



## Share the Love this February

By John Tashiro, General Manager

Welcome to February, with an extra day this leap year to affect some positive change! You may have heard the recent news around our efforts to support the Underhill Country Store while they make the transition to cooperative ownership. Once the current owners indicated they would be closing the store this winter, the Underhill community quickly rallied to form the Mansfield Cooperative and gather Member pledges. We're excited to assist in their efforts into mid-February with staffing, writing up procedures, conducting a market study and working together to figure out what a future collaboration could look like.

One of the seven cooperative principles, Cooperation Among Cooperatives, leads us to support all sorts of Co-ops, fledgling and long-standing. We've not forgotten our own roots as a buying club in the last 1960s and early 1970s. Were it not for the incredible commitment and drive from Members, staff, the City and the broader community in conjunction with our cooperative network, we would not be where we are today. It is an honor and opportunity to give back and pay that support forward to other co-ops whenever we have the chance; we want the cooperative economy to grow and thrive.



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We're excited to announce that we're now carrying a local, organic, vegan and gluten-free corn tortilla that comes from a company in Warren, VT, All Souls Tortilleria! All Souls is owned and operated by Joe Bossen who you may know from Vermont Bean Crafters. Joe is working in partnership with Sam Fuller of NOFA-VT and Hubert d'Autremont of Cycles d'Autremont. Together they have launched a truly local corn tortilla that is available here at City Market.



Joe, Sam, and Hubert approached City Market and applied for a \$52,000 Local Farm and Producer Investment Program loan to finance the purchase of custom built tortilla equipment from Campbell Machine in California. This investment is a no-interest loan that the farmer or producer can choose to pay back over time either in cash or with product.

All Souls Tortilleria is able to share Vermont Bean Crafters' space at Kingsbury Market Garden in Warren, VT and shares the costs of the commercial kitchen and necessary equipment (for example, their seed cleaning equipment can clean both beans and corn). The business partners had already established a supply of local corn thanks to Vermont Bean Crafters' network of diversified organic growers who produce dry beans for the company's local bean burgers.

[read 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 Living Well Group: Farm to Care Program.



[Living Well's Farm to Care Program](#) provides fresh, nutritious, local foods to elderly residents of its community care facilities. This project connects local food producers and elderly Vermonters with the goals of improving residents' health, providing on-site gardening and growing opportunities, supporting local farmers, providing opportunities to educate staff and residents on nutritious foods, reducing the costs of meals, and building strong community connections through long-term collaborations. The overarching goal of this project is to provide affordable, nutritious, and local foods to Living Well's residents. In addition, Living Well will create, document, and disseminate the process and outcomes for collaboration between food growers and residential care facilities. The results of this project have the potential to influence the state's 105 residential care homes' food supplies and associated costs.

[read more](#)

## Cash Your Refund Check by 2/5

By now, you should have received your Patronage Refund in the mail. Your last day to cash it is Friday, February 5 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

## We ♥ Local Parsnips Recipe Contest

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 in the store on Friday, March 4 and at the Burlington Winter Farmers' Market on March 5.



learn more

## February Cheese & Wine

This month our Cave to Co-op cheese special is Alehouse Cheddar made by [Vermont Farmstead Cheese Co.](#) Located in South Woodstock, they're the first community owned artisan cheese and dairy facility in Vermont.

Alehouse Cheddar is made from cows' milk combined with Harpoon beers. It is rindless and holds a fragrant, nutty and hoppy flavor. It pairs well on a burger, in grilled cheese or grated on baked potatoes. For wine pairing, try La Ferme du Suzon Cotes du Rhone or Evolucion Furmint, both available in our wine selection.



learn more

## Upcoming Co-op & Local Events

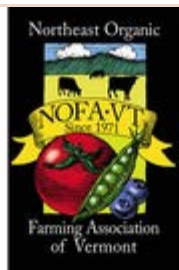


## Winter Farmer's Market

Select Saturdays  
February - 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 our activity is making your own trail mix from bulk ingredients.

[Learn more](#)



## NOFA-VT Winter Conference

February 13-15  
University of Vermont

NOFA-VT's 34th annual Winter Conference is scheduled for February 13-15 at UVM. The theme this year is "Our Soil, Our Health." There will be 87 workshops as well as keynote addresses, roundtables, movie showings, a seed swap, and more. Our own Outreach and Education Coordinator, Meredith Knowles, will be presenting two workshops during the weekend. Hope to see you there!

