



FREE!

Summer 2017 Newsletter

MIDDLEBURY NATURAL FOODS CO-OP

under the sun



THE LOCAL ECONOMY ISSUE

CO-OP EXPANSION

•Impact on the local economy

PROTECTING OUR POLLINATORS

•What you can do at home?

FRESH RECIPES FOR SUMMER

•From Vermont farms to your table

MILES TO MARKET

•From farm to co-op

Judy and Will Stevens of Golden Russet Farm in Shoreham, Vermont

Why does the co-op exist?

The Co-op exists to help our member-owners, customers and the community benefit from:

- ✓ Healthy Foods
- ✓ Vibrant Local Economy
- ✓ Environmentally Sustainable & Energy Efficient Practices
- ✓ Cooperative Democratic Ownership
- ✓ Learning About These Values

What is our buying criteria?

Middlebury Natural Foods Co-op strives to select products that are local, organic, and free of:

- ✓ Artificial preservatives, colors, flavors
- ✓ Added hormones and antibiotics
- ✓ Transfats
- ✓ High fructose corn syrup
- ✓ Parabens (in body care products)
- ✓ Animal testing
- ✓ Irradiated foods

Contact the board:

BOARD OF DIRECTORS

board@middleburycoop.com
(802) 388-7276

If you would like to receive an electronic copy of this newsletter, or if you have any questions or comments please contact:

Karin Mott
marketing@middleburycoop.com
(802)388-7276 x307

Contributors:

R.J. Adler
Melinda Bachand
Scott Fessler
Emily Landenburger
Glen Lower
Karin Mott
Gina Sherwood
Reiner Winkler



Everyone Welcome

OPEN 8^{AM} - 7^{PM} Every Day!

1 Washington Street - Middlebury Vermont

(802)388-7276 - middlebury.coop

3 CO-OP CONVERSATIONS

Letter from the GM

4 A WORD FROM THE BOARD

The Opportunity to Spend Money

5 RALLY FOR CHANGE

Womensafe

6 THE INSIDE SCOOP

Meet Elin

7 HEIRLOOM TOMATOES

with Cedar Circle Farm

8 CO-OP CONNECTION

Celebrating Main Street

10 MAP: MILES TO MARKET

What does LOCAL mean at the Co-op?

12 IN THE SPOTLIGHT

Orb Weaver Farm

13 RECIPES

Veggie Tart, Simple Strawberry Shorcake

14 IN THE SPOTLIGHT

Wood's Market Garden

15 BETWEEN THE ROWS

Protecting Our Pollinators, Bug Spray DIY

17 THE DEEP DISH

The Co-op Expansion and Our Local Economy

19 CO-OP CALENDAR

Sales, Member Deals, & Events

SUPPORT LOCAL BECOME A MEMBER!

MEMBERS ENJOY:

- MEMBER DEALS • DISCOUNTS AT LOCAL BUSINESSES
- PATRONAGE REFUND • A VOICE AND A VOTE



Dear Co-op Friends,

Summer is here and we've got LOCAL on our minds. We're stretching our walls trying to fit the bounty of Vermont farms into our store, and stretching our minds to imagine what an expanded Co-op will mean to our local economy. One of the reasons our Co-op Exists - our ENDS - is to make sure that

The MNFC member owners, customers and the community benefit from a vibrant local economy.

We believe supporting local producers is the best way to create a vibrant local economy. We're proud of our work with Vermont producers, and last year we hit a new record of over \$4,000,000 in sales of Vermont Products (that's 34% of total sales!). These sales represent nearly 300 individual producers. Working with this many local producers is a labor of love and one of the most challenging aspects of Co-op operations. Growth from sales of Vermont products at the Co-op is at least double overall store sales growth - just one indication that our efforts are fruitful. We hope our expansion will allow us to continue that trend into 2018.

Speaking of expansion... our super team at Naylor & Breen and their subcontractors are doing an amazing job keeping the expansion construction on schedule and within budget, while at the same time helping Co-op staff keep the store open and functioning. This has become more challenging since we began construction on the east side (near the bagel bakery) to expand the produce department. We know this has been inconveniencing shoppers, and we are so thankful to all member-owners for keeping our sales numbers up during this time. We apologize for the challenges in the parking areas, especially when the occasional delivery truck is unloading. You've probably seen our temporary receiving door on the east side near the customer parking lot. This delivery entrance will continue to be in use until construction on the west side of the building is complete.

So, what's next? The entire west addition (5,000 square feet of space) is scheduled to be complete by the end of August, ready for staff and customers to begin using. This will include expanded departments of meat, cheese, deli and grocery. New equipment will be arriving over the coming months, to be installed over the course of the summer. It's all very exciting and staff are thrilled with the expanded backroom (north side) that we are already using. September and October will be focused on center store changes: adding an extra aisle, and widening all aisles a little, adding extra cash registers, creating new café seating and installing an extra customer bathroom, too!

