



Cooperative Gratitude in October

By John Tashiro, General Manager

Hello everyone and happy official fall! What a breathtaking time of year as we witness the vibrant colors of the changing foliage and landscape unfolding before our very eyes!

October is National Cooperative Month, which causes us to pause and reflect on the many ways cooperatives help to build stronger communities and more resilient local economies. Since 1930 cooperatives have celebrated the benefits of being member-owned and governed, rooted in principles such as community, voluntary and open membership, economic participation, and cooperation, to ultimately serve the needs of the community. Today, we have more than 30,000 cooperative organizations and businesses in this country where 1 out of every 3 people is a member and the collective annual revenue exceeds \$514 billion. Globally, research shows approximately 1 billion people are members of at least one cooperative and that the revenues of the top three hundred cooperatives reached \$2.2 trillion, which if they were a country, would make them the seventh largest!



Interestingly, we interact with various cooperatives on a daily basis, but often may not recognize it. Cooperatives come in all different forms with those owned and managed by the people who use their services (consumer co-ops) such as credit unions, housing trusts, utilities and grocery stores; by the people who help produce their products (producer co-ops) such as Cabot Creamery and Organic Valley; by the people who work there (worker co-ops) such as Equal Exchange and Seeds for Change; and by businesses who pool their resources and use their purchasing power (retail co-ops) such as Ace Hardware and True Value.

[read more](#)

Vote for the Board

Voting for the Board started October 1! Vote from your computer in the comfort of your own home, or in the store at our Customer Service computer kiosk. You may vote for up to 4 candidates.

Need to learn more about who's running or how to sign in to vote? Please click [here](#). To vote now, please click [here](#).

Voting ends on **Friday, October 21**.



[learn more](#)

Update Your Addresses for Patronage

Patronage checks for our 2016 fiscal year will be sent out in early November, so make sure to update your address by November 1 to get your check on time! You can update your address by filling out an equity form at any register or at Customer Service, or by contacting Liz Jarvis at lj Jarvis@citymarket.coop.



October Cheese & Wine

This month our Cave to Co-op cheese special is Vermont Artisan Gouda made by Shadagee Farm. Located in Craftsbury Common, VT, Shadagee Farm is a state of the art family dairy farm that uses milk from their cows that graze intensively on pasture.

Vermont Artisan Gouda is made from raw farmstead cows' milk. It has a natural rind, and possesses a creamy, lightly sweet and mild flavor. It's wonderful as a table cheese, in a sandwich or with fruit. For wine pairing, try Nicolas Chardonnay or Donna Marzia Primitivo, both available in our wine selection.



[learn more](#)

Upcoming Co-op & Local Events



Harvest Run/Walk for Sustainability

Sunday, October 9
9:00am - 11:30am
Intervale Center

Join the [Sustainability Academy](#) and [City Market](#) for our 5th annual 1K/5K down in the Intervale! Romp through farm fields and dirt roads in this family-friendly event to support place-based learning at the Sustainability Academy. Join us after the race for live music, raffle prizes, and kids' activities. Day-of registrations are welcome!

[Learn more](#)



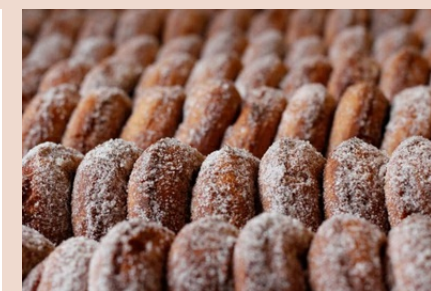
SEED: The Untold Story

Tuesday, October 18
7:00pm
Merrill's Roxy Cinema

SEED: THE UNTOLD STORY is a feature-length documentary featuring Vandana Shiva, Dr. Jane Goodall, Andrew Kimbell, and Winona LaDuke, following passionate seed keepers protecting our 12,000-year old food legacy. In the last century, 94% of our seed varieties have disappeared.

As biotech chemical companies control the majority of our seeds, farmers, scientists, lawyers, and indigenous seed keepers fight a David and Goliath battle to defend the future of our food. In a harrowing and heartening story, these reluctant heroes rekindle a lost connection to our most treasured resource and revive a culture connected to seeds.

[Learn more](#)



Hard Cider and Truckload Weekend

October 15 & 16
6Open at 9:00am
Shelburne Orchards

Every year, a special blend of unpasteurized cider is made, specifically meant to make hard cider. They use a mix of popular and heirloom apples, for a balanced flavor that's hard to beat.

