



The Onion Skin

Sharing news from the Co-op & the Community



August 2009

From field to fork: Eat Local today.



Find Your 100 Miles and Challenge Yourself to Eat Locally

By Nicole L'Huillier Fenton,
Marketing Manager

I've heard more than one person say lately, that they are less concerned about eating food that is organic but rather they have turned their purchasing power towards local food. The good thing that I suspect many people don't know is that while not all local food is certified organic, a large portion of our local farmers are farming with organic practices, so the consumer is potentially getting the best of both: organic farming practices and close to home.

Eating locally isn't just a trendy food movement that will pass once its luster has faded. It's part of the evolution of a cultural movement in which consumers want to know where their food is actually coming from. Too many beef, peanut butter, etc. recalls by large corporate, industrialized food producers is causing consumers to look closely at the products they choose in the store and who is making them. People who didn't care about local food are now picking up for example a package of local LaPlatte River beef and thinking about (even just briefly) why it is different. The reasons

can be astounding. Purchasing local beef in particular can provide a sense of security for the consumer in knowing the treatment of the animal, the humane slaughter, and the processing of the product. The burger with local meat started as a cow allowed to walk around fields in its natural habitat, getting fresh air and sunshine and eating grass— they are genetically wired to process grass and is the preferred diet. The commercial industry feeds their animals a corn-based feed, which is so high in fat that today a cow with a birth weight of 80 pounds can gain an average of 1120 pounds in a year.

It's more likely that local cows (or chickens, pigs, dairy cattle, etc.) were also not given antibiotics—at least not the incredible amount given to commercial beef cattle. Why? Because local animals are less prone to contract diseases since they are not housed hoof to hoof in large barns or cattle corrals standing up to their ankles in their own feces. All of the positive, healthy and humane attributes that local cattle have today are similar to what Americans consumed about 50 years ago. Author and food activist Michael Pollan had a good point when he

recommended that you shouldn't eat anything that your great - grandmother didn't recognize as food.

While recently watching the documentary film Food, Inc., I was dumbfounded by a new meat filler product developed by Beef Products Inc. (BPI, www.beefproducts.com) that is washed in ammonia to kill the E. coli prior to being packaged for distribution. Their company goal as stated by CEO Eldon Roth is to have their meat filler in 100% of beef products in the U.S. The largest commercial agricultural companies continue to use chemicals to fix the problems that their industries (and often greed) have produced. By purchasing local meat you are making a statement about leaving the ammonia out and encouraging the USDA or the companies themselves to explore how the process has become contaminated with bacteria in the first place.

That brings me back to the title of this article: find your 100 miles. Within 100 miles around where you live, you are likely to find small, often-times organic farms that are

continued on page 2

Do You Know a Co-op Hero?

If you want to recognize the outstanding contribution to our community by a Co-op Member, please submit her/his nomination for the Don Schramm Community Service Award.

The Board of Directors will accept nominations until August 11 and present the award at the Fall Member Meeting on Sunday, October 3.

Past winners include Donald L. Schramm, Bonnie Acker, Janet Hicks, Michael Healy, Beverly Keim, and last year's winner Intervale Community Farm's Andy Jones.

Criteria includes: an active member of the Co-op, outstanding commitment to cooperative principles, visionary leadership, or service to the community.

Nomination forms are available online at www.CityMarket.coop or at the Customer Service desk. Any questions? Email General Manager Clem Nilan at cnilan@citymarket.coop. Nominations are accepted via email or at the Customer Service desk. Go Co-op!

Strike out hunger
Page 2

Freezing fruits & veggies
Page 6

Tour de Farm photos
Page 7

August Events
back page

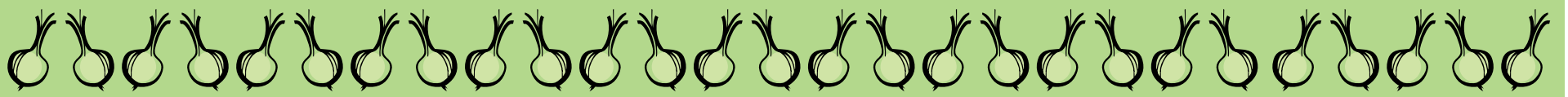
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Whole Foods is Coming to Town. What does that mean for the Co-op?

By Clem Nilan,
General Manager

We've been hearing rumors for a while. Finally we have confirmation. Whole Foods is coming to town. The planned site is about a mile from the Co-op located behind the Windjammer Hotel off of Williston Road slated to open in the fall of 2011.

This will be the first Whole Foods store in Vermont, the 275 store chain is the biggest retailer of organic and natural foods in the United States. The average size of Whole Foods' newer stores is 56,000 square feet. The average for all its stores is 36,000 square feet.

The South Burlington Whole Foods is slated to be a 45,000 square-foot store. As a point of reference the new Healthy Living is a 30,000 square-foot store and City Market is 16,000.

Who's afraid of the big bad Wolf? Or should we be afraid?

I've had many conversations with general managers of food cooperatives like us in other parts of the country where Whole Foods has moved into town. What I can tell you without reservation is that Whole Foods will affect our business. To what extent is unknown. The good news is there has never been an instance of a co-op going out of business due to Whole Foods moving to town. Most co-ops reported sales declines for up to several years as a result of Whole Foods entering their market and siphoning off business. Since most co-ops are shopped by members and non-members, it's the non-member crossover shopper who is most at risk to defect.

Lindy Banister, GM of the Wedge Coop in Minneapolis, advised us that Onion River Co-op's fate is not in Whole Foods hands but in our own. Lindy reminded me that ORC was the recipient of the national award of excellence and if anyone is capable of withstanding a challenge, we are. Lindy urges us to visit other Whole Foods in the upcoming year and to continue to do the things that we do well. Financially, we can endure a couple of years of sales decreases. Most co-ops rebound to their previous levels after a few years.

Why is Whole Foods coming to town? Burlington had not been on their expansion list of 30 new stores. Recently the list was downgraded to 15 with Burlington bubbling up to the top. Perhaps the national attention that Burlington received as being named the healthiest city caught their eye.

Have no doubt about it that Whole Foods will present a real challenge to area natural food stores, in our case ORC, Healthy Living, Natural Provisions, and Sweet Clover Market. Whole Foods is a very well-run store and they have enormous resources. Whole Foods is not here to peacefully coexist with us. They are here to take our business. This is a small marketplace and Whole Foods sells a very similar product line.

Although this seems like it's David against Goliath; we are not pushovers.