We understand what a challenge it may be to brave the parking lot and construction noises to visit your Co-op right now, and we appreciate your efforts. Continuing to shop at the Co-op is THE most important thing members can do to help with this project. Thank you. We will work hard to get this part over with as quickly as possible and to welcome you into your new store!



Always Cooperatively Yours,

General Manager, Middlebury Natural Foods Co-op



a word from the board

RJ Adler

The Opportunity to Spend Money

One of the most exciting parts of being a socially responsible business is paying the bills. Seriously? Yes! This is a business approach, driving your money where you think it will make the most difference. Perhaps this matches ONE of the many reasons you shop at the Co-op - to drive your money where it makes a difference - while you support a Vibrant Local Economy (one of the Co-op's Ends) with your food dollars. You put a lot of trust in the Co-op board and the management, and we try our hardest to make sure we support a Vibrant Local Economy. Some of those decisions are easy - the Co-op buys food from local producers such as Gildrien Farm, Aqua Vitea Kombucha and Champlain Valley Apiaries, to name three of more than 300 local producers. But, as we consider the continued financial health of the Co-op, certain decisions aren't as easy. For example, the Co-op pays big credit card companies around \$205,000 per year in fees; that is around 1.5% of all revenue. For most of us, plastic is incredibly efficient and convenient. Debit and credit cards seemingly keep the check out lines moving since we are all not stopping to write checks. Since it's the norm to accept plastic, soon-to-be members, and out-of-state visitors expect this convenience. Credit card companies also make it too easy - they incentivize us with cash back programs, airline miles and free stuff. While it's free to us on the customer side, the Co-op pays a few cents each time for every transaction, which adds up quickly.

So, to use credit cards or not to use credit cards? That is the question. Whether 'tis nobler in the small business to suffer the slings and arrows of outrageous payments, or to take arms against a sea of multinational corporations and potentially disrupt the expedient shopper experience.

What if we stop using credit cards? One of our board members does this by purchasing a gift card with cash or a check putting \$200 on the gift card and drawing down on it to do her regular shopping. It makes checkout even more efficient because all that is needed is a scan of the barcode on the gift card.

Habits are hard to break and people aren't going to change immediately, so there is another way to view the situation. It costs money to make money, right? In this case one of our costs is \$205,000 a year. but what if we developed a system to keep it local? Perhaps there is another way?

Help keep more money LOCAL: Use CASH, CHECK, or...



When paying by CARD, if your purchase comes to:

LESS than
\$23.00
use CREDIT

MORE than
\$23.00
use DEBIT

rally for change



Join us August 10th - 16th as we round up for:

WomenSafe

At the end of the week, the Co-op will match all donations raised at the registers.

WomenSafe has three core programs that work to address domestic, dating, sexual violence and stalking violence, as well as working to prevent future violence. We provide a variety of direct services that strive to meet the needs of all people who experience stalking, dating, domestic or sexual violence. All of WomenSafe's services are available to people across the gender spectrum.

Through Advocacy, we actively support an individual's goals by providing information and options to assist the person in making their own choices. These services include emotional support, information & referral, support groups and advocacy in the following areas through a free and confidential 24-hour hotline and in person meetings:

- Civil and Criminal Legal
- Medical and Hospital
- Transitional and General Housing
- Systems Change

The Supervised Visitation Program at WomenSafe provides safe and supervised visits and exchanges for children to see their non-residential parent. These services are provided in a secure child friendly space that works to foster safe parent- child connections.

Additionally, we provide prevention **Education and Training** to community members age 3 to 103. **Together, we can end domestic, sexual and dating violence, and stalking!**



Did you know - we rally for change EVERYDAY?
donate to our local foodshelves ANYTIME!

WomenSafe's Data July 1, 2015-June 30, 2016

- WomenSafe served 494 women, children and men during 4,250 in-person meetings and phone calls.
- The Supervised Visitation Program completed 251 supervised visits and monitored exchanges for 30 children needing increased safety during parent-child contacts.
- The Training & Education Program reached 2,160 adults and youth with 111 presentations, professional trainings and community awareness events. Participants received information about healthy relationships, preventing child sexual abuse, sexual harassment, teen dating violence, consent and many other topics.
- At least 85 community volunteers contributed more than 7,918 hours of their time to further our mission by providing such services as: staffing the 24-hour hotline, in-person office support, court accompaniment and administrative assistance.

Rally for Change Contributions will be used to purchase emergency needs for people healing from domestic, sexual, and dating violence and stalking. Examples of these emergency needs are: food, gas, telephone service to reduce isolation, car repairs or start-up costs for new housing.

The board of WomenSafe thanks you for your generosity!