Also, fill up the back of your truck with drops for \$100, or the trunk of your car for \$50. You can have apple sauce and pie enough to make you dizzy.

Citizen Cider will also be there for a few hours on both Saturday and Sunday to sample their locally crafted ciders and will be available for any questions!

[Learn more](#)

Check out some of our upcoming classes, including [Behind the Scenes: Cheesemaking at Shelburne Farms](#) on October 9, [A Mosaic of Flavor: Indian Fish Curry and Chapati](#) on October 11, and [Reversing Inflammation Through Baking the Natural Way](#) on October 19.

[more upcoming classes](#)



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per 2/3 cup	
Calories	230
% DV*	
12%	Total Fat 8g
5%	Saturated Fat 1g

Building a "Pennywise" Pantry

By Meredith Knowles
Outreach & Education Coordinator

Every month, I lead a Pennywise Pantry tour around the Co-op to highlight cost effective food shopping strategies. (If you haven't done one yet, you can check our event schedule here.) Cooking from home and cooking from scratch are the most cost-effective (and nutritious!) ways to eat. Planning and prepping meals can be the most time intensive, so keeping a stocked pantry makes eating from home even faster than ordering take-out. Here are a few of my tips for building up a pantry without breaking the bank.

Stock up on the staples—and buy them in Bulk! I sent a poll around the office to see what kinds of items people had on hand all the time.

- Grains—Think rice, quinoa, oats, and other grains you use frequently.
- Beans—Chickpeas and Black Beans are the most versatile. Keep them both on hand for high protein, high fiber meals!
- Lentils – Totally underrated, lentils are so easy to cook with and really absorb flavor.
- Flour – Keep it basic with all-purpose flour if you don't make from scratch too often. For the gluten-free crowd, having some 1:1 gluten free flour mixes on hand is nice, but keeping cornmeal and buckwheat flour on hand is really useful.
- Chicken or Vegetable Stock
- Cooking Oil—I recommend sunflower oil for versatility. It's great for everything from salad dressing to grilling.

[Read more](#)

A New Design for an Old Label

By Sarah Bhimani
Outreach & Education Manager

In case you missed it, the FDA released a new nutrition label design at the end of May. These changes will be rolled out on packages over the next two years and should be in place by July 2018. This is the first update to the nutrition label in the past 20 years!

At first glance, you may not notice that much has changed. The label will still be black and white, use the same font, and will still be laid out in a two column format. But the new design does take some steps to highlight important information so that it's easier to find for consumers.

First, the FDA identified that making the serving sizes more realistic and that highlighting the number of calories in a serving was really important for making the labels more useful. To make these numbers stand out, they enlarged and bolded the serving sizes and calorie counts, along with passing new requirements to ensure serving sizes are based on how much a person would actually eat of the item in one sitting.

[Read more](#)

Recipes



[Creamy Pumpkin & Sage Pasta](#)



[Brussels Sprouts and Polenta](#)



[So Easy Peanut Butter Fudge \(Vegan\)](#)

[view more recipes](#)



Featured Community Connection: Inner Source Massage & Bodywork

During the month of October, City Market Members can enter to win a \$75 gift to Inner Source Massage & Bodywork. To enter, fill out a drawing slip at the Customer Service Desk and place it in the Community Connections giveaway box!

Inner Source draws upon modern and traditional therapies to enliven the spirit and connect with the body's innate intelligence for transformation and healing. Whether you're seeking pain management, renewed energy, or simply quiet relaxation, Inner Source serves as a guide and partner in ongoing growth as well as a safe and private escape from the everyday hustle.

[Read more](#)



Co-op Month at City Market

October is Co-op Month and CityMarket is using the Member Art Wall to celebrate this year's Co-op Month theme in a big way – Co-operatives Build! Since we're growing in the South End, we gave you a chance at our 14th Annual Food Fest and online to share what you're most excited about with our new South End store. Our co-op is building and growing in a big way – thanks for sharing in the excitement!

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 September, you collectively donated \$12,689.75!

- \$6,344.88 for the Chittenden Emergency Food Shelf
- \$5,075.90 for Burlington Area Community Gardens
- \$1,268.97 for ME2!

This Month's Rally for Change Partners:

		
10% Partner: Vermont PBS	40% Partner: Hunger Free Vermont	50% Partner: Chittenden Emergency Food Shelf <i>every month</i>
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 October 24, 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 242 new Members in September!
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