

The

# Onion & Skin

FREE

Sharing news from the Co-op and the community

The Onion Skin

City Market, Onion River Co-op

February 2011



**Dessert Recipe Competition**  
**FEBRUARY 11-20**

**Sign up in-store**

**Shelburne Farms Tour**  
**Sunday, March 6**

**Attention bakers!** We're challenging you this Valentine's season to profess your love for local food by making a sumptuous all-local dessert. Enter your localvore recipe into the contest and you could win a year's supply of local maple syrup.

**Here's the deal:**

Come up with a dessert recipe using all local ingredients and drop it off at City Market between February 11 and 20. We know this sounds challenging (no sugar or chocolate!?) but we think you're up to it. We will allow you a few "wildcard" exceptions for essential baking ingredients we don't grow in Vermont:

- baking soda
- baking powder
- yeast
- salt
- vanilla
- spices
- cornstarch
- nuts

**We challenge you to think creatively in concocting local sweetness from:**

- local sweeteners (honey and maple syrup!)
- local flour (check the bulk department!)
- local cornmeal
- Quebec oats
- local dairy (cream, butter, sour cream, crème fraiche, milk, eggs, soymilk, etc.)
- local cheeses
- local frozen berries (including those blueberries you picked in August and stuck at the back of the freezer)
- local apples
- local carrots, beets and rutabaga (not sure anyone will take us up on the rutabaga idea but just putting it out there)
- any other local products you can dream up in the dead of winter.

Sound too hard? Sign up for City Market's Baking with Local Sweeteners class Tuesday, February 15 from 6:00 – 7:30 p.m. at Burlington's Integrated Arts Academy and get inspired (sign up at Customer Service)!

The top three recipes will be selected based on 1) Use of local ingredients, 2) Deliciousness, and 3) Simplicity by Meg Klepack, City Market's Local Food Coordinator, and Caroline Homan, City Market's Food Education Coordinator.

These three desserts will be sampled at the February 26 Burlington Winter Farmers' Market and people will vote for their favorite. The top vote getter will win a year's supply of maple syrup (limited to 4 gallons!). The winning recipe will be featured on City Market's website and in the March e-newsletter.

Then keep celebrating local sweetness with a tour of a maple syrup sugar shack. We'll drop by Shelburne Farms on Sunday, March 6 to bask in the steam of their sugar shack, tramp through their sugar bush, and sample their syrup. While we're there, we'll also get a tour of their cheese making facilities! To register for the tour, contact Meg at [mklepack@citymarket.coop](mailto:mklepack@citymarket.coop) or call 861-9753. Space is limited so register soon!



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## Adieu, Onion Skin

By Clem Nilan,  
General Manager

Alas, it's time to say goodbye and farewell to our venerable Onion Skin. This is its last issue. Saying farewell to our Co-op print newsletter would have been barely imaginable just five years ago. But times change.

One would have to be, well, not paying attention to the news to miss the story that newspaper companies are losing advertisers, market value, and readers.

This majority of the staff at the Co-op are young. Alison Miner, our beer and wine buyer, says, "I get my news from every source except the newspaper: internet, blogs, etc." Erin Cavalier who works in the front end told me the only time she gets news from a paper is when she's at a coffee shop (and sees one on the table) or occasionally she'll take a peek at the newsstand at the Co-op. Erin keeps up with the news through the Internet. She told me doesn't have any peers who buy a paper. (I felt like I was asking Erin about Hula Hoops.)

This past August, seven candidates attended the Board of Directors meeting. I asked them how they kept informed about the Co-op and knew there were Board vacancies. They told me they kept informed through our e-mails, our website and in-store signage. I asked if any of them read the Onion Skin. Not one raised a hand.

My personal inquiry to folks whose opinion I esteem mirrored the results of the much larger and sophisticated market study the over the course of several years by our Marketing Department. Our former Marketing

Manager Nicole Fenton urged me to "get with it" (and end the print paper) a full year and a half ago before she left to start her own company. Allison Weinhagen, our new Member Services and Marketing Manager, has reviewed the data, done her own studies and has delivered the same message.

Our Co-op like all co-ops is a democratic organization and for an informed membership effective communication is essential. The plain truth is that we spend an inordinate amount of time and money putting together a paper newsletter with ever diminishing returns. It's our responsibility to members to use our resources wisely.

So how do we communicate effectively? Freeing up resources from the Onion Skin will allow us to enhance our website, blog, Facebook page, e-mail messages, Tweets and in-store signage...the way the majority of our members currently receive information. We will also begin a monthly e-newsletter that we'll work to make "printer friendly" should members wish to read a paper copy.

I know change is difficult. There may be some members who will not be happy. A wise person once told me that trying to make everyone happy is the certain path to make no one happy. Our highly esteemed Operations Manager Pat Burns won me over with this advice, "trying to keep all of the media going will result in us doing a poor job. Concentrate on what works and do it really well."

Adieu, Onion Skin.

*If you don't currently receive e-messages from the Co-op, please visit our website to sign up: <http://www.citymarket.coop/news/newsletters> and complete the form at the bottom of the page.*

From Thursday, January 20 through Sunday, January 23, City Market donated 1% of sales to help Pete's Greens rebuild and, at the same time, we accepted donations directly from customers. When Mary Manghis, City Market's Produce Buyer, called Pete Johnson to talk with him about City Market's offer, he was appreciative. Mary said, "This time of year, City Market normally receives greens, gold beets, sweet onions, shallots and cabbage from Pete's. Our customers especially enjoy the fresh, local spinach in the winter. Pete's enthusiasm and commitment to dig right back in and rebuild and replant is admirable. The Co-op looks forward to working with Pete's to restock his produce, hopefully in April."