Amy Mason	Drey Ward
Lisa McLaughlin Wyncoop	Rebecca Strum
Amanda Reinhardt	Joanna Colwell
Mary Mendoza	Sarah Karerat

womensafe.net
24-Hour Hotline 388-4205 or 800-388-4205

THE INSIDE SCOOP

Elin Lundstrom Joy
Assistant Manager - Bulk, Cheese, & Dairy
Interview By Reiner Winkler

R: Elin, the Co-op is under construction. What is it like to work there these days?

E: It's been exciting to see changes happen every day, but also challenging to work around it. The back-stock needs to be moved around, which sometimes makes it hard to find the thing you're looking for, and ordering can be a bit tricky. Sometimes we have to store some of our extra stock in our other buildings, but there is a pay-off for all our inconvenience! We have already seen serious results: our back room for Bulk and Grocery products, for example, is greatly expanded. We now have more space to be much more organized, helping us be efficient and do our job well. We all benefit.

Wearing hard hats, right?

Yes, when we take out the trash, milk crates or recycling, we wear hard hats and bright yellow vests for safety reasons. It reminds us that we are amid a construction site. We all look really funny wearing them, and there might be a few silly pictures floating around the internet.

Do you always get fair warning when a new Co-op section is becoming under construction?

Not always. Some changes are postponed; others happen earlier than previously planned; but luckily, cooperation between staff and construction workers has been excellent!

Elin, you have been with us at the Co-op for two years. How did you end up at Middlebury Co-op?

I had been a member since moving to Middlebury and I often thought how cool it would be to work at the Co-op. The opportunity to change jobs came up and so I applied, and now I'm happy to be working with the Bulk, Dairy, and Cheese departments.



Yes, and the Co-op is lucky to have you working with us!, You grew up in Sweden. Why did you leave that beautiful country?



Sweden is a great place, but I always wanted to travel. Sweden felt kind of small and the weather was cold. After exploring various places, I came to South East Asia, where I lived on-and-off for three years in Northern Thailand. I love the food, the people and the beautiful landscape there... and of course the weather. I met my husband in Thailand, and he has roots in Middlebury, which is why I ended up in in Vermont. Now I'm back in a place where the winters are long and cold... back to square one! Ha ha!

Do you enjoy Thai food?

I love Thai food. We often make Thai curries at home. I enjoy cooking with ingredients such as ginger, lime, lemon grass, cilantro; all ingredients I learned to appreciate while I lived in Thailand.

What is your favorite bulk food item?

Well, coconut chews... followed closely by Quinoa, which we like a lot. It's so versatile, and it can be your grain as a side dish, or it can be used to make delicious salads. It's pretty affordable and very nutritious.

Around Middlebury you are also known for your beautiful jewelry that you sell at the Farmers' Market?

Thank you! Yes, jewelry-making is my creative outlet. I work with mixed metals, mainly copper and silver, and make all kinds of jewelry, using techniques like chainmaille, silversmithing and metal clay that's fired in a kiln.

If there is one thing Swedish you would like to share, what would it be?

*I love Astrid Lindgren. She is internationally known as a children's author, especially for *The Adventures of Pippi Longstocking*, but she has written so many other wonderful books! Many deal with empowering children, teaching them not to fear things like death, and encouraging them to become independent little beings. They meant a lot to me as a child, and I give them as gifts whenever I can.*

Thank you, Elin!

Heirloom Tomatoes



Pink Brandywine

Indigo Rose, Violet Jasper, Pink Brandywine...the poetic names of these heirloom tomatoes are almost as beautiful as their diverse, colorful appearance. So *what exactly is an heirloom tomato?* While definitions vary depending on the source, heirloom tomatoes are generally recognized as open-pollinated (non-hybrid) seed varieties that have been around for 50 years or more. They are the products of careful selection by many generations of farmers and gardeners. What they lack in commercial tomato quality (long shelf life, visual uniformity, etc.) they more than make up for in beauty and complexity of flavor.

We're lucky to have many wonderful heirloom tomato varieties available in Vermont and if you're wondering which ones to try this season, here's a brief guide to Vermont Heirloom Tomatoes from the folks at Cedar Circle Farm in East Thetford, VT:

Pink Brandywine Large dark pink beefsteak tomatoes and potato leaf type plants. Brandywines have a balanced and rich flavor.

Green Zebra Medium-sized fruit with brightly striped skin with a bright, almost citrus-like flavor. They are ripe when green and add color to any plate.

Red Zebra Red and yellow-streaked skin with a traditional flavor.

White Zebra: When ripe, creamy white with yellow stripes. They are mild and have a thick texture that makes them perfect for soups and sauces.

German Lunchbox A tomato tough enough to bring to work in your lunchbox! They have a deep pink color and a flavor that is more similar to a paste tomato than any of the other heirlooms.