We have over 4,000 households who are Co-op members. Our members understand that our Co-op exists to enrich our communities. We will be giving out our second Patronage Refund which will be more than double the amount that we distributed to our members last year. Co-ops truly exist for the community.

We also have a great advantage over Whole Foods with our outstanding, dedicated and knowledgeable employees. We have a great staff who believes in the Co-op. Our employees have a deep and real connection to local food that goes back in some cases decades.

Co-ops are different. We are fiercely independent. We are quirky. This is a good thing. We are owned and democratically run by our community. We are not publicly traded corporations like Whole Foods that exist to pay dividends to Wall Street investors. Whole Foods claims that they are not cookie cutters stores and that they meet the needs of the community. I have to take this with a grain of salt.

Yes, Whole Foods will create a big hulla-balloo when it arrives. It will be the new bright shiny penny. It's bound to have a great wow factor. Many of our customers will be intrigued to check it out and see what they have to offer. After all this shakes out and time goes on (time always goes on) we feel confident, especially with the help of our members and customers that our wonderful little Co-op will endure and continue to enrich our community.

Eat Local Continued...

working in a way that is good for the planet, the animals, and us. You'll find dairy farmers that have been providing milk in Vermont for generations (like Monument Farms) and many new, hard-working organic dairies. You'll find vegetable farmers that are experimenting with new crops and praying for sunshine. Orchards that have trees still producing at 100 years of age. Poultry and pork producers that name each animal and mourn them as they are sent off to the slaughter houses, recognizing the slaughtering process as part of the cycle of life. You'll find vineyards producing award winning wines and breweries making beers that have become household names across the country. The list can go on. If you look closely, you can find everything needed within your 100 miles to participate in the Eat Local Challenge in September.

For the past three years, each fall when Vermont's harvest is at its peak, hundreds of people pledge to eat only local foods for a day, a week and for some, a month. Each year, it appears to get easier and easier to do. In order to encourage more consumers to participate, this fall we are launching a new Web site in September called www.EatLocalVT.com. On it you'll find a registration for the Eat Local Challenge (September 19-26), details on localvore events around Chittenden County, locations to buy local foods, farmers' markets, recipes, a blog in order to share recipes and localvore challenge ideas, and a sign up for our first ever Localvore Potluck dinner happening at the Intervale Center on September 19. Plus in order to get you ready to eat locally for a day (or week or month), we are hosting a How to be a Localvore cooking class in the Intervale on Saturday, August 29. City Market General Manager, Clem Nilan (former restaurant entrepreneur, NECI instructor, and all around good guy) will be teaching class participants how to cook with local ingredients. As always with a Co-op cooking class, farm tour or Member meeting, no one will go away hungry.

So over the next month, as you visit the Co-op, farmers' markets, or harvest vegetables from your own garden, think about how you can increase your consumption of local food. Give it a try for a meal, then progress to a day, a week or longer. You'll find it's not only a delicious challenge but one that allows you to connect to the land and farmers around you and gives you the confidence in knowing how your food was produced. No smoke and mirrors here, only real people with real dedication to healthy, local food.

Cooperative Principles

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

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Advertising Information:

For an ad information sheet, please e-mail Nicole Fenton at NFenton@citymarket.coop (City Market members receive a discount on ads.)

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

City Market & Vermont Lake Monsters Help to Strike out Hunger

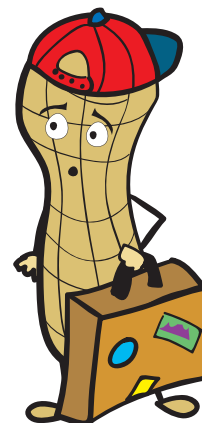


Kids Can Help and You Can Too! Help us—as well as Citizens Bank, Burlington Free Press & the Vermont Lake Monsters—fight hunger. Get in free to a special ballgame on Thursday, August 20 at 7:05 p.m. with a donation of a non-perishable food item. All food donations will go to the Chittenden Emergency Food Shelf.

In addition, Citizens Bank will partner again with the Vermont Lake Monsters to

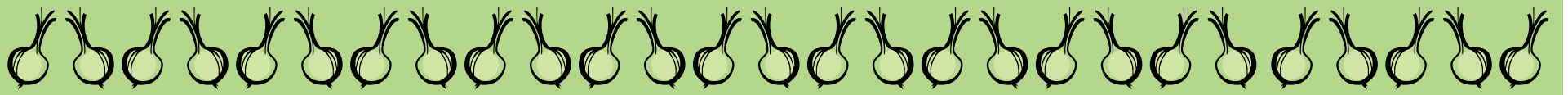
“Strike out Hunger.” For each strikeout recorded by a Lake Monsters pitcher, Citizens Bank will donate \$50 to the Chittenden Emergency Food Shelf.

Plus every person that donates a non-perishable food item will be entered into a drawing for a \$25 gift certificate to City Market. The rain date is scheduled for Friday, Aug. 21 at 6:05 p.m. More information can be found at www.CityMarket.coop.



Join us!

The next Board meeting is
6 P.M. to 9 P.M.
August 24, 2009
in the
City Market
Conference Room.



The Co-op Board of Directors Experience

As part of an informational article about the experience of being on the Co-op Board of Directors, Co-op General Manager Clem Nilan interviewed Board Member Susan Munkres. The following is a transcript of the interview on July 13.

GM: “What is the Board doing that is exciting?”

Munkres: “Well we have two themes for this year. One is Member Engagement and the other is Thriving and Healthy Communities, which is language taken directly from our Global Ends policies. That the Co-op, one of our ends (or goals) is that the Co-op will be central to a thriving and central community. So we’ve been thinking a lot about that, doing readings, discussing, what does it mean to be central to a thriving and healthy community? What are our obligations? What does that encompass? And how can the Co-op as a business dealing with food contribute to the much bigger, greater good that we all would envision and that we would want in Burlington.”

GM: “Susan, what you get out of the Board?”

Munkres: “Well what I get out of being on the Board is much deeper appreciation for everything that the Co-op does both to be a successful business which it obviously is, but when you’re on the Board you come to understand how much more work and thinking is going into it being a business. You see all the work that’s being done by others. You also see all the thinking about the big picture. Like I was saying about our Ends Policy, you see how the Co-op is trying to orient itself towards these much bigger goals like strengthening the local food system and creating a thriving and healthy community. And those things are much bigger than the business of running a successful food cooperative. So seeing how we think about this together and seeing how this gets implemented by the general manager and all the staff is really exciting to understand.”

