



# Middlebury Co-op Newsletter

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

November  
2015



## Dried Fruit



Dried fruits are popular, especially this time of year. They are nutritious, convenient, and tasty. They are also much less expensive than fresh fruits. Consider that it takes nine pounds of fresh apples to make one pound when dried. Or that six pounds of apricots will produce one pound of dried apricots. And that three pounds of plums will give you one pound of dried prunes.

It is not easy to find fresh ripe mango or papaya anywhere in Vermont. Try dried mango or dried papaya, making sure it's the unsweetened kind. You will not find fresh cherries or figs this time of year. The dried fruit will be a bargain while at the same time being most satisfying.

We offer several kinds of raisins (which are dried grapes). Thompson raisins are our bestselling dried fruit not just because we offer them at a very low price (a Co-op Essential Food), but also because they are a sweet dependable raisin excellent for baking and snacking. But give Flame raisins a try. They are plump, moist and delicious, a very nice fruit to eat out of hand. Currants are popular during any holiday season. Currants - small, dark and high in iron - should really be called "Corinths", for they are named after a grape grown near the Greek city of Corinth. Currants have nothing to do with the fruit "currant", which I have never seen in dried form. Our Golden Raisins, you may have noticed, are not a bright golden-yellow as other Golden Raisins you may have come across. This is because our Golden Raisins are unsulphured dried green grapes. They are organically grown and quite delicious!

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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](mailto:mnfc@together.net)***

***Visit our website at [Middleburycoop.com](http://Middleburycoop.com)***

***Or Like us on Facebook***

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## **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**

Raisins are often added to oatmeal and baked goods. Make sure to experiment using dried cherries instead or cranberries or... Goldenberries. Goldenberries? These unsweetened tart little berries are also known as Incaberries or Gooseberries. They add a delightful tartness to your oatmeal, muesli, or baked good. I am very fond of them!

Our apricots and figs are imported from Turkey. Because of freezing temperatures in past years, apricots, unfortunately, have become expensive. They are still a wonderful dried fruit to be cherished. Black Mission figs are great for baking, for they are soft and easy to work with. The Turkish figs are a nutritional power house. They are high in iron, calcium, phosphorous, and vitamin B.

Our best dates at the Co-op are the Medjool dates. Let them come to room temperature before you eat them and remember they do contain pits. Deglet dates are convenient for baking as they are pitted.

Dried fruit can be easily rehydrated. Soak prunes, apricots, etc. in water out over night... see what happens! Don't overeat with dried fruit and drink plenty of water when eating them.

*Reiner Winkler, editor*



# 24th Empty Bowl Dinner

To Benefit  
Food Shelves: HOPE & CVOEO



**Sponsored By**  
**Middlebury Natural Foods Co-op**  
*and local potters, businesses & growers*

**Saturday, November 7, 2015, 6pm**

*Dinner at 6:15pm*  
*United Methodist Church*

**Tickets Available at The Co-op**

*\$30 - Includes Meal & Handmade Bowl*  
*Piano Music from "Fred Barnes"*

*Feel Free to Contribute Additional Donations*  
*to the Ticket Price to Benefit Food Shelves*

## The Results Are In...

The September 2015  
Eat Local Challenge  
is a wrap!  
Your local purchases  
allowed us to pay  
**\$346,804**  
to local farmers & producers!!



**WOW!! THANK YOU!!**



## Bob's Red Mill Milwaukie, Oregon

*Preserving Nutrition  
Through Tradition*

At Bob's Red Mill, we know that you can't rush quality. That's why we manufacture our products using time honored techniques, like grinding whole grains at cool temperatures with a traditional stone mill. This production 'secret' allows us to seal in the freshness and bring you wholesome, quality foods, just as nature intended.

Our beautiful stone grinding mills are much like the ones used during early Roman times. And to this day, our quartz millstones remain the best way to produce the finest products available. Unlike high-speed steel rollers, our stone mills ensure the most nutritious parts of the whole grain remain, so we can pack all-natural goodness right into your bag.

