

MIDDLEBURY
NATURAL MIDDLEBURY CO-OP
NEWSLETTER



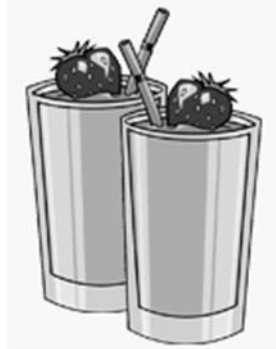
JULY/AUGUST
2015

OPEN DAILY.....8 AM-7PM

Middlebury Natural Foods Cooperative
9 Washington Street, Middlebury, Vermont, 802-388-7276

Smoothies for Energy and Vitality

Smoothies are great first thing in the morning, especially during hot summer days. They are nutritious, energizing, easy to prepare, and really tasty. Smoothies are easy to prepare. All you need is a blender, some fruit, other fun ingredients, and some imagination. Following are five recipes to get started. Experiment and enhance the following recipes by adding coconut, hemp seed, ginseng extract, freshly ground flax or sesame seed, and whatever else comes to mind. Bananas usually provide all the sweetness you need. On occasion you may want to add just a little bit of maple syrup or honey.



Mango Bliss

1 mango, fresh or frozen
1 pint of blueberries, fresh or frozen
1 banana, fresh or frozen
1 teaspoon of maple syrup
1 cup non-dairy milk of choice (almond, soy, or coconut)
Purée all ingredients together in a blender.
Add ice if you wish.



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The 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.

The purpose of the MNFC Newsletter is to provide a means of communication between the Co-op and its membership. Its aim is to provide a forum, which promotes an awareness of social, health-related, political, economic, technological, and environmental issues as they relate to food and other products sold by the Co-op. In addition, the Newsletter provides a medium to introduce the Co-op and its products and services to the general public. The format is intended for educational debate and discussion. Your letters of opinion and article submissions are welcome and encouraged. The views expressed in the MNFC Newsletter do not necessarily reflect the policies or beliefs of the Middlebury Natural Foods Cooperative as a whole.



Call 802-388-7276, or e-mail us at mnfc@together.net

Visit our website at Middleburycoop.com

Or Like us on Facebook

**Middlebury
Co-op
will be open
on Saturday,
July 4th, 9-4**



Smoothies *continued from page 1*

Berries Galore

1/2 cup blueberries
1/2 cup blackberries
1/2 cup cherries
1 banana
1 cup almond milk
1 tablespoon flax oil
1 teaspoon honey
Dash of cinnamon



Blend all of the ingredients together until smooth and creamy.

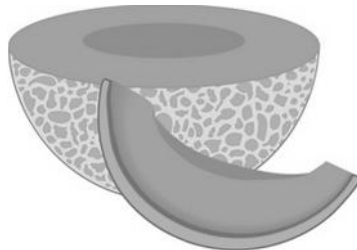
Strawberry Fields Forever

1 cup strawberries, fresh or frozen
1/2 a frozen banana, sliced
1 cup coconut milk
1 teaspoon honey or agave syrup
Purée all of the ingredients in your blender,
and adjust sweetener to taste.



Melony Rehydration

1 cup watermelon cubes
1 cup cantaloupe cubes
1/2 cup honeydew melon cubes
1 cup frozen strawberries
Purée all ingredients until
creamy and smooth.
This is a great rehydration drink.
Good after a long run! Or anytime.



Mango Lassi

1 mango, peeled and sliced, or frozen
1 cup milk
1/2 cup plain or peach low-fat yogurt or kefir
1 teaspoon maple syrup
A few shakes each of cinnamon and cardamom
Add all ingredients to your blender and purée for a minute or so
until absolutely smooth.

**Good News: Lots and lots of Frozen Fruit,
most of it organic, will be on Sale in the
Bulk Foods department at the Co-op!!**

Wood's Market Garden Brandon, Vermont



Wood's Market Garden is an organic fruit, vegetable and flower farm and seasonal market nestled in the quaint town of Brandon, Vermont. Their fields have been producing fresh food for the greater Brandon community for over 100 years!

