



Middlebury Co-op Newsletter

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

December
2015



Hutzelbrot

This spicy, fruit-studded holiday bread makes a wonderful accompaniment to coffee or a fine dinner through any of the dark days of winter.

- | | |
|--|----------------------------------|
| 1 cup pitted prunes | 1 teaspoon cinnamon |
| 1 cup dried peaches, pears,
or apricots | 1 teaspoon salt |
| 1/2 cup dried figs | 1 teaspoon grated orange peel |
| 1/4 cup white all purpose flour | 1/2 teaspoon ground cloves |
| 1/2 cup warm water | 1/4 cup honey |
| 1 1/2 tablespoons sugar or honey | 1/2 cup melted butter |
| 1 cup liquid from cooking fruit | Approximately 5 cups white flour |
| Or fruit juice, such as orange
or pineapple juice or apricot
nectar. | 1/2 cup chopped walnuts |
| 1 teaspoon anise seed | 1/2 cup sliced almonds |
| | Confectioners' sugar |
| | Blanched almond halves |

If any of the dried fruit is hard, simmer it in water to cover about 10 minutes and let sit for 30 minutes. If it is reasonably soft this is not necessary. Drain well any of the fruit which you have cooked. Chop all the fruit (except raisins) and toss fruit, including raisins, in 1/4 flour.

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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***



Empty Bowl Dinner

Thank you to all donors,
volunteers, and attendees
at the 24th Empty Bowl Dinner. We raised over
\$2,600 for our local food shelves!!

Hutzelbrot continued from page 1

In a large mixing bowl combine the yeast, warm water, and 1/2 teaspoon sugar or honey. Let sit until bubbling. Add 1 cup liquid (either that in which the fruit is cooked or juice); the liquid may be warm but not hot. Add the anise seed, cinnamon, salt, orange or lemon peel, cloves, honey, and melted butter. Beat well to mix. Add 2 1/2 cups of the flour and beat at least 200 strokes by hand or two minutes with an electric mixer. Stir in the nuts. Gradually add more flour until the dough hold together and leaves the sides of the bowl. Turn it out onto a floured board and knead until smooth and elastic, adding a little more flour as necessary but trying to keep a soft dough. Put the dough into a buttered bowl, turn to coat all sides or brush the top with melted butter. Cover with a towel and let rise until doubled in bulk.



Punch the dough down, turn out onto a lightly floured board, knead a few times and press the dough out into a large oval with your hands. Sprinkle the surface with some of the chopped fruit. Fold the dough in half and press out again into a large oval. Sprinkle with more fruit. Repeat this process until all the fruit has been incorporated. Don't be surprised if the pressing becomes a bit harder each time. Ignore any flour that is left in the bottom of the bowl.

Cut the dough in half with a sharp knife, cover with the towel and let rest 10 to 15 minutes. With your hands form each piece of dough into an oblong loaf. Place on buttered cookie sheets and brush the tops with melted butter (if you put them both on one sheet be sure there is room in all directions for expansion). Cover with a light cloth and let rise until not quite doubled.

Preheat oven to 350 degrees. Bake loaves 40-45 minutes, or until bottoms sound hollow when thumped. Cool on a rack.

When cool, glaze with an icing of confectioners' sugar and milk, if you wish and decorate with blanched almond halves.

Source: *The Garden Way Bread Book*, by Ellen Foscue Johnson, 1979

Jovial North Franklin, Connecticut

*“Have you heard about
the Jovial checkerboard cookies?”*

Yes, these beautiful cookies are made with organic Einkorn, a kind of non-hybridized wheat that has been grown for some 10,000 years. Many people view Einkorn as a nutritious grain that does not lead to food intolerance which modern wheat seems to do in many cases.



Einkorn cookies are made by the Jovial family, a Connecticut company that was founded by a husband and wife team who has always been passionate about food, farming and traditions. Carla and Rodolfo met in the 1980's in Bologna, Italy, where she was spending a year abroad studying Italian and he was studying agriculture. Both were born into family of talented home cooks, he in Italy and she in New England, and food was at the center of their childhoods.

