp and Margaret Howard.

Where to buy canning supplies

City Market (Produce/Bulk departments)

ACE Hardware stores

Gardener's Supply

Four Seasons Garden Center

Agway

Depot Home and Garden

Useful equipment

Water bath canner (canning pot) with rack

Lid lifter

Jar lifter

Canning funnel

Canning references

Putting Food By, by Janet Greene, Ruth Hertzberg, and Beatrice Vaughan (the canning bible)

Ball Blue Book of Preserving

University of Vermont Extension
www.uvm.edu/extension/food



Join in Vermont's Largest Art Show

September 11 & 12 is the 17th Annual South End Art Hop--Vermont's largest visual arts celebration, presented by SEABA. Over 60 sites in Burlington's South End will open their doors to display the work of more than 400 artists. Special events include a live fashion show, a juried art exhibit, outdoor sculpture, workshops, artist demonstrations, and more! Help SEABA make it happen by volunteering for the event. Contact them at 802.859.9222 or info@seaba.com. Come explore Burlington's South End and discover a one-of-a-kind neighborhood wide arts celebration. For more information please visit www.seaba.com

Customer Comments:

Dear City Market,

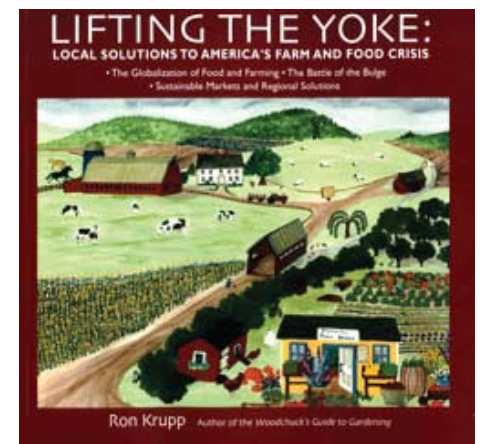
The food in the café is so delicious... every time! I have to admit, before City Market opened, I was resistant to the addition of a café, but now I really appreciate the convenience, the quality, and the affordability. Thank you. Also, thank you for being open to letting us artists have a reception for our show. I hope others will follow suit.

Sincerely,

B. Anderson

Dear B. Anderson,

Thank you for your comment. We are so happy that you are enjoying the newly expanded Café and the Member Artist Gallery. The gallery is open to all Co-op Members that are interested in displaying artwork. You can find out more information about displaying in the gallery on our Web site at www.CityMarket.coop.



New Book, Lifting the Yoke, Now Available at City Market

Local author Ron Krupp's latest book, Lifting the Yoke has hit the shelves at City Market. Krupp is also the author of The Woodchuck's Guide to Gardening and a Vermont Public Radio Garden and Farm Commentator for the past eight years.

Lifting the Yoke deals with many of the farm and food issues that are in the news on a daily basis, such as globalization, hunger and obesity - and local, sustainable solutions. The foreword to the book is by Bill McKibben and includes testimonials by Meghan Sheridan of the Vermont Fresh Network, Roger Allbee, the Vermont Secretary of Agriculture, Dorigen Keeney of the Vermont Campaign to End Childhood Hunger, and Vern Grubinger of the Extension Service.

Krupp has been involved with farm and food issues for the past 35 years - having started the Brattleboro Farmers' Market in the early 70s, coordinated the Tommy Thompson Community Garden in the Intervale for 15 years and published the Green Mountain Farmer in the early 1980s.

You can find Lifting the Yoke on sale in the cookbook section at City Market.



Vermont WIC Food Package Adds Fruits and Vegetables

Donna Bister,
WIC Program Director

As part of a national move to healthier food choices for the Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is adding a year round fruit and vegetable benefit to the Vermont WIC food package. Beginning October 1, more than 11,000 WIC households statewide will have a WIC Electronic Benefits Transfer (EBT) card to buy fruits and vegetables at authorized retail grocers, including City Market. Using the existing EBT infrastructure makes the benefit easy for grocers to process and convenient for WIC families. Many WIC families welcome the opportunity to purchase local and organic produce from their favorite grocers, along with other fresh, frozen and canned products.

Funded by USDA and administered by the Vermont Department of Health, WIC provides health screening and referrals, nutrition education and food supplements to income-eligible pregnant and breastfeeding women, infants and children under age five.