Known far and wide for delicious sweet corn and plump, sweet strawberries, *Wood's Market Garden* also grows over 50 kinds of vegetables and fruits on over 60 acres of farmland. The food has been grown organically for over 12 years. The farm also has 7 greenhouses for raising bedding plants, ornamentals, vegetable starts and some of the tastiest early tomatoes in the state!

In past years *Wood's Market Garden* has provided Middlebury Co-op with Cucumbers, Summer Squash, Green Beans, Broccoli, Cauliflower, Tomatoes, Yellow Tomatoes, and... Strawberries!! Everything organic!

Also available from *Wood's Market Garden* at the Co-op: Organic Dried Black Beans... in our Bulk Foods department.

During the week of **July 2—July 8**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Wood's Market Garden* products.



Bionaturae

Some 20 years ago, a group of young Italians and an American enthusiastically created an organic selection of authentic Italian foods. Bionaturae® was born in 1994 and was quickly embraced by the American consumer as the premier brand of organic foods from Italy. Bionaturae has remained a family-oriented, privately owned company, with a heartfelt devotion to quality and tradition.

All Pastas Are Not Created Equal

Organic Durum Semolina and Whole Wheat Pasta are made with wheat grown in Italy on small family-owned farms that have been using traditional agricul-

tural methods for centuries. All ingredients are certified organic and are grown and processed without the use of synthetic pesticides or fertilizers. The pasta is made with artisanal production methods of the past. Antique bronze dies, which create the shape of the pasta, are used in the *Bionaturae* factory to press semolina pasta shapes with a rough texture that better absorbs sauce. Most present-day pasta factories use Teflon® dies, which is more expedient but compromises quality. The drying process is also a key to the delicious flavor of this Italian pasta. Slow drying at low temperatures helps to preserve the flavor.

Gluten Free Pasta

You no longer have to sacrifice great taste and texture to get a delicious gluten free pasta meal. It took over a year of experimenting to create the recipe for *Bionaturae* gluten free pasta. The pasta is made with organic rice flour, organic rice starch, organic potato starch and organic soy flour. It cooks like traditional pasta to an "al dente" texture and there is no need to rinse it before adding your favorite condiment. Whether you must eat a gluten free diet or are just looking for a change from wheat, come try this product made in the Italian tradition.

Al Dente

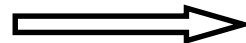
The glycemic-index rating for pasta is 55, while whole wheat pasta is 40. Comparatively, white rice is 82 and white bread is 100. The more you cook pasta, the higher the rating. Please test your pasta frequently and become accustomed to eating it "al dente", as they do in Italy. Foods with a glycemic index of 100 or above are very quick to release sugar into the bloodstream.

Here is a list of fun *Bionaturae* pasta shapes, many of them are really fun to say out loud: Penne Rigate, Fusilli, Chioccioline, Rombi, Rigatoni, Gebbetti, Spaghetti, Capellini, Linguine, Tagliolini, Pappardelle, and Elbows. Try them all!

At the Co-op, we also offer *Bionaturae* Crushed Tomatoes, Diced Tomatoes, Whole Peeled Tomatoes, and Olive Oil!
Buon Appetito!

Source: www.bionaturae.com

During the week of **July 9—July 15**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Bionaturae* products.





Blue Diamond Sacramento, California

The Blue Diamond cooperative grew from a vulnerable association of 230 almond growers when they formed their association on May 6, 1910, at the Hotel Turclu in downtown Sacramento, California, to be the world's largest and most respected almond processing and marketing powerhouse.

Since 1910, their original name of the *California Almond Growers Exchange* eventually emerged as *Blue Diamond Growers* to emphasize the brand that has become synonymous with quality almonds worldwide. It made the perilous journey on the backs of visionary leaders committed to the idea that only through cooperative marketing could family farmers compete in the rough and tumble markets of the world.