Other items made by the Jovial company found at your Co-op include Einkorn crackers and Gluten Free chocolate cream filled cookies (made with eggs from freely roaming chickens), Ginger Spice Einkorn cookies, gluten-free sour cherry filled cookies, and crispy cocoa cookies (made with Fair Trade cocoa and cane sugar).

If you are looking for a fine gluten free pasta, try Caserecce, a 100% organic brown rice pasta (you will have to find out for yourself what “caserecce” pasta looks like...). Or you might enjoy Jovial Gluten Free Tagliatelle, a whole grain egg noodle. Use Jovial crushed or whole tomatoes to prepare your sauce.

When you go *Jovial*, you support family, responsible and good farming and eating, and celebrating life. Find out more at jovialfoods.com.

During the week of **December 3 — December 9**,
Co-op members will receive a **20% discount**
on all *Jovial* products!



Manghi's Bread

Montpelier, Vermont

Next time you visit Vermont's capital city, check out Manghi's Bakery at 28 School Street, in the historic yellow building behind the Kellogg-Hubbard Library. It is open Monday—Friday, 7 am—4:30 pm.

The bakers at Manghi's Bakery produce and sell quality handmade baked goods. In accord with their mission statement, they strive to support local foods and food production, with a minimal impact on the environment. They have been baking bread for central Vermont for more than 35 years.

If you don't get a chance to visit Montpelier, come to Middlebury Co-op where you will find a wide variety of Manghi's breads and baked goods, including challah, cinnamon rolls, cracked wheat, maple walnut, honey bran, oatmeal, onion herb and pumpkin breads, also dinner rolls, six grain, spelt and rye breads. During the holiday season, you may even find bourbon cake, panettone, and stollen on our shelves!

During the week of **December 10 — December 16**,
Co-op members will receive a **20% discount**
on all *Manghi's* baked goods!



Cabot Creamery
Cabot, Vermont

Cabot means cheese... cheddar cheese... *good* cheddar cheese!!!
Here are some frequently asked questions
and answers about Cabot Cheddar:

How many gallons of milk are needed to make cheese?

It requires 1.16 gallons (or ten pounds) of whole milk to make one pound of cheddar.



How long does a dairy cow provide milk?

Cattle are two years old before they are able to become pregnant and enter the milking herd. They will remain in the milking herd as long as they are able to provide enough milk to cover costs, typically between six and nine years.

Why did my cheese mold before the sell-by date?

Our airtight packaging usually prevents mold from growing on our cheeses, but exposure to air causes cheese to mold. If you see mold on your cheese, all you have to do is cut it off. Cut away at least a half inch of cheese on all sides of the visible mold. We recommend keeping your knife out of the mold spots as you are cutting. The flavor of the remaining cheese should be fine, but it's best to use it up quickly.

Why is my cheddar crumbly?

As natural cheddar ages, it typically becomes drier and more crumbly in texture. Many cheddar connoisseurs prefer this type of cheddar. However, in extreme cases of crumbly cheddar, it is possible that the cheese accidentally froze, perhaps in transit or in storage. While the cheese is still fine for eating, melts well, and works nicely to flavor your favorite recipes, it may be more difficult to work with.

Why is my cheese wet?

Proteins in the cheese release moisture as they age in a process known as "syneresis." This is typically a small amount of moisture, and it does not damage the cheese in any way, rather it allows the cheese to reach the next stage of maturity. We recommend you simply wipe off any excessive moisture, wrap the cheese in fresh plastic wrap, and store it in the refrigerator.

What are the hard white objects in my cheddar cheese?

When cheddar cheese is described as "crunchy," "gritty," or containing hard, peppercorn sized white pellets, it is usually because of an amino acid called Tyrosine. Tyrosine occurs as the milk proteins age. At Cabot, we age our cheese naturally using our time-honored traditions. Cheddar that is aged over 12 months may contain milk proteins that have crystallized during the aging process. This happens rarely and is not a defect in the aging process. This crystallized protein is not dangerous to eat and some customers even prefer it as a hallmark of outstanding aged cheddar.

