

The

# Onion & Skin

FREE

Sharing news from the Co-op and the community

The Onion Skin

City Market, Onion River Co-op

September 2010

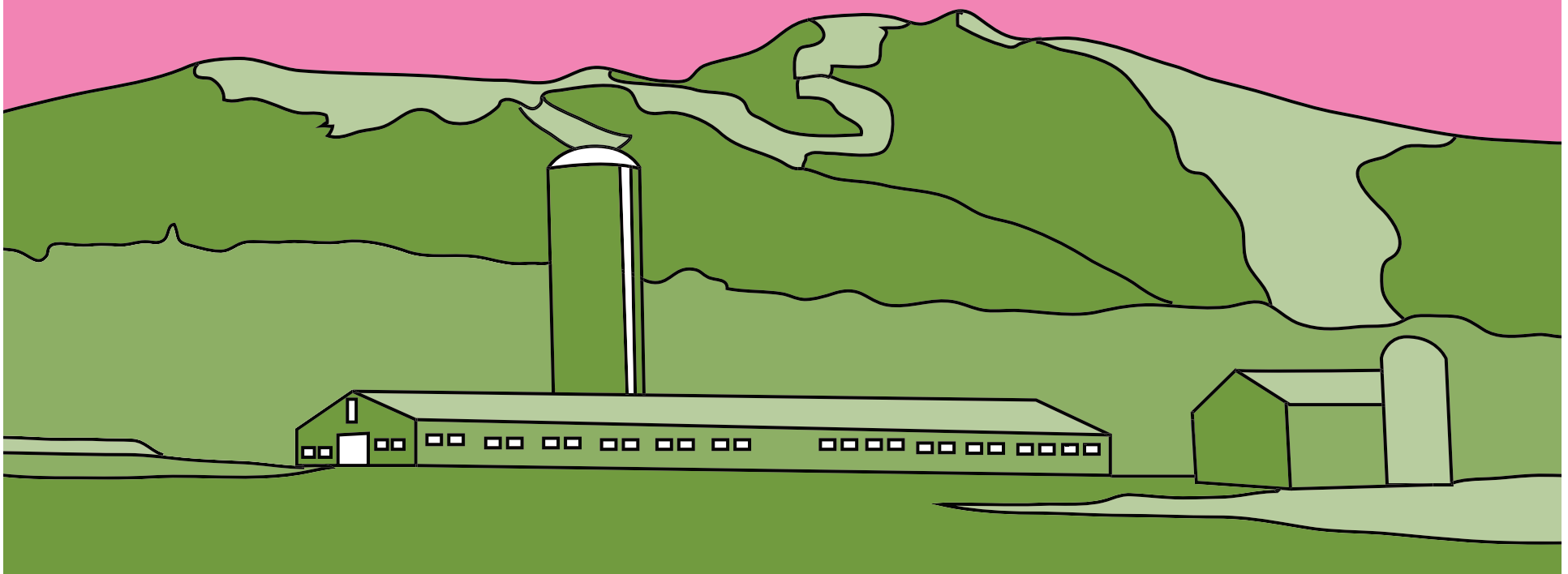
# eatlocalweek

September 11 - 19

Eat Local Week is a celebration of foods from just down the road. City Market, the Burlington Free Press, and 14 local businesses have partnered to create a week full of delicious events – from ‘Vermont Uncorked’ at Dedalus Wine Shop to ‘Local Breakfast All Day’ at Magnolia Bistro, Eat Local Week is bursting with flavorful events. Also, make sure to check out City Market’s cooking series with classes held throughout the week.

To make savoring our local flavors even more enticing, we invite you to pick up an Eat Local Week Scorecard – earn 100 points or more and you’ll be entered to win \$250 of groceries at City Market or \$250 in tokens to the Burlington Farmers’ Market. Download a Scorecard from [eatlocalvt.com](http://eatlocalvt.com) or pick one up at City Market starting September 6th.

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## Realigning with our Values

By Clem Nilan,  
General Manager

I wanted to keep you up-to-date on some changes we've initiated in the Marketing Department. Our former Marketing Manager, Nicole Fenton, left the Co-op to start her own business. We thank Nicole for her service and wish her luck. Since change at the leadership level happens infrequently, we took the opportunity to evaluate our present structure and activities to see if there was an opportunity for improvement... basically kicking the tires on our operation.

The Marketing Department is a bit of an octopus, with tentacles in member services, education, in-store signage, advertising, our website, outreach, community relations and communications. When we started analyzing the question "what are we supposed to do?" it became clear that, as journalists say, we had buried our lead. We'd put the headline story somewhere on page 3 instead of at the top of page 1. We immediately recognized that member services should not be subservient to marketing, but that marketing should be a tool of membership.

With this simple thought that our focus should be on membership and meeting the needs of members, we reorganized this department. Instead of a Marketing Manager we created a new position - Director of Member Services. I'm proud to announce we have hired Allison Weinhausen, an internal candidate who's been with the Co-op for almost 6 years, to lead this department.

This reorganization is more than just a name change; we are drastically altering the way that we have previously operated. As one would expect with a headline of marketing, most of our previous energy and funding supported our advertising. The largest share of the budget was allocated to radio, television and print media. Allison will be coordinating a major change in focus, deemphasizing traditional marketing, and really beefing up the support we give to our key relationships with community organizations. These key relationships are based on our outreach goals of combating childhood hunger and strengthening the local food system. We have built a strong Member Services team that will continue to support our Co-op goals; together we'll ensure that more of the Co-op's resources are allocated with these goals always in mind.

For example, toward our work to alleviate childhood hunger, in this upcoming fiscal year we will have completed payments toward our committed \$90,000 donation to the Chittenden Emergency Food Shelf. I remember only a few years back when we were not in a position to make even the first payment. The Co-op has also committed \$10,000 this year to The Vermont Campaign to End Childhood Hunger whose mission is to end the injustice of hunger and malnutrition for all Vermonters. Vermont FEED (Food Education Every Day) works with schools and communities to raise awareness about healthy food, the role of Vermont farms and farmers, and good nutrition. Their major annual fundraiser is the Junior Iron Chef VT,

and this year the Co-op committed to be the major supporter of this event. In addition, we have increased our contribution to the Boys and Girls Club of Burlington, which does a remarkable job of feeding at-risk youth as part of their healthy, fun and educational programs.

