



## A Sense of Snow

By John Tashiro, General Manager

Here we are entering March and under normal circumstances, I would anxiously be anticipating the start of spring and a bit of a thaw. Unfortunately, this winter has been anything but normal and while I recognize we may still have a few more cold fronts ahead of us, I have often wondered about the impacts behind the unexpectedly mild weather in recent months and the relatively little snowfall in the greater Burlington and Vermont community.

Much has been shared about the limited local snowfall and its effect on the local economy, agricultural and flowering patterns, animal species and even our pets to name a few. However, at a very foundational and global level, you probably know that snow plays a vitally important role with the Earth's climate system.

For starters, snow cover helps regulate the temperature of the Earth's surface. Once that snow melts, the water helps to fill rivers and reservoirs in many parts of the world, especially in the western United States.

Further, snow's albedo, which represents the amount of sunlight that snow reflects back into the atmosphere, is very high reflecting at 80 to 90 percent. By comparison, trees, plants and soil only reflect back 10 to 30 percent. Therefore, snow's high reflectivity helps Earth's energy balance, because it reflects solar energy back into space, which helps cool the planet.



[read more](#)

[Subscribe](#) to our email list

## We Are Getting New Freezers!

We are getting new freezers installed the week of March 6 - 13. We will have only a limited selection of frozen foods available during the construction so we encourage you to **stock up now!** The Co-op will be open regular hours during the construction. Thank you in advance for your patience.

## 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 [University of Vermont: Establishing a Swede Midge Damage Threshold for Brassica Crops](#).

Swede midge is an invasive fly from Eurasia that will undoubtedly threaten the viability of local organic production of Brassica crops within Vermont. The midge attacks all varieties of Brassica oleraceae (kale, collards, cauliflower, broccoli, kohlrabi, etc.) and Brassica rapa (canola, Chinese cabbage, etc.). Midge damage can prevent broccoli and cauliflower head formation, curl leaves, and distort organs, resulting in crops that are unmarketable. Because there are no organic methods that are currently effective in controlling the midge, there is a critical need to identify control strategies for disrupting midge activity. This lab is the only lab in the United States currently working on developing pest control options for organic growers, and the only lab working on swede midge. This project is being led by Yolanda Chen and the Insect Agroecology Lab.



[read more](#)

## We ♥ Local Parsnips Recipe Contest

Our We ♥ Local Parsnips Recipe Contest has come to an end and the 3 finalists have been selected! We would like to congratulate Jamie Holt with Garlicky Parsotto with Parsnip Crisps, Nicandra Galper with Parsnip Pecan Power Cake and Lisabette Fay with Parsnip Colcannon with Kale!

You can taste and vote for your favorite on Friday, March 4 between 4-7pm at City Market and then on Saturday, March 5 at the Burlington Farmers Market between 10am-2pm!



[learn more](#)

## 2016 Vermont Cheese Bracket

Which Vermont cheese is the best? You decide during our first annual Vermont Cheese Bracket! Help us grate down a list of 16 local cheeses by choosing your favorites. The top 8 will then go cheese-to-cheese in a series of in-store tastings from March 17 - April 2 where you decide the winners. After the championship round, we will crown one local



cheese victorious!

vote now!

## March Cheese & Wine

This month our Cave to Co-op cheese special is Plymouth Original made by [Plymouth Artisan Cheese](#). Located in Plymouth, they're the second oldest cheese factory in the United States.

Plymouth Original is made from raw cows' milk. It has a natural wax coating that has a full-bodied, sharp and creamy flavor. It goes perfectly with mixed nuts and fruit. For wine pairing, try Altos de Cuco or Huber "Hugo" Gruner Veltliner, both available in our wine selection.



learn more

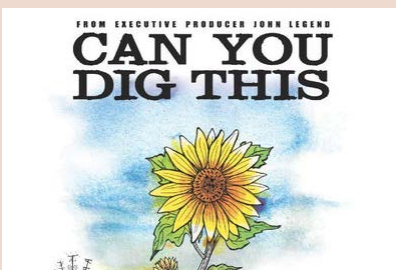
## Upcoming Co-op & Local Events



### Winter Farmer's Market

Select Saturdays  
March- April  
10:00am - 2:00pm  
Memorial Auditorium

The Burlington Farmers' Market goes indoors from November through April and features seasonal meats, produce, and handmade crafts from dozens of local producers. Once a month, stop by our activity table for fun, hands-on activities for all ages. This month



### Can You Dig This? Film Showing

Wednesday, March 9  
6:30 - 8:30pm  
ArtsRiot

Join Shelburne Farms, the Farm-Based Education Network, Vermont Community Garden Network, Vermont Edible Landscapes, and City Market for a film showing of Can You Dig This?, a film that follows the stories of 4 unlikely gardeners in south Los Angeles.

[Learn more](#)



### Wintervale

Sunday, March 13  
11am - 3pm (weather permitting)  
Burlington's Intervale

When weather permits, volunteers will groom a 3-mile XC ski trail through Intervale farm fields and wooded area for both classic and skate skiers. Staying active in the winter can be a challenge, so hopefully this will help more people enjoy being outdoors in the colder months!

[Learn more](#)

we will have samples of the top 3 recipes from our We ♥ Local Parsnips Recipe Contest! Try all three and vote for your favorite!