If you like Cabot cheddar, some of which is produced right here in our town of Middlebury, you will be happy to know that:

During the week of **December 17 — December 24**,
Co-op members will receive a **20% discount**



on all *Cabot* products!

Black River Meats

North Springfield, Vermont

Black River Meats creates solutions connecting farmers, chefs, and retailers in the local and natural meat marketplace. Since 2009, *Black River Meats* has been developing dedicated relationships across the value-chain, working closely with producers to optimize quality, consistency, and fair pricing, offering chefs and buyers the highest value meats that the northeast can produce.

All of our beef is raised without the use of antibiotics or added growth hormones. Our commitment to the best, local and natural meats is real and can be seen in our...

- ◆ Daily conversations with farmers and chefs.
- ◆ Stringent food safety and animal welfare standards.
- ◆ Partnerships with VT Fresh Network, VT Farm to Plate, New England Beef to Institution, and VT Meat and Poultry Processors Association.

Source: Blackrivermeat.com

During the week of **December 26 — January 4**,
Co-op members will receive a **20% discount**

Jennifer Smith

15 Years at Middlebury Co-op

Jennifer joined our Co-op in the year 2000 to help us with the challenges of the new millennium. She is known among staff (and among many customers!) as the *Beer Master* or *Turkey Queen*. No surprise, since it is mainly due to Jennifer's knowledge and efforts that the Co-op carries an amazing array of beer from all over the world, including some truly outstanding beers produced by micro breweries in Vermont, Oregon, or Maine. And it is Jennifer who is the main organizer of our holiday turkey sales. Besides taking care of the countless duties she shoulders as the Assistant Manager of the Grocery department, Jennifer also finds time for skiing and hiking. Jennifer always contributes a lot of fun at our Co-op staff events. According to the beer rating system of *good*, *outstanding*, or *world class*, Jennifer receives a *World Class*!

Thank you, Jennifer, for 15 years at the Co-op!

Cooperatives And the Civil Rights Movement

by Lay Leshinsky

The history of cooperatives is filled with stories of local self-help and mutual support that often create change far beyond a single co-op. At the recent Neighboring Food Co-ops Association meeting I heard one of those stories. Over 100 employees and board members representing 30 food cooperatives and 6 start-up co-ops throughout New England and New York came together to share ideas and strategies about how co-ops can better serve the economic, social, and cultural needs of their member-owners and communities. In one session we heard how different NFCA member co-ops use their financial and intellectual resources to support other social change agents in the community. As I talked with representatives of the start-ups, I could hear that although their initial goals were very humble and basic, their aspirations for community service were as large as those of the largest of co-ops attending the meeting. That those aspirations could be achieved was brought home in the keynote address by cooperative historian David Thompson. David shared excerpts from his soon to be published book titled “The Role of Cooperatives in the Civil Rights Movement.”

David told the story of a small co-op in South Carolina named the *Progressive Club*. It was started in 1948 by Esau Jenkins and 40 other African American residents of Johns Island, South Carolina, as both a consumer co-op and a mutual aid organization. St. Johns, like several other sea islands, was heavily populated by former slaves who had retained much of their African heritage. The co-op bought an old school building which stocked consumer goods, including groceries, seed, feed and even gasoline. What made it unique from many other co-ops is that members were required to be registered voters and had to pledge to get one or more voters to the polls on Election Day.

At that time restrictive voter registration laws in the South limited the number of African Americans who were able to register. Esau Jenkins taught many island residents to read and write and helped them study for the registration tests. Throughout the 1950’s Esau’s voter registration work kept expanding until the co-op had 400 members and had outgrown its space. The Progressive Club member-owners wanted to rent a larger space, but no one on the island would rent space to them for fear of reprisal for the co-op’s voter registration work.

Esau asked for help from the Highlander Center in Tennessee where he had gone to learn techniques for organizing a bigger, more effective school. Mod-

elled on the Danish folk school movement (which was a precursor to the Danish cooperative movement), the Highlander Center taught leadership, organizing and advocacy techniques. In 1957 Highlander loaned money to the Progressive Club, which was used to build the larger store including classroom space. That classroom would become known as the Citizenship School. In the following years the Southern Christian Leadership Conference spread the Citizenship School model throughout the South. In 1962 the SCLC brought in other groups to form the Voter Registration Project. By 1966 the VEP trained 10,000 teachers and registered 700,000 African Americans to vote. Four years later another million African Americans were registered to vote.