GM: “Susan, what do you like about being in a leadership position in the Co-op? What’s so special about the Co-op that draws you in?”

Munkres: “I enjoy being in the leadership position in the Co-op because I enjoy thinking about the big picture. I enjoy engaging with other people and thinking about the kinds of policies and goals that the Co-op might be following were trying to abide by or trying to live by, as it were. The Co-op has always been a special place for me, particularly in its mission to serve the entire downtown which means a number of different kinds of communities. Then in its commitment to local food has always been very inspiring to me. Being in the leadership position means getting the think about those issues in my capacity as a board member.”

GM: “It’s been in the news lately that Whole Foods is coming to town. Whole Foods founder John Mackey worked in a vegetarian co-op prior to opening his first store. Co-op rumor has it that one time he was asked to assess the strength of Whole Foods versus the co-ops and he responded that Whole Foods are co-ops without a Board of Directors. Fact or urban legend, what do you think about this? Are cooperative board of directors a source of strength to the co-ops?”

Munkres: “Well, that’s a really interesting question because I never ever would have guessed that Whole Foods was coming from a cooperative model. Co-ops’ Board of Directors maintain their connection to their members by providing important venues for communication. Boards provide access for the membership to continue to provide guidance and steering and direction to the management and the operational staff. This is clearly lacking in the corporation of Whole Foods.

And the Board is also charged with ensuring the financial integrity of the Co-op -- reviewing financial statements and monitoring obligations and such - and doing away with the Board would mean the possibility of far less integrity in this arena. And we’ve seen plenty of problems resulting from a lack of integrity in oversight in the financial realm recently!”

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mission to serve the entire downtown

Community Outreach Partner

New Farms for New Americans (NFNA) is a program of 50 refugee farmers in Burlington. NFNA farmers cultivate organic vegetable plots and sell their produce at local farmers’ markets, restaurants and grocery stores. Most NFNA farmers are women with young children, or elderly. They use the farm as an opportunity to grow fresh, organic food for their families and earn extra money to support their households.

NFNA farmers are from Somalia, Congo Burundi and Bhutan. They come to the U.S with a wealth of agricultural knowledge, and some business knowledge. Through NFNA, they receive training that helps them adapt to the growing and marketing conditions of Vermont. Participant farmers also receive access to land and tools. After three years of training and experience, participants are expected to own their own full-fledged farm, or food-based businesses.

New Farms for New Americans is a program of the Association of Africans Living in Vermont. AALV is always looking for community support, and there are many ways to help NFNA succeed. For instance, City Market Members can do volunteer hours for the NFNA as Farmers’ Market attendants, assist with production and organizational tasks, provide marketing and/or business advice and help to keep market records. These hours will count as required City Market Member Worker hours. For more information on volunteering please contact NFNA program coordinator, Josie Weldon at 343-7007 or josieweldon.aalv@yahoo.com.

Community connections

Vermont Farm Tours

Vermont Farm Tours is a Burlington-based culinary tour company that inspires a lasting connection with the people and places that give Vermont its reputation for great local foods.

Chris Howell, Burlington resident and City Market member, started Vermont Farm Tours to provide both locals and visitors an engaging way to discover who and where our food comes from. The tours enable guests to learn about the personalities, farms, and flavors that make Vermont a unique place to live—and eat. There’s nothing better than savoring fresh food in the very place it’s produced with the person who made it. After all, “you are where you eat.”

Chris offers Savor Burlington tours on Saturdays, an opportunity to go behind the scenes at the Farmers’ Market, enjoy a beer tasting and light lunch at American Flatbread, and taste local chocolates. The Incredible Edible Intervale tour, on Mondays, explores the people, farms, and organizations that shape our inspired urban agricultural center. There is also an optional lunch, tasting, and presentation at Half Pint Farm.

For more information, visit www.vermontfarmtours.com or call (802) 922 – 7346. Throughout the month of August, City Market members can enter to win a \$50 gift certificate towards a tour. Stop by Customer Service to enter today!



New Managers in Produce Department

Please join us in welcoming two long-time City Market employees to new positions in the Produce Department: James Morrell, Produce Manager and Jason Pappas, Assistant Produce Manager. Both James and Jason have been with City Market for several years and bring a wealth of produce knowledge, expertise and outstanding customer service to each position. Congratulations James and Jason!

RIISING STAR CHEF FOOD & WINE SHOW

SATURDAY, AUGUST 22ND 12PM-5PM

TOPNOTCH RESORT & SPA IN STOWE

TICKETS: \$25 (\$30 DAY OF)

City Market MAGIC HAT

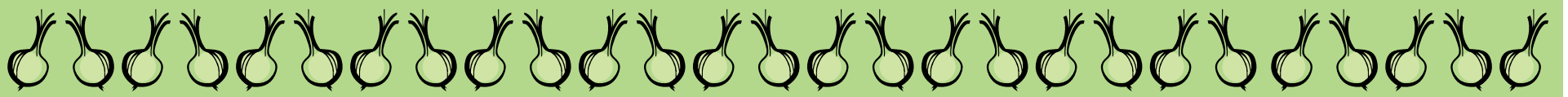
Reinhart

City Market Proud to Sponsor Rising Star Chef Food & Wine Show Benefit

Simplicity and generosity will be on the menu on August 22nd from noon to 5:00 p.m. when Topnotch Resort and Spa in Stowe hosts the first Rising Star Chef Food & Wine Show. Mark Timms, Executive Chef at Norma’s Restaurant, experienced the pain of hunger as a child and wants to support sustainable solutions to hunger by holding this fundraiser for the Vermont Campaign to End Childhood Hunger. Timms will host notable and celebrity chefs from Vermont and beyond under a tent on the Topnotch lawn. Each chef will be given a butane burner and ingredients to create something delicious for attendees. Fresh, local foods will be highlighted, but cuisine styles will hail from Northern and Southern U.S.—and will incorporate flavors from around the globe. Local wine-makers will also be on hand to discuss their wines.

All proceeds raised will go to the Vermont Campaign to End Childhood Hunger and will be used to provide communities across Vermont with information, organizing support, and resources to create and sustain programs that feed hungry Vermonters. Through education and advocacy in the public and private sectors, the Vermont Campaign to End Childhood Hunger is helping individuals and communities reduce the risk of hunger for our children.

Tickets are \$25 advance, \$30 the day of and will cover food and soda. Cash sales of beer and wine will be available. For more information or tickets to the Rising Star Chef Food & Wine Show at Topnotch Resort & Spa, call 802-253-6497 or email concierge@topnotchresort.com. Tickets are available at City Market starting August 1.