### **Milling, testing, packaging, distributing — all under one roof**

We've known from the first day we opened our doors in 1978 that to make the best products possible, we'd have to be able to do it all ourselves. And with our state-of-the-art milling, packaging and distribution facility located right in Milwaukie, Oregon, we're able to guarantee quality, every step of the way.

*Bob's Red Mill* takes great pride in handling all aspects of the production process in-house, starting with processing, washing and inspecting the grain, and ending with shipping the finished product to your door.

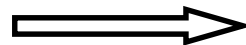
Each product undergoes extensive quality control tests within our in-house laboratories. During this testing phase, our gluten-free offerings are segregated from our other products, and tested in special gluten-free-only 'clean room facilities.'

But don't just take it from us; you can actually see the results of all our hard work. With our special clear packaging, you get to be the final judge of the quality and freshness of our products, before you take them home.



### **Sourcing the finest products from our farms to your table**

Our relationship with our product starts at the source, with the farmer who produces the grain. We maintain personal relationships with farmers from across the country and make an effort to visit their farms. Together, we ensure that we're offering the best product available, while always using best practices.



### **Ensuring certified organic, whole grain goodness**

We often hear the question from our customers, *What does organic really mean?* It is, simply, a label assigned to foods that are produced without synthetic pesticides or chemical fertilizers, and that do not contain genetically modified organisms (more commonly known as GMOs). Organic food production also supports farming methods that are deemed environmentally sound.

We're proud to offer one of the largest lines of organic, whole grain foods in the country. When you see the 'USDA Organic' label on our products, you'll know that to earn that label, *Bob's Red Mill* had to complete a rigorous certification process through the USDA's National Organic Program.

Source: [www.bobsredmill.com](http://www.bobsredmill.com)

During the week of **November 5 — November 11**,  
Co-op members will receive a **20% discount**,  
on all ***Bob's Red Mill*** products.



## **Elmer Farm East Middlebury, Vermont**

Driving into East Middlebury on Route 116, you may notice a patch of beautiful flowers on the right: welcome to Elmer Farm! What you don't see from the road are the amazing fields of vegetables that are grown on this fertile soil. To do so you would have to visit the farm. *Elmer Farm* is spread out over 90 acres in East Middlebury. Spencer and Jennifer Blackwell, along with their children Ida and Angus, grow 25 acres of mixed vegetables, grains, and dry beans, all organic. Annual inspections ensure that the crops are grown responsibly and safely without the use of synthetic fertilizers, herbicides or pesticides.

The *Elmer Farm*, which has belonged to the Elmer family since the early 1800's, has a long heritage of providing food for its community. The receding glaciers bestowed the farm with a wonderful mix of fertile soils, almost thirty acres of sandy loam, excellent for growing vegetables and grains.

More than thirty five different vegetables are grown on the farm. In addition, you'll find an array of flowers and culinary herbs. This includes over 200 different varieties including many heirlooms.

If there is only one kind of vegetable grown on the farm you'd like to try, go for Elmer Farm carrots. You'll want to eat them every day!

During the week of **November 12 - November 18**  
Co-op members will receive a **20% discount**  
on all *Elmer Farm* products.



## Lake Champlain Chocolates

Burlington, Vermont

*Here is what counts when it  
comes to good chocolate:*

### **Extraordinary Ingredients**

Lake Champlain Chocolates are made with fresh Vermont cream, sweet local butter, honey from the hive, and pure maple syrup. Why? — Because exceptional flavor starts with extraordinary ingredients and because Vermont is the place to find them.

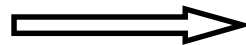
### **A Craftsman's Approach**

Lake Champlain Chocolates are made with skill, patience, and respect for tradition — from the open copper kettles we use to slow-cook our salted chocolate caramels, to the decorative accents on our chocolate truffles, and our famous hand-mixed Five Star Bars.

### **Uncompromising Quality**

The chocolates are kosher certified, with zero additives or shelf extenders, and the goal is to use non-GMO ingredients whenever possible. In addition, the company has earned *Fair for Life – Social & Fair Trade* Certification.