A mid-January email newsletter from Pete's Greens indicated that the farm is also accepting donations online from their website at [www.petesgreens.com](http://www.petesgreens.com) or through the mail at Pete's Greens, Rebuild the Barn Fund, 266 S. Craftsbury Road, Craftsbury VT 05826. While Pete noted in the newsletter that they are, "very uncomfortable asking for and receiving financial help...we do need it and I really appreciate your support."

## Community connections



February's featured Community Connection is Tocc'a Te Health Counseling. Tocc'a Te practices a holistic approach to health and wellness, looking at how all areas of your life are connected. The goal of the program is to identify and attain health and life goals. Owner Amy Venman works with individuals and groups who are ready to make a positive change in their health and their lives.

Venman received her training to practice Health Counseling at the Institute for Integrative Nutrition—the only nutrition school integrating many different dietary theories—combining the knowledge of traditional philosophies with modern concepts like the USDA food pyramid, the glycemic index, the Zone and raw foods.

Says Venman, "I firmly believe that you can't be the best version of yourself if you constantly feel drained by stress, poor sleep, lack of energy, those annoying little aches and pains; just not feeling as well as you know you can. My goal is to help people feel their best so they can be their best."

For more information, please visit [www.toccatehealth.net](http://www.toccatehealth.net) or email [amy@toccatehealth.net](mailto:amy@toccatehealth.net).

Throughout the month of February, City Market members can enter to win a free initial health consultation from Tocc'a Te Health Counseling. Stop by the Customer Service desk to enter today!

City Market's donation results were tallied Monday morning, January 24th. City Market's donation from the four day event amounted to \$3,550. In addition, City Market customers donated \$1,651.29 at the registers in that time period. With many thanks to the community for supporting this event, the total donation headed to Pete's is \$5,201.29.

With all of the amazing community support, it sounds like we'll be seeing products from Pete's Greens on the shelves in April. If you'd like to find more ways to help Pete's, visit our website at [www.citymarket.coop/petesgreensbenefits](http://www.citymarket.coop/petesgreensbenefits).



## 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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 Illustration: Aaron Toth, Becky Rouleau

## Advertising Information:

For an ad information sheet, please e-mail Allison Weinhagen at [AWeinhagen@citymarket.coop](mailto:AWeinhagen@citymarket.coop) (City Market members receive a discount on ads.)

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



## Rebuilding the Barn

Allison Weinhagen,  
Director of Member Services

When news of the January 12th fire at Pete's Greens in Craftsbury made the rounds at City Market, we wondered how we could help one of our popular local vendors. Pete Johnson, the founder of Pete's Greens, reported that they were underinsured on the barn and all of the equipment it contained and weren't insured at all for the value of the stored produce and frozen meat. City Market decided to donate 1% of our sales on some of our busier shopping days to Pete's Greens and encourage our customers to donate as well.

# Join us!

The next Board meeting is  
**February 28, 2011**  
**6 P.M. to 9 P.M.**  
 in the  
**City Market Conference Room.**

## Last Call!

### Have You Seen Your Patronage Check?

Do you know any of the following members? Their Patronage Refund checks were returned to City Market. Updated addresses will allow us to resend the checks and make sure they get to their rightful owners. If you know someone on the list, please ask them to give us a call. If you'd like to update your own address with us, please email Leila at [lcosgrove@citymarket.coop](mailto:lcosgrove@citymarket.coop) or call her at 861-9707.

Name	Member Number
Budnik, K	8448
Conrad, S	2295
Dann, K	9579
Galloway, A	2527
Gassret, C	10879
Gray, D	6667
Guarnaccia, R	7537
Hadsel, K	6894
Howard, B	4855
Knight, W	2852
Lukarcic, C	10807
Marasch, M	2973
Nichelson, J	3123
Phillips, E	11940
Poutre, D	7239
Romani, D	7728
Townsend, T	8276
Wheeler, L	11336

#### Last call for 2010 Patronage Refund checks!

As of January 14, 2011, about 731 Patronage Refund checks were still uncashed (this sounds like a lot, but we issued over 4,800 checks).

The deadline to cash or donate Patronage Refund checks is February 10, 2011. Here are the options that were included with your Patronage Refund check back in November:

#### Options to consider for your refund check:

1. Cash or deposit your check within 90 days (by February 10, 2011)
2. Apply the patronage refund check to your remaining equity balance. Members continue to have the option to pay toward a full share of \$200 in yearly installments of \$15. If you choose to return your check to apply toward your equity, please endorse the back "payable to Onion River Co-op." Checks can be sent to City Market, Attn: Member Services, 82 South Winooski Avenue, Burlington, VT 05401.

3. Help us strengthen our local food system and combat childhood hunger by donating your patronage refund check to the following organizations with which the Co-op works closely:

- The Intervale Center

You can make a tax-deductible donation online at [www.intervale.org](http://www.intervale.org), or by mailing a check payable to The Intervale Center, Attn: Ruby, 180 Intervale Road, Burlington, Vermont 05401.

- Hunger Free Vermont (formerly known as The Vermont Campaign to End Childhood Hunger)

You can make a tax-deductible donation online at [www.hungerfreevt.org/donate](http://www.hungerfreevt.org/donate) using your credit card. You can also call 802-865-0255 or mail your check, payable to Hunger Free Vermont (with "City Market Patronage" in the memo), 38 Eastwood Drive, Suite 100, South Burlington, VT 05403.