The Health Department will actively promote the health benefits of this new program as families consume more fruits and vegetables. An estimated annual impact of nearly \$1 million in additional purchases of fruits and vegetables is expected by participating retail grocers in Vermont.

While the remainder of the WIC food package will continue to be delivered through the existing home delivery system, the Health Department welcomed the opportunity to partner with retail grocers, The Health Department plans to make this benefit available with as little trouble as possible for retailers, while providing convenience for WIC participants as well.



Kids CAN Help Food Drive—Sept 21 - 25

One in five Vermont children live in poverty and rely on subsidized breakfast and lunch programs. Many of them will not have another nutritious meal until they come to school the next day. This school year, it is expected that there will be an increase in these numbers due to many economic factors—area layoffs, rising cost of fuel and food.

You can help feed a hungry local family by donating a non-perishable food item during the Kids Can Help Food Drive, September 21 to 25 at area schools. Schoolchildren in Chittenden, Addison, Lamoille, Franklin, Grand Isle, and Washington counties will collect food to be donated to their local food shelf. Food can also be dropped off at all Citizens Bank branch locations and at City Market. All participating schools will be thanked in a special insert in the Burlington Free Press. In addition, the school that collects the most food per student population will receive a celebration at their school, including a surprise visit from a special guest.

Look for details at your child's school today or donate a food item at City Market. Together, with your help, we can fight hunger in our community.



Wine Picks for Under \$10

By Alison Miner,
Beer & Wine Buyer

We're excited to have found yet another high quality Chilean winery producing tasty wines at great values! In September, look for **Molina Chardonnay, Sauvignon Blanc and Pinot Noir**. All are on sale for **\$9.99**, a savings of \$2!

Molina Chardonnay is a clean, light chardonnay with tropical fruit flavors and hints of toffee and hazelnut on the nose. Old French oak barrels used in aging keep the fruit buttery and smooth, without producing heavy "oaky" flavors. The Sauvignon Blanc is aromatic and crisp, with steel and mineral notes, and flavors of citrus and grass. The Pinot Noir is very light bodied- perfect for sipping in the warm September weather. Throw it in the fridge for ten minutes to cool the wine down a touch and serve with mild, soft cheeses or a light salad. Enjoy!

8th Annual Small Farms Food Fest at Shelburne Orchards - Localvore Event!

Celebrate Vermont farmers and food producers, the apple harvest, and local musicians at the 8th Annual Small Farms Food Fest! On Sunday, September 13 from 11:00 a.m. - 5:00 p.m., 30 Vermont farmers and food producers will create and sell specially prepared foods while musicians perform all day long at Shelburne Orchards.

"We're lucky enough in Vermont to have the opportunity to meet the people who grow and create our food," explained Nick Cowles, owner of Shelburne Orchards. Small farms and food producers this year include Amy's Granola, Bloomfield Farm, Charlotte Village Winery, Dragonfly Sugarworks, Folk Foods, Island Homemade Ice Cream, Kingdom Mountain Maple, Maple Wind Farm, Nitty Gritty Grain Company of Vermont, Northeast Organic Farming Association of Vermont (NOFA-VT), O Bread Bakery, Rockville Market Farm, Shelburne Farms, Shelburne Farms Market Garden, Shelburne Orchards, Shelburne Vineyard, Sonia's Salsa, Stony Pond Farm, Tamarack Hollow Farm, Taylor Farm, Vadeboncoeur Nougat, Vermont Coffee Company, Vermont Pickle, and Windy Corners Farm among others.

Musicians and performance times include:

- 11:00 a.m.** Hibernators (bluegrass, swing)
- 12:00 p.m.** The On the Rise Session Band (bluegrass, hot jazz)
- 1:00 p.m.** Meat Packers (bluegrass, country, redneck)
- 2:00 p.m.** Magnolias (country)
- 3:00 p.m.** Stone, Coane & Sacher (real bluegrass, old & new)
- 4:00 p.m.** Twist of the Wrist (Northern European)

The festival includes special foods prepared and sold by Vermont small farms and food producers, live music, tractor hayrides, pick your own apples, rope making demonstrations, a haybale maze for the kids, face painting, Phinneus Sonin with circus arts, apple prints, a Tractor Petting Zoo, and other family-friendly activities. Local organizations that promote education, farming, recycling, energy efficiency, and composting will also be showcased.