*Chocolate is our passion,  
and we want to make it  
yours. Discover the pleasures  
of rich dark chocolate,  
the decadence of hand-cut  
almond butter crunch,  
and the irresistible flavors  
and custom designs of  
our Chocolates of Vermont.*





### Chocolate from Scratch

Launched by Eric Lampman in 2012, Blue Bandana Chocolate Maker is the company's award-winning line of bean-to-bar chocolate crafted from directly sourced cocoa beans. Winner of two 2014 Good Food Awards!

During the week of **November 19—November 25**,  
Co-op members will receive a **20% discount**  
on all *Lake Champlain Chocolates*. products.

## Vermont Soap

Middlebury, Vermont

### *What is Soap?*

At *Vermont Soap Organics* we take oils, which make you greasy, and turn them into soap, which make you clean. This process is called saponification (making soap). Soap is fascinating stuff. It is actually a salt that foams! This crystalline nature of soap allows it to be made clear as glass when boiled in alcohol with sugars. Now a salt is what you get when you mix an acid and a base together. The acids and bases neutralize each other and a salt forms in the process. Soap, is made from acidic oils and an alkaline solution. Think of it like a child's seesaw. Oil and alkali must be in balance to make the perfect bar of soap.



Any unsaponified oils are called *free fatty acids*. They add to the moisturizing effect of high quality soaps. Use too much, and the soap will not lather, and it will have a shortened shelf life. Excess alkali, or *free alkali* is harsh and drying to sensitive skin. About 25% of us are estimated to get a dry skin reaction to free alkali in our soaps. At *Vermont Soap Organics*, we formulate for a little bit of oil and no measurable free alkali. This is part of the reason why our handmade soap is so mild.

During the week of **November 27 —December 2**  
Co-op members will receive a **20% discount**,  
on all *Vermont Soap* products.



*I write about the power of trying, because I want to be okay with failing. I write about generosity because I battle selfishness. I write about joy because I know sorrow. I write about faith because I almost lost mine, and I know what it is to be broken and in need of redemption. I write about gratitude because I am thankful - for all of it.*

Kristin Armstrong

**THE CO-OP BOARD AND STAFF  
WISH YOU ALL A VERY  
HAPPY THANKSGIVING !**

**THANKSGIVING**

# Expanding Our Values?

By R.J Adler

Everyone has different reasons for shopping at the Co-op. Some do it for the local fare, some do it to keep their dollars in Middlebury, some do it because they like running into their friends while there, and some do it for all those reasons and more. The beautiful part of being a cooperative is that we have end statements, which protect the unique culture we've created at the Co op. For those who haven't glanced at the wall recently here's a quick refresher:

The Coop member-owners, customers,  
and the community benefit from:

Healthy foods

Vibrant local economy

Environmentally sustainable

and energy efficient practices

Cooperative democratic ownership

Education about the above

So what happens to these values when we expand? Well, luckily we are able to expand, and we are successful, because of our values not in spite of them! The best part of owning a business is that you can use that business to be the change you want to see in the world.

(Even if you own that business with 4,000 of your closest friends!)

As our favorite ice cream guys *Ben and Jerry* tell us in their book *Double Dip: Lead with Your Values and Make Money too!*,

“Business is a tool, which can be used to create or destroy.” Our expansion is going to promote our ends even further.

There are lots of different ways, though, to achieve our ends. Lets choose one in particular: Healthy Foods. Everyone can agree that the community will benefit from healthy foods but what you deem “healthy” may be different from someone else's definition. It may mean local to one person, and organic to the next. *Local vs. Organic* is a debate that will ring in the Co-op's rafters until the cows come home. Both sides would agree that having both would be better and we are much closer to that reality than we were 40 years ago when our Co-op started. Nationally our sister and brother co-ops

are helping this goal to be a reality too. We are a part of that, and when those cows do come home they will be both local, and organic.