Customer Comments:

Dear City Market,

Please carry Liz Lovely's gluten-free cookies, per favor.

Anonymous

Dear Anonymous,

Great news! We do carry Liz Lovely's gluten-free cookies. They are located with the rest of the gluten-free baked goods, next to the breads. Enjoy!

Dear City Market,

Signs about Lake Champlain's 400th Anniversary comment: The Lake has been around for millions of years. The sign is incorrect. What did various tribes call the lake before Champlain renamed it? What did the lakeshore look like before they filled in the waterfront?

Sincerely,

S. Lane

Dear S. Lane,

Thank you for your comment. Our signs around the store were to encourage customers and community members to celebrate the 400th anniversary of Samuel de Champlain's arrival on Lake Champlain. The celebration was in connection with the Burlington Waterfront Festival which was weaved together Native American, French, Canadian and American cultures all with the purpose of celebrating our great lake.

City Market Delivers Surplus Veggies to King St. Youth Center

By Christine Parlia,
Community Outreach Coordinator

As Vermonters, we know that the beginning of July brings a spike in the variety of produce available from our local farms. At this time, some farms are producing more than they can harvest and the Healthy City Youth Farm lends a hand to make sure remaining veggies don't go to waste.

The Healthy City Gleaning Project allows for the excess produce to reach our neighbors that may not have enough to eat otherwise. Healthy City teens and volunteers work side by side picking surplus produce from neighboring farms and distributes it to local non-profits serving families in need.

Although many veggies may be available, some agencies are unable to receive this benefit due to lack of transport. City Market supports the Gleaning Project by delivering several cases of harvested veggies to King St. Youth Center weekly from July to the end of September. Zucchini, parsley, and Mesculin greens are some of the veggies that we delivered over the last few weeks. City Market is happy to be the bridge to free fresh veggies for many King St Youth families!



City Market Farm Feature: The Last Resort

By Courtney Lang,
Product Demonstration Coordinator

Savvy consumers hold high expectations and The Last Resort Farm in Monkton capitalizes on these expectations by providing some of the best garlic in the Champlain Valley. Owners, Eugenie Doyle and Sam Burr ignited their passion for garlic when living in The Garlic Capitol of the World, Gilroy, California. The couple began farming in Vermont in 1980 when they purchased a 280 acre conventional dairy farm that had been in operation by the Shattuck family for over 150 years. Through the 1980's they continued the dairy tradition and grew strawberries, but in the early 1990's they sold the cows and began transitioning to organic vegetable and berry farming.

This rich piece of land that sits within a glacial-bowl bounded by the Green Mountains grows about 90 acres of hay, depending on the weather, and six to eight acres of berries and vegetables. Every October the farm uses 1/3 of an acre to plant over 150 pounds of garlic, noted by Eugenie to do best when planted in soil that has just bared the fruit of strawberry plants. In 2005, the farm picked up a project called Big News for Garlic; a series of trials to analyze regional environmental effects on ten distinct garlic cultivars. There are 12 other producers helping to document the quality of garlic in correlation to the climate, soil, and altitude in which it is grown.

All garlic varieties can be split into two major types' stiff-neck and soft-neck; this is determined at maturity by the stiffness of the stalk that comes up from the bulb. Stiff-neck varieties have stronger flavor when grown in the clay soils of the Champlain Valley. The key mineral is sulfur, which adds vitality and nutrients, also, iron helps to give it color; these are two minerals of abundance here in the valley. Among many other projects, the farm has also taken on a Forest Management Plan to help manage their rare habitat of endangered Indiana Bats living on the farm.

Almost 100% of Last Resort crops are sold within 20 miles and this month check City Market shelves for garlic, black and red currants, potatoes and more. You can also check out their farm stand located in the former "milk house," where along with produce they sell fresh eggs, jams, and pickles throughout the season.



View from Ninety A Nonagenarian view

By Carol L. Winfield,
Co-op Member

Age Means Letting Go

That's exactly what it means: letting go. Growing old (which in my extensive poll of one, means 87 and above!) grows harder and harder, especially for those who remain somewhat physically active. We poignantly want to continue our dash around the town as easily as we did, hey, even one, two years ago. Our bodies, without even a hint of decorous subtlety, refuse such former privileges. What's to be done?

All my yogic training, as well as the training I gave to my own yoga students, revolves around being in the moment, in the present, staying in the present. "The past cannot be retrieved. We certainly have no inkling about the future. Ipso facto, savor the present. Where you are now is where you should be. Honor it; honor yourself by being decidedly here!"

Between you and me and this oh-so-challenging computer, my "here" these days isn't exactly a rose garden. All this slowing down, lots of slowing down as I am reluctantly forced to refuse participation in activities --even six months ago-- I had relished. Now, choices: participate as sideline viewer or -worst of the worst- stay home. For my age category (except for the "who-needs-it-division" spinal stenosis) I'm in great shape. I worked hard and so continue, regularly (almost regularly) practicing a curtailed yoga, reveling in Tuesday afternoons at Yoga Vermont with Emily Garrett.

Despite all this, I no longer have my former get-up-and-go! I can crave, even covet but the energy refuses to correspond. My step is no longer lively. I tire easily. With younger friends, I feel hesitancy, sensing I place a damper on their enjoyment. It troubles me even as I remember my own more "active era," less agile people it did not bother me. It is difficult to let go of the feeling that I'm a drag to their proper pleasure. That's one kind of letting go. It's a definite table-turn trip we old should, (should? must!) unhesitatingly pursue. It has become almost a cliché at this point, being of service to others brings as much if not

more pleasure to the server than the served.

Ninety-one's a lotta years! Though certainly stuffed with regrets--some considerable-- stuffed more with enlivening events, enlivening simply because of the simple act of living them, encountering almost daily something new, different, unexpected.

Back to letting go! However --now pay attention, for I just this minute had a brand new revelation--that very act of letting go brings about a series of privileges undreamed of in those independent, thanks-a-lot-but-I-can-take-care-of-myself years.

Handicapped old body that I am, I suddenly realize I actually can reach toward others, can communicate in a way previously denied. The very fact of my longevity grants privileges never before permitted. Because of my crone state, permission has been granted to get away with excuses, requests, and demands even denied you youngsters out there. How about that, now!