Cherokee Green A recent variety developed from the popular Cherokee Purple. Beautiful green and yellow flesh resembles emeralds.

Persimmon An ox-heart-shaped heirloom with a bright balanced flavor and a lovely texture.

Striped German A large bi-colored beefsteak with a beautiful display of color inside.

Black Seaman Deep chocolate color and dark purple flesh with a wonderful savory taste. Delicious with a little bit of sea salt!

Wapsipinicon Peach Easier to eat than to say, these delicious fuzzy tomatoes are sweet and fresh in flavor. Perfect for a salad.

Violet Jasper: A chinese heirloom with a thick skin striped gold and purple.

Indigo Rose The darkest-colored tomato. These are rich in anti-oxidants with an unusual, spicy flavor and plum-like flesh.

Egg Yolks Small, round fruit with a deeper flavor than a cherry tomato.

-Emily



A bowl of Heirloom Tomatoes



The Co-op Connection: Celebrating Main Street

In a town as beautiful as Middlebury, in a state full of beautiful towns, it's easy to take for granted the local businesses that contribute to this beauty. Local "brick and mortar" stores are the anchors of local commerce, but their existence is also key to the preservation of the look and feel of a small town, and to local society.



Main Street Stationery - Storefront

The "affordability" of online shopping

In today's rapidly changing business climate, more and more of our dollars are spent on-line with companies whose owners we'll never meet, whose staff may exist only in cyberspace and whose profits in no way contribute to our local economy. The temptation to pick up a device and order exactly what we want, exactly when we need it, is a strong one, especially when prices are competitive and shipping costs are often negligible. When we use our dollars this way, it's hard to "follow the money" and to know what impact our investment has had in the world. Can we really afford to shop this way?

The value of keeping dollars local

It's important to consider the buying power you truly exercise when you shop at or use the services of a local business. The dollars you spend at home not only contribute to the owners and staff of a local business, they help preserve and grow vibrant downtown communities. If you're a homeowner, this



Sheri & David of Juice Amour

means you're putting your dollars right back into your property value. A vibrant downtown contributes to the amount of time we spend together as friends and neighbors sharing a society. **Shopping locally means investing not just in our local economy, but in our quality of life.**

The Co-op Connection..

At the Co-op, our investment in a Vibrant Local Economy extends beyond our store walls and the local producers whose products we sell. Through our Co-op Connection program, we've formed a partnership with 20 Middlebury businesses, to help sustain and grow our downtown. These local shops, salons, service centers and health clubs have entered into a partnership with the Co-op, providing a discount or special deal for our member-owners. In turn, the Co-op provides a discount to these business owners and their households and helps to get the word out about the products and services they provide. As Co-op member-owners, you can contribute to AND benefit from using this program, by shopping locally. **Put your money where your home is. -Karin**



Green Mountain Shoe & Apparel

Member-owners, here's a look at the benefits you'll enjoy through the Co-op Connection, when you present your Co-op Card!

Stone Leaf Teahouse

Marbleworks, Middlebury,
458-0460 • stoneleaftea.com

Importing the freshest loose leaf tea! Each year we travel to source our quality teas from family farms and organic estates. Relax with a pot of tea at our Teahouse in the Marbleworks or purchase in the Bulk department at the Co-op! **10% Off**

Jumelles Wellness Midwifery

5 Park Street • Suite 3
Middlebury • 503-961-4132
jumellesvt.com

Chenoa Hamilton, CPM, LM, provides a woman-centered practice offering central Vermont families home birth midwifery care, doula services, lactation counseling, child birth education, and support in pregnancy, birth, and beyond.

2% Off Initial Prenatal Appointment
2% Off Birth Tub Rental

Wild Mountain Tyme

48 Main Street
Middlebury • 388-2580

Specializing in unique clothing, jewelry & bags from around the world; baby clothes; natural fibers & friendly service. **5% Off**

Green Peppers

10 Washington Street
Middlebury • 388-3164

A Middlebury family restaurant. Eat in or take out. Pizza, calzones, fresh salads, soups, pasta, subs, hoagies, grinders. Lots of fresh veggies & lots of toppings to choose from. We carry gluten free crust! **10% Off**

Otter Creek Yoga

Marbleworks,
Middlebury • 388-1961
ottercreekyoga.com

Daytime, evening, and weekend classes for beginning & experienced students. Our faculty includes two certified Iyengar teachers. We have classes for all ages, from preschool to seniors! Visit our sunny studio to calm and center body & mind.

