



### Spring Cleaning Day

We will be closed on Wednesday, May 11 while we freshen things up and get ready for a busy summer season! We will return to normal store hours on Thursday!

### Abuzz with Activity

By John Tashiro, General Manager

Happy May! How I love the reawakening of everything around us with the days getting lighter earlier, as well as getting longer and warmer. From trees budding, bees pollinating and flowers blossoming in all their glory to seeing people out and about in the community, I feel such a "buzz" in the air. In similar fashion, we are abuzz at the Co-op with seeds and plant starts, and are looking forward to more local produce throughout the growing season.

You might remember that we closed the store for one day last April to upgrade our refrigeration systems. We were able to get so many spring projects completed on that one day that we decided to plan for a "spring cleaning & training" day this year as well. The Co-op will be closed on Wednesday, May 11 to make improvements throughout the store, offer a variety of staff trainings and host a staff celebration! We look forward to seeing you on Thursday, May 12 during our regular hours of 7am to 11pm and hope you notice the difference this one day makes!



read more

### 2016 Co-op Patronage Seedling Grant Applications

We are now accepting grants for non-profit projects that strengthen the local food system. Applications will be accepted through Monday, June 27 at 5pm. Follow the link to learn how to apply.



learn more

### Seedling Grant Progress Report

We'll be highlighting each of our 2014 Co-op Patronage Seedling Grantees in our upcoming newsletters to update you on their project progress.

Here is a little update from the [The Chittenden Emergency Food Shelf](#).

A transport trailer will enable the Chittenden Emergency Food Shelf (CEFS) to expand access to healthy, fresh food for low income community members in Chittenden County, while greatly increasing the Food Shelf 's capacity to safely accept and transport donations of perishable foods. The refrigerated trailer will greatly expand the Food Shelf 's capacity to rescue more food safely and efficiently by eliminating concerns about unsafe storage temperatures during transport. This trailer will increase the area that CEFS staff can collect food from and their capacity to accept foods that would previously have been unsafe to accept. Funding for this refrigerated trailer will provide a way for the CEFS to further reduce food waste in our local food system while supporting those who are most vulnerable.



learn more

### May Cheese & Wine

This month our Cave to Co-op cheese special is Crawford made by [Twig Farm](#). Located in West Cornwall, VT, Twig Farm sources its milk for this certain cheese from Scapeland Farm in Whiting, VT.

Crawford is made from raw cows' milk. It has a natural rind that has a earthy and nutty flavor with hints of grass. It goes perfectly sprinkled on pasta and meatballs. For wine pairing, try Clean Slate Riesling or Pomelo Rosé, both available in our wine selection.



learn more

### Upcoming Co-op & Local Events



**Juice Bar**  
Starting May 18  
Every Wednesday, All Summer  
10am - 2pm, City Market

The Juice Bar Pop-Up is back for another summer season. Stop by City Market every Wednesday, starting May 18, from 10am-2pm and grab your favorite local juice!



**Burlington Farmers' Market**  
Saturday, May 7  
8:30am - 2:00pm  
City Hall Park, Burlington

The Burlington Farmers' Market is one of the oldest and largest in the state. Since 1980, the Burlington Summer Farmers' Market has been held every Saturday from late spring through autumn in downtown Burlington's City Hall Park, just off of the Church Street Marketplace. Close to 100 stands overflow with seasonal produce, flowers, artisan wares, prepared foods, and more. People gather to wander around, chat with growers and friends, and fill their baskets with some of the best food money can buy.

[Learn more](#)



**Crop Mob with Jericho Settlers Farm**  
Saturday, May 21  
10:00am - 1:00pm  
Jericho Settlers Farm

Join us for a volunteer work party at [Jericho Settlers Farm](#) in Jericho, VT! We will help Christa and her crew plant flowers and herbs, and we'll also get a farm tour of their hoophouses, greenhouse, and farmstand. Please come prepared for the weather with appropriate layers, sturdy shoes, work gloves, and water. Light snacks will be provided. **City Market Member Workers can earn hours for their time.**

We also have a [Crop Mob](#) scheduled in June with [Pitchfork Farm!](#)

[Learn more](#)

Check out some of our upcoming classes, including [A Wild Taste of Spring](#), on May 11, [Brew Methods](#) on May 14, and [Natural Pedicure Products](#), on April 17.

more upcoming classes



## Sweet Talking: The Sugar Basics

By Meredith Knowles  
Outreach & Education Coordinator

If you've wandered through the Bulk department or the baking section in Aisle 1, you know there are a plethora of sweet, sugary options to choose from. So many options, it may seem, that it can get difficult to choose! From white sugar to confectioners' to turbinado, what's the difference between them all?