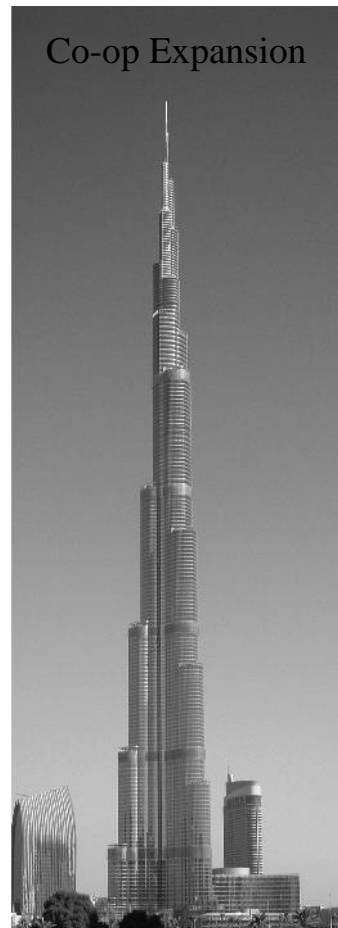
“But gosh, it’s been 40 years, aren’t we there yet?”

Well, no, why? — Because this is a big problem we’ve set out to solve, and conventional agribusiness is a pretty large Goliath to our David, and unfortunately we’ve still got to compete. Only instead of a sling we are using values: If any of you have been into a conventional grocery store recently (and before you feel judged, know that I, your Board’s Vice-President, recently shopped at Hannaford and Shaw’s) you may have noticed that they have opened an organic section, and a natural foods aisle. At first thought this may make the conventional business person shake in their boots, “because they are trying to compete with small co-ops like ours and put us out of business!” But consider this: As people buy more organic, or local foods at conventional grocery stores it means they are making smarter food choices, and eating more healthily, and, after all, isn’t healthy food what we’ve been striving for our community to eat? If our “competition” helps us reach our goal, then it may not be the best financial outcome for us, but it’s still helping.

So I’m certainly not suggesting that all 4,000 of us run away from the Co-op to Hannaford’s organic produce section, nor am I suggesting our work is done. I’m just celebrating that our values are starting to be more prevalent elsewhere in the community. Smarter food choices are a win for the community. We still have work to do, but it’s great to see the work we’ve done making waves. Our expansion is preceded by, and precedes larger expansions in our values.

That’s why I love shopping at the Co-op!

**R.J. Adler is a member of our  
MNFC Board of Directors**





# Dairy Queens and Chauffeurs



by Faye Murphy

Field Trip! The “Dairy Queens” recently had an amazing day filled with cheese exploration and idyllic Vermont scenery! Wendy, Caroline and Faye were chauffeured by Annapurna to two of Vermont’s award winning cheese producers – *Plymouth Artisan Cheese* and *Spring Brook Farm*.



First on the list was Plymouth with its Artisan cheese making facility, nestled in the Calvin Coolidge Historical village. Looking around it could have easily been the year 1915, the village has remained virtually unchanged since then. The homes of Calvin Coolidge’s family and neighbors, the community church, general store, school house and finally, the cheese factory, have all been carefully preserved. The effect is quite charming.

At the cheese factory, we received a short tour and were able to watch the cheesemakers in the process of dipping their cheeses in the protective wax sealing. Our gracious tour guide explained how their signature cheese “Original Plymouth”

is revived from an original recipe from 1890, it’s a sharp cheese with notes of butter, fruit and nuts.

From Plymouth we drove through Woodstock into Reading to visit *Spring Brook Farm*, which makes several outstanding cheeses. But their *Tarentaise* is exceptional! All four of us were blown away by *Spring Brook Farm*. We already knew that their cheese was amongst our favorites, but their facility and their mission impressed us even further.

*Spring Brook* is first and foremost a non-profit organization and home to Farms for City Kids. Their mission is to provide a stimulating outdoor classroom where urban youth explore new dimensions of learning. Academics are integrated into everyday farm activities that practice and teach sustainability. Kids ages 8-12 stay on the farm for one week and get a hands-on farming experience that encourages team work and respect, rewarding children with values such as responsibility, self confidence and the satisfaction of facing and

overcoming challenges. This has clearly been a transformative experience for many city youths.

