



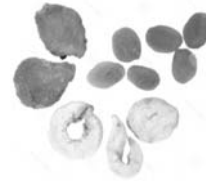
Middlebury Co-op Newsletter

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

November
2016



Dried Fruit



Dried fruits are popular.
Especially this time of year.

Dried fruits are nutritious, convenient, and tasty. They are also much less expensive than fresh fruits. It takes nine pounds of fresh apples to make one pound when dried. Six pounds of apricots will produce one pound of dried apricots. And three pounds of plums will give you one pound of dried prunes.

It is not easy to find fresh ripe mango or papaya anywhere, anytime, 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 and nutritious.

We offer several kinds of dried grapes. We all know them as raisins. Thompson raisins are our bestselling dried fruit not just because we offer them at a very low price (a Co-op Basic 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

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

THANKSGIVING

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

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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!

Raisins are often added to oatmeal and baked goods. Make sure to experiment using dried cherries instead, or cranberries or... Goldenberries. Goldenberries? These beautiful 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. Luckily, the price for apricots, after sky-rocketing last year, has come down quite a bit, just in time for the holiday season. Black Mission figs are great for baking, as they are soft and easy to work with. The Turkish figs are a nutritional power house and a really satisfying treat. 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 over night... see what happens! Don't overeat with dried fruit and drink plenty of water when eating them.

Reiner



25th Empty Bowl Dinner

To Benefit
Food Shelves: HOPE & CVOEO



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

Saturday, November 5, 2016, 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*



Come join us for the Co-op's 25th Empty Bowl Dinner at the Middlebury United Methodist Church (at the corner of North Pleasant and Seminary Streets).

This event kicks off at 6pm on Saturday, November 5th, with presentations from local Food Shelf Coordinators from HOPE and CVOEO, followed by dinner at around 6:15pm.

Enjoy a delicious locally made meal, featuring soups served up in the hand-made pottery bowl of your choice! Tickets are \$30 per person, including your meal, beverage and pottery bowl. All proceeds will be split evenly between our two local area food shelves, CVOEO and HOPE. Tickets are on sale at the Co-op.

A soup like this is not the work of one man. It is the result of a constantly refined tradition. There are nearly a thousand years of history in this soup.

Willa Cather, 'Death Comes for the Archbishop' (1927)

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 relation-



ships 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

During the week of **November 3 — November 9**,
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... at least during the growing season. Come 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 10 - November 16**,
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:

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.

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 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 17—November 24**,
Co-op members will receive a **20% discount**
on all *Lake Champlain Chocolates*. products.



Badger

Gilsum, New Hampshire

Badger is a small, family-owned, family-run, and family-friendly company nestled in the woods of Gilsum, New Hampshire. Badger blends the finest organic plant extracts, exotic oils, beeswax, and minerals to make the safest, most effective products possible to soothe, heal, protect and otherwise treat your body.

Badger will use only ingredients that fit their rigorous natural standards for healthy agriculture, minimal processing, sustainable supply chain, and health giving properties. For example, the organic extra virgin olive oil used in most of their products comes from a single family estate in southern Spain. And, the organic rose essential oil used in all of their rose products is steam distilled in Bulgaria from rose petals picked the very same day! It takes five tons of rose petals to make one liter of this precious essential oil. The Badger company combines years of tradition and research with beautiful artwork and lots of love to create products naturally rich in powerful antioxidants and vitamins for healthier people and a healthier planet.

During the week of
November 25—November 30,
Co-op members will receive a
20% discount
on all *Badger*. products.



Donna LaRose **10 Years at Middlebury Co-op**

If you have not seen Donna recently running the register, it is because Donna has moved on to other career adventures. However, Donna is still with us as a Front End substitute employee, so you will see her at least from time to time. Donna has been working with us for over 10 years, mainly as a cashier, checking out thousands of customers! She has also assisted in the Grocery and Cheese departments, in fact Donna's knowledge about cheese is remarkable; you may remember some of her cheese demos in the store. During Halloween, Donna was always one of our "best-dressed" employees — unforgettable!

Congratulations, Donna!
And best wishes with your further adventures!



Dear Members and Customers,

The **Big Corn** was a great success, again this year! With your help, we paid **\$370,000** to Vermont producers in September. Thank you for buying local! To find out more about our "Big Corn", please go to:
<http://middlebury.coop/2016/09/01/whats-big-corn/>

We can always find something to be thankful for, and there may be reasons why we ought to be thankful for even those dispensations which appear dark and frowning.

Albert Barnes

Mary Kellington 15 Years at Middlebury Co-op

Mary has been with us at the Co-op for a loooonnnng time, primarily running the register. If you would like to hear stories about our early Co-op, about what went well during past expansions — or perhaps what did initially not work out so well — talk to Mary. Mary was here at the Co-op when we started carrying wine and beer, switched from price stickering to scanning and started our successful Weekly Sales. In fact, talking to Mary about anything — from politics to technology, from nutrition to Yoga, from history to environmental issues — is delightful and thought provoking, as Mary is an insightful and compassionate person. If you need an interesting reading list, ask Mary. Just not at the register, please, where Mary is busy checking you out!

Congratulations, Mary!
Looking forward to another decade!



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 21 after 1 pm;
through Wednesday, November 23 .**

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