You can donate directly to each organization using the contact information above. Or you can simply return your check to us and we'll donate it for you. Please endorse the back "payable to Onion River Co-op" and tell us where you want the money directed by including the completed donation coupon below with your check. The deadline for this option is Friday, February 4, 2010. The Co-op will then compile all member donations and send a check to each individual organization above. Checks can be sent to: City Market, Attn: Member Services, 82 South Winooski Avenue, Burlington, VT 05401.

#### -----DONATION COUPON-----

Member Name: \_\_\_\_\_

Member Number: \_\_\_\_\_

I would like to donate my Patronage Refund check to the following organization(s):

- The Intervale Center: \$ \_\_\_\_\_
- The Vermont Campaign to End Childhood Hunger: \$ \_\_\_\_\_

The total of the above amounts must equal the amount of your Patronage Refund check. Please remember to sign the back of your check "payable to Onion River Co-op" and include this coupon when returning your check by February 4th.

## New Local and Made in Vermont Items at the Co-op!

#### In the Freezer

**Vermont Bean Crafters** are local food artists. They've taken black beans, onions, carrots, kale, garlic, and more, all from local organic farms, and turned them into delicious black bean burgers. These frozen patties have quickly found their way into my freezer and they're my delicious and healthy go-to meal whenever I'm crunched for time. Meet Joe, the bean crafter, and try a burger Friday, February 7 from 4:00 – 7:00 p.m.

#### In the Dairy Cooler

**Shelburne Farms' Brown Swiss Cheddar** is new to our perishables cooler. Located just above the Cabot bars, the Brown Swiss Cheddar is all the goodness of Shelburne Farms' award-winning aged cheddars but is crafted for everyday use at a more delicious price!

#### Wellness

**Urban Moonshine's Maple Bitters.** Urban Moonshine is a small family business located in Burlington. They suggest using their bitters to stimulate healthy digestion by enjoying a few dashes before or after meals (or add to your favorite cocktail and salute your health).

#### Other New Items

##### In the Bakery

Chef Papi's Gluten-Free, Frosted Chocolate Cake

Hey There Cupcake, single and 4-pack cupcakes

The Inspired Baker, Chocolate Mice Cake

##### Cheese

Grafton Village Cheese Company, Grafton Duet (two layers of cheddar flanked by a thick vein of St. Pete's Select Blue Cheese)

##### Perishables

Cabot, Horseradish Cheddar bar, Ranch Dip and Salsa Dip

Vermont Fresh Pasta, Basil Fettucine

##### Beer & Wine

Rock Art, Black Moon IPA 22 oz

Snowfarm Vineyard, Leon Millot Nouveau



## City Market Donates Over \$8,800 to COTS Over 640 Trees Sold at our annual COTS Tree Sale

City Market donated the proceeds from its 13th annual Holiday Tree sale to the Committee on Temporary Shelter (COTS). City Market's General Manager, Clem Nilan, and staff presented the check totaling \$8,867 to COTS Executive Director Rita Markley, along with Director of Development & Communications Becky Holt and Special Events Coordinator Mary Beth Jessen. The annual tree sale to benefit COTS has been held at the Co-op for the past 13 years, bringing the total donation to over \$60,000.

"We are grateful for City Market's wonderful support," Markley said. "The annual Tree Sale is such a great tradition. The event raises money as well as awareness about the needs among our neighbors. We frequently hear from parents who use the tree sale as a way to help their children understand the crisis of homelessness."

City Market staff, Co-op members and community volunteers assisted customers with trees throughout the sale. The fresh, local trees were delivered from Moffatt's Farm in Craftsbury and were sold for only \$30. According to COTS, \$20 covers a night of emergency shelter for an adult at the Waystation, while \$50 can provide backpacks and school supplies for two children in a shelter.

## Vermont's Farm to Plate Strategic Plan

By Meg Klepack,  
Local Food Coordinator

Whenever I lose sight of why the work I do is important, I try to remind myself of how most Americans, and most Vermonters, eat. It is estimated we Vermonters get a paltry 5% of our diet from local food. While this figure is slim, compared to the rest of the country, we're doing very, very well.

What would it look like if we developed Vermont's agriculture enough so we could eat 10% of our diet from local food? While 10% is still a slim minority, the amount of development work needed to allow us to double our local purchases is astounding. And, thanks to the release of the Farm to Plate Strategic Plan, we now have some sense of where we would need to develop infrastructure, invest in businesses, develop policies, provide education, and more. The Plan also catalogues the great benefits increasing local food consumption to 10% would have on Vermont's economy and job creation. These are just some of the fascinating pieces of the Farm to Plate Strategic Plan released this January at the Statehouse in Montpelier.

The Farm to Plate Initiative has spent over a year meeting with hundreds of Vermonters and putting every aspect of our food system

under a microscope, researching everything from where our seeds come from to where our food scraps go and everything in between. In short, they've researched all the pieces that allow us to have a thriving agricultural landscape.

One interesting piece of their analysis that immediately caught my eye was their sections on whether or not Vermont can feed itself.

While we don't have any data that shows how much and what kind of food Vermonters currently eat, we can compare the food available, per person, from national sources as opposed to local sources. As this chart shows, we produce a few products, like milk, maple syrup, and apples in quantities that far exceed national per capita availability (presumptively meaning that we produce more than Vermonters would ever consume). Other crops lag far behind the national per capita availability. Even crops relatively easy to grow in Vermont like carrots, potatoes, and onions fall far short of what you can imagine we'd need to grow in order to feed ourselves.

