



Summer is in Session

By John Tashiro, General Manager

Summer is here along with all its glory. It's so incredible to see the plethora of activities and events in and around Burlington this time of year. The non-stop continuum of fun filled festivities creates an abundance of excitement that can be felt all summer long!

It's been just over year since we announced our plans to build a store in the South End in what we consider to be our first phase of expansion. The reception from you, our Members and the broader community, has been incredibly supportive and we remain on schedule to open next summer!

Since our announcement, we have and will continue to listen and learn from everyone about wants and concerns. We've attended at least one Neighborhood Planning Assembly (NPA) across all of Burlington's 8 Wards and even more so with Ward 5 where the store will be located, along with numerous meetings with the neighborhood, businesses, organizations and residents on a one-to-one basis. We held two community engagement sessions in April where we shared our most updated store and parking lot design plans. The sessions were very well attended with over 70 people each evening in attendance and we greatly appreciated your questions along with your vote regarding the external metal panels and the pixilated photo themes for the external store design. You can find all the latest information within the expansion section of our [website](#).



[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](#)

July Cheese & Wine

This month our Cave to Co-op cheese special is Clothbound made by [Grafton Village Cheese](#). Located in Grafton, VT, Grafton Village Cheese uses raw milk from small Vermont family farms that is thermalized and contains no artificial hormones.

Clothbound is made from raw organic cows' milk. It has a clothbound natural rind, and has a bold, nutty and mushroomy flavor. It's delicious on any cheese plate or added to your sandwich. For wine pairing, try Les Heretiques or Latue Tempranillo, both available in our wine selection.



[learn more](#)

Upcoming Co-op & Local Events



Vermont Cheesemakers Festival

Sunday, July 17
10:00am - 4:00pm
Shelburne Farms

Come visit [Shelburne Farms](#) and celebrate the 8th Annual Vermont Cheesemakers Festival. Vermont is a world class cheese state with the highest number of cheese makers per capita: 50 of them. You are invited to share their passion for making exceptional cheeses, taste great local foods, wines, craft beers and spirits, and meet the artisans who make them. Spend a high summer day on the shores of Lake Champlain at historic Shelburne Farms Coach Barn sampling, buying, learning and making new friends.

[Learn more](#)



Summervale

Thursday's in July & August
5:30 - 8:00pm
Intervale Center

Head down to the Intervale Center every Thursday in July and August for [Summervale](#): a celebration of farms, local food, family, and friends! You'll find amazing local food vendors, live music, tastings by Slow Food Vermont, kids activities, and more! City Market will be there with fun hands-on activities for all ages each week at our Make It From Scratch table.

For kids: Join the City Market Kids Club! Stop by our activity booth to pick-up a Summervale Explorer Card, then get it punched each week when you visit. Get your card punched at 5 out of 8 Summervales and you'll be entered in our prize drawing: a \$25 gift card to City Market! Open to kids 13 and under.

[Learn more](#)



Save the Date: Vermont Open Farm Week

August 15-21, 2016
Throughout Vermont
Participating Farms

Do you love local food and farms? Want to get to know your farmer better - and to get a behind-the-scenes look into Vermont's vibrant working agricultural landscape? Mark your calendar for Vermont Open Farm Week, August 15-21, taking place at farms across Vermont!

During Vermont Open Farm Week, you can meet the farmers, plants, and animals that bring your favorite high-quality Vermont products to your plate. Find up-to-date lists of participating farms and search by location or product at [DigInVT.com](#).

[Learn more](#)

Check out some of our upcoming classes, including [Summervale: Make Your Own Sauerkraut](#), on July 14, [Pennywise Pantry](#) on July 19, and [Fresh Summer Desserts](#), on July 23.

[more upcoming classes](#)



What You Need To Know About the GMO Labeling Law

By Meredith Knowles
Outreach & Education Coordinator

Coming soon, to a store near you... Act 120, or more commonly known as the Genetically Engineered (GE) Food Labeling Rule, officially goes into effect July 1st of this year. The topic created a lot of buzz about two years ago, when the Vermont Legislature passed the bill (H.112) into law in May 2014, allowing a two year period for implementation.

Vermont is the first state to have passed a labeling law for genetically modified organisms (GMOs), although others are considering it. For example, Maine and Connecticut have conditionally passed labeling laws, which would go into effect once a certain number of other states decide to as well.

It's a complicated and nuanced topic, but City Market supports the policy. City Market has always stood for transparency and providing as much information as possible to shoppers. As you shop at the Co-op over the coming months, you'll start to see labeling on some products. I've written this post to help clarify any questions you might have and to give all the info you need to know to be prepared for this change.

[Read more](#)



Aquafaba 101

By Sarah Bhimani
Outreach & Education Manager

If you are like me, the first time you heard the word aquafaba, you probably did a double take. Aqua-what? Perhaps this is your first time hearing the word and you are wondering what in the world it is.