Your First Class is Free

Danforth Pewter

52 Seymour Street • Middlebury
46 Main Street • Middlebury
388-8666 • danforthpewter.com

Handcrafted ornaments, jewelry, oil lamps, home and personal accessories. **10% Off**

Juice Amour

1396 VT Route 7 South
Middlebury • 989-7271
juiceamour.com

100% Organic Fresh Pressed Fruit & Veggie Juice, Juice Cleanses, Guilt Free Raw Smoothies, Chia Pudding Bowls, Acai Bowls, Raw, Sprouted Nut Milks & Snacks. **10% Off**

Middlebury Sweets

12 Ossie Road,
Middlebury • 388-4518
middleburysweets.com

Vermont's largest candy store. Over 1,000 products including handmade chocolates, bulk candy, jelly belly beans, 21 colors of "my m&ms", gummies, taffy, licorice, old fashioned candies, ice cream, malted milk shakes, maple syrup & so much more! **10% Off**

Green Mountain Shoe & Apparel

260 Court Street • Middlebury • 388-4399
1 Main Street • Bristol • 453-6337

Newborn shoes by Robeez to men's Red Wing & Chippewa work boots, we carry a variety of dress & casual shoes for the entire family. Sneakers by Asics, New Balance, & Saucony. Casual shoes by Merrell, keen, Born, Haflinger, Sanita & Dansko clogs. We carry casual clothing by Woolrich, Carhartt, North River, and Darn Tough Socks of Vermont. **10% Off**

Middlebury Fitness

175 Wilson Road
Middlebury • 388-3744
middfit.com

We feature a wide variety of the most current cardio & strength training equipment, and over 45 group fitness classes per week highlighted by a knowledgeable, caring and professional staff. Classes include Yoga, Barre, Body Pump, Core & More, Strength & Stability, Spinning, Senior Fitness, and more!

50% Off Enrollment Fee

10% Off Short Term Membership

First Class or Workout is FREE

REV Fitness

(Inside Middlebury Fitness)

Middlebury • 989-0096

revfitnessforwomen.com

Strength and Endurance Training for weight loss, bone building, balance improvement, and cardiovascular health. This 30 minute circuit workout is energizing and uncomplicated. Instruction provided in a sunny, private women's-only studio, by certified trainer/owner Michele Butler.

25% Off Enrollment Fee

10% Off personal training (limit 2 packages)

Main Street Stationary

40 Main Street • Middlebury • 388-6787

A complete line of office supplies, greeting cards, gifts, full color copies and fax services. We are an authorized Fed Ex agent. **10% Off**

Pro Skin Studio

45 Court Street • Middlebury • 349-6292
proskinstudio.com

An intimate boutique spa offering a unique experience unparalleled to that found in a large salon and spa or medspa. Pro Skin Studio offers skin treatments, peels, full body waxing, lash extensions, microneedling, reflexology, fireless cupping, eyebrow design, & full body massage. **10% Off** Any Massage or Reflexology

Maple Landmark

1297 Exchange Street
Middlebury • 388-0627
maplelandmark.com

Locally crafted wooden toys, gifts, & games, made from sustainably harvested local lumber. Full factory tours offered **10% Off**

Natural Medicine of Vermont

50 Court Street • Middlebury • 388-6250
naturalmedicineofvermont.com

Dr. Karen Miller-Lane, N.D., L.Ac. is a Naturopathic physician and licensed acupuncturist, providing comprehensive, integrated health care to meet your specific needs, using diet & nutrition, acupuncture, counseling, and western & Chinese herbs. **10% Off** 1st Visit **\$5 Off** subsequent visits

Roger's Relaxing Massage Therapy

31 Court Street
Middlebury • 388-2376

Myofascial release, massage, and paingoway specialist. I can help lower your pain without using any drugs! **10% Off**

Texture Salon

58 North Pleasant Street
Middlebury • 388-9449
texturesalonvt.com

A full service salon, offering ammonia free organic color, as well as healthy alternatives for skin & hair. **10% Off** your 1st visit (service & retail)

McDaniel Chiropractic Center

Drs. Jim & Julia McDaniel
1330 Exchange Street • Suite 105
Middlebury • 388-0970

Experience the benefits of a 360 degree approach to healthcare; incorporating diet, exercise, ergonomics, life style management, and chiropractic care to help you achieve your health care goals. **10% Off**

County Tire Center, Inc.