Then there's that excruciating letting go time when I had to give up my car, which in this non-public-transportation-country, believe you-me, is a hard as it gets relinquishment of independence, freedom; devastating in many ways. But, hey! Flip the pancake, up comes maple syrup: I have a Handicapped Sign. Where ever I go, with whomever I drive, along comes the placard and the no problem parking. (Aside Worth Noting: Occasionally, able-bodied types utilize those spaces. Not nice! Please take note, readers. Do not be one of them, okay?)

I began this article being kind of gloomy, didn't I? But now, I'm finding myself as cheerful as one of the legendary dwarfs, the Happy One. The living of life at any age is not easy. Old may mean letting go, but it also means hanging on to the here after all; hanging on with a positive beat, hanging greedily to the moment without judgment, comparison, should-haves. Yes, and as always, yoga precepts continue to stand straight and tall, front and center.

**Where you are
now is where you
should be.**



City Market and the Union Reach a One-Year Collective Bargaining Agreement

By Pat Burns,
Operations Manager

On Monday, July 13 Onion River Co-op Board of Directors ratified a one-year labor contract between the Co-op and the United Electrical, Radio and Machine Workers Union representing the Co-op's hourly employees.

Through thoughtful and diligent negotiations, the Co-op was able to maintain fully paid single medical coverage for all full-time employees which affect the majority of City Market employees. For part-time employees, 65% of the single medical premium is paid. The Co-op medical benefits exceed those offered by competitors and other area employers according to the 2008 Hickok & Boardman benefits survey. The Co-op also plans to provide a three percent wage increase to employees and profit sharing based on quarterly sales growth.

"I would like to acknowledge the fine work by the Co-op staff in continuing to control costs," said Clem Nilan, Co-op General Manager. "It's the combination of sales and cost control that provides the wherewithal to maintain health benefits and provide pay increases... when other businesses are seeing layoffs and cuts in benefits."

In addition to healthcare, a wage increase and profit sharing, the Co-op also offers the following employee benefits:

- Four weeks of Paid Time Off (PTO) for new employees and up to six weeks of PTO after four years of employment
- A six percent match (dollar for dollar) on our 401(k) plan after one year
- 15% store discount (except for beer & wine)
- Free coffee and tea while working
- Free bus passes
- Free Employee Assistance Program
- Paid breaks
- Anniversary gifts
- Discounts at area businesses
- City Market charge account
- Wellness programs

"City Market continues to demonstrate its commitment to the wellbeing of our employees by exercising financial prudence, while at the same time providing access to a comprehensive benefits plan," said Nilan. "This recent contract renewal reaffirms our commitment to our employees and to the community."

The new Profit Sharing plan proposed by Co-op management will provide employees with a share in enhanced earnings if sales growth exceeds projections. For more information on employment at City Market, visit www.CityMarket.coop.

Help to Fill a Truck for Hunger on August 5

City Market and the Vermont Foodbank are teaming up for a second food drive on Wednesday, August 5. The Fill a Truck for Hunger campaign will be held from 1:00 to 6:00 p.m. in the City Market parking lot. The Vermont Foodbank will be collecting non-perishable food items of which the majority of donations will be given to the Chittenden Emergency Food Shelf.

At the first of three food drives on June 1, City Market customers helped to donate 530lbs of food to the Chittenden Emergency Food Shelf. "While we don't often think of summer as a time of high food insecurity, as children recess for the summer, many families are left scrambling to fill the void left when school meals are no longer available," said John Sayles, Vermont Foodbank CEO. "Hunger knows no season, so programs like Grow an Extra-Row and the City Market Fill a Truck offer much needed assistance for Vermonters in need of food."

The Food Shelf reports that in 2009, their two largest annual food drives were down by 50% and 65% respectively. The Chittenden Emergency Food Shelf works to alleviate hunger by feeding people and cultivating opportunities. As the largest direct service emergency food provider in Vermont, CEFS serves over 11,300 people each year.

Non-perishable food items that are most needed: tuna fish, peanut butter, cereal, meals in a box (mac & cheese, hamburger helper, etc.), canned fruit, canned vegetables, pet food, diapers, and baby food. More details can be found at www.CityMarket.coop.



Wine Picks for Under \$10

We are big fans of great value Spanish reds! This month we want to highlight a new favorite and an old favorite- both are found in our mini Spanish section on the red wine shelves. These wines are versatile enough to be our end-of summer reds.

Vina Borgia Campo de Borja Garnacha is a steal at \$9.99, and it's **on sale for \$8.99** in August! Fresh young tannins and a hint of black pepper are rounded out by rich, dark fruit flavors. It is medium-full bodied and perfect with strong cheeses like Pecorino Romano, or grilled steak.

Cortijo III Rioja is very friendly red that lacks some of the dusty, spicy characteristics of Spanish wine that not everyone favors. A Tempranillo/Garnacha blend, the healthy dose of Garnacha adds robust plummy and blackberry fruit flavors to the herba-ceous, earthy Tempranillo. At **\$9.99 every day**, it is a go-to red for drinking on its own or with just about any food. Try it with pizza or make your own delicious Sangria with fresh fruit!



City Market Specialty Food Fair a Big Hit!

"Sunshine in the Garden"

AUGUST Herb of the Month-
Calendula Calendula officinalis

By Crisi Nunziata,
Herbal Education Coordinator

"Marigold or Calendula flowers, according to Culpeper are an herb of the sun under the influence of Leo. They have always been associated with the sun's journey across the sky because they open when the sun rises and close when it sets." Anne McIntyre, *The Complete Floral Healer*

One of my favorite parts about coming to City Market, both as an employee and as a customer, is the gardens. We have some talented and dedicated gardeners who do an amazing job! One flower in particular, a bright sunny orange flower, always seems to catch my eye. Calendula blossoms are so bright that they warm my heart as I enter the store. Not only is Calendula there to greet us in the gardens, but it is quite prevalent in the store as well.

In the Wellness section, you'll find an array of Calendula products, ranging from diaper creams to first aid products to toothpaste. The most common use for Calendula flowers is topically for the skin because of its astringent, anti-inflammatory, antiseptic and wound healing effects. In first aid products Calendula prevents infection of wounds and speeds healing, while preventing scarring. Calendula also soothes rashes, including diaper rash. Both herbal and homeopathic Calendula products for these purposes are widely available.

The flowers, found in the Bulk Medicinal Herbs section, can be used to make an infused oil, added directly to the bath, or made into tea. In tea form, Calendula can also heal the "internal skin" of the digestive tract, of those suffering ulcers, leaky gut, colitis, and many other inflammatory conditions in the digestive tract. Also aiding the digestive system as a bitter tonic, Calendula can enhance digestion if taken before meals. Included in a hot tea for colds and the flu, Calendula reduces lymphatic congestions and helps the body to fight off infection.