The Executive Summary of the Plan is now available online, with the chapters being released in the next few months. If you're interested in local food, it makes for a really interesting read. <http://www.vsjf.org/project-details/5/farm-to-plate-initiative>

Selected Food Products	2008 U.S. Per Capita Availability (retail weight)	How Much Does Vermont Produce?	Vermont Per Capita Availability
Apples	15.5 pounds	1,173,600 pounds	124.6 pounds
Bananas	25.1 pounds	0 pounds	0 pounds
Beef	61.2 pounds	6,607,055 pounds	10.6 pounds
Beer	21.7 gallons	No estimate available	
Bell Pepper	9.1 pounds	1,435,200 pounds	2.3 pounds
Broccoli	5.5 pounds	521,400 pounds	.8 pounds
Cabbage	7.6 pounds	2,183,000 pounds	3.5 pounds
Carrots	7.8 pounds	899,100 pounds	1.4 pounds
Chicken	58.8 pounds	455,104 pounds	.7 pounds
Coffee	24.2 gallons	0 gallons	0 gallons
Cucumbers	6.2 pounds	481,000 pounds	.77 pounds
Fluid Milk & Cream	23.7 gallons	299,418,605 gallons	481.6 gallons
Head Lettuce	15.7 pounds	356,000 pounds	.6 pounds
High Fructose Corn Sugar	53.1 pounds	0 pounds	0 pounds
Honey	1.0 pounds	700,000 pounds	1.1 pounds
Lamb	.7 pounds	407,528 pounds	.7 pounds
Maple	.006 gallons	1,955,000 gallons	3.1 gallons
Oat Products	4.8 pounds	368,800 pounds	.6 pounds
Onions	19.2 pounds	1,173,600 pounds	1.9 pounds
Oranges	9.6 pounds	0 pounds	0 pounds
Pork	46.0 pounds	521,640 pounds	.8 pounds
Potatoes	35.2 pounds	8,512,000 pounds	13.7 pounds
Pumpkins	4.4 pounds	10,332,000 pounds	16.6 pounds
Refined Sugar	65.7 pounds	0 pounds	0 pounds
Rice	21.0 pounds	0 pounds	0 pounds
Romaine & Leaf Lettuce	10.3 pounds	2,021,400 pounds	3.3 pounds
Soda	35.3 gallons	No estimate available	
Sweet Corn	8.5 pounds	5,525,000 pounds	8.9 pounds
Tea	8.0 gallons	0 gallons	0 gallons
Tomatoes	15.7 pounds	1,729,000	2.8 pounds



### RUSH HOUR RECIPES

## Linguini with Artichokes and Caramelized Onions

Ingredients (Makes 4-6 servings. Prep time: 30 minutes.)

- ½ pound whole wheat linguini
- ½ cup olive oil, divided
- 1 yellow onion, julienned ¼" thick
- 2 cloves garlic, peeled and minced
- ¼ pound asparagus, cut into small spears
- ¼ cup sun-dried tomatoes in oil, drained and diced
- ¼ cup walnuts, chopped
- 1 - 6.5 ounce jar of marinated artichoke hearts, drained and quartered
- 2 tablespoons fresh oregano, chopped
- 2 tablespoons pitted Kalamata olives, chopped
- 2 ounces Parmesan cheese, shredded
- salt and pepper to taste

### Preparation

Heat a large pot of water to boiling. Cook linguini according to package directions. Drain.

In a large skillet, heat 2 tablespoons of the olive oil over low to medium heat. Add the onions and cook, stirring frequently, until they are soft and caramelized, about 15 to 20 minutes. Add the rest of the olive oil to the pan, along with the garlic, asparagus, sun-dried tomatoes, and walnuts, and cook for 5 more minutes until asparagus becomes tender. Remove the pan from the heat and stir in the artichokes, oregano, and olives. Toss the veggies with the pasta, add salt and pepper to taste, and top each serving with Parmesan cheese.

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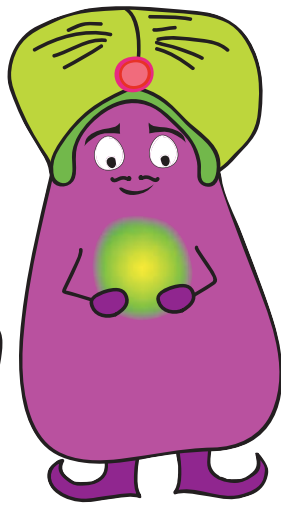
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# ASK The Health Genie



Dear Health Genie:

Even on days when the temperature is not cold, my feet are cold. I have heard that eating hot foods helps to keep your feet warm. Is this true? - Cold Feet

Dear Cold Feet:

Maintaining a healthy and balanced diet is an important part of improving circulatory health. Reducing fats and cholesterol do correlate with decreasing levels of these items in your bloodstream. Sticking to a diet rich in fiber, fruits and vegetables and leaner meats like tuna or salmon is prudent; overall circulation of blood flow through the body should increase when taking these sorts of steps. Yes, it is indeed true that eating hot foods uses less energy in the digestive process; the body may then reserve some of this unused energy to keep warm.

Here are some other tips to remember during the winter months:

- Wear a hat – we lose body heat through the scalp!
- Soak your feet in warm water for 20 minutes with some ginger or garlic oil added to it. Even plain warm water helps bring circulation to all of the extremities, and just feels relaxing.
- Avoid alcohol or smoking as this tends to constrict blood vessels and build up arterial plaque – the opposite desired effect.
- Dust off your snowshoes and get physical – encourage better circulation through your entire body.

