



A Year of Growth

By John Tashiro, General Manager

While I personally hope the warmer weather continues for a bit longer, the cooler early mornings and evenings certainly feel refreshing. The return of students to the downtown scene, fewer out of state cars parked in the lots, and the gradual increase of geese sightings are all signs that fall is not too far away. At the Co-op, we too are busy making plans for the upcoming fall and winter holidays, all while we continue to try and find ways to serve you better.

First and foremost, THANK YOU for your continued support of the Co-op over the last 12 months. In June, we finished our 2016 fiscal year (July 1, 2015 – June 30, 2016) and will be sharing those results in the near future. In the meantime, here are some quick highlights:

- Co-op sales were just over \$41 million with almost 70% of those sales from Members.
- Local and Made in Vermont products made up almost 40% of sales, or just over \$14 million dollars.
- We created a new [Co-op Basics](#) program. We lowered the price on over one hundred items, including local and organic foods, to create a set of high quality staples for every shopper.
- Membership grew to almost 12,000, a 6% increase over the prior year. When you include all of the household Members on these accounts, we're at about 20,000 Members!
- Co-op [Member Workers](#) volunteered almost 18,000 hours in our community! This equates to over 8 full-time volunteers and is an almost 4.5% increase over the prior year.
- Customers donated over \$137,000 by rounding up their orders at the register through our [Rally for Change](#) program. We've donated over \$230,000 through this program in its first 21 months, with over \$97,000 going directly to the Chittenden Emergency Food Shelf to support their innovative programs.
- Our [Food for All](#) program (FFA) offers a 10% discount to community members who participate in 3SquaresVT, WIC, Social Security Supplemental or Disability Income. This last fiscal year, FFA members received almost \$172,000 in discounts, allowing them to use that money for other necessities like housing and heat.



[read more](#)

September Cheese & Wine

This month our Cave to Co-op cheese special is Mad River Blue made by [von Trapp Farmstead](#). Located in Waitsfield, VT, von Trapp Farmstead is a three generation dairy farm that is committed to making the highest quality cheese with the best milk possible.

Mad River Blue is made from raw organic cows' milk. It has a natural rind, and possesses a buttery, grassy, lightly sweet and mild flavor. It goes perfectly crumbled over spaghetti. For wine pairing, try Patient Cottat Sancerre Rose or La Fleur Renaissance Sauternes, both available in our wine selection.



[learn more](#)

Upcoming Co-op & Local Events



Co-op Food Fest

Sunday, September 25
Noon - 4pm
Union Station at 1 Main St.
Free!

Join us for our 14th Annual Co-op Food Fest, featuring over four dozen local producers. Meet our local producers and sample their delicious products, all while learning where your food comes from!

We'll also have door prizes, face painting, tables featuring Community Outreach Partners, live music from [Hard Scrabble](#), kids' activities, and free 5 minute chair massages from [Inner Source Massage and Bodywork](#).

[Learn more](#)



Save the Date: Harvest Run/Walk for Sustainability

Sunday, October 9
9:00am - 11:30am
Intervale Center

Join the [Sustainability Academy](#) and [City Market](#) for our 5th annual 1K/5K down in the Intervale! Romp through farm fields and dirt roads in this family-friendly event to support place-based learning at the Sustainability Academy. Join us after the race for live music, raffle prizes, and kids' activities. Day-of registrations are welcome!

[Learn more](#)



Save the Date: Member Meeting

Wednesday, October 12
6:00 - 8:00pm
Echo Center - Burlington

City Market's Annual Member Meeting will take place in October again this year on Wednesday, October 12 from 6:00pm to 8:00pm at an exciting new location – the Echo Center at the Burlington Waterfront! We'll have a light dinner, games and prizes, music, and you'll get a chance to hear from this year's Board candidates. Mark your calendars and stay tuned in the coming weeks for more details!

[Learn more](#)

Check out some of our upcoming classes, including [Sweets in the Raw: Naturally Healthy Desserts](#) on September 15, [Crob Mob with Intervale Community Farm](#) on September 17, and [Intro to Baking with Natural Sourdough](#) on September 21.

[more upcoming classes](#)



Local Summer Spotlight

By Meredith Knowles
Outreach & Education Coordinator

Late summer is a special time for our Produce department. Every day it is filled with bright, fresh new products from farms all over Vermont and beyond. With such bounty upon us, I wanted to shine light on some of our lesser-known veggies. Who knew lingua lingua would be a such a great addition to a stir fry? Or that some types of lettuce are grown for their delicious stalks? Here's the lowdown on some of our new favorites this season.

Celtuce: (Diggers' Mirth Collective, Burlington, VT)

What is it? If asparagus and romaine lettuce had a little veggie child, celtuce would be it. Known also by the names celery lettuce, stem lettuce, and Chinese stem lettuce, celtuce is in the lettuce family, although grown for the stalk rather than the leaves. The stalk has a nutty flavor, and can be enjoyed raw or cooked. The leaves are perfectly edible as well, although they can be on the bitter side so I recommend cooking them down.