33 Seymour Street • Middlebury • 388-7620
info@countytirecenter.com

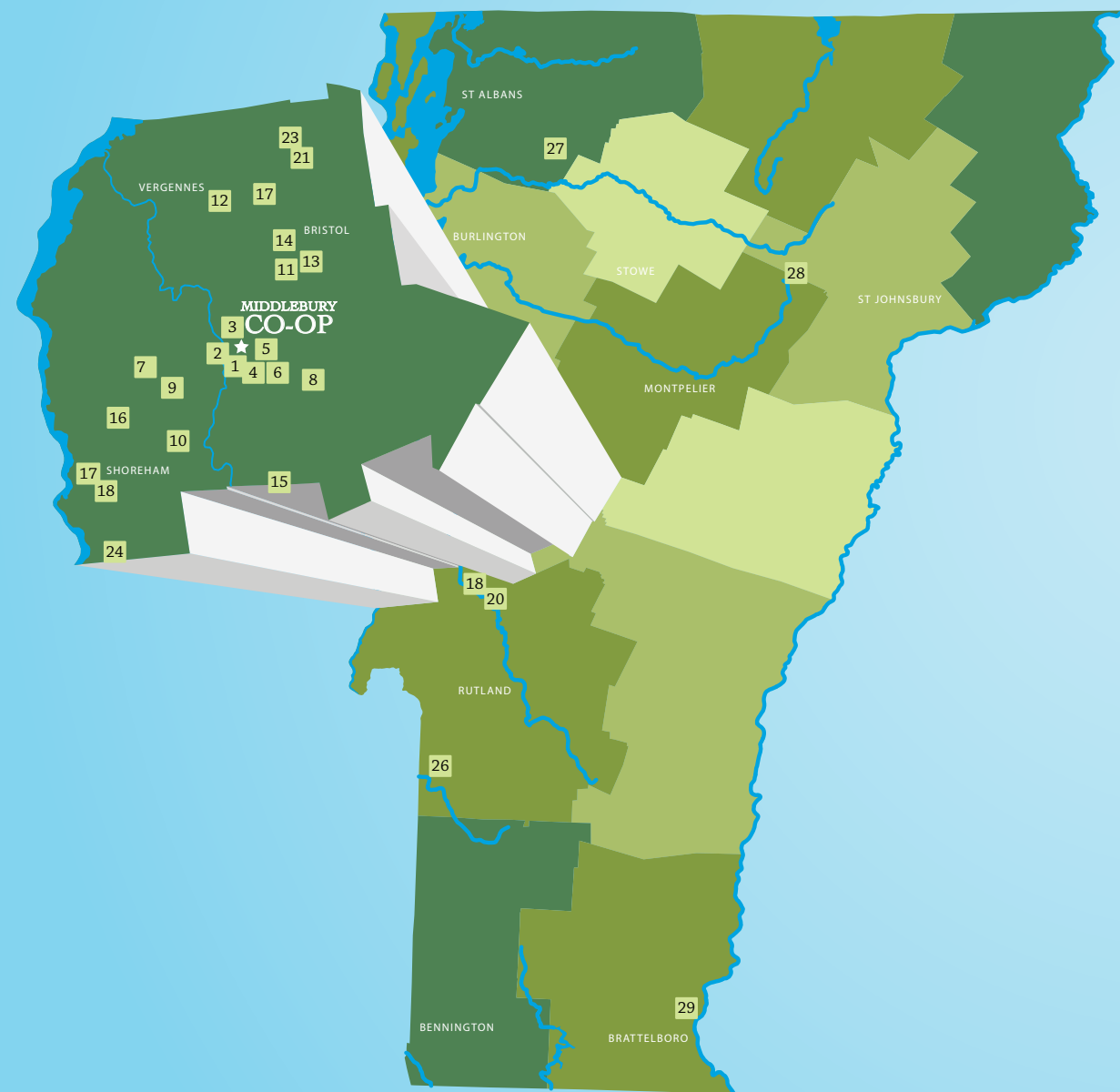
countytirecenter.com
We offer complete front end work, alignments, brakes, shocks, tires & exhaust. We are also Hybrid/EV qualified to work on all makes & models, specializing in Toyota Prius. We have an in town shuttle for your convenience. **10% Off** Parts, and **5% Off** Tires