Make sure that your condition is not more serious than you think. Don't skip annual check-ups with a physician in the event that you are experiencing symptoms of diabetes or Raynaud's Syndrome.

Take care,  
Genie

## Escape to the Tropics with the Taste of Ginger

By Cristi Nunziata,  
Herbal Education Coordinator

On Friday, February 25th, City Market will celebrate its annual Tropical Day. It is a wonderful opportunity to fantasize about warm summer days (especially since, as we write this, it's -25 F degrees outside) and by consuming tropical foods your imagination may soar, making the daydream that much more believable. Ginger, one tropical herb that is readily available throughout the store, has the perfect flavor and warming quality to heighten your senses and carry you away.

Ginger is native to tropical climates and is commonly used in Chinese, Indian, and Thai food. Its unique flavor and warming nature make it a wonderful addition to meals. By cooking with ginger, a warming digestive remedy is incorporated into the meal.

You can find Biker Dude's Hawaiian ginger in the Produce department, which carries both a yellow and a blue variety. Mary Manghis, our produce buyer shares her love and knowledge of this ginger.



In addition to the herb in produce, ginger is available in the bulk spice section. You can add some heat to your food by using this spice. Or, you can add some heat to your body by making a foot bath with it. Simply add one to two tablespoons per cup of hot water and soak your feet for fifteen minutes.

Ginger is available in the Wellness section in an array of products, such as syrups, capsules and tinctures. These products can help ease digestive complaints or cold and flu symptoms. If you are under the weather and chilled, you may also try Ginger Jacks Apple Ginger Nectar in Produce or Knudsen or Santa Cruz Lemon Ginger Echinacea juice.

Lastly, ginger products are scattered throughout the Grocery department. Look for Green and Black's chocolate bars with Ginger or Reed's Candied Ginger if you want a sweet treat. Or, to jazz up a meal we carry an array of salad dressings, marinades, and pickled ginger products.

Whether you are chilled, suffering cold symptoms or just want to daydream about the tropics, ginger will be your ally. If you haven't experienced our Biker Dude's ginger, please take the opportunity to give it a try on Tropical Day along with our many other offerings. We'll have demos of a variety of different products and will bring out the bike-powered smoothie maker for a mid-winter treat!

I was introduced to the wonders of ginger when I "met" Biker Dude. That "meeting" took place over 10 years ago when one day at our previous location in a small storefront in the old north end, we opened a box of organic ginger, found a letter inside introducing "Biker Dude" and asking for feedback. In this box was also the most beautiful, fragrant yellow ginger we had ever seen. "Biker Dude" was a most unusual logo and personality for an organic produce item and piqued our curiosity. After sampling this amazing ginger and speaking with Hugh, the man behind the "curtain," we were in love. The Onion River Co-op has been a big fan ever since. We usually begin the season with his first harvest of young ginger shipped direct from farm to shelf in late July or August - it's tender, sweet and almost begs to be cuddled. Once the ginger matures, it has a longer shelf life and becomes more pungent. The main harvest takes place in late winter. The whole growing cycle requires 8 to 11 months, so once harvest is complete replanting begins again. Ginger is an exacting crop requiring soil high in moisture and nutrients, lots of sunshine and much hand tending. Hugh's passion shines through in every hand of ginger he grows.

The yellow ginger has the typical spicy bite that you are familiar with, but I believe it is far superior to other gingers in the marketplace. The blue ginger, on the other hand, has an interesting medicinal flavor almost reminiscent of eucalyptus. Stop by the produce department on Tropical Day, Friday, February 25, to sample each. We may have a shortage of blue ginger this year, so if you are able to find it, be sure to grab some.

### Meet February's Member Artist, Lisa Schamberg:



"For most of my adult life, I have used a triangular sink holder to collect fruit and vegetable trimmings, which I later empty into our outside compost. Every now and then, the tidbits form a pleasing pattern, with varied textures and colors. I have been photographing these compositions for over 25 years and call the series "Self-Composed." The rule is that the design has to be randomly arrived at—no cheating by rearranging.

I am neither artist nor photographer, but I love gardening and cooking, and so this theme is natural to me.

I have been a member of the Co-op since 1975 and am retired from teaching at Burlington High School."

Schamberg's work will be on display in City Market's Café Gallery throughout the month of February.

**Happy Valentine's Day**

Plan ahead for Monday February 14<sup>th</sup>!

**Fair Trade Roses**

2 / \$5

**SKI and RIDE on us this winter at Sugarbush Resort's Mt. Ellen**

Purchase a Sugarbush "Lookin' Good" wrap—Veggie or Carnivore style in our Grab-n-Go cooler, and you'll get a voucher for a 2-for-1 Lift ticket to Mt. Ellen at Sugarbush Resort!

**We welcomed 159 new members in December!**



## Substituting Natural Sweeteners in Baking

By Caroline Homan,  
Food Education Coordinator

If you're just starting on substituting natural sweeteners for sugar, a quick lay of the land is in order.

According to the USDA, Americans consume 156 pounds – or thirty-one 5-pound bags – of added sugar each year. That's refined sugar, not naturally occurring sugar found in things like whole fruit (fructose) or dairy (lactose). Refined sugar adds calories without any vitamins, minerals, or other nutrients. While that quantity amounts to about 41 teaspoons per day, the USDA recommends we get no more than 10 teaspoons per day (just over 3 Tablespoons).

