



## Get on Board!

By John Tashiro, General Manager

What a hot summer it continues to be! Such a fantastic time of year where you can see "and taste" the incredible variety of locally grown produce available. Did you know that Vermont ranks first for its commitment to raising and eating local food, followed by Maine, New Hampshire, Oregon, and Massachusetts, according to a 2015 Strolling of the Heifers Locavore Index? Your Co-op remains invested in helping to grow Vermont's local food system; visit a multitude of farms and learn more about Vermont's vibrant working agricultural landscape during [Open Farm Week](#), August 15 - 21.



Speaking of growth, last month I mentioned that we are making good progress with Co-op expansion in both the South End and the Old North End. Our downtown store is busier than ever and the Co-op is at an exciting time in its evolution. We are here to serve you, our Members and the broader community; this might be just the right time for you to get more involved in the Co-op. With Board elections in October, we're currently accepting [applications for Board candidates](#) until September 2nd.

The Co-op relies on good leadership – people who can work effectively to help guide the organization towards its full potential. Diverse backgrounds, interests, experience and skills are useful for Board Members along with the key ability to listen and work well with others.

[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 next scheduled orientation is coming up on Monday, August 15 from 6pm to 7pm. RSVP for an orientation by emailing Liz at [ljarvs@citymarket.coop](mailto:ljarvs@citymarket.coop).

The final Board of Directors Meeting before the application deadline is on Monday, August 22 from 6pm to 8:30pm. Please RSVP with Liz Jarvis (contact information above) to attend.

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? You can still do so by **Monday, August 8**.



[learn more](#)

## August Cheese & Wine

This month our Cave to Co-op cheese special is Harbison made by [Jasper Hill Farm](#). Located in Greensboro, VT, Jasper Hill Farm offers a collection of professionally aged cheeses that are made with high focus on quality milk production and cheesemaking techniques.



Harbison is made from pasteurized cows' milk. It has a bark-wrapped bloomy rind, and has a herbal, woody, sweet and complex flavor. It's delicious with bread, fruit and Marcona almonds. For wine pairing, try La Luca Prosecco or La Ferme de Suzon Cotes du Rhone, both available in our wine selection.

[learn more](#)

## Upcoming Co-op & Local Events



### 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. City Market will be hosting 3 events during the week – hope to see you there!

[Learn more](#)

### Summervale

Thursday's in 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: Co-op Food Fest

Sunday, September 25  
Noon - 4:00pm  
One Main Street (Train Station)

Meet over four dozen local producers and sample their delicious products! Door prizes, face painting, and live music provide a fun atmosphere for meeting your local farmers and producers and learning where your food comes from.

[Learn more](#)

Check out some of our upcoming classes, including [Burger Master](#), on August 9, [Summervale: Make Your Own Herbed Goat Cheese](#) on August 11, and [Open Farm Week: Yoga at the Farm](#), on August 15.

[more upcoming classes](#)





## Taking It To The Streets: Recipe Roundup

By Meredith Knowles  
Outreach & Education Coordinator

From Arts Riot's ever-growing Food Truck stop on Friday evenings, Summerville gatherings, and food carts dotted along Church St., finger-licking, hand-held street foods are a summertime staple. I'm talking about sliders and tacos, popcorn and fizzy drinks, and tempura-fried broccoli and southern-style chicken... Wrap it up tight and try not to spill as you take it to go or linger with friends.

To bring the flavors of summer home, I decided to try out some street-inspired recipes. Here's the round-up of a few of my favorites.

### Parmesan Zucchini Fries

Crusted in parmesan and served with creamy dip, these zucchini fries are an absolute win! I used parchment paper wrapped in a cone shape to make them fun to serve. If you make too many, don't fret. They will re-crisp when toasted or broiled after being in the fridge overnight.

[Read more](#)



## All Souls on Deck

By Chad Estey  
Media Coordinator

Some City Market staff members recently took a trip to Warren, Vermont, to meet with the owners and staff of All Souls Tortilleria as well as to get a behind the scenes look into their daily operations. All Souls was started by Joe Bossen of Vermont Bean Crafters, Sam Fuller, and Hubert d'Autremont, and together they're bringing customers a truly local corn tortilla that's certified organic, which you're able to find at City Market!