Vermont Sun

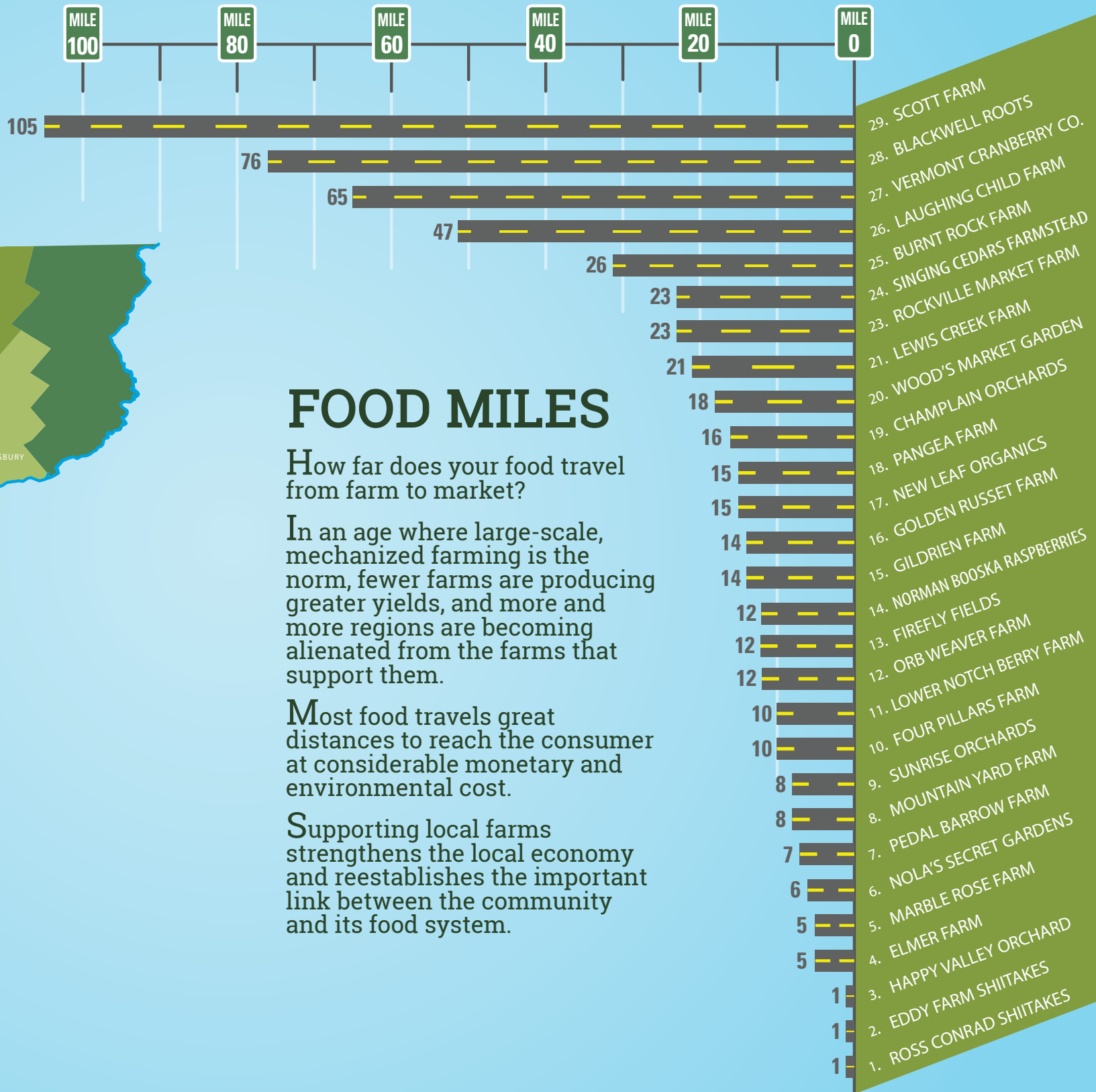
812 Exchange Street • Middlebury • 388-6888
11 Main Street • Vergennes • 877-2030
vermontsun.com

Since 1985, 25,000 sq. ft. state of the art facility. Voted best fitness center every year! Olympic swimming pool. Over 250 group fitness classes each month, including Yoga, Spinning, Body Pump, Arthritis & Aqua Aerobics, Senior Fitness, & more. Programs for kids to seniors, Personal Training & more! **70% off** Lifetime Membership Fee! Call for free swim, class, or workout!

MILES to MARKET



Graphic by Scott



FOOD MILES

How far does your food travel from farm to market?

In an age where large-scale, mechanized farming is the norm, fewer farms are producing greater yields, and more and more regions are becoming alienated from the farms that support them.

Most food travels great distances to reach the consumer at considerable monetary and environmental cost.

Supporting local farms strengthens the local economy and reestablishes the important link between the community and its food system.

IN THE SPOTLIGHT...



Orb Weaver Farm is featured in our Member Deals from August 17th - 23rd and during this time, member-owners can enjoy a 20% discount on their abundant array of local, organic veggies and artisan cheese.

Orb Weaver Farm has been a part of our Co-op family since 1981. Their farm spans 100-acres of Vermont's Champlain Valley in New Haven with the rocky top of Camel's Hump Mountain visible towards the east. Farmer Marjorie Susman describes it beautifully - "Patchwork fields bordered by hedgerows, dotted with Jersey cows, bales of hay waiting to be picked up, a green tractor tilling the earth. Straight garden rows planted with lettuce, swiss chard, tomatoes, peppers, flowers. Our 200-year-old farmhouse, and across the yard the weathered barn, the cheese cave carved into a hillside, fronted by huge stone slabs. The seasons dictate our chores for the day, but the rhythm of the seasons is blissfully the same, year after year, as it has always been for those who work the land. The life of a farmer is both simple and vastly complex, dependent not only on planning and muscle but also on what falls from the sky and what pushes up from the earth. This is Orb Weaver Farm, the farm we have built with our hands for over thirty years, our small piece of the beautiful Vermont earth".