For those under the age of 12 or over the age of 65, there is no charge. Otherwise, each person is asked to purchase a \$5 Pick Your Own Apples coupon--people may redeem the coupon during the '09 season. Farm vendors may charge for the specialty foods they've prepared. Donations of nonperishable foods will be collected for local food shelves. Suggested items include tuna, peanut butter, soup, cereal, canned fruits and vegetables, and canned meat. For more information or directions call 985-2753 or go to www.shelburneorchards.com.

Ask the Health Genie

Dear Health Genie

What are the benefits of taking Flax Oil, or eating flax seeds, or milled flax? I find that flax is an ingredient in many of the cold cereals that I buy, in addition to seeing the oil in many refrigerated sections in coops and health food stores.

Thanks,
Ellie Wanztuknow

Dear Ellie,

Flax is truly a remarkable food. There has been a lot of attention given to Flax in particular because it provides a vegetarian alternative for some of the Omega - 3 fatty acids also found in fish. In addition to an abundance of the B vitamins, magnesium, and manganese, there are three crucial nutrient groups which flax seed has in abundance, and each has some benefits.

Omega-3 Fatty Acids: Omega-3 fatty acids is key protection against inflammation in our bodies. Over the past several years, evidence shows inflammation plays a part in many chronic diseases including heart

disease, arthritis, asthma and diabetes. This inflammation can be enhanced by having too little Omega-3 intake (fish, flax, and walnuts), especially in relation to Omega-6 fatty acid intake (soy and corn oil contain Omega-6). In the quest to equalize the ratio of these two kinds of oils, flax is one way to go.

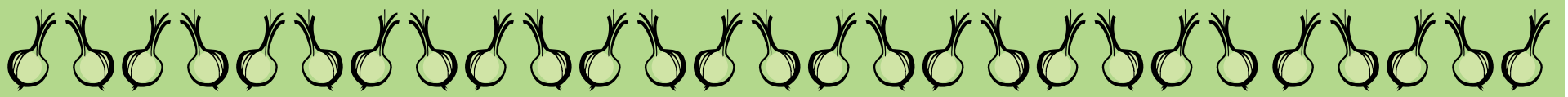
Most of the oil in flax seeds contains a substance called alpha linolenic acid (ALA). ALA is an Omega-3 which is a precursor to the fatty acids found in salmon and other fatty cold-water fish (substances known as EPA and DHA). Because not everyone is able to easily convert ALA into EPA and DHA, it is best not to rely solely on flax for your Omega-3 intake, but ALA also has good effects of its own, and definitely helps in the Omega 3/6 balance.

Fiber: Flax is definitely one of the highest fiber containing foods - soluble and insoluble. This fiber is probably mainly responsible for the cholesterol-lowering effects of flax. Fiber in the diet also helps stabilize blood sugar in addition to promoting proper functioning of the intestines.

Phytochemicals: Flax seed is high in phytochemicals, including many antioxidants. It is perhaps our best source of lignans, which convert in our intestines to substances which tend to balance female hormones. There is evidence that lignans may promote fertility, reduce peri-menopausal symptoms, and possibly help prevent breast cancer. In addition, lignans may help prevent Type2diabetes. Flax seeds should be ground to make the nutrients more readily available to the body and flax seed oil alone contains neither the fiber nor the phytochemicals of whole flax seed meal.

Good luck Ellie,
Health Genie





COLLEGE OF AGRICULTURE AND LIFE SCIENCES PRESENTS

THE FUTURE OF FOOD IN A PEAK OIL WORLD

Keynote address by best-selling author of "The End of Oil" Paul Roberts

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2009 Lectures



**Celebrity Chef
Emeril Lagasse
Headed to
Hardwick, VT**

Hardwick, Vermont will host one of the culinary world's most celebrated celebrity chefs, Emeril Lagasse in September. Lagasse's television show on Plant Green, called Emeril Green will focus on the Hardwick-area's food system for an hour special. Scheduled to be included in the show is some City Market favorites, Pete's Greens, Jasper Hill Farm, Vermont Soy, and High Mowing Organic Seeds. All four companies, Co-op members toured last March as part of our Farm Tour series.