The Intervale Center is a very important partner with the Co-op in our efforts to strengthen the local food systems. The Intervale Center oversees nine working farms from which we receive a significant portion of our local food. This year we are increasing our total contributions to the Center to \$12,000 to better support our growing local food systems.

On the flip side, this shift in department focus doesn't mean we will be discontinuing advertising. Many of the marketing experts are advising us to refocus our efforts on our website and social media in lieu of some of the more traditional aspects of our advertising campaigns. In the future, you'll notice improvements in our website in addition to some changes in our print ads and our newsletter.

Realigning our allocation of resources with our Co-op goals will result in immediate benefits to many of our community partners and will support their great work in our community. It just makes good Co-op sense. I hope you'll agree with our newfound focus on member services and find our changes as exciting as we do.

## Update from ORC's Board President



Dear Members,

Over the past months, the Board has been working to revise our Articles of Incorporation and By-Laws, as I have written about in several past issues. We are now working with our lawyer to make sure our revised Articles of Incorporation and By-Laws reflect current statutes and requirements.

The Board originally intended to present the revised By-Laws to the membership for a fall vote; however, this is a large body of work and we don't wish to rush this important process. At this time, we anticipate presenting the revised By-Laws to members for a vote in the spring.

The Board will provide time at the Fall Member Meeting to discuss the proposed changes to both the Articles of Incorporation and the By-Laws. As we are only proposing a small change to the Articles of Incorporation, members will then vote on these revised Articles of Incorporation in conjunction with the Board elections this fall.

We will have copies of the proposed revisions at the Fall Member Meeting, and they will also be posted on the Co-op's website in advance.

As always, you are welcome to attend board meetings to see our work.

Sincerely,  
Susan Munkres  
Board President



ReviveArchive can bring new life to your important and precious photos, giving them snap and vitality rivaling their original quality. Our custom Giclée prints are made with and sleeved in 100% archival materials that are acid and lignin free. We offer effective solutions to preserve, organize, store, and artistically present your cherished photographs and documents. Digital files can be duplicated and stored offsite to safeguard against fire or flood damage, too. We work with historical societies to protect and safeguard evolving legacies. Restored photos preserve valuable historical narratives and can make great family heirlooms to be cherished for many generations.

Owner Jewel Feldman founded ReviveArchive when she realized there was a pressing need for quality restoration of important historical images. She links the past to the present when restoring vintage images made from old processes, using state of the art technology. With a Bachelor of Fine Arts degree from Syracuse University and 15+ years of experience, Jewel has mastered artistic and visual skills as a graphic artist, including a proficiency in photo restoration, photo illustration and digital imaging. It is no exaggeration to say she loves what she does and it shows.

Visit ReviveArchive online at [www.revivearchive.com](http://www.revivearchive.com) or call (802) 655-4812.

Throughout the month of September, City Market Members can enter to win a \$50 gift certificate to ReviveArchive. Stop by Customer Service to enter today!

## Governance 101

### Federal & State Law

### Articles of Incorporation

### By-Laws

### Co-op Policies

In general, the above chart reflects which documents affect governance at the Co-op. Federal and state law take first precedence, followed by our Articles of Incorporation, By-Laws and Co-op policies. If, for example, our By-Laws were in conflict with our Articles of Incorporation, the language of the Articles would trump the By-Laws.

## 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

Susan Munkres - [susan.munkres@gmail.com](mailto:susan.munkres@gmail.com)  
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 Rachel Jolly - [racheljolly@yahoo.com](mailto:racheljolly@yahoo.com)  
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 Nathan Caswell - [ncaswell@gmail.com](mailto:ncaswell@gmail.com)

## Onion Skin Editorial Staff

Editor: Allison Weinhausen  
 Production Coordinator: Allison Weinhausen  
 Layout: Aaron Toth  
 Illustration: Aaron Toth, Becky Rouleau

## Advertising Information:

For an ad information sheet, please e-mail Allison Weinhausen at [AWeinhausen@citymarket.coop](mailto:AWeinhausen@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  
**September 27, 2010**  
**6 p.m. to 9 p.m.**  
 in the  
**City Market Conference Room.**

## 3rd Annual Tour de Farms

Shoreham  
September 19, 2010

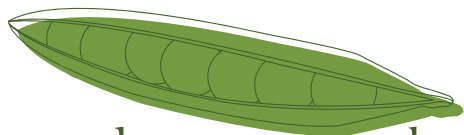
Join bicyclists from all over Vermont to take in one of three scenic routes highlighting the agricultural landscape of the Champlain Valley, while stopping and sampling the freshest foods at farms along the way. Rural Vermont, Vermont Bicycle & Pedestrian Coalition, and Addison County Relocalization Network partner again for what's becoming one of summer's hottest events! Following the tour, the Platt Memorial Library will again be hosting the Shoreham Apple Fest on the green with lots of hot food options, farm and craft vendors, along with entertainment and merriment! Get more information and register online at [www.ruralvermont.org](http://www.ruralvermont.org).

## 9th Annual Small Farms Food Fest

Shelburne Orchards  
Sunday, September 12  
11:00 a.m.-5:00 p.m.

This traditional celebration boasts special foods from local farms and food producers, a wonderful lineup of Vermont musicians, delightful tractor hayrides, a cool Tractor Petting Zoo, a hay bale maze, face painting, rope making demonstrations, taste testing, and apple picking. It's a special fun and family-friendly opportunity to meet and learn more about the farmers in our community.

Free if you're under 12 or over 65. Otherwise, the \$5 entry gets you a Pick Your Own apples coupon good for the '10 season. Donations of nonperishable foods will be collected at the entrance to help support local food shelves, too. (Thank you!)



produce for the people

## Fresh Food Drive at City Market

Are you wondering what to do with the extra veggies from your garden or CSA in September? How about donating your fresh produce to neighbors in need?