You may notice that Calendula is not the only flower found both in the garden as well as in the store. Some other medicinal herbs in the garden include California Poppy, Echinacea, and Yarrow. So, the next time you head into City Market, take a moment to admire these and all of the other beautiful flowers in our garden as the height of summer arrives.

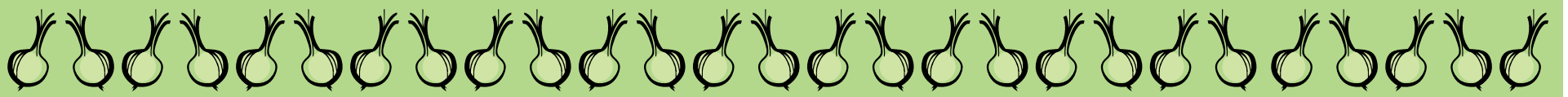
Calendula Infused Oil

Fill a jar $\frac{3}{4}$ of the way with dried Calendula Flowers. Cover the flowers by 2-3 inches with oil. Shake daily for four to six weeks. Strain out the flowers and use the oil as a moisturizer, massage oil, bath oil, etc.

To learn how to make lotion with local ingredients, including Calendula, come to the 'Local-lotion' workshop in September at the Co-op.

Reference:

McIntyre, Anne. *The Complete Floral Healer*. Sterling Publishing Co, Inc, New York, NY, 1996.



Chill out... Making the Most of the Freezer in the Summertime

By Caroline Homan,
Food Education Coordinator

Freezing summer and fall produce is a fast, easy way to save money and stock up on healthy, delicious-tasting food. Check out these tips for how to freeze your favorite fruits and vegetables. To get the best deals, buy them at the peak of their season, or go straight to the source (farm or orchard) to pick your own.

Freezing your own desserts is also a great way to splurge on a treat without a splurge on the wallet. Below, you will find recipes that don't require any special equipment, just your imagination and whatever you have on hand. Be sure to sign up for the Eating Well on a Budget—Summer edition free class on August 19, it's filled with tips and recipes that will teach you how to preserve the summer's harvest!

Freezing Fruits

It's easy to freeze many local fruits, like blueberries, which go straight from the berry bush to the freezer. Other fruits need some special handling for best results. If you plan to use just part of a batch of frozen fruit, it's often a good idea to spread it on a tray to freeze to prevent it from clumping together. Then pour into a freezer-grade bag or container. Some fruits discolor during freezing. To offset this, you can add a little ascorbic acid, vitamin C, or lemon juice before freezing. Adding a sweetener like honey, sugar, or sugar syrup also helps preserve the color and texture of some fruit. Look at the list below to see how to freeze your favorite fruits. Frozen fruit will keep in the freezer for about nine months.

Apples Peel, core and slice apples. Freeze on a tray and transfer to freezer bags once frozen. To prevent browning, drizzle the apple slices with a little lemon juice or ascorbic acid prior to freezing (1/2 tsp. ascorbic acid/3 Tbs. water per quart). Or dip in a solution made of 1 cup of honey, 1 cup of water, and the juice of 1 lemon. For pies, measure 6 cups sliced apples and sweeten with sugar and spices before freezing. You may also consider cooking the pie filling, then freezing.

Apricots Rinse and pit. You may blanch and peel by dipping in boiling water for 30 seconds. If desired, sweeten with 1/2 cup sweetener per quart. Pitted fruits make wonderful compotes (fruit stews) or sauces in the winter.

Berries (Strawberries, Blueberries, Raspberries, etc.) Rinse berries and drain well. Spread berries on tray and freeze until solid. Then pour into plastic freezer bag or a freezing container. Blueberries do not need to be tray frozen; they can go straight into a bag.

Cherries Rinse and remove stems and pits. If sweetening is desired (sour cherries) use 2/3 cup sugar per quart. To prevent darkening, use 1/2 tsp. ascorbic acid/3 Tbs. water per quart.

Grapes De-stem, wash and place in freezer bags or containers. For seeded grapes, slice in half and remove seeds before freezing.

Melons Cut melons in half and remove seeds. Cut into cubes. Pack in freezer bags or containers. To make a quick sorbet, blend the chunks in a food processor with a little lemon juice and sugar and serve right away. Or purée melon before freezing with 1/4 cup lemon juice per quart. Top thawed puree with fresh chopped fruit and yogurt.

Peaches, Nectarines Peel peaches by dipping in boiling water for 1 minute, then placing under cold water. The skins should slip off easily. (You may leave on the skins of nectarines). Slice or leave whole. To avoid darkening, add a small amount of lemon juice or ascorbic acid and pack in a sweetener (1/4 tsp. ascorbic acid and 1/2 cup sweetener per quart). You can also freeze whole without blanching (helps preserve the color). Freeze on tray and then pack in freezer-safe bags. To thaw, run boiling water over them and remove skins and pits.

Pears Peel, halve and core. Heat in boiling sugar syrup for about 1 1/2 minutes. Stir in 3/4 tsp. ascorbic acid to each quart of syrup. Pack in syrup.

Plums Rinse and remove pits. Freeze whole or in slices. To prevent darkening, add a little lemon juice or ascorbic acid. Can also add 1/2 cup sweetener per quart. You can also freeze plums as a purée for sauce. Purée fruit with or without skins. Add 1/4 tsp. ascorbic acid per quart of fruit.

Rhubarb Rinse well and trim ends. Cut stems in 1/2 to 1 inch pieces. May add up to 1 cup sugar per quart.

Freezing Vegetables

Most vegetables must be blanched in boiling water for a short time. Follow the blanching time exactly for best results. Drain and cool very quickly in an ice bath before freezing. Then gently roll in a dishtowel if extra water still clings to them. Chunky vegetables are best frozen on trays so they don't clump together, then put into freezer-safe containers. To speed up freezing time, don't over pack containers and distribute multiple containers throughout the freezer.

Asparagus Cut off any tough ends. Blanch for 2-4 minutes depending on thickness of stalk. Tray freeze, then pack into freezer-safe containers.

Bell Peppers Wash, cut out stems, cut in half and remove seeds. Cut in strips, dice, or rings. Tray freeze, then pack into freezer-safe containers.

Beets Beets must be frozen fully cooked. Cook 30-45 minutes or until tender. Cut into smaller pieces if desired and cool before freezing.