Pure refined sugar is 100% sucrose. Its cheap price masks a multitude of health and environmental concerns. From an environmental standpoint, processing sugar from sugar cane or (now mostly genetically modified) sugar beets takes a tremendous amount of labor, energy, and transportation to arrive at the box of granulated sugar on the grocery store shelf. From a health standpoint sugar, a simple carbohydrate, makes our blood sugar spike and stresses our metabolism, leading to a variety of other health concerns down the line.

While natural sweeteners, like honey, molasses, and maple syrup, are also simple carbohydrates, their richer color speaks to the nutrients they contain, and their somewhat higher price tag reminds us to use these sweeteners sparingly, the way nature intended.

There are two natural sweeteners that are locally produced and are great substitutes for refined sugar. In honor of our We ♥ Local Food dessert competition, I will talk about how to use them in baking.

### Honey:

Bees make honey from the nectar of flowers, and though the nectar consists of sucrose, bees then metabolize it into fructose and glucose. A bee may visit 2 million flowers to gather enough nectar to make just one pound of honey, and the honey takes on the flavor of the flowers the bees visited. You can find raw and pasteurized (heated) honey on our shelves.

Raw honey, which often has a crystallized appearance, is honey that has not been heated above 117 degrees and therefore contains naturally-occurring enzymes (which aid in digestion) and nutrients found in plant pollens. Honey contains most of its nutritional value when it is raw. Use raw honey to sweeten tart fruit or put on toast or porridge (one of the enzymes in honey, called amylase, helps us to digest carbohydrates).

If you are going to bake with honey, it's fine to use heated honey, which stays liquid at room temperature and is easier to pour and measure. We have local honey in the Bulk

department from Bee Haven that is great for baking. One of my favorite ways to use honey when baking is to sweeten corn bread. You can also use it in muffins and quickbreads, fruit crisp, fruit pie (it pairs really well with fruit in general), anything with oats –

like homemade granola or oatmeal cookies – and more. Experiment to find what you like. Honey is sweeter than sugar, so substitute 2/3 to 3/4 cup honey for 1 cup of white sugar in baked goods.

Baked goods made with honey will darken more quickly in the oven, so you have to watch that they don't burn (or, reduce the oven temperature somewhat while baking). However, they will also stay moist longer, because honey absorbs moisture from the air.

### Maple syrup:

As I'm sure you're aware, maple syrup is made from tapping the sap of maple trees. The sucrose in maple syrup is supplemented with a lot of trace nutrients that are pulled up from the earth as the sap rises in the tree. As the sugaring season progresses, the sap darkens, producing the different grades of syrup. It can take as much as 50 gallons of boiled sap to make one gallon of maple syrup.

Because maple syrup is concentrated sap, it is rich in the minerals that travel up from a tree's roots. Maple syrup is great in baking, where it lends a distinctive flavor. Like honey, it is sweeter than sugar, so use 2/3 to 3/4 cup maple syrup for 1 cup of white sugar. (Maple sugar, which is evaporated maple syrup, can be substituted 1:1).

My favorite way to use maple syrup when baking is in carrot cake, with or without maple cream cheese frosting. I also like it in cookies, rice pudding, homemade salad dressing, and to sweeten roasted or sautéed root veggies or drizzled on top of roasted winter squash.

Maple syrup makes cookies and granolas crisper than using white sugar. You may notice crisper, darker edges on your cookies and perhaps more of a "crunch." The baked goods will also have a darker color than those made with white sugar.

A last note: While I don't find it to be necessary, some people recommend using 1-2 Tablespoons less liquid per 1 cup in the recipe when using natural sweeteners because of the added liquid you are bringing to the recipe.

Because we're also celebrating Valentine's Day this month, here's an adaptation of a regular brownie recipe using natural sweeteners. In this recipe, the chocolate goes a long way toward providing the flavor, so the maple plays a supporting role. (I also use some whole wheat pastry flour.)



## February wines for under \$10

By Alison Miner,  
Beer & Wine Buyer

Sweetwater Sustainable Land Company is the first winery to use "sustainable" in their name. What makes this company so sustainable? Just about everything! In addition to their sustainable growing practices which include integrated pest management, hand harvesting and land conservation, their offices greatly limit electrical usage, they have almost limitless recycling efforts, they use environmentally friendly inks, their facilities release a very low amount of VOC emissions – the list goes on. They make great wine, too! Regularly \$14.99, Sweetwater Cabernet Sauvignon and Merlot are currently on sale for \$8.99, a 40% savings of \$6!

Sweetwater Sustainable Cabernet Sauvignon has ripe black fig aromas followed by bright red raspberries. Palate filling black raspberry flavors are accented by toasted oak on the finish. Try it with a special Valentine's meal of lamb with rosemary and dark chocolate for dessert.

Sweetwater Sustainable Merlot is bold and full bodied with black cherry and bramble fruit on the nose. This wine is lightly spiced with hints of nutmeg and soft oak. An elegant wine that pairs well with hard cheeses, Bolognese or anything with caramelized onions!

## Maple-Sweetened Brownies

- 1/2 cup butter (1 stick)
- 3 squares (1 oz each) unsweetened chocolate
- 2/3 cup maple syrup [original recipe called for 1 cup brown sugar]
- 1/2 teaspoon vanilla extract
- 2 large eggs
- 1/2 cup flour: half whole wheat pastry flour, half all-purpose flour [original recipe called for all unbleached white flour]
- Optional 1/2 cup chopped walnuts [original recipe left this out, but the nuts help slow down the absorption of sugar into one's bloodstream]

Preheat oven to 350 F degrees.

Butter an 8- or 9-inch square baking pan.