Produce for the People will have a Fresh Food Drive at City Market on Saturday, September 11, from 10 a.m. to 1 p.m.

Produce that is collected from the food drive will go to the Chittenden Emergency Food Shelf to increase the availability of fresh food!

Produce for the People is a partnership campaign to ensure everyone has access to fresh, local food by collecting and dispersing surplus produce grown by gardeners and farmers.

## City Market, Onion River Co-op Semi-Annual Member Meeting

Saturday, October 2, 2010  
10:00 a.m. – 12:00 p.m.

In the tent  
City Market Parking Lot  
Burlington, VT

### 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

Please RSVP by September 24th to Leila Cosgrove  
at [lcosgrove@citymarket.coop](mailto:lcosgrove@citymarket.coop) or 861-9707

### 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.



## South End Art Hop

September 10 & 11, 2010

For the past 18 years the South End Arts and Business Association (SEABA) has presented a remarkable exhibition of visual art: the South End Art Hop. The Art Hop is a two-day event occurring on the weekend following the Labor Day holiday. Visitors will find more than 500 participating artists among the South End artists' studios and local businesses that are refit as art galleries and exhibition sites. This event celebrates the unique characteristics of the Pine Street corridor, in particular the development of concentrated creative and artistic activity that has been established in numerous re-purposed factories and warehouses within the district.

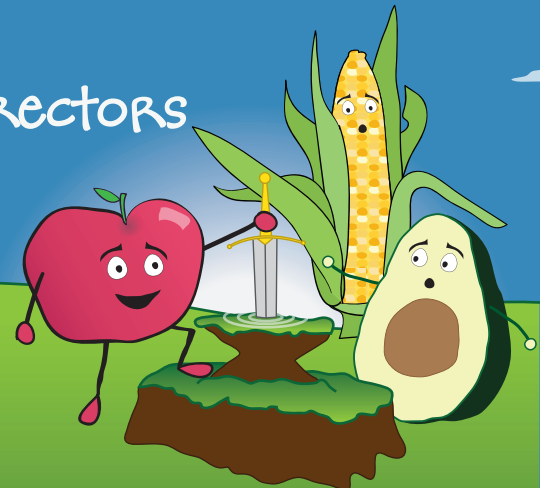
New this year is a Kids Hop, located at the Art Hop tent behind the Maltex Building. Davis Studios will be presenting a variety of art-based activities for children on Saturday morning, September 11 from 9am to noon.

Do you have time to volunteer at the Art Hop? Use the link on their website, <http://www.seaba.com/getInvolved>, email [arthopvolunteer@gmail.com](mailto:arthopvolunteer@gmail.com), or call (802) 859-9222 to get involved!

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](http://www.seaba.com).

# Take your Co-op Membership to the next Level!

Run for the Co-op Board of Directors



Applications due September 10

Go to [www.CityMarket.coop](http://www.CityMarket.coop) to find out more today.



September Herb of the Month

## Dong Quai

*Angelica Sinensis*

### September Herb of the Month: Dong Quai (*Angelica sinensis*)

By *Cristi Nunziata*,  
Herbal Education Coordinator

Native to China, dong quai is a tonic herb with an interesting sweet and spicy flavor. It is mostly known for its effects on the female reproductive system, but it also serves as a circulatory and liver tonic. Rarely used on its own, dong quai is often used with other herbs. It may be used over a long period of time to build and nourish the body.

A benefit to women of all ages, dong quai has been used for thousands of years to improve both menstrual and menopausal symptoms by increasing pelvic circulation, building blood, and balancing hormones. It may be used in the long term to promote fertility, but should not be used during pregnancy or heavy menstruation. Vitex and black cohosh are other herbs often combined with dong quai for improved female reproductive health. Much of dong quai's benefits are due to its actions on the liver and the blood. Because of these actions, it can be used to improve liver function and increase circulation. For the liver, combine it with other liver cleansers, such as burdock, dandelion, milk thistle, or schisandra. As a blood tonic, try using it with hawthorne, ginger, or cinnamon. Dong quai contains vitamin B12 and is high in minerals, particularly iron. It is stimulating to circulation, so dong quai should not be used with blood-thinning medications.

Dong quai may be found in the Bulk Medicinal Herb section and Wellness department at City Market. It is on sale in our Bulk department this month, so it is the perfect time to try it. To experience dong quai's interesting warming flavor, stop by the tea demo later this month, or try the recipe below.

#### Women's Reproductive Tonic

Adapted from Rosemary Gladstar's *Family Herbal*

- 3 parts licorice
- 1 part burdock
- 1 part dong quai
- 1 part dandelion
- 1/2 part cinnamon
- 1/2 part ginger

Use 1 tablespoon per cup of water, simmer 20-30 minutes, strain, and enjoy.

#### References

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

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

#### Meat and Seafood Department

**Boyden Farm** – Cambridge, VT  
Beef Sirloin

**LaPlatte River Angus Farm** – Shelburne, VT  
80% Lean Ground Beef

**LaPlatte River Angus Farm** - Shelburne, VT  
Chuck Tender Steak

**Maple Wind Farm** - Huntington, VT  
Summer Sausage, Chicken

**Stonewood Farm** – Orwell, VT  
Boneless Skinless Turkey Breast

**Vermont Smoke & Cure** – South Barre, VT  
Hot Italian Sausage & Sweet Italian Sausage

### Hooray! New Local Products!

We welcomed the following new local and Vermont Made products to our shelves recently!