Thompson finished the story by telling us that during the difficult times of the civil rights struggle embattled leaders came to the Progressive Club and the original Citizenship School for inspiration. Among the legendary leaders who visited the co-op were: Ralph Abernathy, Dorothy Cotton, Conrad Brown, Fannie Lou Hamer, Martin Luther King Jr., John Lewis, Bernice Reagon, Cleveland Sellers, Kwame Ture (Stokely Carmichael), Andrew Young, Hosea Williams, and many others. Later in the day as I heard stories of challenges and successes from the start up co-ops, I thought that they also could look at the accomplishments of the 40 member co-op on St. John's Island for inspiration and possibility of what cooperatives can achieve.

Jay Leshinsky is a member of our Co-op Board of Directors





Appenzeller

by Wendy Stewart

Appenzeller is a delightful and deliciously complex cheese made high up in the Swiss Alps between Lake Constance and the small country of Liechtenstein. In the eighth century in what is now the canton of Appenzell there was a monastery called St. Gallen. It was there that Abbot's Cell became the origin of this

cheese. Appenzeller became known as *Tax Cheese*: instead of paying taxes with currency people were allowed to use cheese as payment.

The milk used to make Appenzeller comes from Simmental cattle. It is sometimes pasteurized and sometimes raw. These same brown cattle are often seen wearing the classic Swiss cow bells, and are looked after like prized race horses. This semi-hard cheese is made exclusively from summer milk and is intended to last throughout the winter months.






Sulz, a flavorful brine made of white wine, cider, herbs, spices, and salt, is what gives Appenzeller its fruity tang. Every cheese maker has a different recipe for the brine, which is kept secret (up to 20 ingredients are used). The cheese is first soaked in sulz and then brushed often during the maturing process, giving it a wonderful nutty taste.

The wheels stand 3 inches high and are 12 to fourteen inches across. There are eyes or small holes scattered here and there throughout this smooth, creamy, light brown paste. The younger cheeses are ripened for three to four months, and wrapped in silver foil, called "classic." *Surchoix* is wrapped in gold foil and aged 4-6 months. The cheese aged the longest, 6 months longer, is called "extra." At the Co-op we carry the surchoix. It is a staff favorite!

Appenzeller makes a great snack or lunch cheese with bread and crackers. You can also cut it into cubes and add it to salads. Appenzeller melts beautifully and makes an excellent fondue cheese.

Wendy Stewart is a member of our Co-op staff.

Apples and Their Uses

Type of Apple	Eating	Salad	Baking	Sauce
				
Jonamac	Excellent	Fair		
McIntosh	Good	Good	Fair	
Cortland	Excellent	Excellent	Fair	Fair
Empire	Excellent	Good	Good	Good
Jonathan	Excellent	Excellent	Excellent	Good
Macoun	Excellent	Good	Fair	
Jonagold	Excellent	Excellent	Excellent	Good
Mutsu	Excellent	Good	Excellent	Excellent
Northern Spy	Excellent	Good	Excellent	Excellent
Ida Red	Fair	Excellent	Good	Good
Ginger Gold	Excellent	Excellent		
Gala	Excellent	Excellent		
Honey Crisp	Excellent		Good	Good

Source: New York State Agricultural Experiment Station and Cooperative Extension at Cornell University.

Maple Landmark Woodcraft

Did you know that as a member of Middlebury Co-op you receive valuable discounts at many of Middlebury businesses? For more information, check out our brochure, available near the registers of our store.

Maple Landmark, located on 1297 Exchange Street, in Middlebury, offers a 10% discount to Middlebury Co-op members. Please bring your membership card. Maple Landmark is known for its well-made wooden toys crafted strictly following American standards of product and employee safety, and environmental protection.

You can contact *Middlebury Landmark* at 800-421-4223.