That vision translated into more equitable returns for grower/members, a guaranteed home for their crops and an ever-expanding market for their products. Almost single-handedly it created an industry out of a loose collection of growers and shippers, an industry that swept from being a minor player in the world market to its current status as a global leader in growing, processing and marketing almonds. Today the California almond industry produces over 80 percent of the world supply and leads the state as the largest food export!

Check out our extremely popular *Blue Diamond* Nut Thins and Almond Milk at the Co-op!

During the week of **July 16—July 22** Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Blue Diamond* products.

The Co-op Connection

MNFC Members receive great deals at many local businesses or service providers. Use your Co-op card and receive valuable discounts, for example with **Roger's Relaxing Massage Therapy**. Roger suggests the use of massage rather than drugs when it comes to managing pain. Call 388-2376 for an appointment or more information.

Amy's Kitchen

Petaluma, California

Amy's
®

“At Amy’s Kitchen, we make food in much the same way as you do at home. We start out with the freshest, organic vegetables we can find. We purchase high quality pastas, grains, beans and hormone free dairy from cows that are pasture raised.

We make everything by hand. Our sauces are prepared in stages; first by heating oil, then adding aromatics and followed by fresh veggies and tomatoes. All the ingredients cook slowly until they reach their fullest flavor.”

Amy’s Kitchen is a family-owned, privately held company that manufactures organic and non-GMO convenience and frozen foods. Founded in 1987 by CEO Andy Berliner and Rachel Berliner, and incorporated since 1988, Amy’s Kitchen took its name from their then-newborn daughter, Amy. All of Amy’s 250+ products are vegetarian and made with organic ingredients. The company makes over 130 gluten-free options.

At the Co-op you’ll find a great variety of Amy’s convenient meals in our Frozen section: from Veggie Burgers to Indian Entrées, from Macaroni & Soy Cheese to Shepherd’s Pie, from a Broccoli & Cheddar Bowl to Pizza! Amy’s Kitchen convenient and healthy meals may come in handy at times!

During the week of **July 23—July 29**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Amy’s Kitchen* products.

Questions about the **Patronage Dividend** system, that will go into effect on July 1st? Please consult our Patronage Dividends handout for information. You will also find info on the web at www.co-opconversations.blogspot.com. Or simply call 388-7276 and talk to Emily or Glenn.





Grandy Oats Granola Co. Brownfield, Maine

GrandyOats is a granola company located in Brownfield, Maine. The company was founded in 1979 and started to thrive in the early 1990s. Today the company employs 14 people, producing over 40 100% organic products that are sold across the country. With an emphasis on sustainable agriculture, recycling, and minimizing any environmental impact, in 2013, GrandyOats was awarded the Producer of the Year Award by the Maine Grocers Association and the Maine Food Producers Alliance.

When you check out *GrandyOats* products at the Co-op, don't overlook their **High-Antioxidants Trail Mix**, which was voted the **Number 1 Trail Mix** by the *Sierra Magazine*. This delicious slightly tart mix is made with all organic ingredients, including Jumbo Thompson Raisins, Roasted Salted Pumpkin Seeds, Almonds, Walnuts, Goji Berries, Dried Sweetened Cranberries, and Mulberries.



During the week of **July 30—August 5**, Co-op members will receive a **30% discount**, in addition to their regular member discount, on all *Grandy Oats* products.



New Leaf Organics Bristol, Vermont

Garlic, Purple and Yellow Beans, Heirloom and Cherry Tomatoes, Kale and Chard, Basil, Parsley, and Green Onions... these are some of the veggies we expect early August from *New Leaf Organics*. If you can't grow these items in your own garden, come to the Co-op and enjoy these fresh products grown in your neighborhood!

New Leaf Organics, run by the farm family Jill, Skimmer, Ruby, and Ada, is dedicated to:

- grow high quality, deliciously fresh organic vegetables
- maintain and build on the health of our soil and water
- keep this land open and in agricultural production

- bring community members together in appreciation of good food and eating with the seasons
- help all our kids learn where food really comes from
- be a healthy and joyous place for kids to roam and discover
- provide a positive and meaningful place to work for our employees and ourselves

During the week of **August 6—August 12**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *New Leaf* products.