#### Cheese Department

**Boston Post Dairy** - Enosburg Falls, VT  
Onion Dill Chevre

**Consider Bardwell Farm** - W. Pawlet, VT  
Pawlet

**Jersey Girl Homemade** - Plattsburgh, NY  
Flats and Twiggs

**Vermont Butter and Cheese Company**– Websterville, VT  
Cremont



## Ask the Health Genie

Dear Health Genie,

*Recently, I've been suffering from some really bad heartburn and digestive upset. A friend recommended trying aloe as a supplement, but I'm confused. Isn't aloe something you put on your skin after getting a sunburn?*

*-Someone with a "Burning" Question*

Dear "Burning",

You're correct that traditionally aloe is used to relieve pain from burns and sunburns; however, your friend is also right that aloe's usefulness doesn't end there. Some studies have shown that its anti-inflammatory properties may extend to uses within the body as well.

A succulent preferring arid climates, aloe has been used in various cultures for centuries as a digestive aid as well as for its skin-soothing properties. There are many species of aloe, but the one most commonly used is aloe barbadensis. If you open up an aloe leaf, you'll see yellowish gelatinous sap. This sap is filled with polysaccharides, enzymes, electrolytes, amino acids, and a number of vitamins that are responsible for its healing properties. It also contains the active constituent aloin, which has a strong laxative effect. Most commercial aloe juices and concentrates on the market only contain a very tiny amount of aloin, to aid the digestive tract in working smoothly and to promote regularity.

Currently, people take aloe internally to deal with a number of digestive issues such as ulcers, gastroesophageal reflux disease (GERD), irritable bowel syndrome (IBS), colitis and diverticulitis. It can stimulate hydrochloric acid production in the stomach and balance a body's pH, which may assist in the control of heartburn and acid reflux.

Aloe is also used as a means of coping with asthma and allergy symptoms. Recent studies suggest it may aid in white blood cell production, an important factor in combating diseases/disorders that suppress the immune system. Another possible benefit of drinking aloe, even if you don't suffer from any of the conditions mentioned above, is that it works by coating the digestive tract. This coating may help to increase the bioavailability of any other supplements you take. Look for liquid aloe supplements in our Wellness Department

There needs to be more research before the many possible benefits of aloe can be definitively proven or disproven, but I know that I'm not going to rule it out the next time I'm having a bout of digestive upset. Hope I was able to answer your "burning" question and that maybe aloe will be able to put out the fire in your belly.

The Health Genie

## Customer Comments

Dear City Market,

*I love that you participate in the Bicycle Benefits program; it makes me think twice about driving.*

Dear Burlington Biker,

Thank you for participating in the program! We all reap benefits from biking more and driving less. The Bicycle Benefits program is easy to use! Customers can purchase a Bicycle Benefits sticker at City Market's customer service desk or at any register for \$5. Affix this sticker to your bike helmet; when you bike to City Market, bring your helmet with the sticker inside and show it to your cashier when you check out. When you do, you'll get 5% off of your purchases (excluding alcohol). Check out [www.bicyclebenefits.org](http://www.bicyclebenefits.org) for more information on area discounts.

Dear City Market,

*I notice that you wrap much of your cheese in plastic wrap. Does this wrap contain bisphenol A (BPA)? Are there other options for wrapping my cheese?*

Dear Cheese Customer,

City Market carries a wonderful variety of cheese and, as you've noticed, much of it is pre-cut and wrapped for your convenience. The wrap we use does not contain BPA. If you're still looking for an alternative wrap, we keep waxed paper behind the counter and, upon request, we can use this to wrap your cheese instead. Would you like a larger or smaller piece than what's already been stocked in the case? Just ask our knowledgeable staff for assistance!

Dear City Market,

*Your gardens are impressive; please extend kudos to the gardeners!*

Dear Flower Aficionado,

We couldn't agree more! We have a long-standing team of dedicated gardening gurus who work hard all season. They've even been nominated for gardening awards based on their work at City Market! What a difference it makes to walk by rows of lush greenery and flowers on your way into City Market or while you're outside visiting with friends.



## Haunted Forest

The Haunted Forest is celebrating its 30th Anniversary as Vermont's largest and longest-running Halloween event in the state - a unique and exciting experience of theater in the woods promoting fun, family and community involvement. Please join us as a new or experienced volunteer and help make the magic happen! We need characters (speaking, non-speaking and dance roles) and help with set building, make-up and costuming, technical crew and general event activities. Event dates are October 21-23 and 28-30; volunteer as often or little as you wish. For more information contact Michelle at 802-238-0923 or [Michelle@thehauntedforest.org](mailto:Michelle@thehauntedforest.org). For more information contact Michelle at 802-238-0923 or [Michelle@thehauntedforest.org](mailto:Michelle@thehauntedforest.org). org or sign up at: [www.thehauntedforest.org](http://www.thehauntedforest.org).

*Continued from cover*

**The tempting menu of Eat Local Week Events:**

**Saturday, September 11**

**Garden Planter Making at the Farmers' Market**

Presented by The Burlington Free Press  
City Hall Park  
8:30 a.m. – 2:00 p.m.  
Free!

Join the Burlington Free Press at the Burlington Farmers Market and learn how to make your very own planter out of newspaper. All supplies will be provided.

**Great Coffee at Home**

Uncommon Grounds Coffee and Tea  
42 Church Street, Burlington  
9:30 – 10:30 a.m.  
\$5.00

Discover how to brew delicious coffee using simple alternative brewing methods – French Press, Chemex, and Melitta. Compare the taste of each method with drip coffee. Learn the best grind for each type of brewing. Enjoy great, locally roasted coffee. For more information: 865-6227.

**Produce for the People Fresh Food Drive**

City Market  
82 S Winooski Ave, Burlington  
10:00 a.m. – 1:00 p.m.

Bring your extra garden produce to donate to the Chittenden Emergency Food Shelf!

**Sunday, September 12**

**Small Farms Food Fest**

Shelburne Orchards  
216 Orchard Road, Shelburne  
11:00 a.m. – 5:00 p.m.  
\$5.00

The 9th Annual Small Farms Food Fest showcases Vermont farmers and food producers as well as their specially prepared dishes. There will be live music all day and lots of other family-friendly activities. Head to the Info Booth to have your scorecard stamped -- it's that easy! For more information: 985-2753.