What impressed us even further was the state of the farm and the cheese making facility. Everything including the barn was incredibly clean and organized. We were brought into the cheese making building, and after changing into clean shoes we were able look down through large viewing windows onto the cheese making process. Two men using state-of-the-art copper vats separated curds from the whey. *Spring Brook* uses traditional methods that originated in the French Alps to make their alpine style cheeses. We learned that they only use the finest raw Jersey cow's milk, which holds a higher fat content than other cow's milk. We ended the day sampling a selection of their cheeses and especially liked their new pepper Raclette. Hopefully it will be available at the Co-op soon!

Faye Murphy is a member of our MNFC staff



### **Cheese Wisdom...**

**Cheese is best stored in the refrigerator as close to the bottom of the appliance as possible — the vegetable compartment is ideal.**

Wrap the cheese in aluminum foil, waxed paper, or plastic wrap. Wrapped this way the cheese will be able to breathe and further develop without drying out. Cheeses of various types need not be segregated. They may share space in side the compartment.

**The harder the cheese, the longer it will stay fresh.**

Semisoft cheeses will usually be fine for several weeks. Cut pieces of soft cheeses will last for less than two weeks.

**Cheese suffers enormously from being frozen.**

Simply get the notion out of your head.

*Source: Steven Jenkins' Cheese Primer*



## There is Hope!

by Jeanne Montross

People often ask us at HOPE if we become discouraged by seeing so many people, with so many needs, day after day. We don't. The reason we don't is because we can help. And the reason we can help is that our community helps – at HOPE we are in the wonderful position of being able to accept what the community offers and then channel it where it does good – which often involves food!

Many community members – schools, businesses, clubs, faith-based organizations, farmers, and individuals – are generous in helping their neighbors. The Middlebury Natural Foods Co-op is one of our stand-outs as a being a significant contributor. From the *Empty Bowl* supper, to unexpected donations of food, funds, and more, the MNFC acts with great and creative generosity. The *Rally for Change* is the latest example of MNFC's helping actions. The solicitation of "change" from customers for the past week has yielded nearly \$1,600 in donations, which the MNFC is generously matching. This means that two of the largest food shelves in the county – the one at HOPE and the one at CVOEO – will each receive close to \$1,600!

This money will quickly be put to good use, purchasing food to help fill some of the many empty spots on our shelves. On behalf of the HOPE board of trustees, our staff and volunteers, and the many families we serve, I send grateful thanks to everyone at the Co-op, and to all the shoppers who generously agreed to have the amounts of their purchases rounded up in order to donate to the food shelves. Your generosity is heartwarming, and will help to feed many hungry people. Thank you all!

Sincerely,  
Jeanne Montross, HOPE Executive Director

## CVOEO

### Champlain Valley Office of Economic Opportunity by Donna Rose

I would like to offer a special thank you to our co-op cashiers who tirelessly worked to raise money for the *Rally for Change*. As a former cashier of the Co-op I am well aware of all of the multi-tasking that takes place at the front end of the store. To have this additional task along with all of the daily chores

was nothing less than a “labor of love” for the cause of hunger in our community. Thank you cashiers! I cannot praise you enough. Hats off to your patience and dedication, that resulted in the *Rally for Change* being a huge success.

As a result of your efforts, MNFC’s dedication to serve the community and the generous contributions of the shoppers, CVOEO will receive a check for \$1,572 to be used to purchase food for our food shelf, as the critical winter cycle approaches. Finally, I thank the entire Co-op staff, members, and shoppers for the continued support and recognition of the diverse needs in our community, along with the willingness to take action and address them.

*Donna Rose,*  
Food Shelf Coordinator  
CVOEO/Addison Community



Our total donation for *Share the Harvest* was \$1,578, which represents 30% of our Produce sales on October 2nd. All of this money will go to NOFA to buy CSA shares for Vermonters in need. Thank you for your support!



## Thanksgiving Turkey

It’s time to order your *Stonewood Farm* Fresh, Free Range, All Natural Vermont Turkey for the Thanksgiving Feast.



*No Antibiotics, Hormones, or Preservatives*

The Co-op is taking orders for fresh turkey, ranging from 12 to 30 pounds, at \$ 3.19/lb.

Pick-up date is:

**Monday, November 23 after 1 pm;  
through Wednesday, November 25 .**

For questions or further information, contact Jennifer at 388-7276.