Broccoli, Cauliflower Cut into 2-inch pieces. Blanch for 3 minutes. Tray freeze.

Carrots Peel and cut into 1/4-inch cubes or slices. Blanch for 2-3 minutes. Tray freeze.

Corn Place whole cobs in boiling water for 4 minutes. Cool and cut off kernels with knife. Scrape off pulp for creamy-style corn. Tray freeze.

Green Beans Snap off ends and cut beans into 2-inch lengths. Blanch for 3 minutes. Tray freeze.

Greens (Kale, Swiss Chard, Spinach, etc.) Trim off any tough ribs. Blanch for 2 minutes (3 for collard greens). Cool and chop, if desired. Pack in freezer-safe containers.

Peas Shell and discard any immature or tough peas. Blanch for 1 1/2 minutes. Tray freeze.

Pumpkin, Winter Squash Must be frozen fully cooked. Remove seeds and cut into sections. Cook until soft on stovetop or oven. Remove pulp from rind and mash before freezing.

Summer Squash, Zucchini Grate or shred summer squash and zucchini. Blanch 15 seconds in boiling water. Freeze in 1-cup portions for muffins and quick-breads or to thicken tomato sauce. Or cube in 1/2-inch pieces and blanch 1-2 minutes, until translucent. Tray freeze.

Tomatoes Dip in boiling water for 30 seconds to loosen skins. Peel and remove cores. Freeze whole or in pieces. For stewed tomatoes, remove stems, peel and quarter. Cover and cook until tender (10-20 minutes). Cool and then freeze. Can also freeze whole tomatoes without blanching on a tray, then put in freezer bags. When thawing, run under warm water and remove skin.

Want a way to deal with all that zucchini and summer squash? How about as a base for soups? Purée the zucchini or summer squash in a blender or food processor with fresh or dried herbs and onions. Pull out later in the winter for an instant, flavorful stock.

What should I do with herbs (besides make pesto?) Consider making herb ice cubes. To make herb ice cubes, remove the stems and finely chop the leaves. Put 1-2 tsp. in each ice cube compartment, cover with water, and freeze. Remove when frozen and save in freezer-safe bags. Add to soups and stews toward end of cooking time.

Or make herbs paste and butter. Purée 2 cups of fresh herbs such as parsley, basil, dill, or chives with 1/2-3/4 cup olive oil. Spoon into ice cube trays and freeze. Or mash herbs with softened butter, roll into a log, and roll the log in wax paper (followed by freezer wrap). Use in pasta sauce, casseroles, or on top of fresh vegetables, fish, whole grains, or bread.

The information above is adapted from Preserve Food (www.preservefood.com) and Preserving Summer's Bounty: A Quick Guide to Freezing, Canning, Preserving and Drying What You Grow (Rodale 1998).

Additional information can be found at the National Center for Home Food Preservation, www.uga.edu/nchfp



Frozen Desserts

These desserts require no special equipment. Adapt the ingredients (fruit, tea, cider or juice) in each one according to what you have.

Raspberry Sorbet

16 oz sour cream

3/4 cup sugar

1/2 pound raspberries (or 8-oz package frozen raspberries)

1 tsp. vanilla extract

Purée and freeze in an attractive serving bowl if it will be set out. Serve with fresh berries.

Cantaloupe Granita

2 cups coarsely chopped cantaloupe

1/4 cup sugar, or to taste

1/2 tablespoon fresh lemon juice, or to taste

1 cup ice cubes

Purée all ingredients in a blender until smooth, then pour into a 13- by 9-inch metal pan and freeze until mixture becomes a firm slush, at least 40 minutes. Scrape with a fork and serve in chilled glasses.

Hibiscus Tea Popsicles

2 tea bags hibiscus tea (such as Passion by Tazo)

2 cups boiling water

a few fresh mint leaves

2 Tbs. honey

1 cup apple cider

Brew tea bags in two cups of water for ten minutes, adding mint leaves after five minutes. Discard mint leaves and stir in honey, then mix in cider. Pour into molds (Popsicle molds, wax paper cups, or ice cube trays) and freeze for about 3 hours or until frozen.

Banana Popsicles Dipped in Chocolate and Nuts

5 large bananas

1 cup semi-sweet or dark chocolate

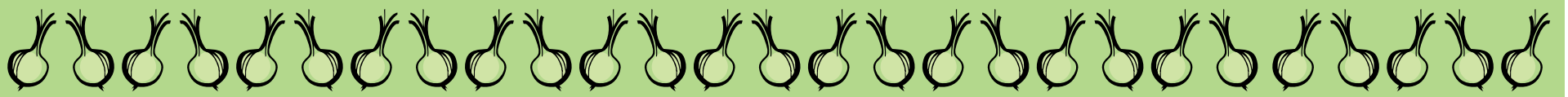
2 Tbs. milk, half & half, or cream

chopped nuts (almonds/peanuts/walnuts/pistachios)

Cut bananas in half and insert an ice-cream stick or skewer (remove the sharp point) into each one. Lay them on a tray lined with wax paper and freeze for about 4-5 hours or overnight. They need to be really cold and frozen before the next step.

Melt chocolate and milk over a double boiler. Keep stirring the chocolate till it becomes silky smooth. Take out the bananas right when you are about to use them. Dip or spread the chocolate onto the bananas and immediately sprinkle or roll in chopped nuts.

Lay them flat on a wax paper-lined tray and freeze again for 3 hours or until the chocolate has set.



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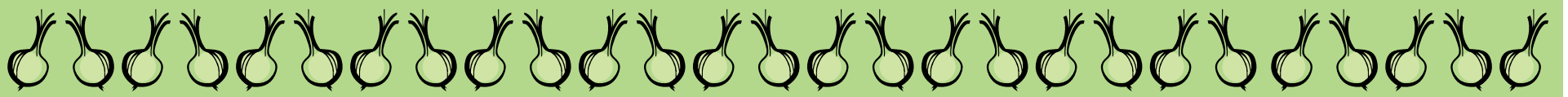
2009 City Market



The tour ended with a Localvore dinner celebration for all participants and guests at Shelburne Orchards featuring local greens, tofu, roasted pork, bread, and wine.



The guided tour gave riders a glimpse of Shelburne's landscape while creating connections to the food that is grown in the Champlain Valley.



August's GAP Sales Flyer Featured Recipe

Sample this recipe in store on August 20 from 12:30 - 2:00 p.m.