**Storing the Harvest – Drying Fruits and Veggies**

City Market class at The Chubby Muffin  
88 Oak Street, Burlington  
1:00 - 2:00 p.m.  
Free!

Make your own soup mixes, herb teas, and kid-friendly fruit roll ups! We'll even dry eggplant to use in winter for a spectacular eggplant parmesan. Peter Burke will teach us both low-tech and high-tech drying methods. Register for the class by signing up at the City Market Customer Service Desk or call 861-9700.

**Monday, September 13**

**Jam Session**

The Skinny Pancake class at The Chubby Muffin  
88 Oak Street, Burlington  
6:00 – 7:30 p.m.  
Free!

The Skinny Pancake staff will go through the process of canning jam made from fresh

raspberries picked on Adam's Berry Farm. While we wait for the jars to process, we'll spin crepes to sample with our homemade jam! Register for the class by signing up at the City Market Customer Service Desk or call 861-9700.

**Tuesday, September 14**

**Help Harvest for the Vermont Foodbank**

The Intervale Center  
8:30 – 11:00 a.m.

Help glean, or harvest, excess produce on local farms with the Intervale Center. Food will be distributed to Burlington area nonprofits, the Vermont Foodbank, and the Chittenden Emergency Food Shelf. To sign up, please contact [erica.goldberg@uvm.edu](mailto:erica.goldberg@uvm.edu).

**Storing the Harvest – Pickling**

City Market class at The Chubby Muffin  
88 Oak Street, Burlington  
6:00 – 7:00 p.m.  
Free!

Almost any vegetable can be pickled using the lacto-fermentation method - cucumbers, green tomatoes, string beans, okra, zucchini, eggplant, peppers, and more. Make a unique vegetable pickle with the end of the season's bounty. Bring a vegetable to experiment with and we will have a variety of pickling options. Each person will leave with a quart of pickled vegetables. Register for the class by signing up at the City Market Customer Service Desk or call 861-9700.

**Wednesday, September 15**

**Local Beer Loves Local Cheese: Beer and Cheese Tasting**

The Farmhouse Tap & Grill  
160 Bank Street, Burlington  
5:00 p.m. - midnight  
No admission charge

Explore the marriage between fine local beer and exquisite local cheeses with Shaun Hill of Jasper Hill Farm. For more information: 859-0888.

**Thursday, September 16**

**Vermont's Finest Made From the Finest of Vermont**

Ben & Jerry's  
36 Church Street, Burlington  
3:00 – 5:00 p.m.  
Free!

Come meet two of the Ben & Jerry's Flavor Gurus who will incorporate some rather creative local products that might someday find their way into a pint. Other fun and creative activities are planned. For more information: 862-9620.

**Cooking with Local Grains and Beans**

City Market class at The Chubby Muffin  
88 Oak Street, Burlington  
6:00 – 7:30 p.m.  
Free!

Make a delicious meal using all-local dried beans and grains. Participants will make wheat berry-apple salad, black bean & winter squash stew, whole wheat flour tortillas, and cornmeal biscotti. Learn all about cooking with dried beans and grains and take home brochures and recipes from City Market's Bulk section. Register for the class by signing up at

the City Market Customer Service Desk or call 861-9700.

**Friday, September 17**

**Making Mozzarella, Camembert, and Farmers' Cheese**

Rural Vermont class at East Village Cohousing  
180 East Ave, Burlington  
1:00 – 4:00 p.m.  
\$20-40 sliding scale

Presented by Rural Vermont in partnership with City Market and Tamarack Hollow Farm

Make your own mozzarella, farmers' cheese and camembert from raw cows' milk! Class uses milk from Burlington's newest dairy - Tamarack Hollow Farm. Pre-registration is required; to sign up or for more information call Rural Vermont at 223-7222.

**Vermont Uncorked**

Dedalus Wine Shop  
209 Battery Street  
5:00 - 8:00 p.m.  
Free!

If you're eating local, why not drink local too? Stop by for a taste of 5 award-winning wines from the Lincoln Peak Winery. For more information: 734-0129.

**Saturday, September 18**

**Burlington Farmers' Market**

City Hall Park  
8:30 a.m. – 2:00 p.m.  
New! Use your Debit or EBT card!

Celebrating our 30th year in the Queen City, the market offers over 60 vendors sharing fresh produce, meats, cheeses, maple syrup, locally-created crafts and ethnic cuisine. For more information: 310-5172.

**Enjoy Chocolates of Vermont**

Lake Champlain Chocolates  
750 Pine Street and 65 Church Street, Burlington  
noon – 2:00 p.m.  
Free Sampling!

Stop by for a Chocolates of Vermont Tasting and save 20% on all Chocolates of Vermont products. Chocolates of Vermont are made with local Vermont honey and maple syrup!

For more information: 862-5185.

**Sunday, September 19**

**Baking with Local Wheat**

City Market class at Intervale Community Farm  
180 Intervale Rd, Burlington  
2:00 – 4:00 p.m.  
Free!

Co-hosted by City Market, NOFA Vermont, and Red Hen Baking Company

Whole wheat, white, pastry, bread, and even 'bolted' flour can now be found from local sources. Baker Randy George from Red Hen Baking Company will join us to discuss the best uses of these local flours. We'll get a hands-on lesson in dough hydration and folding (rather than kneading) methods and then we'll bake up our doughs in NOFA Vermont's fabulous wood-fired oven. Register for the class by signing up at the City Market Customer Service Desk or call 861-9700.

**All Week Long**

**Local Breakfast All Day**

Magnolia Bistro  
1 Lawson Lane, Burlington  
7:00 a.m. – 3:00 p.m. weekdays  
8:00 a.m. – 3:00 p.m. weekends  
\$10 (prix fixe breakfast)

Come and enjoy a different breakfast every day made from fresh local ingredients. Items may include omelets, waffles, tofu scrambles and more. For more information: 846-7446.

**Local Lunch Box**

New Moon Café  
150 Cherry St, Burlington  
11:00 a.m. – 3:00 p.m. (everyday but Saturdays)  
\$10 (does not include tax, gratuity and beverage)

Come and enjoy a different Lunch Box every day made from fresh local ingredients. Items may include quiche, soup and half sandwich or salad. For more information: 383-1505.