According to a report featured in Seven Days newspaper, Emeril Green show producer Karen Katz stated, "After researching many areas within Vermont, we came across the town of Hardwick and found that this was a community truly committed to creating a healthy food system for the 21st century."



**Vermont Celebrates
National Farmers'
Market Week!**

All across the state fans of Farmers' Markets celebrated their favorite localvore shopping event with the 10th annual National Farmers' Market Week. U.S. Secretary of Agriculture Tom Vilsack declared August 2nd – August 8th the national celebration. City Market makes a stop at several Farmers' Markets around Chittenden County with our famous bike powered smoothie maker. Farmers' Markets are the perfect opportunity to celebrate the healthy food, economic value, and community importance of Vermont's markets.



*The signs
of a healthier Vermont*



*Inspiring
fitness*

Community Involvement



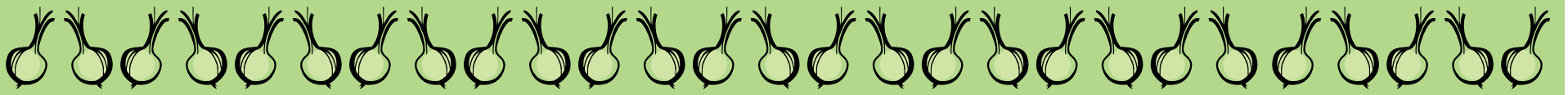
"I have three kids, and I'm so glad they're covered by Blue Cross and Blue Shield of Vermont. They're different from the big for-profit insurers. They really care about our community. They got my kids walking at lunch and sponsored a cooking program that taught them about local, seasonal produce. They even got my son out in a kayak race! And when my daughter graduates next year, she'll be able to join Catamount Blue, the State-sponsored program offered by Blue Cross and Blue Shield of Vermont. Blue Cross doesn't just talk about good health. They walk the walk too."

www.bcbsvt.com



**BlueCross BlueShield
of Vermont**

An Independent Licensee of the Blue Cross and Blue Shield Association.



EAT LOCAL VT

100 Mile Challenge

Eat Local Vermont—New Web Site Launched and Eat Local Challenge!

By Nicole L'Huilier Fenton,
Marketing & Community Relations Manager

We take eating locally produced foods pretty serious at City Market. So much so that we've embarked on a new project in order for all Vermonters to easily find sources of local food for September's Eat Local Challenge. The Challenge in its fourth year encourages consumers to try a couple of different ways of approaching a typical meal: add 10% more local food to your cart when shopping; try to eat one meal with entirely local products; eat only local food for a day, a week or for the uber-Localvore, for the entire month.

This year the Eat Local Challenge is scheduled for September 19 through the 26. Just in time for the Challenge, we've launched a new Web site, www.EatLocalVT.com that offers a Find Your 100-Miles application in order to determine where local food is available within your surrounding area, delicious recipes using local ingredients, listings of Farmers' Markets, farms, local producers, food news, a blog written by local foodies, and an opportunity to register for the Challenge.

This type of local food movement is catching momentum across the country. Vermont Secretary of Agriculture Roger Albee invited commissioners from all 50 states to participate in an Eat Local challenge in August. He encouraged everyone to eat only local foods for at least one day. To kickoff the Challenge week in September, we are hosting our first ever Localvore potluck dinner and farm tour at the Intervale Center's Farm Barn. This will be an incredible opportunity to connect with other local food aficionados, dine on local delicacies, and tour one of Burlington's most beautiful and vibrant locations. Space will be limited, so register early for the Localvore dinner.

In addition to the opportunity to share a Localvore meal together, City Market is putting together a grand list of all the local products carried in the store. Twice a year, we update a Localvore brochure to include products available in the summer and in the winter. This brochure can be found at the Customer Service desk, as can other brochures like Kosher and Gluten Free products. Look for the Localvore icon throughout the store for easy shopping to prepare for the Challenge.



Join the Eat Local Challenge Kickoff Event!