In a large heavy pot, melt the butter and chocolate together, stirring occasionally. Remove pot from heat. Add the maple syrup and vanilla and beat with a whisk or electric mixer. Add the eggs (just crack directly into pot if using an electric mixer, or lightly beat in a small bowl with a fork and then add to pot if mixing by hand). Stir in the flour and nuts, and mix until the batter is blended and smooth.

Pour into the greased pan and bake for about 20 minutes, until brownies are just beginning to pull away from the sides of the pan and are fudgy in the center. If you like cakelike brownies, bake an extra 5 minutes.

Makes 16 brownies.

*Adapted from Moosewood Restaurant Cookbook*



Onion Skin August 2006. Cheese, a global food that meets the challenge! The birth of "localvore". Good News about Coupons. Back Family Farm. In this issue... 10 Delicious Dips and Dips. Member work changes. Robust art and more!

Onion Skin January 2007. Good News about Coupons. Back Family Farm. In this issue... 10 Delicious Dips and Dips. Member work changes. Robust art and more!

Onion Skin May 2007. Asparagus. Harbinger of Spring! In this issue... 10 Delicious Dips and Dips. Member work changes. Robust art and more!

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Onion Skin February 2008. Burlington Book Festival! The Beer & MakeUp Issue(s). Are you a Localvore? PSRST STD US Postage Paid Burlington, VT 05401

remembering the onion skin

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Onion Skin July 2008. "Eat food. Not too much. Mostly plants." Food guru Michael Pollan visits City Market. Wind Pickle for under \$10. Welcome Wellness Department. Winter's Farmhouse Market.

Onion Skin September 2008. Join our 6th Annual Harvest Celebration! Good People. Good food. Celebrate Vermont's Harvest Together. Vermont's Mystic Pie Co. Vermont's Coffee Co. Raglan's Family Farm. Weagha's Doe Biscuits. Many, many more!

Onion Skin December 2008. Trees For COT's. Purchase a Holiday Tree for COT's. City Market offers New Signature Soup.

Onion Skin January 2009. Happy New Year! out with the old and in with the new at the Co-op.

Onion Skin July 2009. Burlington Prepares to Celebrate The Aquaticennial and the International Waterfront Festival. Go-op Board of Directors Elections. We Need You!

Onion Skin December 2009. We're going Solar! Solar Power Comes to the Onion River Co-op! The Holiday Trees to benefit COT's are coming!

Onion Skin August 2010. Do you Know a Co-op Hero? Don Schramm Award nominations are due! We Need You!

Onion Skin June 2010. The Water Machine is back! Now and Improved: new organic water machines. Food for All member Program Celebrates Two Years.

# February Class Listings

**Grow Your Own Mushrooms**  
**February 3, 6:00-8:00 p.m.**  
 \$20 materials fee, payable at class

Join Alissa White for an introduction to the basics of gourmet mushroom cultivation. Mushrooms can easily be grown in your apartment, home, or backyard. Learn the basics of mushroom life cycles, cultivation techniques, their ecological role and potential, and go home with materials to grow your own gourmet mushrooms. Alissa will allow us to sample many different culinary mushrooms. Each participant will take home an inoculated mushroom log kit which will begin fruiting in 3-6 months, and continue to fruit for 2-4 years as well as mushroom spawn for other cultivation methods at home. Space is limited.

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

**Cooking with Miso**  
**February 8, 6:00-7:30 p.m.**  
 At Burlington's Sustainability Academy at Lawrence Barnes, 123 North Street

Miso is a nourishing food that can be used in a variety of recipes. We will talk about the health benefits of miso, and make a delicious batch of miso soup to sample. Participants will take home favorite recipes for using miso, from fish to soup to salad dressing.

**Free Film Night: "The Dark Side of Chocolate"**  
**February 10, 5:30-7:30 p.m.**

This film investigates the dark side of chocolate: child trafficking for slave labor on cocoa plantations. Despite a 2001 agreement outlawing child labor in the chocolate industry, the problem continues to exist behind the scenes. Follow film makers from small villages in Africa where children are disappearing to cocoa plantations to executive offices to examine this issue. Stay afterward for a discussion led by herbalist Sandra Lory about fair trade chocolate and about the processing and medicinal benefits of cacao.

**Herbal Valentines Workshop**  
**February 12, 12:00-1:00 p.m.**

Join Herbal Education Coordinator, Cristi Nunziata, and learn to use roses and chocolate in a variety of dessert recipes. Just in time for Valentine's Day, take home treats for yourself or for your sweetheart!

**Love, Fertility, and Reproductive Health with Guido Masé**  
**February 14, 5:00-6:00 p.m.**

Explore traditional herbal aphrodisiacs and take a look at plants used to enhance fertility for both men and women. Simple recipes involving chocolate!

**Baking with Local Sweeteners**  
**February 15, 6:00-7:30 p.m.**  
 At Burlington's Integrated Arts Academy at H.O. Wheeler, 6 Archibald Street

Learn all about substituting natural Vermont sweeteners – honey and maple syrup – in your favorite dessert recipes as well as choosing recipes that play up those flavors. We will make and sample delicious baked goods made with all-local ingredients and talk about recipe substitutions.

**Gluten-Free Series Class Six: Dessert Recipes**  
**February 16, 5:30-7:00 p.m.**  
 At Lyman C. Hunt Middle School, 1364 North Avenue

This is the last class in a six month series to provide education for gluten-free individuals and a forum for discussion. Together we will make and sample one or more of the recipes submitted by participants in the prior class. All recipes will be compiled into a gluten-free cookbook. In Class Six, our final class, we will make and sample dessert recipes.

