



Middlebury Co-op Newsletter

Open 7 Days A Week, 8 to 7
Nine Washington Street
Middlebury, VT

January
2017

Why Vegetarian?

Over 7 million Americans are vegetarians, with an additional 23 million who follow a vegetarian-inclined diet. What makes so many people forgo the consumption of meat and choose a plant-based diet instead? Is it a concern for the animals or hope for improved personal health. Or is it a conviction that a vegetarian diet would support a healthier environment? The following article from the Vegetarian Times explores the question, why go vegetarian?

Thanks to an abundance of scientific research that demonstrates the health and environmental benefits of a plant-based diet, even the federal government recommends that we consume most of our calories from grain products, vegetables and fruits.

And no wonder: An estimated 70 percent of all diseases, including one-third of all cancers, are related to diet.

A vegetarian diet reduces the risk for chronic degenerative diseases such as obesity, coronary artery disease, high blood pressure, diabetes and certain types of cancer including colon, breast, prostate, stomach, lung and esophageal cancer.



continued on page 10



Middlebury Co-op Newsletter
A Monthly Publication of the
Middlebury Natural Foods Cooperative
1 Washington Street, Middlebury, Vermont 05753

Editor - Reiner Winkler

Printed at The Little Pressroom, Middlebury, Vermont.

Call 802-388-7276, or e-mail us at
bulk@middleburycoop.com
Visit our website at Middleburycoop.com
Or Like us on Facebook



Middlebury Co-op Ends Statement

MNFC member owners, customers,
and the community benefit from:

- ◆ **Healthy Foods**
- ◆ **Vibrant Local Economy**
- ◆ **Environmentally Sustainable
and Energy-Efficient Practices**
- ◆ **Cooperative Democratic Ownership**
- ◆ **Learning About These Values**

*Dear Members and Friends
of Middlebury Co-op,*

It's going to be an interesting new year!

There will be some changes.

There will be noise.

Things may never be the same again.

Loving patience will be required from all of us.

There are some uncertainties.



No, I'm not talking about the coming political year... I am talking about the Co-op expansion. Blueprints have been completed. Primary bank lenders have been chosen. In January, we will begin the bidding process to subcontractors. By the end of January, we need to be clear about the Guaranteed Maximum Price for construction (GMP). Construction itself is scheduled to start March 13.

Happy New Year! Here are some Irish blessings you may want to toast your friends and family...

May your giving hand never fail you.

May we all be alive at this same time next year.

May you live as long as you want and never want as long as you live!

May the best day of your past be the worst day of your future.

**May your troubles be less,
And your blessings be more.**

And nothing but happiness come through your door.

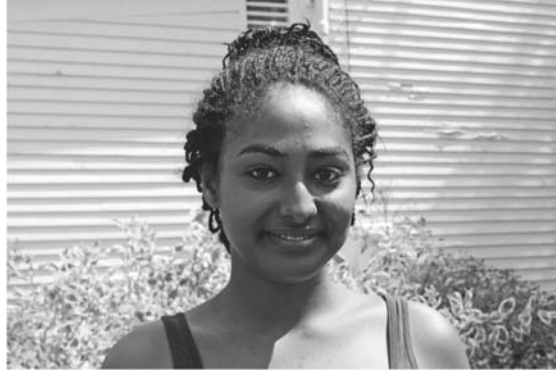
Merry met and merry part, I drink to thee with all my heart.

**Dung hills rise and castles fall,
we are all equal one and all.**

Best Wishes for 2017!

Reiner





Staff Interview with **Meskie Cohen**

Reiner Winkler: Meskie, tell us about your journey to Middlebury Co-op.

Meskie Cohen: I came here from New York, where I went to school. After two years I needed a break from the big city and decided to come home for a while.

Home to Vermont?

Yes. My parents live and teach in Middlebury. I have always been interested about food, so I applied at the Co-op for a job and was lucky enough to be hired. After working in the food and restaurant business for several years including in New York City, the Deli is such a nice place to be. It's different in that we interact directly with our customers. I enjoy talking to them and helping them find what they are looking for. All our customers seem so kind and pleasant.

And we are lucky to have you! Did you go to school for culinary arts?

No, I studied photography and studio art at the International Center for Photography or ICP, in New York. I

learned a lot. And I loved meeting very accomplished photographers.

Tell me more about your love for food.