Vermont Creamery

Websterville, Vermont

At the Co-op we carry wonderful products from the Vermont Creamery, including fresh **chèvre**, cultured **butter**, an excellent goat milk **feta**, and world class **cheeses**. During the week of August 13-19, make good use of your Co-op membership and try all their products! Following is a bit more info about Vermont Creamery **Crème Fraîche** and **Mascarpone**.

What is Crème Fraîche?

Crème fraîche is an exquisitely rich cultured cows' cream with a thick, creamy texture and a tart, slightly nutty flavor. It's an incredibly versatile ingredient and unlike other cream based products, crème fraîche will not curdle over high heat or separate when mixed with wine or vinegar.

You will be delighted by the rich cultured cream with a thick, creamy texture and a tart, slightly nutty flavor. Use it as a delicious topping for fresh berries, pies and soups or as a baking ingredient.

Crème fraîche starts with fresh Vermont cream. Once the crème has been separated from the milk, the natural lactic bacteria take over resulting in a thick, smooth, cultured cream we know as crème fraîche.

What is Mascarpone?

Mascarpone is an Italian-style Cream Cheese. It is the magic ingredient in the Italian dessert *Tiramisu*. Not long ago, the word mascarpone would draw quizzical looks. Nowadays, the distinctly Italian-sounding name is the only thing obscure about this velvety, rich cream cheese.

Mascarpone is made with fresh, high quality Vermont cream from the local St. Albans Cooperative. It is cooked at a high temperature until it is

thick, smooth, and sweet. For desserts, whip, sweeten, and serve Mascarpone with fresh berries, or poached pears. Swirl it into soups or fold it into risotto and polenta, mix it with Parmesan cheese and fill raviolis or layer it in lasagna. Ooh... so good!

During the week of **August 13—August 19** Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Vermont Creamery* products.



Vermont Smoke 'n Cure Hinesburg, Vermont

At the Co-op, you'll find Vermont

Smoke 'n Cure Bacon that the New York Times called "... possibly the finest on the planet." Customers find the bacon "not overly salty" and simply "delicious." You'll find this Vermont bacon made entirely from scratch, brined in apple cider, and cob and maple smoked as a low sodium variety or regular. As always at Middlebury Co-op, our meat is free of antibiotics and growth promotants. The animals have been exclusively fed on vegetarian feed. No nitrites or nitrates have been added.

Nitrates and nitrites are found in many foods you may consume on a daily basis. They occur naturally in vegetables and are added to meat products as a preservative. Nitrates are relatively harmless, until they are converted into nitrites inside your body. Ingesting too many nitrites can cause ill effects such as an anemic-like disorder as well as cancer. Avoiding processed meats is a good way to reduce your intake of nitrates and nitrites.

More info: www.lifefstrong.com

Furthermore, you may want to seek out Smoke 'n Cure uncured Hot Dogs, Ham, and Summer Sausage. The Vermont company is also known for their Real Sticks, which are dried real meat sticks, including turkey, beef, and pork.

During the week of **August 20—August 26**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Smoke 'n Cure* products.



Vermont Coffee Company

Middlebury, Vermont

The Vermont Coffee Company (VCC) is our Middlebury Coffee roaster! VCC freshly brewed coffee — always organic, always fair-trade, always good — is available at our Co-op Coffee Bar. The freshly roasted beans are available in bulk or in 1-pound coffee bags in the Bulk Foods area of the store.