September 19, 4:00 – 7:00 p.m. @The Intervale Center's Farm Barn

City Market, NOFA-VT, and The Intervale Center invite you to celebrate September's local harvest with a Localvore potluck. Enjoy flatbread from NOFA's brick oven, live music by Joe Cleary, and a tour of Intervale farms. Attendees can enter raffles to win a meal at the Round Barn Farm, a Community Garden plot, or a meal at Bluebird Café. Guests can register for free online at www.EatLocalVT.com where you can also find event details and a meal plan.



Open Farm Day

Sunday, September 27, 12:00 – 4:00 p.m.

Rockville Market Farm
205 Cemetery Rd.
Starksboro, VT

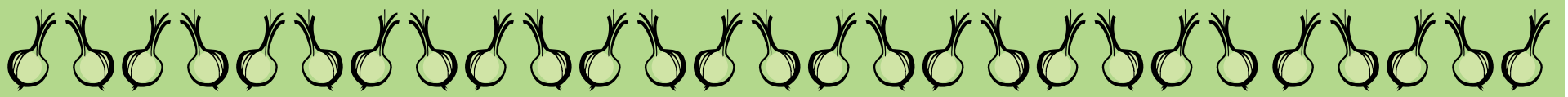
Check out this Starksboro farm with owners Eric and Keenann Rozendaal. The tours focus will be the farms power crop, Winter Squash, the top notch storage barn and another major component of the farm, pasture raised pork.

Last Resort Farm
2246 Tyler Bridge Rd
Bristol, VT

Follow owners Eugenie Doyle and Sam Burr through their certified organic vegetable and berry farm. Learn more about Big News for Garlic, a sustainability project, while taking a look at the historic "milk barn" that is used to dry the garlic.

Stony Loam Farm
1510 Hinesburg Road
Charlotte, VT

Join owner Dave Quickel for a tour of Charlottes original CSA. Find out how he utilizes the 32-acre farm consisting of five soil types while using organic and sustainable techniques.



September CAP Sales Flyer Featured Recipe

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

Vegetable Ratatouille

Serve it hot or at room temperature as a side dish or as a main dish over couscous.

Serves: 8 Prep Time: 40 minutes Cook Time: 40 Minutes

Ingredients

- 2 medium eggplants, fresh
- ½ cup olive oil
- 2 medium yellow onions, thin sliced
- 1 green bell pepper, seeded and rough chopped
- 2 red bell peppers, seeded and rough chopped
- 2 large zucchinis, quartered and cut into chunks
- 4 tablespoons minced garlic
- 4 cups diced tomatoes, fresh or canned (36oz.)
- ¼ cup chopped fresh parsley
- 1 tablespoon dried herbs de Provence (or 2 teaspoons dried thyme)
- 1 bay leaf
- 2 teaspoons salt
- ½ teaspoon ground black pepper

Preparation

Peel and cube eggplant; salt it and let it drain for about 20 minutes. Then, rinse and pat dry. Toss with ¼ cup olive oil and roast in the oven for 20 minutes or until tender.

While the eggplant is roasting, heat the remaining oil over medium heat in a large heavy pot. Sauté the onions 10 minutes; then add the garlic and sauté until tender and lightly browned. Add the peppers and sauté 5 minutes; then add the zucchini and cook for 10 more minutes. Add the tomatoes, remaining ingredients and let it simmer for 20 minutes. Taste, adjust seasoning and add eggplant, simmer a few minutes more and serve.

Look for a Localvore workshop as part of the Eat Local Challenge!

Kombucha with Sandra Lory September 4, 5:30 - 7:00 p.m.

It is simple and fascinating to grow and prepare Kombucha. Learn how to make this healing tonic beverage, and about what makes it a unique expression of its home environment like every other local culture (in this case fermented “culture”). Bring a pint or quart size mason jar and lid to take home Kombucha starter.

Free Herbal Clinic September 7, 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, 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 one hour and are completely confidential. By appointment only.

Pickling Workshop with Sue Johnson - Localvore! September 8, 6:00 - 8:00 p.m.

Learn the ins and outs of pickling and canning with local food preserver, Sue Johnson. The class will make pickled beets (and bread and butter pickles or another vegetable as availability allows) and by the time you leave, you will have the confidence to start pickling and canning in your home. All participants will bring home a jar of freshly pickled vegetables to enjoy later!