[Learn more](#)



## Winterville

February 21 & 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](#)

Check out some of our upcoming classes, including [Pennywise Pantry](#), on February 5, [Brew Methods Workshop and Roastery Tour](#), on February 6, and [Magnificent Microbes, Healthy Guts](#), on February 17.

more upcoming classes



## Self-Care in the New Year

By Meredith Knowles  
Outreach & Education Coordinator

It's important all year round to practice self-care, but it can be especially fitting when the start of a new year



## Local Parsnip Perfection

By Sarah Bhimani  
Outreach & Education Manager

Those of us living in northern climates who like to eat fresh foods during the winter are likely well-versed in

rolls around. After leap frogging from house to house for nearly two weeks straight over the holidays, I finally gave the last of my visitors a loving boot and sank into my couch with a warm cup of tea and a new book. Eager to take some time to myself, I settled in...but only to fall asleep three pages into the first chapter. I bid farewell to 2015 with a long overdue nap, and took the New Year as an opportunity to reboot.

Here at the Co-op we had a "self-care" week with classes and workshops for mental and emotional wellness. We kicked off 2016 with a new series: Natural Skin Treatments. First up was Steams & Honey Cleansers with herbalist Jessica LaBrie. As a class, we explored different herbs and curated personal steam bowls filled with custom blends of roses, peppermint, calendula, lavender, chamomile, and orange peel. What's coming next? Keep a lookout for other offerings in this series like The Nitty Gritty: Masques, Microdermabrasion & Cleansing Grains and Daily Toners & Serums.

[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 Travel Essentials

By Hailey Neal, Wellness Department

February has few recommendations except for the means we use to endure it: late mornings in bed, hot coffee, and best of all, getting the heck out of town. Whether you're taking a tropical vacation or just a long drive, sometimes that dreary, gloomy visage on the other side of the glass is better if it's moving.

When you're on the move it can be all too easy, however, to kick all of your New Year's Resolutions in favor of convenient and delicious indulgences. That's why we recommend getting your ducks in a row before you're tempted to buy that eleven dollar hand cream somebody imposes on you in a shopping mall in Holyoke. Here's what we're packing in our travel bags to ensure we're bringing the wellness with us.

root vegetables. Beets, carrots, onions, potatoes, turnips and the like are readily available to us throughout the cold months. But one can only eat so many root vegetables before they become blasé (really, how many ways can you eat turnips?).

That feeling is what inspired our annual [We ♥ Local Food Recipe Contest](#). Each February, we host a recipe contest to celebrate and compile creative ways to use a featured ingredient that is available from local farms in the dead of winter. Last year was dried beans, the year before that was beets, and this year, we're bringing the focus back to a perhaps under-appreciated root vegetable: parsnips!

[Read more](#)



[read more](#)

## Recipes



[Swiss Chard Hummus](#)



[Vegetable Wash](#)



[Hot Fudge Pudding  
Cake](#)

[view more recipes](#)

nuravita  
wellness



### Featured Community Connection: **Nuravita Wellness**

During the month of February, City Market Members can enter to win a free visit to Nuravita Wellness. To enter, fill out a drawing slip at the Customer Service Desk and place it in the Community Connections giveaway box!

Melissa Weinberger is a chiropractor specializing in Applied Kinesiology. Her work differs from that of a traditional chiropractor in that she works with balancing the muscles so that they function optimally.

In turn the joints will move properly and less, if any, adjustments are needed. Muscle testing is used along with a variety of other assessment techniques to determine the root cause of pain or dysfunction.

Melissa works one on one with patients to determine a treatment plan based on individual needs and health goals. Her treatment approach includes soft tissue massage, trigger point therapy, yoga and nutrition.

Melissa is also certified in Iyengar yoga and she teaches group and private classes in addition to chiropractic care. Contact Melissa for more details.

[Read more](#)

### Featured Member Artist: **Rachel Lindsay**

Rachel Lindsay is a Burlington based cartoonist and City Market cashier. Her comic strip Rachel Lives Here Now is a weekly feature in the Seven Days comic section, and has received coverage in "Stuck in Vermont" and on VPR. She is currently an artist in residence at New City Galerie where she is working on her graphic novel, Rx. This show is a mix of old and new work that spans a range of themes and styles.

[Read more](#)

**Rally for Change**

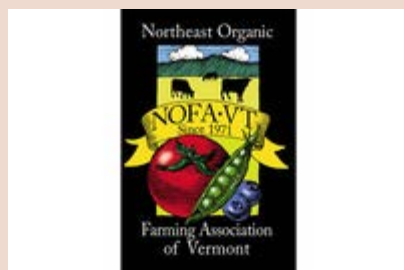
Anytime you check-out at City Market, you can choose to "round up" your total to the nearest dollar. At the end of the month, we donate 40% of those funds to the [Chittenden Emergency Food Shelf](#), 50% to an organization that aligns with our Global Ends, and 10% to a local non-profit.



**In January, you collectively donated \$9,850.52!**

- \$3,940.21 for the Chittenden Emergency Food Shelf
- \$4,925.26 for the Howard Center Street Outreach Program
- \$985.05 for the Governor's Institute of Vermont

## February Rally for Change Partners:



**50% Partner:**  
**NOFA-VT**



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



**10% Partner:**  
**Spectrum Youth & Family Center**

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 **February 22, 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

# 225

**new Members in January!**



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