Aquafaba is the word that has been given to the cooking liquid from cooking legumes (the liquid leftover when you boil beans, for example, or the liquid that is included in canned beans). Aquafaba has been found to be a good vegan substitute for eggs. Why the name? "Aqua" is Latin for "water" and "faba" is Latin for "bean." The term was coined, and the technique of using aquafaba was established, in early 2015.

Chickpea aquafaba is most commonly used, but liquid from other types of legumes can work too (the liquid just needs to have been heated above 215 degrees F, be slightly thick, and be filtered through a fine-mesh sieve). The discovery of using aquafaba came about as people were trying to find a vegan, plant-based alternative to egg whites that didn't have a weird taste. Because the discovery is so new, the science behind why it works is still pending, but it is thought that the protein and starches in aquafaba mimic the proteins in egg whites. But no matter how it works, it does work well not only to create fluffy items like meringues, whips, creams, marshmallows, and icing, but it also works as an emulsifier and binder for products like waffles, mayo, burgers, breads, and more!

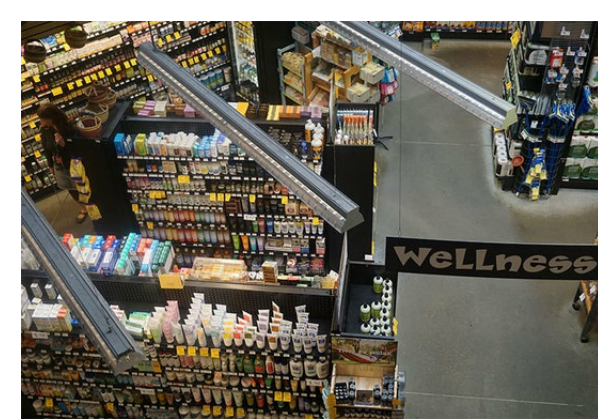
[Read more](#)

Advice from the Aisles 18 Things I've Learned as a Wellness Stocker (and I want you to know!)

By Hailey Neal, Wellness Department

Hello all! Usually I don't write these in the first person but since this will be my last one I wanted to add a more personal note. This is the last week of my tenure in the City Market Wellness Department (over two years!) and while it's been a pleasure to serve our fabulous customers and be a part of this unparalleled co-op community, I'm off to the Big Apple for a new adventure! In my time here, I've heard every kind of question ("Does this work?" "What price are the tomatoes?") but most frequently it seems to boil down to, what works, what's the best deal, and how can I up my wellness routine?

The reason we make ourselves available to you from 8am (and sometimes earlier) till 10pm is because we really know our stuff and we know you want candid, reliable advice on your wellness decisions. There's almost always someone to tell you if that one Vitamin D3 is a better buy or what shelf-stable probiotics are the most potent. Unfortunately, however, there's not always time to impart two years' worth of wisdom in the time it takes to snag a shampoo. That's why I've come up with 18 things I consider useful information for a wellness consumer. Consider it a manifesto. Consider it a parting gift. And, of course wherever you go, whatever you do, be well, and I will too!



[read more](#)

Recipes



[Oven-Baked Parmesan Zucchini Fries](#)



[Shish Tawook](#)



[Chocolate Mocha Cake](#)

[view more recipes](#)



Featured Community Connection: CarShare Vermont

During the month, of July, City Market Members can enter to win a free Share-A-Little annual membership plus half off the application fee from [CarShare Vermont](#) (\$65 value, also good for 65 sharing credits for existing members). To enter, fill out a drawing slip at the Customer Service Desk and place it in the Community Connections giveaway box!

CarShare Vermont is a nonprofit organization that's on a mission to provide an affordable, convenient, and reliable alternative to private car ownership that enhances the environmental, economic, and social wellbeing of our region and planet. Our vision is a region in which individuals, businesses, and other organizations meet their transportation needs while owning fewer vehicles. We've got a network of vehicles parked in convenient spots all over town that our members can reserve and use when they need to drive. Shopping, meetings, weekend jaunts – CarShare Vermont is an easy and affordable alternative to owning a car!

[Read more](#)

Featured Member Artist: Joe Kos

Joe was born in Albany, NY, where the urban setting influenced his first impression of art. He started out with Impressionist paintings which spiraled into Abstract through the act of making art. Joe likens his art to working with clouds of color. Joe believes in experimenting and improvising with his art, which is a reflection of his approach to creating music, as well.

Send all inquiries to jaguariste@gmail.com.

[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 June, you collectively donated \$12,136.09!

- \$6,068.04 for the Chittenden Emergency Food Shelf
- \$4,854.44 - for New Farms for New Americans
- \$1,213.61 for Lake Champlain International



This Month's Rally for Change Partners:



10% Partner:
[Vermont Business for Social Responsibility](#)



40% Partner:
[Vermont Fresh Network for Open Farm Week](#)



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 **July 25, 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

247
new Members in June!



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