Their operation is broken into two different buildings, where first the corn gets sifted in a beautiful old red barn. Once the initial stages of sorting the kernels is complete, the cooking and tortilla development happens in another smaller building located close by.

We were first taken into the barn to look at the fanning belt, which is the first step in the process of developing the delicious tortillas. Here they add 50 pound bags of regionally produced corn (sourced from Vermont and New York), which gets sifted and sorted by the machine. The average 50 pound bag yields about 43 pounds of usable corn kernels. The 7 lbs of unusable kernels gets composted and fed to pigs on the farm. In total, between 400-600 pounds of corn go into each cooking batch which makes around 300-400 pounds of masa.

[Read more](#)

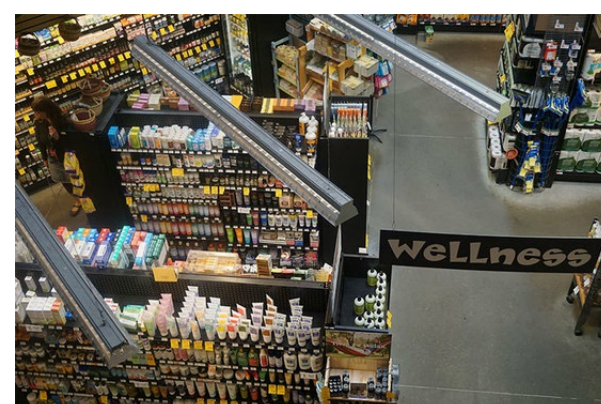
*Note: This article is not meant as a substitute for proper medical advice. Please consult with your medical practitioner before using any type of remedy, herbal or otherwise.*

## Advice from the Aisles Summer Sunscreen

By Kirsten Malzac, Wellness Department

It's hot, it's sunny, and it's humid out there during our Vermont summers. We're in the thick of it now, and many of you may still be struggling with your facial care routine. Let's take a look at the options when trying to pack on as little as possible while also protecting our skin.

Less is more in the summer when we "glisten" right through our morning facial routine. Or, if you're me, you just plain sweat it off. In the brightly lit glass shelving section of facial care at City Market, you'll find lotions that contain a small SPF rating for daily sun protection. These 2-in-1 wonders reduce the layers of product needed to stay moisturized and protected. Naffia, Alba, Andalou Naturals, and Earth Science offer a facial moisturizer, in range of scents and textures, at various strengths of SPF.



[read more](#)

Recipes





[Mexican Street Corn](#)

[Crockpot Calico Beans](#)

[Misozuke  
\(Miso Pickles\)](#)

[view more recipes](#)



**Featured Community Connection:  
Jane Frank Fine Jewelry**

During the month, of August, City Market Members can enter to win a \$50 gift certificate towards a Jane Frank Fine Jewelry custom design or class. To enter, fill out a drawing slip at the Customer Service Desk and place it in the Community Connections giveaway box!

Jane Frank is a classically trained goldsmith from Germany that moved to Burlington in 2007. She has her own workshop, "Werkstatt," in the Old North End, where she lives, creates, sells her own collections, works on custom designs and teaches jewelry making on all skill levels. She now teaches special classes such as "make your own wedding band," bachelorette classes, mother-daughter classes, summer camps for teens and private teaching.

[Read more](#)

**Featured Member Artist:  
Emily Treasure Greene**

Emily Treasure Greene has been painting for almost a decade and is constantly working to expand her horizons. Born and raised in Ohio, she studied earth science and the environment in college, spent time at a portrait studio, and currently works in childcare. She loves to paint landscapes, abstracts, and experiments with color. Inspiration can come from anything that catches her attention; lately that has been utilizing the waste that art leaves behind. She hopes to continue to create art that affects people in a positive and lasting way.

Emily's work can be purchased through her website: [www.EmilyTreasure.com](http://www.EmilyTreasure.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 July, you collectively donated \$13,197.87!

- \$6,598.94 for the Chittenden Emergency Food Shelf
- \$5,279.15 for Vermont Fresh Network (for Open Farm Week)
- \$1,319.79 for VBSR



**This Month's Rally for Change Partners:**



**10% Partner:**  
[Relay for Life of Chittenden County](#)



**40% Partner:**  
[South End Arts & Business Association](#)



**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 **August 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**

**236**

**new Members in July !**



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