



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

March
2017



Irish Soda Bread

by Cindy Hill

St. Patrick's season is a good excuse to feast on a beautiful slab of Irish soda bread. Not, I hasten to add, that stuff that passes for Irish soda bread in grocery store baking departments, sticky sweet pound cake with raisins or worse, chocolate chips, or worse yet, green food coloring and bits of nasty citron. This year, bake your own Irish soda bread, gleaming with currants as black as raven's eyes.

Irish soda bread is a quick bread that originated around 1850, when soda was first introduced as a leavening agent, fast on the heels of the devastating potato famines. The earliest Irish soda bread was extremely simple, including only flour, baking soda, a little salt, and soured milk or buttermilk. According to purists such as the online *Society for the Preservation of Irish Soda Bread*, only bread made from these four ingredients, maybe with a little butter added, should bear the nomenclature "Traditional Irish Soda Bread." However, traditions change over time.

continued on page 10

Peace

Peace comes from being able to contribute the best that we have, and all that we are, toward creating a world that supports everyone. But it is also securing the space for others to contribute the best that they have and all that they are.

— Hafsat Abiola

There is no trust more sacred than the one the world holds with children. There is no duty more important than ensuring that their rights are respected, that their welfare is protected, that their lives are free from fear and want and that they grow up in peace.

— Kofi Annan

Better than a thousand hollow words is one word that brings peace.

— Gautama Buddha

There was never a good war or a bad peace.

— Ben Franklin

It isn't enough to talk about peace. One must believe in it. And it isn't enough to believe in it. One must work at it.

— Eleanor Roosevelt

Cooperatives...

Cooperatives are based on the values of self help, self responsibility, democracy, equality, equity, and solidarity. In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.

Let this world be a cooperative!

Dear Members and Friends of Middlebury Co-op,

March will bring us the beginning of Spring... or at least Spring according to our calendar. There is no telling when Spring weather will commence. We don't know when we will be digging up the garden and planting seeds for the new season. We don't know when the black bear will awaken and emerge from its dark forest den. And we don't know when the migrating birds return from their winter retreat. What we *do* know is that the days are getting longer and that on Friday, March 17th, many of us will celebrate Saint Patrick's Day (check out the Irish Soda Bread recipe in this month's issue).

We also know that at our **Co-op** we **will start** with the **construction** of the West Wing expansion. In mid-March, the building next to the Co-op, formerly a garage, will be taken down; later this month you will see a fence going up on the western Co-op side to mark the first section of our construction site. How exciting!

As noted last month, our Newsletter format will change. Starting with the April issue, we will print our Newsletter four times a year, in color. You can read the quarterly issue on-line or pick up a paper copy at the store. Find the latest updates on the Co-op expansion, receive a Board news update, find out about upcoming events, health and food trends, Co-op staff, and Co-op sales. You will also find a section on gardening. Our quarterly issues will share some favorite recipes. I think you will enjoy the color photos, many of which are taken by our in-house photographer Emily Landenberger. As always, we welcome your questions or feedback (contact marketing@middleburycoop.com).

After April, we will send you a monthly electronic informational Newsletter to inform you about the most important things happening at your Co-op. If we don't have your e-mail yet, please send it to membership@middleburycoop.com.

Happy March and Happy Spring!
Reiner





Staff Interview with Stacey Chagnon

Reiner Winkler: Stacey, you have been working with us since September 2015, as a member of our Front End team. What has it been like?

Stacey Chagnon: I like the work environment. I really like the people I work with. I welcome it when it's somewhat chaotic and busy in the store and at the check out counter. Our customers are great! They are so patient and understanding. I enjoy building relationships with them and seeing the same faces coming through my aisle.

Do you remember some of our customers' names?

I do. I sometimes surprise people because I remember most names. It's easy for me.

What a gift! I wish I could remember names like that. What brought you to natural foods and Middlebury?

I started working with healthy foods when I was 17. In Concord, New Hampshire, I worked in a natural foods co-op. When my husband, who is a

wood worker, was looking for employment, we ended up in Middlebury.

Our Co-op is expanding. At the end of this month we will start construction. How do you feel about it?

I think it's great we are expanding. We are lucky to be in a position to expand. Of course, I am a little nervous about the logistics. What about the noise and dust? Will we be able to stay open through the entire process, or at least most of the time — I hope so! What if not? Will we like everything we see?

Stacey, in January you attended the Women's March in Washington, DC. What was it like?