My passion for food always been there, it seems. I was born in Ethiopia and grew up in an orphanage there, before I was adopted by my parents. Love and appreciation of good food has always been central in our family. We cook Moroccan, Japanese and all kinds of international food. I like food that has a lot of flavor. Much of American food does not really have much of that, I feel. My favorite is still Ethiopian cooking, which I could eat every day all day long.

You travel between Ethiopia and the U.S. quite a bit, right?

My mother now runs a group home for kids Addis Ababa. We go there frequently. During the six years the home has been open, I have worked with the kids, done some of the paperwork, and taken lots of video recordings. I am definitely planning

to continue with my work there.

It must be mind-boggling to travel between these two countries.

Oh yes! I remember when I came to the States for the first time. I was 10 years old then. Our flight went directly from Addis Ababa to New York City. I stepped out of the plane and felt the energy so intense and sort of chaotic. I loved it!

What do you notice these days when you visit Ethiopia?

How much things are changing. Three years ago, everything was so different. Everything is changing so incredibly fast! Compared to the changes I see in Addis Ababa, the changes at our Co-op we are dealing with are not such a big deal.

The changing world with all its the speed and intensity is quite something these days. It can feel overwhelming at times if you don't watch out. What are some of you future plans?

My future is a little bit in the air. For now I welcome my personal time.

Even though I like the energy of a city where there is so much to do, to see, and to experience, I enjoy living in this small quiet town of Middlebury right now. I do like to travel and will continue with my work at the group home; but I also like to spend time here where it's easier to clear my head. I want to explore hiking in the area. I have climbed Snake Mountain several times, it's really beautiful. I will also continue with my art projects, photography and jewelry making. And I dabble a bit in oil painting, mostly abstract. At times I try a little landscape and portrait painting.

What do you think about our Vermont winters?

I'm not much of a winter person at all. Winter here is beautiful but very cold! And winter seems to go on and on and on!

Thank you, Meskie!



Eat when you are hungry not when you are bored.

For many of us, eating has surprisingly little to do with hunger. We eat out of boredom, for entertainment, to comfort or reward ourselves. Try to be aware of why you are eating, and ask yourself if you are really hungry — before you eat and then again along the way. (One old wives' test: If you're not hungry enough to eat an apple, then you're not hungry.) Food is a costly antidepressant.

Michael Pollan, *Food Rules*



Classic Oatmeal Recipe

Simple, good, and sustaining...

- 1 cup rolled oats
- 1 cup warm water
- 2 tablespoons yogurt (optional)
- Pinch of salt
- 1 cup water

Mix oats with warm water and yogurt, cover and leave on the counter overnight. The next morning, add an additional cup of water and bring to a boil. Reduce heat, cover, and simmer until oats are tender (about 5-10 minutes).

Good accompaniments for porridge are a little milk or cream and a natural sweetener like maple syrup or honey. Also try dried fruit like apricots or dates, shredded coconut, or ground flax or hemp seed. Chopped nuts are excellent too. Cinnamon sugar adds a deliciously sweet crunch.

Congee

*A recipe native to China,
where it is often eaten for breakfast...*

Combine 1 cup brown rice and 4 cups water. Add cinnamon, honey, dried fruit, sage, or whatever you deem fit.

Cook on lowest heat possible for 4-6 hours or overnight in a crock pot or rice cooker on low.



January Member Deals

Check out our Member Deals for the month of January!
For further information about the companies and their products,
go to our website at www.middleburycoop.com.

Middlebury Co-op members receive a **20% discount** on
all of the company's products during the week they are featured.



January 2 — 11

Lundberg Family Farms

Since 1937, committed to producing the finest quality rice and rice products. Lundberg's focus is on health and sustainability.

January 12 — 18

Stonyfield



"Everything we make isn't just delicious, it's certified organic - made without the use of toxic persistent pesticides, artificial hormones, antibiotics and GMOs. While we're at it, we support family farms and take care of the world around us."

January 19 — 25

Garden of Life



"At Garden of Life, our primary mission is to Empower Extraordinary Health by providing the highest-quality, USDA Organic, Certified Non-GMO, RAW, whole food nutritional products on the market."



January 26 — February 1

Spectrum Naturals

Spectrum oils are for any type of cooking and are created for people who love perfection in their food. The *American Masters of Taste* awarded Spectrum Naturals their best taste seal for Olive Oil, Canola, Safflower, Coconut and Shortening Oils.

Member/Owner Loan Campaign

by Ann LaFiandra

The Member Loan Campaign to raise \$1 million toward the expansion project took off as soon as the *Vermont Department of Financial Regulation* approved it in early October. With your help we have reached our goal in two months! For this type of private offering \$1 million is the maximum amount allowable.