Local-Lotion - Localvore! September 12, noon - 1:00 p.m.

The localvore challenge is happening this month. Have you thought about where your bodycare products come from? Join herbal education coordinator, Cristi Nunziata, in making lotion from 100% local ingredients.

8th Annual Small Farms Food Fest - Localvore! September 13, 11:00 a.m. - 5:00 p.m.

Shelburne Orchards, Shelburne

Special foods prepared and sold by Vermont small farms and food producers, live local music all day, tractor hayrides, rope making, face painting, Phinneus Sonin with circus arts, apple prints, a Tractor Petting Zoo, pick your own apples, and more! Free for kids under 12 and over 65 years of age. Otherwise, the purchase of a \$5 coupon for Pick Your Own apples is requested. Food Shelf donations are welcome. Call 985-2753 or check www.shelburneorchards.com for more info.

Waterfront Park Herb Walk with Guido Masé September 14, 5:00 - 6:00 p.m.

Join Herbalist Guido Masé for an herb walk at the Waterfront Park, and learn to identify common medicinal plants. Bring a camera and paper and a pen to take notes if you'd like. Meet at the beginning of the bike path across from the aquarium. Please sign up at the customer service desk. Free

How to be a Localvore Food Tour - Localvore!

September 15, 6:00 - 7:00 p.m.

Vermont boasts many delicious foods grown within a 100-mile radius. Learn what local products are available at City Market in order to prepare for the Eat Local Challenge in September. Menu planning and recipes will be provided!

Eat Local Challenge Kickoff Event! - Localvore!

September 19, 4:00 - 7:00 p.m. @ The Intervale Center's Farm Barn

CityMarket, NOFA-VT, and The Intervale Center invite you to celebrate September's local harvest with a Localvore potluck dinner. Enjoy flatbread from NOFA's brick oven, live music by Joe Cleary, and a tour of Intervale farms. Attendee's can enter raffles to win a meal at the Round Barn Farm, a Community Garden plot, or a meal at Bluebird Cafe. Guests will register for free online at www.eatlocalvt.com where details of the event and meal plan will be given.

Indoor Garden Workshop - Localvore!

September 20, 2:00 - 3:00 p.m.

Learn how to garden indoors with Pater Burke. This workshop will focus on growing a steady supply of fresh greens through the winter with only a cupboard and a window-sill. Ready to harvest in 7 to 10 days grow greens that are both good for fresh salads and to cook in a stir fry. Great for Localvores!

Free Herbal Clinic

September 21, 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, 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 one hour and are completely confidential. By appointment only.

Eating Well on a Budget - Summer Edition

September 23, 6:00 - 7:00 p.m.

Make the most of fall fruits and vegetables with easy recipes and tips on freezing and canning foods. Also, get to know a whole new side of the Bulk section with great summer cooking tips that will save you money. Childcare provided.

Arethusa Bean Cleaning Workshop @ The Intervale Farm Barn - Localvore!

September 26, 10:00 a.m. - Noon

Ever thought about storing and eating your own beans through Vermont's winter? Join members of the collective Thomas Case and Ben Dana for a hands-on bean and seed cleaning class. Learn how to thresh, winnow and sort dried shell beans using basic tools and techniques. Plus, you'll have a chance to ask them about seed saving and other tips to help you eat locally through the winter.

September Product Sampling

Vermont Smoke and Cure
September 5, 9:30 a.m. - 2:00 p.m.

Comfort Cookies
September 11, 11:00 - 2:00 p.m.

Burlington Farmers Market
September 12, 8:30 a.m. - 2:00 p.m.

Localvore Hot Bar Dish Sampling
September 14, 5:00 - 7:00 p.m.

Localvore Hot Bar Dish Sampling
September 21, 5:00 - 7:00 p.m.

Art Showing

Marc Awodey has an MFA from Cranbrook Academy of Art and presently teaches fine arts at Johnson State College and Burlington College. He also writes art reviews for Seven Days, Art New England and Vermont Art Zine. Awodey's work has been widely exhibited and is in numerous private collections. Stop by City Market's Café Gallery throughout the month of September to view his work.



We welcomed

172

new members in July!

Follow us on:

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Sign up at the Customer Service Desk.

ALL Classes are FREE & open to the Public