- ◇ VCC **Dark** Roast is the company's signature coffee. It's a big, rich, darkly complex blend that is roasted longer and more slowly to bring out the chocolaty, caramel flavors.
- ◇ The **Mild** version is a light, lively, and smooth coffee with a soft, full body.
- ◇ **Italian Rustica** is an old-world peasant style coffee blend with a rustic smoky flavor. It's the company's darkest roast.
- ◇ If you prefer **decaf**, you will still be treated with a full-character coffee, roasted longer and darker, with only the caffeine removed by water process.
- ◇ **Uno** refers to a single origin, light-to-medium roast coffee with hints of honey.
- ◇ **Dos** is a rich, smooth medium roast reminiscent of caramel.
- ◇ When you brew up **Tres**, you'll get a full bodied dark roast with a spicy finish and hints of... right!... hints of cocoa!

Our friends at the Vermont Coffee Company point out that coffee should be treated like produce: it is a perishable item. Don't hang on to your coffee beans for too long. Seek out freshly roasted beans and grind them up just before brewing if you possibly can.

Speaking of "friends"... the VCC motto is "**coffee roasted for friends,**" meaning, coffee is meant to be a social stimulus to bring people together to share ideas and stories. Community is formed, friends are made. Nice idea!

During the week of **August 27—September 2**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Vermont Coffee Company* products.



Ricotta began as a by-product of Italy's extensive cheese making industry. It is made from the whey that remains after cheese curds have been separated out. For many years it was a problem to figure out how to dispose of the whey, since it pollutes rivers with aggressive algae growth causing fish to die when the oxygen supply becomes depleted. Then it was discovered that by heating the whey the casein crystals would fuse together to create a new curd. Ricotta is what is left after this second round of whey is removed.

"Ricotta" means *re-cooked* in Italian. When heated to 185 degrees tiny clusters of protein particles rise to the surface, and are skimmed off, and put in perforated molds or baskets to finish draining. What is left is a ready-to-eat mound of cheese. Except Ricotta is technically not a cheese, but a dairy product, since neither starter nor rennet is used.

Ricotta is a soft fresh product made from either pasteurized or unpasteurized cow, sheep, goat milk, or a combination. Sometimes even water buffalo milk is used. This very white product has a delicately mild, sweet nutty taste when fresh, and becoming quite pungent when aged. Some ricottas are smoked with different kinds of wood or herbs. The harder cheeses develop a natural rind. **Ricotta Romana** or **Gentile** uses sheep's whey left over from making Pecorino Romano. **Affumicata** is a smoked ricotta. **Ricotta forte** is ricotta that is kneaded occasionally over several months, then placed in clay pots to age for one year. **Ricotta Salata** has a sweet nutty taste and is snow-white, and aged for at least one year, becoming hard enough to grate.

Some cheese makers use partially skimmed milk instead of whey, or add milk to the whey to increase the fat content. Sometimes citric acid or salt and vinegar are added to whey-milk mixtures to promote coagulation. Ricotta using only whey has between 10 and 20 percent fat, where whole milk ricottas are closer to 50 percent fat.

At the Co-op we carry two fresh ricottas in our dairy case — Vermont *Maplebrook Farm*, and low fat Massachusetts *Calabro*. In the cheese case you will find our very popular Ricotta Salata from Italy.

Some traditional ways to serve ricotta are in savory pasta dishes such as lasagna, ravioli, and stuffed shells. Here are some other suggestions: sprinkle Ricotta with chopped herbs or berries, serve it on an open-faced sandwich with shrimp, or present in salads with onion and prosciutto.

There are also some delicious desserts using ricotta: Cannoli, a ricotta filled rolled pastry; crêpes or pancakes layered with ricotta, fresh fruit, and maple syrup; or Ricotta cheese cake. With all the fresh fruit starting to appear lately, the options are many. Have fun experimenting.



Wendy Stewart is a member of our co-op staff

Cheese Demo at the Co-op!

Please join us for a special Cheese Fest at the Co-op on **Friday, July 3, 11-2**. Annie from Provisions International will demo a variety of amazing new cheeses!

Membership Cards

Now that we have upgraded our point of sale system, it is no longer necessary to present your membership card at the *beginning* of the transaction. For speed and accuracy, though, it is helpful when you present your membership card when you shop. If you need replacement membership cards, please let us know.