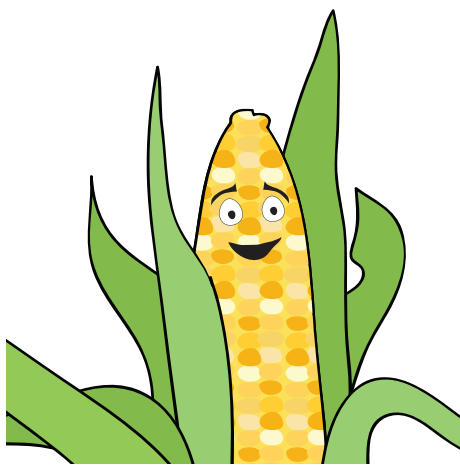
**Try All Vermont made Ingredient "Champ Pizza"**

Three Brothers Pizza  
973 Roosevelt Highway, Colchester  
Monday – Thursday 10:00 a.m. – 9:00 p.m.  
Friday & Saturday 10:00 a.m. – 10:00 p.m.  
Sunday 11:00 a.m. – 8:00 p.m.  
\$19.99 16" pie and drink

Order the Champ Pizza during Eat Local Week! The Champ is a 16 inch pie topped with Vermont Smoke and Cure maple bacon, Vermont Country Farm sweet Italian sausage, Vermont Smoke and Cure pepperoni, Vermont maple smoked ham, Vermont maple caramelized red onions, Maplebrook fresh mozzarella, and Cabot cheddar.

**On Your Own**

- Try a local vegetable you've never had before (fennel? golden beets? kohlrabi? mustard greens?)
- Make a 100% local meal
- Make applesauce with local apples
- Bike or walk through the Intervale – Pick up a map at the Information Kiosk
- Pick raspberries or apples at a pick-your-own farm
- Visit a farm stand
- Get out in the garden! Plant fall spinach or kale!
- Find a creative use for all that zucchini!



## Harvesting Close to Home

By Caroline Homan,  
Food Education Coordinator

Most of you are probably familiar with the “three sisters” companion planting technique, where corn, beans, and squash are planted together on a mound to reap mutually beneficial rewards. The corn provides a natural support for the beans, which love to climb toward the sun. The beans, in turn, have nitrogen-fixing bacteria living on their roots that supplement the soil. This makes corn happy, because it requires lots of nitrogen to grow! Finally, squash is planted around the base of the mounds. As it vines out along the ground, the squash’s large, flat leaves act as a living mulch, keeping the soil moist and weeds in check. Its prickly vines also help deter pesky animals.

Native Americans such as the Abenaki of the Champlain Valley practiced this form of agriculture for many hundreds of years, growing crops that stored well for the winter to supplement the wild foods they hunted and foraged. In the Intervale, you can find the Abenaki Heritage Garden proudly carrying on these traditions. Open to the public, the garden is close to the entrance of the Intervale, near the Calkins Farmhouse. It is planted with heirloom varieties of corn, beans, and squash that are well labeled and a joy to see growing in the very floodplain where Abenaki have practiced agriculture for generations. Learn more at a harvest celebration held on September 23rd. (For more details, go to [www.intervale.org](http://www.intervale.org)).

Another place you can find heirloom varieties of corn, beans, and squash well-suited to Vermont’s growing season is here at City Market. Our buyers in Produce and Bulk have been checking in with local growers all summer and are looking forward to bringing these crops into the store again this fall. We’ll be seeing squashes primarily from River Berry and Rockville Farms, as well as Lewis Creek and Pomykala. I like the fanciful names: Buttercup and Kabocha squashes (well-suited to roasting), the adorable Jack-Be-Little and Carnival squashes (so little, the kid in you will love them), and the smooth Red Kuri and Butternut squashes (perfect for soups).

Over in Bulk, we’re thrilled to once again be bringing in local yellow popping corn from Cosimo Brigante in North Hero and Early Riser cornmeal from Butterworks Farm in Westfield. Linn Hazen from Island View Farm in North Hero is hoping for a good yield on his

creamy and delicious Yellow-Eye beans, which are a little trickier to grow than the Black Turtle beans we are now able to stock year-round from a few different local sources.

“The main challenge is working with gaps between seasons,” says Sean Flemming, our Bulk buyer. People expect different crops in different seasons in Produce, but not so much in Bulk. So as we get more local products in the Bulk bins, we’re hoping to educate shoppers about their seasonality (typically filling our bins from fall through spring) and also find products to cover the gaps that are as local or regional as possible.

In the meantime, try a variety of squash or bean you’ve never had before this fall, or better yet, make a meal of the three sisters together. The carbohydrates in cornmeal, protein in dried beans, and vitamins in squash complement each other nutritionally, and the local flavors can’t be beat.

## SERVING UP VERMONT

### What’s happening on Serving Up Vermont?

The local harvest requires some heavy lifting in September, but preparing food in the kitchen shouldn’t be as tough. City Market’s blog takes you inside Eat Local Week workshops with peeks at tasty ways of storing and cooking the harvest, from pickling your garden’s bounty to cooking with local beans and grains. As the weather cools, we’re taking to the hearth with recipes for homemade apple butter, whole wheat cinnamon rolls, and more. Check out [www.citymarket.coop/blog](http://www.citymarket.coop/blog).



### The signs of a healthier Vermont



Inspiring fitness

### Community Involvement



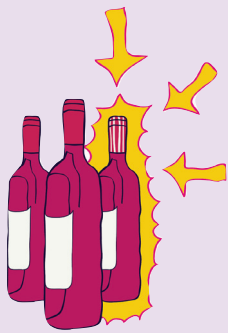
“I have three kids, and I’m so glad they’re covered by Blue Cross and Blue Shield of Vermont. They’re different from the big for-profit insurers. They really care about our community. They got my kids walking at lunch and sponsored a cooking program that taught them about local, seasonal produce. They even got my son out in a kayak race! And when my daughter turns 26 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.”