[Learn more](#)

Check out some of our upcoming classes, including [Square Foot Gardening](#), on March 12, [Ethiopian Coffee Ceremony](#), on March 13, and [Introduction to Ecological Site Design](#), on March 22.

more upcoming classes



## The Power of Empowered Consumers

By Meredith Knowles  
Outreach & Education Coordinator

Last week, I had the wonderful opportunity to listen and speak at the NOFA-VT Winter Conference, held at the University of Vermont. How amazing it was to be surrounded by inspiring and dedicated people making incredible change in the world! We've got a great community in this state, and I am thankful for it every day.

One of the talks I gave was titled Be an Empowered Consumer. I think it is particularly important to have a discussion on this topic, in an effort to make conversations about food accessible to all. Everybody eats. And everybody should feel like they can engage in the food community at the level at which they are comfortable. To highlight this idea, we started with a question. What is good food? It may sound simple, but the answers from the room were all different. We heard words like fresh, sustainable, and fair. We also heard words like nourishing, healthful, and tasty. Soon, we had filled up a board with people's visions of what good food meant to them. There were a lot of different ideas about what makes good food, good, and all of the ideas are vitally important to reflect on and to respect.

## Seaweed: the New Kale?

By Sarah Bhimani  
Outreach & Education Manager

Look up "Food Trends in 2016" on the internet and I can guarantee you'll see something on almost every list that says "seaweed is the new kale." Kale is still a nutritional powerhouse, but seaweed ups the game, with its vibrant color, chewy texture, and unique flavor.

Seaweed is formed from marine algae and comes in many forms and is organized by color – brown, green, or red. It can be high in protein, Vitamin B12, trace minerals, iodine\*, and omega-3 fatty acids. Seaweed grows in salt water and doesn't need any fertilizer to thrive. It absorbs dissolved nitrogen, phosphorus, and carbon dioxide directly from the water, and grows and reproduces quickly.

[Read more](#)

[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 Himalayan Salt Sensation

By Kirsten Malzac, Wellness Department

The holidays may be well over, but the demand for Himalayan Salt products lives on in the Wellness Department at City Market. Himalayan Salt is pure halite, a crystal salt uncovered nearly 260 million years ago as the Primordial Sea evaporated leaving behind a 12,000ft deep and 150 mile wide deposit in the Himalayan Mountains in Pakistan. It is now mined in the Khewra Salt Mines giving us the pink salt crystals we see on the shelves today.



We've discovered several ways Himalayan Salt is creatively utilized. First, we saw the simple salt tea light holder, which is a sweet addition to any coffee table or meditation alter. Then, the natural salt lamp; each a unique chunk of Himalayan salt atop a light socket and bulb. Since then, we've expanded to the Himalayan salt mortar and pestle you'll find in the bulk spices section, and decided upon our favorites. Mine is the spherical salt lamp, which lights up like a planet on the evening horizon. Our Wellness Department Manager can't get enough of the Evolution Salt Inhaler, which is touted as supportive of the respiratory system.

[read more](#)

## Recipes



[City Market Guacamole](#)



[Roasted Carrots, Potatoes and Shallots](#)



[Boniatillo \(White Sweet Potato Pudding\)](#)

[view more recipes](#)



### Featured Community Connection: **Brooke Moen Acupuncture & Wholistic Medicine**

During the month of March, City Market Members can enter to win a \$50 gift certificate to Brooke Moen Acupuncture & Wholistic Medicine for services not covered by insurance. To enter, fill out a drawing slip at the Customer Service Desk and place it in the Community Connections giveaway box!

Brooke Moen is a board-certified, Licensed Acupuncturist and Traditional Chinese Herbalist in California and Vermont. Brooke Moen Acupuncture & Wholistic Medicine utilizes natural, proven healing modalities such as acupuncture, herbs, cupping, and food as medicine. Her treatments relieve a variety of symptoms related to common complaints such as: orthopedic issues/injuries, chronic pain, anxiety/depression, allergies, headaches, digestive disorders, arthritis, insomnia, menstrual issues and infertility. Brooke also offers Chinese Astrology natal chart readings and nutrition consultations.

[Read more](#)



### Featured Member Artist: **Rally for Change Program**

This March, City Market is using the Member Art Wall to celebrate its Rally for Change program – a simple way for customers to round up their purchases to the next whole dollar to collect donations for local non-profits! Throughout the month of March, check out the Art Wall to learn some amazing statistics about what your donations have accomplished and find out more about a few of the non-profit organizations that have benefitted from these donations.

[Read more](#)

## Rally for Change

We have chosen March as a special month to recognize our Rally for Change program. Since starting in October of 2014, you have rounded up a total of **\$171,964.32**, which has been donated to 30 non-profit organizations!

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 February, you collectively donated \$10,270.20!**

- \$4,108.08 for the Chittenden Emergency Food Shelf
- \$5,135.10 for NOFA-VT
- \$1,027.02 for Spectrum Youth & Family Services

### February Rally for Change Partners:





**10% Partner:**  
**Sara Holbrook**  
**Community Center**

**40% Partner:**  
**Boys & Girls Club of**  
**Burlington**

**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 **March 28, 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

# 174

**new Members in February!**



© 2015 City Market, Onion River Co-op. All rights reserved.  
[www.citymarket.coop](http://www.citymarket.coop)

Share this email:



[Manage](#) your preferences | [Opt out](#) using TrueRemove™

Got this as a forward? [Sign up](#) to receive our future emails.

View this email [online](#).

82 S. Winooski Ave.  
Burlington, VT | 05401 US

This email was sent to .

*To continue receiving our emails, add us to your address book.*

powered by emma