After some administrative details are finished, the campaign will wrap up and the expansion will commence in March. Thanks to the tireless efforts of our dedicated staff, the MNFC enjoys a reputation that makes people confident investing in our store. John Barstow, the Loan Campaign Coordinator, expressed thanks to everyone who helped make the campaign successful, evidence of ongoing positive and enthusiastic support and commitment to the MNFC.

The money raised is a loan, not a donation, and members choose the length of the loan and interest rate between 0-3%, for an average around 2%. (The MNFC is a for-profit business, not a 501c3, so donations are not tax deductible.) As our General Manager Glenn Lower explained, *Members apparently appreciate investing close to home, and besides, they can see their money in action every time they shop here.* In John's words: *The expansion is now full steam ahead*, set to begin in March and end in October 2017 before holiday shopping traffic. Updates on the expansion project will be posted regularly on the website www.middleburycoop.com and in the store.

The Board is excited and 100% behind this project. Aside from the loans, Glenn reminds everyone that the single most important and effective way each person can support this expansion is to continue shopping at the store!

**Ann LaFiandra is a member
of our Board of Directors**



Middlebury Co-op Buying Criteria

Some, but not all, cooperatives follow a list of buying guidelines. At Middlebury Co-op, our criteria for purchasing and retailing product are relatively strict. Our members (who are the owners of the business... that's why we are a cooperative) have repeatedly voiced their opinion that the buying criteria are important to them. Our Co-op will expand, our buying guidelines will remain. We believe that in this way we can contribute to a healthier and better world.

At Middlebury Co-op, we select products with an emphasis on locally and organically grown foods. We will not knowingly sell:

- ☀ Irradiated foods;
- ☀ Foods containing artificial preservatives, colors, or flavors;
- ☀ Meat products from animals raised with hormones or antibiotics;
- ☀ Fluid milk, ice cream, frozen yogurt, or dairy products containing artificial growth hormones;
- ☀ Foods containing hydrogenated oils or trans fats;
- ☀ Products tested on animals;
- ☀ Products containing Parabens;
- ☀ Products containing High Fructose Corn Syrup.



Why vegetarian? continued from page 1

Here are some observed benefits of a plant-based diet:

A plant-based diet helps you ward off disease.

Studies indicate that the vegetarian diet is more healthful than the average American diet, particularly in preventing, treating or reversing heart disease and reducing the risk of cancer. A low-fat vegetarian diet is the single most effective way to stop the progression of coronary artery disease or prevent it entirely. Cardiovascular disease kills 1 million Americans annually and is the leading cause of death in the United States. A vegetarian diet is inherently healthful because vegetarians consume less animal fat and cholesterol (vegans consume no animal fat or cholesterol) and instead consume more fiber and more antioxidant-rich produce.

You may keep your weight down.

The standard American diet — high in saturated fats and processed foods and low in plant-based foods and complex carbohydrates — is making us fat and killing us slowly. 64 percent of adults and 15 percent of children aged 6 to 19 are overweight and at risk of weight-related ailments including heart disease, stroke and diabetes.

Studies show that overweight people who follow a low-fat, vegetarian diet lose an average of 24 pounds in the first year and keep it off during the coming years. The weight is lost without counting calories or carbs and without measuring portions or feeling hungry.

You may live longer.

If you switch from the standard American diet to a vegetarian diet, you can add about 13 healthy years to your life, says Michael F. Roizen, MD, author of *The RealAge Diet: Make Yourself Younger with What You Eat*. "People who consume saturated, four-legged fat have a shorter life span and more disability at the end of their lives. Animal products clog your arteries, zap your energy and slow down your immune system. Meat eaters also experience accelerated cognitive and sexual dysfunction at a younger age."

Residents of Okinawa, Japan, have the longest life expectancy of any Japanese and likely the longest life expectancy of anyone in the world, according to a 30-year study of more than 600 Okinawan centenarians. They live on a low-calorie diet of unrefined complex carbohydrates, fiber-rich fruits and vegetables, and soy.



You'll build strong bones.

When there is not enough calcium in the bloodstream, our bodies will leach it from existing bone. The metabolic result is that our skeletons will become porous and lose strength over time. Most health care practitioners recommend that we increase our intake of calcium the way nature intended — through foods. Foods also supply other nutrients such as phosphorus, magnesium and vitamin D that are necessary for the body to absorb and use calcium.