**Vermont Healers networking Lunch**  
**February 17, 11:30 a.m. - 1:00 p.m.**  
 How to create a marketing and promotional plan

Are you a service professional looking to connect, learn, and grow with your business with peers? For January, February and March 2011, Vermont Healers will be holding their networking luncheons on the third Thursday of the month from 11:30 am to 1 pm in City Market's Community Room. Bring a bag lunch, marketing materials, and a friend! Contact Jason at (802) 225-5960 to sign up or visit [www.vermonthealers.org](http://www.vermonthealers.org) for more information.

**Smart and Easy Winter Cooking with Local Foods**  
**February 18, 2:00-3:00 p.m.**  
 At Starr Farm Nursing Center, 98 Starr Farm Road

Participants learn to make and sample sautéed Maple Carrots and Parsnips and colorful Winter Slaw with carrots, apples, beets, and celeriac. Taste-test winter vegetables and take home seasonal recipes.

**Intro to Ayurveda**  
**February 20, 10:00-11:00 a.m.**

Join Ayurvedic Lifestyle Counselor, Tejasinha "Fox" Sivalingam, for an introduction to the cosmic principles of Ayurveda. Come and receive tools to relate to Vata, Pitta, and Kapha, through tangible analogies, and seasonally appropriate practices.

**Indoor Gardening Workshop - Sunflower Greens**  
**February 20, 1:00-2:00 p.m.**  
 \$10 materials fee, payable at class

Missing fresh local greens already? Peter Burke, indoor gardening guru, will present simple steps for sprouting sunflowers and great variety of other salad greens. This workshop will focus on growing sunflower greens - big crunchy greens great for salads or wraps. Whether you live in an apartment or have a big homestead kitchen, Peter will show us how to grow the bulk of our salad greens all winter long. The \$10 materials fee covers your own tray of greens to take home!

**Eating Well on a Budget Throughout the Month**

If you would like to schedule a tour for yourself or a group at City Market, please contact Caroline Homan at 861-9731, or [choman@citymarket.coop](mailto:choman@citymarket.coop)

## February Product Sampling

**Friday, February 4**  
 Divine BURGERS  
 3:00 - 7:00 p.m.

Nutty Steph's Chocolate Bars  
 4:00 - 6:00 p.m.

**Saturday, February 5**  
 Laughing Moon Chocolates  
 11:00 a.m. - 3:00 p.m.

**Monday, February 7**  
 Vermont Bean Crafters, Local bean BURGERS  
 4:00 - 7:00 p.m.

**Friday, February 11**  
 Vermont Coffee Company  
 11:30 a.m. - 1:30 p.m.

Nutty Steph's Love Bars  
 4:00 - 6:00 p.m.

**Saturday, February 19**  
 Spectrum, ORGANIC FLAX OIL & EXTRA VIRGIN OLIVE OIL  
 11:00 a.m. - 2:00 p.m.

**Friday, February 25**  
 TROPICAL Day with a variety of demos!  
 11:00 a.m. - 3:00 p.m.

**Monday, February 28**  
 Winner of the We ♥ Local dessert competition  
 4:00 - 7:00 p.m.

Want more information on upcoming product demos? Visit us online at <http://www.citymarket.coop/news/product-demos>

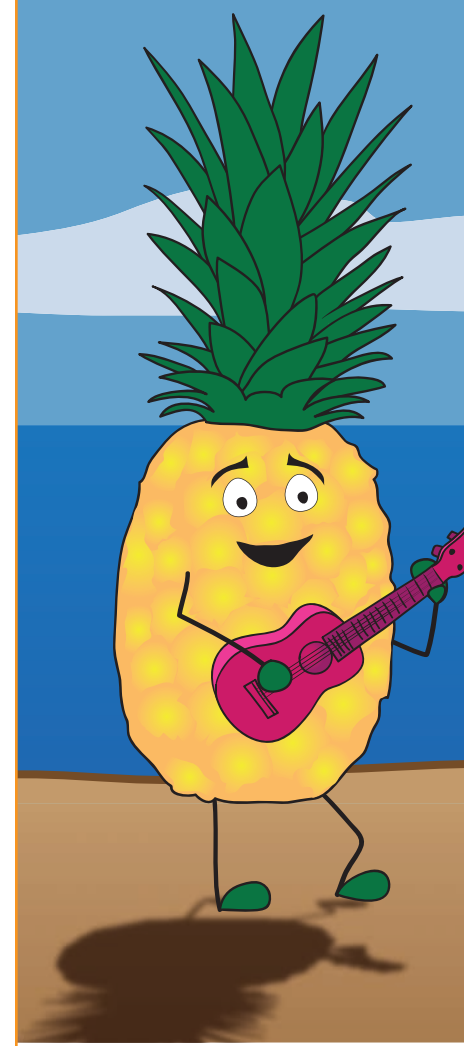
## SERVING UP VERMONT

This month, on Serving Up Vermont, Meg and Caroline blog about our We "Heart" (please insert symbol) Local competition. Enter your local dessert recipe (see Page 1 for details), and the three finalists and their recipes will be announced on [www.citymarket.coop/blog](http://www.citymarket.coop/blog). It's a tough job having to judge a dessert competition, but someone's gotta do it....

## Tropical Day at City Market

Friday, February 25  
 11:00 a.m. - 3:00 p.m.

in-store demos  
 &  
 bike-powered smoothies



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

Please park off site  
 for our classes and events.