### White sugar/Granulated sugar –

#### *What is it?*

White or granulated sugar is sugar that has been processed and refined from the raw sugar of sugar cane or sugar beets. When raw sugar is refined, the brown molasses is removed, leaving the sugar a white crystal.

#### *What do I use it for?*

Any recipe that calls for standard sugar would refer to white sugar (although you can choose to make substitutions based on your taste preferences.) It dissolves quite easily and has a mild, sweet taste, so it is great for delicate flavors in baking.

[Read more](#)



## A Sure Sign of Spring: Wild Ramps

By Sarah Bhimani  
Outreach and Education Manager

Ramps, or wild leeks, are incredibly popular this time of year. After living through a winter full of root crops and squash, people are excited to eat something green, fresh, and foraged from the land. This excitement is also historical – ramps were traditionally an exciting spring addition to plates of Native Americans and early colonists as well. You or your parents may also remember their parents and grandparents going out to harvest ramps and bring home buckets full. In the American South, you can still find festivals celebrating the arrival of ramps to this day. The popularity of the ramp is not abating, but is in fact growing. Due to a rapid increase in popularity throughout the country starting in the 1990s as chefs began to highlight this local ingredient, there has been disagreement over best management practices to ensure that ramp populations are protected and not overharvested.

There are generally two harvesting methods: harvesting the whole plant (bulb and all) or just harvesting the leaves of the plant. There is not a consensus on which harvesting method is best. The most common method is harvesting the entire plant. When the entire plant is harvested, the bulbs should be dug up gently to minimize disturbance, and it is good practice to take only a few mature plants from each clump and to always leave more than you take to ensure survival and reproduction of the colony. The other way to harvest ramps is by picking or cutting the leaves from the plant. Generally, it is recommended to take less than 20% (or less!) of the leaves from a clump of ramps to ensure survival of the colony.

[Read more](#)

**Note:** This article is not meant as a substitute for proper medical advice. Please consult with your medical practitioner before using any type of remedy, herbal or otherwise.

## Advice from the Aisles Summertime Scent Savers

By Hailey Neal, Wellness Department

To the trained wellness eye, there are several initial signs of an S.I.D. (Stinker in Distress). The furrowing of the brow, the frantic swiveling of hands, and many minutes spent standing in front of the impossible cliff of natural deodorants. Never fear though, help is always nearby. While it's impossible even for our knowledgeable staff to personally try every single one of the deodorants we offer, we've still tried our fair share. So, to get you started (and save you time) we've highlighted a few we've liked that we think might ease your suffering (and stink!) We think we just might have one for everybody.



[read more](#)



[Perfect Sushi Rice](#)

[Tacos al Pastor](#)

[Balsamic-Glazed Strawberries](#)

[view more recipes](#)



**Featured Community Connection:**  
**Massage Journey**

During the month of May, City Market Members can enter to win a free spot for two in a couples massage class (\$45 value). To enter, fill out a drawing slip at the Customer Service desk and place in the Community Connections giveaway box!

Massage Journey is Genevieve Henry's Burlington-based massage practice dedicated to caring for pregnant women, moms and their partners. Genevieve is part of the Birth Journeys team and is a certified massage therapist, a certified childbirth educator, and a certified labor & birth and post-natal doula. Her Massage for Couples Class is two hours long, hands-on, fully clothed and designed for couples; pregnant or not, or a pair of friends interested in learning how to make their touch more therapeutic. Come learn an easy and efficient massage flow with your partner in the comfort of the Birth Journeys' teaching space!

[Read more](#)



**Featured Member Artist:**  
**Bryan Briscoe**

Inspired by baskets and how they are made, I created a new body of original art work, "Basketry Arts." "Basketry Arts" will provide art collectors a fresh look at new original paintings and drawings that celebrate Basketry. In this show I used watercolors, acrylics and a mix of mediums to achieve a natural feel for each work. The aesthetics of my work is not so much focused on beautiful art, but the color expression to help communicate the concepts. I enjoy painting from self-expression and using my first impression of the subject as a vehicle to explore the concept, then visually translating that on to the surface type that makes the most sense.

Please feel free to call me at [be-art@woclass.com](mailto:be-art@woclass.com) if you're interested in purchasing.

[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 April, you collectively donated \$12,608.64!

- \$6,304.32 for the Chittenden Emergency Food Shelf
- \$5,043.46 for the Vermont Foodbank
- \$1,260.86 for HOPE Works



**May Rally for Change Partners:**



**10% Partner:**  
[Green Up Vermont](#)



**40% Partner:**  
[Burlington School Food Project](#)



**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 **May 23, 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**

**145**  
new Members in April!



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