People who are mildly lactose-intolerant can often enjoy small amounts of dairy products such as yogurt, cheese and lactose-free milk. But if you avoid dairy altogether, you can still get a healthful dose of calcium from dry beans, tofu, soymilk and dark green vegetables such as broccoli, kale, collards and turnip greens.



You'll reduce your risk of food-borne illnesses.

The CDC reports that food-borne illnesses of all kinds account for 76 million illnesses a year, resulting in 325,000 hospitalizations and 5,000 deaths in the United States. According to the US Food and Drug Administration (FDA), foods rich in protein such as meat, poultry, fish and seafood are frequently involved in food-borne illness outbreaks.

You'll ease the symptoms of menopause. Many foods contain nutrients beneficial to perimenopausal and menopausal women. Certain foods are rich in phytoestrogens, the plant-based chemical compounds that mimic the behavior of estrogen. Since phytoestrogens can increase and decrease estrogen and progesterone levels, maintaining a balance of them in your diet helps ensure a more comfortable passage through menopause. Soy is by far the most abundant natural source of phytoestrogens, but these compounds also can be found in hundreds of other foods such as apples, beets, cherries, dates, garlic, olives, plums, raspberries, squash and yams. Because menopause is also associated with weight gain and a slowed metabolism, a low-fat, high-fiber vegetarian diet can help ward off extra pounds.

You'll have more energy.

Too much fat in your bloodstream means that arteries won't open properly and that your muscles won't get enough oxygen. The result? You feel zapped. Balanced vegetarian diets are naturally free of cholesterol-laden, artery-clogging animal products that physically slow us down. And because whole grains, legumes, fruits and vegetables are so high in complex carbohydrates, they supply the body with plenty of energizing fuel.

You'll be more 'regular.'

Eating a lot of vegetables necessarily means consuming more fiber, which pushes waste out of the body. Meat contains no fiber. People who eat lower on the food chain tend to have fewer instances of constipation, hemorrhoids and diverticulitis.

You'll help reduce pollution.

Some people become vegetarians after realizing the devastation that the meat industry is having on the environment. According to the US Environmental Protection Agency (EPA), chemical and animal waste runoff from factory farms is responsible for more than 173,000 miles of polluted rivers and streams. Runoff from farmlands is one of the greatest threats to water quality today. Agricultural activities that cause pollution include confined animal facilities, plowing, pesticide spraying, irrigation, fertilizing and harvesting.

**You'll avoid toxic chemicals.**

The EPA estimates that nearly 95 percent of the pesticide residue in the typical American diet comes from meat, fish and dairy products. Fish, in particular, contain carcinogens (PCBs, DDT) and heavy metals (mercury, arsenic, lead, cadmium) that can't be removed through cooking or freezing. Meat and dairy products can also be laced with steroids and hormones, so be sure to read the labels on the dairy products you purchase.

You'll help reduce famine.

About 70 percent of all grain produced in the United States is fed to animals raised for slaughter. The 7 billion livestock animals in the United States consume five times as much grain as is consumed directly by the American population. If all the grain currently fed to livestock were consumed directly by people, the number of people who could be fed would be nearly 800 million, says David Pimentel, professor of ecology at Cornell University. If the grain were exported, it would boost the US trade balance by \$80 billion a year.

You'll spare animals.

Many vegetarians give up meat because of their concern for animals. Ten billion animals are slaughtered for human consumption each year. And, unlike the farms of yesteryear where animals roamed freely, today most animals are factory farmed: crammed into cages where they can barely move and fed a diet tainted with pesticides and antibiotics.

These animals spend their entire lives in crates or stalls so small that they can't even turn around. Farmed animals are not protected from cruelty under the law — in fact, the majority of state anticruelty laws specifically exempt farm animals from basic humane protection.

You'll save money.

Meat accounts for 10 percent of Americans' food spending. Eating vegetables, grains and fruits in place of the 200 pounds of beef, chicken and fish each non-vegetarian eats annually would cut individual food bills by an average of \$4,000 a year.

Your dinner plate will be full of color.

Disease-fighting phytochemicals give fruits and vegetables their rich, varied hues. They come in two main classes: carotenoids and anthocyanins. All rich yellow and orange fruits and vegetables — carrots, oranges, sweet potatoes, mangoes, pumpkins, corn — owe their color to carotenoids. Leafy green vegetables also are rich in carotenoids but get their green color from chlorophyll. Red, blue and purple fruits and vegetables — plums, cherries, red bell peppers—contain anthocyanins. Cooking by color is a good way to ensure you are eating a variety of naturally occurring substances that boost immunity and prevent a range of illnesses.