**BlueCross BlueShield of Vermont**

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

[www.bcbsvt.com](http://www.bcbsvt.com)



## Wine Picks for Under \$10

By Alison Miner,  
Beer & Wine Buyer

Announcing two exciting new arrivals to our wine department: St. Hallett Poacher's White and St. Hallett Gamekeeper's Shiraz. Expertly made and brought to you at a great savings, these two are not your typical Australian value wines! Both are regularly \$13.99, on sale in September for \$9.99.

St. Hallett Poacher's White is a delightful blend of Semillon and Sauvignon Blanc, with each vintage receiving its own small dose of Riesling to round out the flavor profile. Dry style Australian Semillon lends bright acidity and green apple flavors while the classic herbaceous Sauvignon Blanc contributes to vivacious citrus flavors. The richly textured mouth-feel finishes clean and crisp. Great with seafood, salads, white meats or on its own!

St. Hallett Gamekeeper's Shiraz is a smooth and friendly red with generous plum and black currant flavors with hints of dark chocolate, french oak, and peppery spice. Great with grilled items at your end of summer barbecue!



## Eggs and Art

By Meg Klepack,  
Local Food Coordinator

You may have seen this zany, almost scandalous image on our shelves.

It's the rather irreverent logo for Savage Gardens, a small family farm up in North Hero in the Champlain Islands. I drove up through the Islands to find out more about this quirky farm where many of the pastured eggs on City Market's shelves originate.

Amanda and Hugo Gervais are in their 3rd season of raising Rhode Island Reds, Barred Rocks, and White Leghorn laying hens. Given the frightful scenes of films like Food, Inc. where chickens are packed cage upon cage in confined lots, I always find hope and beauty in Vermont's livestock farms with their quirky chicken tractors and lush pastures. Amanda and Hugo's birds not only get to live in a fanciful coop but spend their time grubbing around for weeds, bugs, and their favorite: earth worms.

Savage Gardens produce 65-70 dozen eggs a day from about 900 birds. Hugo spends about 2 hours a day washing all those eggs by hand!

For more photos of this farm, go to [www.citymarket.coop/blog](http://www.citymarket.coop/blog).



By Carol Winfield

Lawsie, lawsie, hallelujah, free at last, free at last – of pain, that is, after over 3 years. Went to my osteopath and apparently his skillful, kind-hearted handiwork makes immediate impact for me! After an afternoon and later morning lie-down to recover from the treatment, I waltzed through Church Street today where people stopped, stepped back a pace, looked me over and exclaimed how I seemed ten years younger. Plus a friend just called and said she could hear it in my telephone voice too.

I'm recommending osteopathy to all and sundry who are suffering pain. I walked into my osteopath's office and was immediately greeted by a smiling, winsome woman who immediately made me feel welcome and at ease. On the visit itself, you want the truth, I assume. It was not pleasant, not pleasant at all, as I lay on my belly as comfortably as possible and cushioned with pillows. I was told to lie there as quietly and silently as possible while my osteopath set about digging (I do mean digging) into my scar tissue. No, retract that. He first injected me with Novocaine, warning me beforehand that it would sting. Sting it did, but only momentarily. Despite several shots it hurt, yes, it hurt, but he kept a running apology for so discomfiting me. I accepted the treatment gladly, however, particularly since I trusted him completely, knew he was diminishing my pain, and serendipitously behaved throughout in such a professional yet kindly manner that screaming seemed significantly out of place. However, between us kids, I felt like it but settled for unending "uuhs", "oohs" and grit-toothed, somewhat suppressed almost-yelled "ows." My osteopath's soft-spoken, thoroughly empathetic assistant assured me she had young, tough twenty-year old, heavily muscled and tattooed men who screamed so loudly they almost removed one tattoo.

I was on the table face down for over an hour as he poked and dug and who knows what into my spine, "trying to break up your implacable wall of scar tissue." I did not like it, no, not one bit, but knew he was making headway. On top of it all, he kept up a running series of "sorry I'm hurting you" comments that warmed my heart!

After I believe an hour, he stopped and let me up. "Holy Camolly," I exclaimed, which in my puritanical youth was considered an unforgivable, unladylike swear word for which I would have had my mouth washed with

soap. I was pain free for the first time in about three years. He warned me that my brain was going to assure my body that I was okay but wanted, Dawn, my irreplaceable care giver, to hold onto me firmly, which, of course, she did. As we drove back home, I realized I was more than ready to lie down, and did so, practically passed out for the rest of the afternoon and most of the next morning.

What reassured me was my osteopath's continued approval of my yoga practice. He emphasized its vital significance to my well-being, saying more or less that without my yoga I would be in far worse condition, particularly a woman of my 90-odd years, and probably be bedridden. He urged me, except for that evening, to continue the practice.

I take time out now to ask all of you to pay attention to this yoga. It is significant; it does make a difference. He was so convincing that his assistant now wants me to give her postures to practice daily for her own well-being, which, of course, I will gladly do. And will for all of you, should you so care.

Yoga, when properly taught, is not the same as exercise classes. There is a healthful, restorative quality to the breathing, centering, meditating and proper practicing that cannot be equaled. I hear rumors to the effect that several big shot, name-brand instructors now want to patent their postures...all too American greed personified. These forms have been in existence for literally thousands of years, an ancient and sacred Indian tradition. It is but another indicator of the avarice of our times that so-called teachers actually want these patents. I am, with my customary cynical self, in fear that they will get away with it. Already these studios are proliferating throughout the nation, calling themselves yoga classes and proceeding on with these exercises only, so-called yoga classes.

Fortunately, among the many benefits of being a Burlington, and vicinity, resident, you have available an endless number of genuine yoga studios where you may safely take classes that will help you, and I stress, regardless of age. Look them up and take the plunge. When you reach your 90s (more and more of us do these days), and all through the period of arriving there, you will thank yourselves for having taken the care. That's a promise, baby!