Notorious V.I.T.(amins): Vitamin A, Vitamin C

Other Notable Mentions: Potassium

[Read more](#)

Sweet Talk: Local Honey

By Sarah Bhimani
Outreach & Education Manager

Let's have some sweet talk...about local honey! Every season, you may notice our beautiful endcap highlighting all of our local honey vendors. Even year round, our local honey selection is phenomenal. We work hard to support local honey producers, and we are committed to sharing information about each vendor with customers. We even have one staff member who is dedicated to working with local honey producers to make sure we're offering high quality honey in a variety of sizes in addition to in what we offer in bulk.

Sometimes honey producers will source honey from other hives to supplement the honey they produce onsite, or they will source all of the honey they bottle from hives owned by other beekeepers. But we've done your homework for you! Check out the table below to learn more about our local honey set.

[Read more](#)

Recipes



[Apple Brie Salad](#)



[Eggplant Shakshuka](#)



[Lemon Lavender Chevrè Cheesecake](#)

[view more recipes](#)

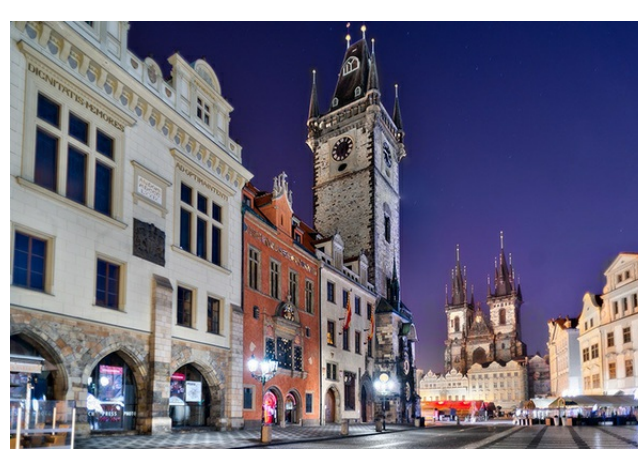


Featured Community Connection: Champlain Doula

During the month of September, City Market Members can enter to win a \$500 gift certificate towards Birth Doula Services through Champlain Doula. To enter, fill out a drawing slip at the Customer Service Desk and place it in the Community Connections giveaway box!

As a Doula, Rachael Phipps offers physical, emotional, and educational support to expectant families throughout pregnancy, birth and the postpartum period. "My role, more than anything, is to assist you in having a birth experience that leaves you feeling empowered. Whether it be a midwife assisted home birth, a scheduled cesarean, or anything between is entirely up to you. What truly makes a difference in any birth is that the parents are informed and supported."

[Read more](#)



Featured Member Artist: Petr Pavel Kepka

Petr Pavel Kepka is an award winning videographer and music teacher from the Czech Republic. One of his passions throughout his life has been his love for the capital city of Czech Republic, Prague. Petr has been filming the architecture of Prague for 17 years and last 10 years he has specialized in night photography using HDR technology. "I consider night photography a very challenging art to master. The final product can be done in many ways. One picture takes about 3 hours if you have a lucky day, or you can struggle with it for a week," Petr said. "I hope that this exhibition will bring my vision of Prague, my never ending inspiration and love, to Burlington and City Market customers."

His photographs of Prague are for sale as calendars at www.zazzle.com/poetic_video.

[Read more](#)

Rally for Change

Anytime you check-out at City Market, you can choose to "round up" your total to the nearest dollar. At the end of the month, we donate 50% of those funds to the [Chittenden Emergency Food Shelf](#), 40% to an organization that aligns with our Global Ends, and 10% to a local non-profit.

In August, you collectively donated \$12,863.93!

- \$6,431.97 for the Chittenden Emergency Food Shelf
- \$5,145.57 for SEABA
- \$1,286.39 for Relay for Life of Chittenden County



This Month's Rally for Change Partners:



10% Partner:
[Me2/](#)



40% Partner:
[Burlington Area Community Gardens](#)



50% Partner:
[Chittenden Emergency Food Shelf](#)
every month

[learn more](#)

Connect with us!

Have you visited the Co-op on [Facebook](#), [Google](#), or [Yelp](#)? Please do - we want to hear from you!

Stay up to date with news, information, giveaways, and fun content from your Co-op by following us on [Facebook](#), [Instagram](#), and our other [social networks](#).

Board Meetings and New Members

Next Board Meeting

The next monthly Board meeting will be held on **September 26, 2016 at 6:00pm** in the City Market Community Conference Room. Members are welcome to attend! More information about our Board of Directors can be found [on our website](#).

We welcomed

312

new Members in August!



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