



## New Year Musings

By John Tashiro, General Manager

Happy New Year; I hope that the arrival of 2016 begins the start of another exciting year for you, just as it does for the Co-op! What a delight that the winter weather decided to bring some normalcy to the season with colder temperatures and some serious snow. Finally!

Following on from Thanksgiving, December was another busy month at the Co-op and we sincerely hope your shopping and dining experiences were most pleasant.

Our annual COTS Tree Sale was again a huge success! This was my first experience with this sale and I joined staff and Member volunteers to unload all 660 trees from Moffatt's Tree Farm in Craftsbury off the trucks over two delivery days. It was good fun getting a bit soggy and sticky with sap, not to mention being smothered by the sweet smell of fir and pine. The trees sold out in a record-breaking eight days and we were able to share a check for \$11,500 with our friends at COTS. We cannot thank you enough for your incredible support to such an invaluable community partner!



[read more](#)

## Seedling Grant Progress Report

We'll be highlighting each of our 2014 Co-op Patronage Seedling Grants in our upcoming newsletters to update

[Subscribe](#) to our email list

Here is a little update from Pine Island Community Farm.

Here at [Pine Island Community Farm](#), we used our grant to launch our new chicken raising activity at the farm. We already had a robust goat raising program with New American farmers and buyers and were getting a lot of requests for tough flavorful chickens. Our Rwandan farm family developed relationships with Besteyfield

(Burlington Intervale) and Maple Wind (Richmond) egg laying farms to bring their retired layer hens to Pine Island Farm where they were kept for a few weeks on pasture and then sold to New American families. People were able to slaughter the chickens at the farm using our state approved custom exempt slaughter facility and return home with fresh chicken meat for supper.



[read more](#)

## Reminder: Patronage Refund Options

By now, you should have received your Patronage Refund in the mail. You have 4 options for your check. You can cash it by Friday, February 5; you can apply it to your Co-op equity by Monday, February 1; you can return it to City Market by Monday, February 1 to donate it to [Hunger Free Vermont](#); or you can choose to not cash your check and it will be used to help fund 5 local food projects through our [Co-op Patronage Seedling Grants](#).



[read more](#)

## January Cheese & Wine

This month our Cave to Co-op cheese special is Eidolon made by [The Grey Barn](#). Located on Martha's Vineyard in Massachusetts, their cheeses are a product of fresh, certified organic, grass fed milk.



Eidolon is made from raw organic cows' milk. It has a bloomy rind and a holds hints of mushrooms and ripened fruit. It pairs well with a perfectly ripe pear, tart apple or a baguette. For wine pairing, try Snoqualmie Naked Chardonnay or Cantina Zaccagnini Montepulciano d'Abruzzo, both available in our wine selection.

[learn more](#)

**Upcoming Co-op & Local Events**



## Dish Topic Survey

Help us figure out which topics to tackle at our upcoming Dish panel discussions this year! What are you interested in exploring? Food waste, dairy in Vermont, culinary archaeology and indigenous food systems? Or maybe you have a suggestion or two of your own. We want to hear from you!

All respondents will get their name placed into a raffle for a \$25 City Market gift card!

[Vote now](#)



## RAILYARD Apothecary Open House

**Saturday, January 23  
12-5pm  
280 Battery St.  
Free!**

Join the RAILYARD Apothecary for their Open House, Herbal Extravaganza, and Fundraiser. Stop by the space early for some pre-event yoga, then stay for a keynote address with Guido Masé on The Future of Herbal Medicine: A Look Ahead and an afternoon of classes.

[Learn more](#)



## Save the Date: We ♥ Local Food Recipe Contest

**February 1-14, 2016**

We're all about celebrating the under-appreciated parsnip this winter, and what better way than to challenge you to a local parsnip recipe contest? Get creative with this hearty, understated root vegetable and you could win fabulous prizes! Enter your recipe (savory or sweet – time to get creative!) online between February 1-14 for your chance to win. The top 3 recipes will be sampled and voted on by the public at the Burlington Winter Farmers' Market on March 5.

[Learn more](#)

Check out some of our upcoming classes, including [New Year's Kitchari Cleanse](#), on January 13, [A Tasting Through Old Wassail Lore](#), on January 17, and [Going Green & Clean](#), on January 19.