Please join us for City Market's

# 8<sup>th</sup> Annual Harvest Celebration

Sunday, October 3, noon- 4:00 p.m.

Farmers, face painting, and fun!

# September Class Listings

## Herbs and Yoga for a Healthier Lifestyle with Melissa Stiebert September 7, 5:30 - 7:00 p.m.

Enjoy thirty to forty-five minutes of rejuvenating yoga. Even if you have never tried yoga before or are not at your most fit, this class is still for you! When we finish our yoga practice we'll learn why yoga helps us deal with stress and what herbs can support our bodies' ability to adapt to and manage stress. Melissa Stiebert enjoys teaching people about the wonders of art, herbs, and yoga. She has enjoyed studying art and herbs for many years now and has studied both western and eastern herbalism with teachers such as Rosemary Gladstar and Scott Moylan. She is currently enrolled in the Yoga Vermont Instructor Training Program.

## An Introduction to Pulse and Tongue Assessment of the Constitution with Guido Masé September 13, 5:00 - 6:00 p.m.

Learn basic techniques for gaining information on the degree of heat, dampness, and inflammation in a person's constitution by assessing the qualities of their radial pulses and observing their tongues. This practical class will explore some basic patterns but will also rely on participants themselves!

## Herbal Hair Care September 18, 10:30 - 11:30 a.m.

Have you ever looked at the ingredients on your shampoo bottle? Chances are that you can't pronounce many of the ingredients and you're probably unsure what they are! Join Herbal Education Coordinator, Cristi Nunziata, for an herbal hair care workshop. You'll learn about foods and herbs that promote hair health and use natural ingredients to make shampoo, vinegar rinses, hot oil treatments, and more! We will make hair care products together and everyone will take home samples of what we make.

## Free Herbal Clinic September 20, 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 One: Introduction and Store Tour September 22, 5:30 - 7:00 p.m.

This is the first class in a new six month series to provide education and a forum for discussion for gluten-free individuals. In the introductory class, we will discuss what gluten-free means, tour gluten-free products in the store, and sample an array of gluten-free foods. In the five classes that follow, we will make and sample recipes and create a Gluten-Free Community Cookbook based on recipes submitted by participants. If you are interested in sharing a gluten-free appetizer recipe for class 2, please bring it to this class. One appetizer recipe will be chosen for us to make and taste in Class 2 (October 20th).

## Eating Well on a Budget September 26, 11:00 a.m. - noon

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.

## Homemade Ginger Ale September 28, 6:00 - 7:00 p.m. The Chubby Muffin

Learn the principles of making homemade non-alcoholic ales and make a delicious batch of ginger ale to bring home.

## Solar Made Simple Public Seminar September 28, 6:00 - 7:30 p.m.

The Solar Made Simple seminar provides an overview of the workings of solar power, including how to use state grants and federal tax credits to help pay for a system, as well as guidelines for assessing whether solar is right for your home or business. Bring your recent utility bill and pictures of your roof if you'd like to discuss your home in more detail with a groSolar representative.



# Art Showing

## Meet September's Member Artist: Jacques Bonnichon

My name is Jacques Bonnichon, and I have been creating art as a hobby for over 50 years. I was born in France 70 years ago and arrived in this country over 37 years ago. As a French chef, I had many opportunities to create works of art using food as my medium. Outside of work, my preferred mediums were watercolors and paints, which helped to further my artistic skills.

In Vermont, I had the opportunity and pleasure of working with City Market's General Manager, Clem Nilan for many years at the New England Culinary Institute. Now retired, I am part of the Essex Art League where I have had the occasion to display my work and be part of the club. Currently, my art features a mix of paints with light sculptures displaying a range of subjects from food, flowers, animals and nature.



# September Product Sampling

September 3  
Vermont Coffee Company  
10:00 a.m. - 1:00 p.m.

September 3  
Local Produce  
3:00 - 7:00 p.m.

September 4  
High County Kombucha  
11:00 a.m. - 7:00 p.m.

September 6  
Local Produce  
5:00 - 7:00 p.m.

September 7  
Naked Juice  
10:30 a.m. - 1:30 p.m.

September 10  
Bella Farm Pesto  
3:00 - 7:00 p.m.

September 11  
Local Produce  
1:00 - 5:00 p.m.

September 11  
Vermont Soy  
Noon - 3:00 p.m.

September 12  
Morse Hillside Farm  
2:00 - 6:00 p.m.

September 13  
Vermont Mystic Pie Company  
4:00 - 7:00 p.m.

September 20  
Savory Tarts  
3:00 - 6:00 p.m.

# Try the Pie! Vermont Mystic Pie Company Demo

Monday, September 13  
4:00 - 7:00 p.m.

Did you know that Vermont Mystic Pie Company's blueberry and apple pies are made with fresh fruit grown in Vermont? In fact they had so many berries this past year that City Market gets to sell their excess local frozen blueberries (look for them at the end of aisle 5!). Make sure to stop by on Monday the 13th to try the pies!

# Call for Member Worker Shutterbugs!

Are you a City Market member worker with a talent for photography? We'd love to hear from you! We're hoping to build up our supply of pictures of local events, farmers, scenery, and food and need your help. While we enjoy featuring local pictures in our newsletter, on our website and in our signage, we don't always have the time or staffing to snap photos of everything our community has to offer. Earn member worker credit and share your talents with City Market. Interested and have examples of your work to share with us? Please contact Leila Cosgrove at lcosgrove@citymarket.coop or 861-9707.



# New Seventh Generation Handwash

City Market is pleased to offer Seventh Generation's new hand wash formulated with natural plant-derived cleaners; we are the only Health Food Store or Co-op in the country to carry this product! This hand wash is everything you have come to expect from Seventh Generation: dermatologist-tested, hypoallergenic, and biodegradable. They offer a Just Clean version, with no added dyes or fragrance, and a Fresh Citrus scent that features essential oils and botanical extracts of mandarin, grapefruit and orange. On special for \$3.99 while supplies last.

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

**Please park offsite for our classes and events.**

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**We welcomed 178 new members in July!**