Used Magazines

Our customers love reading the used magazines that people leave in the entry way. Lately, though, we have received more than we can manage. Recently we took three large shopping carts full of magazines to the recycle dumpster. If you are contributing magazines, please do not use the Co-op as a recycling center. We can manage only one crate or box in this area. Please do not leave newspapers, catalogs or ancient or musty magazines in this box. Thank you!



From Rochdale to Middlebury by Francisca Drexel

Conversation is powerful. One of the first things I notice when walking into our Co-op is the many conversations happening all over the store. Whether it is about some new kind of broccoli and how to cook it, special orders or a quick catch-up with friends, the Co-op is a community hub, where talking and listening are as important as the food we buy. What fosters this conversation?

Shortly after joining the Co-op Board of Directors, I read David J. Thompson's book, *Weavers of Dreams, Founders of the Modern Co-operative Movement*. The book is about one of the oldest food cooperatives, started in Rochdale England, which opened its doors just before Christmas in 1844. The market began by offering just five items: butter, sugar, flour, oatmeal and candles. Thompson writes: "...many of the newly-elected local officials forged their leadership skills at the co-op, making these co-ops the main training ground for modern democracy in Britain." Pretty neat, yes? It wasn't only about butter and sugar.

Part of what made Rochdale such a fertile training ground for national leaders was the founders' insistence that the business of the co-op should be conducted as though it were more than merely another store in town. In Rochdale, all those years ago, the co-op introduced its neighbors to democratic control, an embrace of women as equals (as customers and as managers), member education, the search for unity and community, quality and purity of product, the meaning of member capital, and cooperation, rather than competitive animus among cooperatives.

I have truly loved serving on the MNFC Board, as I found myself sitting next to Glenn or Ilaria, but also imagining at the conference table some of the good folk of a faraway English town, in a time long gone.

Those time-travelers would have wondered at the near absence of a demographic that had been their core customer. "Where are the families struggling to make ends meet?" I imagine him asking.

We have many pat, and true answers. But none is good enough. In leaving the Board, this is the ongoing conversation – among ourselves, and with imagined contributions from our forebears – that I will miss most. The chat will be in good, new hands, and I look to these new leaders to get us a little closer to making real this part of Rochdale's founding ideal.

**Francisca Drexel is a member of Middlebury Co-op
and a former member of the Board of Directors.**

**Letter to the Membership
from our General Manager, Glenn Lower**

Dear Member-Owners,

Our recent Annual Meeting at American Flatbread [June 3] was a great success! It may go down in our history books as one of the great ones. Over 150 people attended, which is twice the number expected). Wonderful food! Excellent presentation of current Co-op and Long Range plans!

A highlight of the meeting was our slide show of 60 local producers, all of them farmers and cheese makers of Addison County area!

We said goodbye to Francisca Drexel and Mary Gill, who are retiring from the Board of Directors. Again, thank you for your services, Francisca and Mary! Jay Leshinsky and Louise Vojtisek were reelected to the Board. The newly-elected members are Nadine Canter Barnicle and Lynn Dunton. We are looking forward to working with you!

I am delighted to report that we received over 600 votes during our May election, more than ever before. By a majority of 574 to 57, member-owners voted to approve amending the by-laws and begin using a patronage dividend system. I would like to thank all of you for giving thought to this important change. And yet... 9 percent of member-owners voted no. I am open to further discuss the change with you if you wish, even though at this point we will move ahead and implement the new system, which, I believe, will serve all of us well!

On July 1st, we will start using our new Patronage Dividend system. When you present your Co-op membership card, your amount spent at the Co-op will be tracked (and never shared with other organizations.) At the end of our fiscal year (March 31), after calculating our profits made that year, the Board of Directors in conjunction with Co-op Management will decide how much of the profits to return to our member-owners and how much to dedicate to further the mission of our Co-op.

As always, we are open to questions. Don't hesitate to contact me at 388-7276 or e-mail me at gm@middleburycoop.com.

I wish you a wonderful summer!

*Glenn Lower,
General Manager*