[more upcoming classes](#)



## Soil Health is the Key

By Sarah Bhimani  
Outreach & Education Manager



## From the Experimental Pastry Kitchen

By Meredith Knowles  
Outreach & Education Coordinator

Healthy soil is the key to so much: healthy food, clean water, increased crop yields, drought resistance. It's integral to a healthy food system, but for the last 50 years or so, it's been relegated to the background as synthetic fertilizers and pesticides, tillage, and monocropping have come to the forefront. Dust storms that harken back to the dust bowl are still the reality in areas where soil is left bare and exposed to the wind, particularly in the Midwest and Southwest. However, as we look to improve water quality in Vermont and to develop a strong and sustainable food system, more attention is being refocused on the health of our soils.

[Read more](#)

My mother ~~raised~~ tried to raise me to have a tidy kitchen. I loved baking from a young age, and she was always there supporting me as my dedicated taste-tester and advice-giver, but pleading from the sidelines that I please, please clean up as I go. Try as she might, I never quite got the hang of it and still prefer to do a deep clean after a full day or afternoon of work. I've always found something comforting about letting myself settle into the mess of flour dusted countertops, piles of mixing bowls, and the stray crumbs that somehow always end up in my hair.

[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 January Detox

By Hailey Neal, Wellness Department

The days may be getting longer but that doesn't always mean you're feeling any lighter. The holidays, for many of us, were a time for good old fashioned gluttony. We pampered ourselves and each other for weeks with cookies, beverages, and good company. Now comes the season of guilt. The gym is more packed than usual and heads of lettuce are flying off the shelves. Everybody's got some kind of resolution to live up to.

Here in the Wellness Department we have our own resolution too, to go easy on ourselves. Sure, we're in sore need of some freshening up, but we're looking to do it in a way that feels natural, manageable, and good for the soul as well as the body. If you're looking to do so, too, start here, with us, where we've got detox galore like [Maine Medicinal's](#) 'Cleanse and Fortify' detox formula. Or, try [Megafood's](#) 'Daily Purify' powder. It'll work great added to all of those smoothies we know you'll be drinking.



[read more](#)

## Recipes



[Brussels Sprouts with Pomegrante Glaze](#)

[Beet Tarte Tatin](#)

[Gluten-Free Vegan Pastry Crust](#)

[view more recipes](#)



**InPower Wellness**

Step Into Your Power.

### Featured Community Connection: **InPower Wellness**

During the month of January, City Market Members can enter to win a half priced health consultation from InPower Wellness. To enter, fill out a drawing slip at the Customer Service Desk and place it in the Community Connections giveaway box! Three winners will be picked this month!

Caitlin Bourassa of InPower Wellness is a certified Health Coach who received her training from the Institute for Integrative Nutrition. She specializes in one-on-one coaching programs for individuals who struggle with stress, anxiety, weight management, body image and self-love. Caitlin looks at all areas of life that create health – food, exercise, relationships, career, spirituality – and, in partnership with her clients, develops a plan that supports and uplifts with an emphasis on nutrient-dense foods and radical self-care practices. Caitlin's mission is to guide her clients towards their most creative, audacious and empowered states of health!

[Read more](#)



### Featured Member Artist: **Meagan Pittman**

"My name is Meagan Pittman, I am 17 years old, and I am studying Design and Illustration at Burlington High School and Colchester High School while being dually enrolled at CCV. My art Ranges from drawing with pencil to painting with both oil and acrylic paint. My style ranges from Abstract to Realism, I capture details the way I see them.

I create art because I can control the outcome of what I create and learn more about myself while doing so. I appreciate the beauty of the smaller things in life and I try to capture that in my work. Everyone finds peace in something and I find that peace in putting paintbrush to canvas or pencil to paper."

[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 40% of those funds to the [Chittenden Emergency Food Shelf](#), 50% to an organization that aligns with our Global Ends, and 10% to a local non-profit.

**In December, you collectively donated \$12,680.01!**

- \$5,072.00 for the Chittenden Emergency Food Shelf
- \$6,340.01 for Committee on Temporary Shelter
- \$1,268.00 for Shelburne Farms (for Jr Iron Chef VT)



## January Rally for Change Partners:



**50% Partner:**  
**Howard Center**



**40% Partner:**  
**Chittenden Emergency**  
**Food Shelf**  
*every month*



**10% Partner:**  
**Governor's Institute**  
**of Vermont**

[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 **January 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

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**new Members in December!**



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