



Eat Local This Summer

By John Tashiro, General Manager

Happy imminent summer! The official start of the season is just a few weeks away signaled by the recent string of hot weather days, schools drawing to a close and an array of outdoor events and activities on offer throughout the state! I particularly love our amazing farmers' markets which provide great gathering places for the community around food, family, friends and fun!

Here at the Co-op, our offerings with local produce and Vermont-made products continue to grow. Did you know that local products are now reaching close to 40% of our monthly sales? This is another great example of how you, our Members and customers, recognize the value of local and invest in its benefits through your purchases at the Co-op. It's certainly not surprising to hear that Vermont ranks first in the nation for its commitment to raising and eating local food followed by Maine, New Hampshire, Oregon and Massachusetts (according to a 2015 Strolling of the Heifers Locavore Index, which relies on US Department of Agriculture and Census figures).



[read more](#)

Run for the Board

It's time to start thinking about running for City Market's Board of Directors! The Board of Directors consists of nine members, elected from the general Membership. Elections are held annually and Directors serve 3 year terms. When a Board Member vacates a seat before the end of their 3 year term, the Board may appoint a new Board Member who will serve until the next election process. This year we have four seats up for election; three of these seats are for 3 year terms and one seat is for a 2 year term to finish out a vacated seat. The vacated seat will go to the candidate that receives the fourth highest number of votes.



In an effort to better educate new candidates about Board work, including the time commitment involved and the associated responsibilities, the Board has created a list of optional preparedness activities. These include an orientation, attending a Board meeting, and some reading.

The deadline to apply is **Friday, September 2**.

[learn more](#)

Don Schramm Award Nominations

Each year, we recognize the outstanding contribution to our community by a Co-op Member. Criteria includes: being an active Member of the Co-op, having an outstanding commitment to cooperative principles, sharing visionary leadership, or participating in service to the community. Know someone you'd like to nominate? Please do so by **Monday, August 8**.



[learn 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](#)

Member Grants Committee Application

We're looking for a committee of no more than 6 Members to meet once or twice in July (most likely the weeks of July 18 and July 25) to review grant applications and recommend funding decisions to City Market's Board of Directors. The application process for the Member Grant Committee will close on **Monday, June 20** and Committee Members will be chosen (and notified) by Monday, June 27. Committee Members will need to be available to meet in person the weeks of July 18 and July 25.



[apply here](#)

June Cheese & Wine

This month our Cave to Co-op cheese special is White Diamond made by [Boston Post Dairy](#). Located in Enosburg Falls, VT, Boston Post Dairy milks over 1,800 cows and grows 3,100 acres of corn and hay.

White Diamond is made from pasteurized goats' milk. It has a bloomy rind that has a soft, creamy and milky flavor. It goes perfectly drizzled with local raw honey and then baked. For wine pairing, try Domaine Pichot Vouveyay or Feudi San Gregorio Ros'Aura Campania, both available in our wine selection.



[learn more](#)

Upcoming Co-op & Local Events



Crop Mob with Pitchfork Farm

Saturday, June 4
9:00am - 12:00pm
Burlington's Intervale

Join us for a volunteer work party at [Pitchfork Farm](#) in Burlington's Intervale! We will help Eric and his crew get their fields ready for the summer season (this may include weeding, transplanting starts, etc). 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.

Note: In the event of bad weather, this work day may be postponed until Sunday, June 5. We will do our best to notify you as early as possible.

[Learn more](#)



UVM Food Systems Summit

June 14 & 15
Grand Maple Ballroom
Davis Center, UVM

As individuals and communities, our social, environmental, and political values greatly influence our sense of the "good." In the context of food systems, we may favor certain agricultural production practices, culinary traditions, or labor policies. The 2016 Summit theme is an invitation for us to unpack the assumptions and biases that underpin our perspectives on how the food system should work.

[Learn more](#)



Save the Date: Summervale 2016

Every Thursday
July 7 - August 25
5:30pm - 8pm
Intervale Center

Stop by the Intervale Center every Thursday from July 7 - August 25 from 5:30 - 8 PM for local food, live music, Slow Food Vermont tastings, kids activities, and more!

Summervale takes place at 180 Intervale Road in Burlington, just past Gardener's Supply Co.

[Learn more](#)

Check out some of our upcoming classes, including [Storytime Saturday at Phoenix Books: Jamberry](#), on June 4, [Cold Brew Workshop](#) on June 11, and [Farm Tour: Pete's Greens & Zack Woods Herb Farm](#), on June 24.