It's easy!.

It's almost effortless these days to find great-tasting and good-for-you vegetarian foods, whether you're strolling the aisles of your local supermarket or walking down the street at lunchtime. If you need inspiration in the kitchen, look no further than the internet, your favorite bookseller or your local vegetarian society's newsletter for culinary tips and great recipes. And if you are eating out, almost any ethnic restaurant will offer vegetarian selections.



Source: www.vegetariantimes.com

Unplug, listen, enjoy.

Granola — What's That?

Granola is a type of cold cereal that is typically made from toasted rolled oats. Individual formulations may vary depending on brand, so that other grains and ingredients may be used. Some people eat granola as a breakfast food, either plain or added to yogurt or milk. In addition to being available in loose form like cereal, granola is commonly packed into bars, which many people eat as an on-the-go convenience meal or snack. To learn more about whether your brand of granola is healthy, start by looking at the nutrition label.

Here are some of the good and not-so-good ingredients in granola:

Sugar

Why is your favorite brand of granola so tasty? Maybe because it's loaded with sugar, corn syrup, honey, or some added sweetener. Some brands can contain up to 16 grams of sugar per serving, almost as much as the 18 grams of sugar typically found in one serving of a candy bar.



Fat

Some types of dietary fat are good for you, but only in moderation. Many granola manufacturers, however, make heavy use of oils, which can increase the fat and calorie content. Watch out for processed fats, such as partially hydrogenated soybean or peanut oil. These fats are made by hydrogenation, adding hydrogen to unsaturated fats. This process creates fats that are less likely to spoil than naturally occurring oils, thus extending the shelf life of processed foods. Research studies show that processed fats can increase unhealthy LDL cholesterol and lower healthy high-density lipoprotein (HDL) cholesterol, which increases a person's risk for cardiovascular disease.

Oats

Oats are one of the healthiest ingredients in granola. They're high in fiber, help lower your cholesterol, and keep you feeling fuller for longer periods of time. They're also a great source of iron, copper, zinc, selenium, magnesium, manganese, and vitamin E. Check the ingredient label to make sure that your favorite brand of granola contains plenty of oats.

Seeds and Nuts

Many brands of granola contain seeds or nuts, which can be part of a healthy diet. They're high in protein, which will help you feel full and provide you with energy throughout the day, and also contain fiber, vitamin E, and seleni-

um. Pumpkin seeds are one of the best non-meat sources of zinc, and flax seeds are a good source of omega-3 fatty acids. Sunflower seeds are also an excellent way to increase your intake of vitamin B1 and vitamin E.

Dried Fruit

Dried fruit boasts many nutrients, but it is also higher in calories than fresh fruits. If you're counting your calories, avoid granola that contains dried fruit and just top your granola off with some fresh fruit instead.

Is there anything lacking in granola?

Some varieties of granola may be lacking in fiber, especially if they do not contain any dried fruits. This nutrient helps your body to slow the absorption of sugar into the blood, works to improve your digestion, and makes you feel fuller for longer. Therefore, when you eat a brand of granola that is high in sugar and low in fiber, your blood sugar levels rise more quickly than they would if you had eaten an apple, which is higher in fiber.

In addition to too much sugar, many brands of granola actually contain too many vitamins and minerals! Many types of granolas highly fortified, especially if they are in the form of granola bars, which means you may be overdosing on certain nutrients. Over-supplementation may result in some uncomfortable side effects. For example, consuming too much vitamin A can cause headaches and reduced bone strength. Excessive amounts of iron may result in intestinal discomfort. Check the label to make sure that you are not consuming too much of a certain nutrient.

Muesli

In contrast to granola, muesli is not toasted. A Swiss physician developed muesli in the early 1900s. The original dish was made by combining a small amount of raw, rolled oats with an equal amount of ground almonds, a bit of lemon juice, some condensed milk and a large, freshly grated apple. Modern muesli is typically made up of raw oats, nuts, seeds and dried fruit. The dry mixture is traditionally soaked in milk and consumed raw.

www.insidetracker.com

Check out our varieties of granola in the Middlebury Co-op Bulk Foods department! You'll find classical types of granola made with oats, nuts, and fruit; you find maple or honey sweetened and even unsweetened granola (Pecan Splendor). Some of our granolas are gluten-free, others are suitable for the paleo diet (no grains). You'll find especially our Vermont made granolas to be healthful and delicious!

**During the month of January, many of our granolas
in the Bulk Foods department will be on sale.**