It was epic! It was an amazing experience! It was difficult sitting on the bus, not being able to sleep and being uncomfortable in our rather limited space. When we arrived, we ventured out in small groups. It was great to spend time with other Co-op staff, going out for dinner, sharing this moving experience.

What was your message? Did you carry a sign?

I had been in protest marches before and learned from experience that it's really inconvenient to keep track of a sign or poster. It's hard enough to deal with the challenges of finding a restroom and a place to eat. We were advocating for women's rights. We are really concerned about this new government taking our rights away that we have worked for so long! We are also concerned about potential war and violence. Our democratic values seem to be slipping away. One of my main fears is that we have a leader who seems erratic and narcissistic.

What else can be done to support democracy, peace, and our noble human traits that we have worked for so hard?

We can do something in our communities. We have to make an effort to promote a sense of unity. We need to support one another. Some issues may be complicated, but we must find balance to deal with them in a caring way.

You are active yourself in our community, aren't you?

Yes, I work with a racial justice group in Middlebury. SURJ [*Showing Up for Racial Justice*] is an organization of Vermonters who are concerned and willing to stand up for racial justice. SURJ is active statewide and all over the U.S. I help run the meetings in Middlebury. At the moment we are working out a mission statement. I think this kind of work is more important now than ever before. The Women's March was a beginning, but we need to do more. We really need to be supportive of people who are in danger of losing their rights, men and women!

Stacey, the community is grateful for the important work you are doing. Thank you!



Until the great mass of the people shall be filled with the sense of responsibility for each other's welfare, social justice can never be attained.

— Helen Keller

March Member Deals

Check out our Member Deals for the month of March!

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 products featured by the company.



March 2 — 8 *Tom's of Maine*



Products are not chemically derived,
without negative environmental
impact, not tested on animals.



March 9 — 15 *Equal Exchange*

Working with
small farmer
organizations since 1986, when it
started with a cooperative in Nicara-
gua. Now sourcing from over 40 small
farmer organizations in Africa, Asia,
Latin America and the United States.
Equal Exchange is a cooperative and
champions Fair Trade practices.





March 16 — 22
Sunridge Farms

Committed to providing the healthy products by producing foods without highly processed or refined ingredients. Dedicated to sourcing Non-GMO ingredients.



March 23 — March 29
Seventh Generation

27 years of creating powerful plant-based solutions for your home & family.



March 30 — April 5
Natural Sea

Committed to sustainable fishing. Meeting the guidelines established by various independent agencies. All tuna is *Non-GMO Project* verified.



Soda Bread continued from page 1

When a cook had the resources, she'd add a few eggs or a little sugar. Irish cottagers who had not been entirely disenfranchised from their land by the rack-rents and clearances of the famine era might have added a handful of currants, the dried fruit of bushes of the genus *Ribes*. Currants had grown wild across Ireland and been cultivated since at least the 1500s; grape cultivation was minimal and headed for the gentry's wine cellars, not the tenant's table. Later, double-acting baking powder substituted for a portion of the baking soda, working better in modern ovens. More recently and inexplicably, it has become common to top soda bread with caraway seeds, an innovation that those of us with caraway-aversion disorders would just as soon ignore.

Here, then, is a modern soda bread that honors Irish tradition and makes the perfect accompaniment to an Irish meal of trout or salmon, new potatoes, and green cabbage simmered in milk, butter, and caraway seed:

4 cups white whole wheat flour	6 tablespoons unsalted butter
3 tablespoons white sugar	1 1/2 cups currants
1 tablespoon baking powder	2 fresh eggs
1 teaspoon salt	1 1/2 cups buttermilk
3/4 teaspoon baking soda	

Preheat oven to 350 degrees. Grease well a two-quart round casserole. In a large bowl, mix flour and next four ingredients with a fork. With pastry blender or two knives, cut in the butter. Stir in the currants. In a small bowl, beat eggs slightly with a fork. Remove two tablespoons of beaten egg and reserve. Stir buttermilk into remaining egg. Working swiftly, stir the

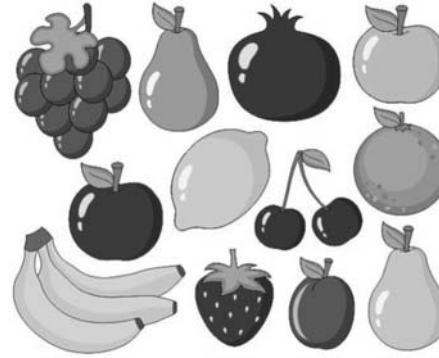
liquid into the flour mixture with a wooden spoon just until flour is moistened. The dough will be quite sticky. Turn it out onto a well-floured surface, and with well-floured hands (that will soon become covered in dough), knead ten to twelve strokes, just until the dough pulls together. Shape into a ball and press it into the casserole dish. In the center of the ball, with a sharp knife, cut a four-inch cross about one-quarter inch deep. Brush dough with reserved egg. Bake about one hour twenty minutes or until a toothpick inserted in the center comes out clean. Cool for 10 minutes, then turn out and cool on a wire rack. Slainte!