[more upcoming classes](#)



The Best Of: Water Infusions

By Meredith Knowles
Outreach & Education Coordinator

Hydration 101 is a pretty simple concept: drink more water. Period. It's easy in theory, but only 22% of American adults drink the recommended 8 cups of water a day. Recommendations can vary on the ideal amount to drink, and we get hydration from some other beverages and from water contained in our food. (Watermelon, anyone?) But it's important to stay on top of your water intake early and throughout the day. By the time you feel thirsty, you're already partially dehydrated. As we welcome the warmer weather, we are more likely to spend time outside, walking, hiking, and being active, which increases your body's water needs.

If you're like me, though, it can be difficult to stay on top of it all. I've tried large water bottles, daily goals, timers, trackers, and the like. About a dozen misplaced water bottles later, and I definitely need something else. That "something else" just might be infused water. A favorite trick of many, you can use fresh herbs and fruits to flavor your water into something you just can't wait to have a sip of. Plus, you get the added benefit of extra vitamins, minerals, trace nutrients from the fruits, along with fiber if you eat them at the end!

[Read more](#)



Spice It Up

By Sarah Bhimani
Outreach & Education Manager

Move over sriracha - there are some new spices in town! Okay, not exactly new as these spices are essential flavorings for traditional food cultures in Asia, Africa, and the Middle East, however these spices and flavors are taking center stage right now in American food culture. But don't worry if you've never heard the likes of spice pastes like gochujang or sambal oelek - this quick primer will get you ready to experience a new level of flavor!

Gochujang

This is a Korean condiment made from red chilis, glutinous rice (aka sticky rice), fermented soybeans, and salt. It is a thick, dark red paste and has a rich, spicy flavor (but not "burn-your-mouth" spicy). It contains vitamin A, vitamin C, and carotene, and some believe that it helps improve digestion.

Gochujang can be used as in dips for veggies like cucumbers, carrots, cabbage, and anchovies, but it is also commonly found as a seasoning in other dishes, both meat-based and vegetarian. It works perfectly to add depth to stews or marinades.

Want to try it in a recipe? Check out our [Quick Vegetable Bibimbap](#), [Feisty 5 Spice Chicken Wings](#), and [Bulgoggi \(Korean Beef\)](#).

You can find gochujang at Central Market: Taste of Asia on North Winoski Ave., or you can special order a case (6 containers) from the Co-op.

[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 Seven New Products To Step Up Your Hair Game

By Hailey Neal, Wellness Department

[John Masters Organics](#) products have finally come to City Market and this-just-in, they're amazing! We're recommending everybody make the switch. Run, don't walk! We're not kidding.

On top of being totally scrumptious (like so good you could eat the stuff) all of John Masters Organics products have no sodium lauryl sulfate, parabens, DEAs, MEAs, or TEAs, GMOs, or any artificial color, fragrances, or fillers. None of their products are tested on animals, all essential oils are cold pressed instead of heat distilled (which kills the therapeutic properties of the plant oils) and all ingredients are as organic and biodegradable as possible as well as harvested in an eco-friendly manner. From their totally basic, unscented, and chic "bare" products to items with ingredients like "bourbon, vanilla and tangerine" or "apricot rose," there's something for everyone. We're totally swooning.



[read more](#)

Recipes



[Peach and Strawberry Bruschetta](#)



[Infused Water](#)



[Chipotle Cherry Barbeque Sauce](#)

[view more recipes](#)



**Featured Community Connection:
MetroRock Station**

During the month of June, City Market Members can enter to win a gift certificate for a Introduction to Climbing class for two (\$100 value, includes gear). To enter, fill out a drawing slip at the Customer Service Desk and place it in the Community Connections giveaway box!

MetroRock Station's goal is to share the passion and adventure of climbing with people of all ages and abilities. For newcomers, they offer easy-to-moderate terrain in a controlled and friendly environment. Experienced climbers will find the most thorough and extensive training facilities around, as well as a thriving community of like-minded individuals. Introduction to Climbing classes are offered regularly on Mondays and Fridays at 7:30pm and Saturdays and Sundays at 12:30pm (other times available by request). Class reservations are required in advance (802-878-4500) and participants must be at least 14 years of age.

[Read more](#)



**Featured Member Artist:
Anacleta Regina Baez**

A lifelong passion for reading history and literature, a love and appreciation for 18th century style, haute couture of the 20th century, of flora and fauna, travel and my birthplace of Manhattan informs my artwork. Art, to me, is like breathing - it is essential to the mind and heart and informs life. My art has been infused and tempered by many places and events and especially by cherished people and pets. It has been inspired and nurtured from infancy by exposure to some of the world's preeminent museums. Life inspires art and art infuses us with life.

[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 May, you collectively donated \$12,481.14!

- \$6,240.57 for the Chittenden Emergency Food Shelf
- \$4,992.46 for the Burlington School Food Project
- \$1,248.11 for Green Up Vermont



This Month's Rally for Change Partners:



10% Partner:
[Lake Champlain International](#)



40% Partner:
[New Farms For New Americans](#)



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 **June 27, 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
186
new Members in May!



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