Mexican Beans and Rice

This is an easy, hearty vegan dish that you can pull together from leftover rice, some basic pantry staples and a little fresh produce. Enjoy it as a side dish or add cheese, avocado and/or your favorite protein inside a flour tortilla and enjoy it as a burrito or quesadilla. Serves: 4. Prep time: 10 minutes. Cook time: 15 minutes

Ingredients

- 2 Tablespoons oil
- 1 cup yellow onion, diced
- 1 up cooked sweet potatoes, peeled and diced
- ½ cup diced green and red bell peppers
- 1 clove garlic, minced
- 1 cup diced fire-roasted tomatoes
- 2 teaspoons chipotle peppers, minced (or to taste)
- ½ teaspoon chili powder
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- Pinch black pepper
- 1 cup pre-cooked brown rice
- 1 12-ounce can black beans, drained and rinsed

Instructions

Heat the oil in a medium-sized stock pot, and sauté the onions, sweet potatoes and bell peppers over medium heat until soft, about 10 minutes. Add the garlic and spices, and sauté 2 minutes more until fragrant. Add the diced tomatoes, chopped chipotles and black beans, simmer for 5 minutes. Add the rice and heat throughout. Remove from the heat, stir in some fresh chopped cilantro (optional) and serve with lime wedges. Enjoy!

Free Herbal Clinic

August 3, 4:00 - 7:00 p.m.

Have you ever been interested in using herbal medicine to improve your health? Join Betzy Bancroft RH (AHG), Larken Bunce MS, Guido Masé RH (AHG) and students from the Vermont Center for Integrative Herbalism in a free, personalized session focused on your individual constitution and any health conditions you may be experiencing. An incredible opportunity to explore the art of herbal healing with experienced practitioners! All sessions last about one hour and are completely confidential. By appointment only.

Fill a Truck for hunger

August 5, 1:00 - 6:00 p.m.

Help your neighbors in need this summer by donating a non-perishable food item and Fill a Truck for Hunger. The food will be donated to the Vermont Foodbank and the Chittenden Emergency Food Shelf. Staff will be on hand in the City Market parking lot to help with all food donations.

How to be a Localvore Food Tour

August 5, 6:00 - 7:00 p.m.

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

Jam & Canning Workshop with Sue Johnson

August 11, 6:00 - 7:30 p.m.

Learn how to make delicious homemade jam with Sue Johnson, experienced gardener and food preserver from Hinesburg. You will participate in all aspects of the jam making. The class will make blueberry jam and one other fruit jam subject to seasonal availability. An informational handout will be given and you will get to take home a jar of freshly made jam.

Free Herbal Clinic

August 17, 4:00 - 7:00 p.m.

Have you ever been interested in using herbal medicine to improve your health? Join Betzy Bancroft RH (AHG), Larken Bunce MS, Guido Masé RH (AHG) and students from the Vermont Center for Integrative Herbalism in a free, personalized session focused on your individual constitution and any health conditions you may be experiencing. An incredible opportunity to explore the art of herbal healing with experienced practitioners! All sessions last about one hour and are completely confidential. By appointment only.

Eating Well on a Budget - Summer Edition

August 19, 6:00 - 7:00 p.m.

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

Lake Monsters Strike out Hunger Game

August 20, 7:05 p.m.
(Rain date August 21, 6:05 p.m.)

Get in free to this special ballgame with a donation of a non-perishable food item. All food donations will go to the Chittenden Emergency Food Shelf.

Body Scrubs and Bath Salts

August 22, noon - 1:00 p.m.

Join Herbal Education Coordinator, Cristi Nunziata, for a hands-on workshop where participants will make their own summer-inspired body, hand, and foot scrubs, and bath salts.

Apartment Garden Workshop

August 22, 2:00 - 3:00 p.m.

Learn how to garden indoors in your apartment with Peter Burke. This workshop will focus on growing a steady supply of fresh greens with only a cupboard and a window-sill. Ready to harvest in just 7 to 10 days grow greens that are both good for fresh salads and to cook in a stir fry. Great for Locavores! Each workshop will outline general techniques for many varieties of greens and a few herbs.

Herbs and Nutrition for Balancing Blood Sugar with Guido Masé

August 24, 5:00 - 6:00 p.m.

Good nutrition and herbal medicine can offer solutions for common problems associated with blood sugar balance, ranging from low blood sugar (hypoglycemia) to pre-diabetes and the metabolic syndrome. Learn about well-researched plants for these conditions and simple nutritional strategies such as managing the glycemic index of your meals.

Alteris Renewable Energy Workshop

August 26, 6:00 - 7:00 p.m.

Alteris Renewable Inc. is a full service Renewable Energy Integrator. Alteris inc. provides turn-key renewable energy solutions for Residential, Commercial, and Community scale projects throughout Northeastern United States. Join in a discussion about various technologies such as Solar Electric, Solar Thermal, and Wind Energy. Learn about the various renewable energy programs throughout Vermont that could provide up to 50% of the total cost. What is your renewable energy potential? Join us to learn about the options today.

How to be a Localvore Cooking Class & Intervale Farm Tour

August 29, 11:00 - 12:00 p.m.
At the Intervale Center

Local food is abundant at this time of year in Vermont. Join with City Market's General Manager Clem Nilan (former restaurant entrepreneur, NECI instructor, and all around good guy) to learn how to prepare a delicious local corn chowder and freshly tossed salad using all local ingredients. Plus you'll have a chance to tour the farms of the Intervale all to help you prepare for the Eat Local Challenge in September.

August Product Sampling

August 4 - Nordic Naturals
11:00 a.m. - 2:00 p.m.

August 6 - Organic Valley Cheese
11:00 a.m. - 2:00 p.m.

August 11 - Late July Crackers
12:30 - 2:30 p.m.

August 19 - Bumble Bars
12:30 - 2:30 p.m.

August 25 - Knudsen's Recharge
12:30 - 2:30 p.m.

Art Showing

August's featured Co-op Member artist is Jerome Milks. He is a landscape/nature photographer who lives in Waltham, Vermont. Milks is particularly attracted to those times of the day that offer the most dramatic lighting conditions, usually occurring around sunrise and sunset and commonly referred to as the "golden hours." He hopes that his photographs offer an opportunity for the viewer to give pause to their day and reconnect with the incredible natural world in which we live. Milks also hopes to help awaken a sense of collective responsibility that we all have regarding the stewardship and protection of this delicate planet which we all refer to as home. Jerome Milks' work will be on display in City Market's Member Café Gallery throughout the month of August.



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We welcomed

163

new members
in June!

Sign up at the
Customer Service Desk.

ALL Classes are
FREE & open
to the Public