Cindy Hill is a member of Middlebury Co-op.
Cindy is a writer and local musician and can be reached at wordwomanvt@yahoo.com.

Dried Fruits

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.

Try dried mango, papaya, or pineapple making sure it's the unsweetened kind. Dried peaches, pears, and plums are a bargain while at the same time satisfying and nutritious.

The Co-op offers several kinds of dried grapes, known to us 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. Give Flame raisins a try. They are plump, moist and delicious, a very nice fruit to eat out of hand. 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 unsulfured dried green grapes. They are organically grown and quite delicious!

Raisins are often added to oatmeal and baked goods. Experiment with dried cherries, cranberries, goji berries, or gooseberries (*Goldenberries*).

The dates at the Co-op are the Medjool dates. Let them come to room temperature before you eat them and remember they contain pits. Pitted Deglet dates are convenient for baking.

Dried fruit can be easily rehydrated. Soak dried fruits in water over night... see what happens! Don't overeat dried fruit and drink plenty of water.

***Lots of dried fruit will
be on sale in the Bulk
Foods department
during the month
of March!***



Spring2017

Course Descriptions

It's time again for the Co-op's Sustainability Series classes at Hannaford Career Center! We're excited to present a diverse lineup of Spring Classes, offering something for everyone. We hope you'll join us for some hands-on learning, healthy eating, and lots of fun!

Thursday, March 16th 5:30-7:30

Healthy Cooking on a Budget with Elissa Castelli

Looking for new and creative ways to feed yourself and your family healthy foods without blowing the budget? Personal Chef and Food Educator Elissa Castelli is on a mission to prove that eating healthy need not cost a fortune! Join her in this hands-on class to learn to make delicious, nourishing meals using recipes and strategies that work within your budget.



Thursday, March 23rd 5:30-7:30

Composting & Reducing Food Waste with Jaclyn Hochreiter



Join Jaclyn Hochreiter from the Addison County Solid Waste Management District to learn all about home composting and lots of inspiring strategies for ensuring that the food you grow or purchase doesn't go to waste! Approximately 40-50% of food waste in the US occurs at the household level. We can do so much better! Whether we're eliminating food waste through better planning and use of available food, donating food, or learning to compost food,

we all have better options that don't involve throwing food into the garbage. This class will leave you equipped with the tools and strategies needed to make it happen!

Thursday, March 30th 5:30-7:30

Understanding Gut Health & Digestion with Melanie Christner

Did you know that bacteria outnumber cells in our bodies nearly 10:1? Michael Pollan suggests thinking of it this way: *99% of the DNA in our body is not our own. In this way, we are more microbial than human! The implications for caring for one's body and health are at a new frontier. Most of these bacteria live in our digestive tract and together make up a sort of organ whose functions have only recently begun to reveal themselves. Many of these microbes are symbiotic and help perform important functions for our body, but they can get out of balance due to outside influences.* Join gut health specialist Melanie Christner to learn how to care for the healthy microbiome within.



Thursday, April 6th 5:30-7:30

Cooking with Spring Veggies with Elissa Castelli

Join Personal Chef and Food Educator Elissa Castelli to explore the culinary potential of those spring beauties! In this hands-on class, you will create and sample her favorite recipes to unleash the flavor and essence of spring!

Thursday, April 13th 5:30-7:30

Bitters & Tonics with Herbalist Anna Blackwell:

Join local Certified Clinical Herbalist Anna Blackwell in this hands-on class to learn more about the “bitter reflex” and how to create your own medicinal bitters and tonics at home!

Thursday, April 20th 5:30-7:30

Cooking for Optimal Gut Health with Melanie Christner:

Join gut health expert and Melanie Christner in this hands-on class to create delicious, nutritious recipes that will help keep your gut happy and healthy!

For more information, or to register for classes, please contact Denise Senesac at the Hannaford Career Center by calling (802) 382-1004, or emailing dsenesac@pahcc.org. Please register at least one week in advance. Classes are capped at 12 participants and will be filled on a first-come, first-served basis. All classes are \$30, and FREE for members of the Co-op's Food For All Program.