Orb Weaver has been practicing sustainable farming since they began, cultivating their organic gardens and selling produce to local restaurants and markets. They compost all their culled vegetables, cow manure, and whey and eventually return their nutrients to the gardens and pastures.



The fierce female farmers behind Orb Weaver Farm are founders, Marjorie Susman and Marian Pollack, along with farmhand extraordinaire, Lauren Slayton. They've been practicing sustainable farming from the very beginning and are proud to offer an array of organic produce and artisan cheeses to local restaurants and markets like our Co-op.

Here's what Marjorie & Marian have to say about their delicious cheeses and the cows that make it possible:

"Farmhouse Cheese - When farmers use milk exclusively from their own cows to make cheese, it's called "farmhouse cheese." That's what we've been doing at Orb Weaver Farm since 1982. We milk our Jersey cows to make rich, raw milk cheese with a slightly tangy, full-bodied flavor. More moist than cheddar, our Farmhouse Cheese has a natural buttery color and smooth, creamy texture. It is delicious with wine, melts beautifully to complement any recipe, brings grilled cheese sandwiches to new heights, and distinctively tops nachos and pizza. Our two-pound waxed and cave aged wheels also make elegant gifts that are easy to mail."

Here at the Co-op, you'll not only find two of our most popular cheeses - Farmhouse and Cave-Aged, but also a gorgeous array of organic produce from Orb Weaver, including plum tomatoes, cherry tomatoes, bell peppers, eggplant, and big, beautiful shallots, each in their own season. -Emily



RECIPE

VEGGIE TART

PIE CRUST

- 1 3/4 C • Flour
- 1 TSP • Salt
- 6oz • Butter(unsalted)
- 1/3-1/2C • Ice water

FILLING

- 1 3/4 C • Roasted corn kernels
- Sautéed • Spinach, Kale, or Greens
- Sautéed • Shallots, Leeks
- 1/2 • Onion
- pinch • Salt & Pepper(to taste)
- oz • Farmhouse Cheese by Orb Weaver Farm New Haven, Vermont

- Roll out to desired size, and place on baking sheet, prick dough several times with a fork, place dough in freezer for 1/2 hour or longer. preheat oven to 450.
- Butter a piece of foil (or parchment paper), place butter side down over dough, fill with dried beans or pie weights (these can be used over and over).
- Bake for 10 minutes, then remove foil/parchment and weights
- Bake a few more minutes, till dough just begins to develop color.
- While still warm, sprinkle bottom of pie shell with grated Orb Weaver Farmhouse Cheese (This prevents the tart from becoming soggy)
- While pie crust is pre-baking, roast corn kernels in the oven until lightly browned, sauté desired aromatics (shallots, garlic, leeks,) for 10 mins or until translucent
- In a separate pan, sauté desired greens with onion - cook until slightly wilted
- Remove from flame, finish each with grated Orb Weaver Farmhouse Cheese, salt and pepper to taste
- Lower your oven to 350
- Using your pre-baked crust, add shallots on bottom, then layer spinach, then corn, and top with remaining cheese
- Bake in a 350 oven for around 15 minutes, or until cheese has melted
- Let cool before serving

RECIPE

SIMPLE STRAWBERRY SHORTCAKES

Ingredients:

- 1 Pint Fresh Strawberries
- 2 TBS Cane Sugar or Maple Syrup
- 1/2 Pint 1/2 pint Heavy Cream
- 1 PKG Shortcakes from Red Door Bakery

Directions:

- Remove strawberry stems and chop or slice strawberries. Sprinkle about 1 tablespoon of sugar or maple syrup over the strawberries, mix well, and set them aside.
- Meanwhile, whip the heavy cream with the remaining tablespoon of sugar or maple syrup until soft peaks form.
- Gently warm the shortcakes, then spoon a generous portion of strawberries and a dollop of whipped cream on top.

IN THE SPOTLIGHT...



There are certain fruits and vegetables that seem to announce the changing of the seasons and here at the Co-op, the day we receive our first delivery of local, organic tomatoes and strawberries from Wood's Market Garden, we know that summer is finally here! Choose from **heirloom tomatoes, succulent strawberries, cherry tomatoes, cucumbers, shell peas, sugar snap peas, broccoli, and cauliflower!**

Wood's Market Garden is a magnificent 150-acre fruit, vegetable & 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. Jon Satz purchased the farm 16 years ago from Bob and Sally Wood. With his passion for growing and sustainable farming practices, the farm and market have blossomed into a destination for beautiful organic vegetables, quality bedding plants and some of the sweetest strawberries around! Jon, his wife Courtney, and their 2 young sons make their home on the farm and enjoy the continued legacy of farming the land that the Wood family started generations ago. Known far and wide for their **delicious sweet corn and plump, sweet strawberries**, they also grow over **50 different kinds of vegetables and fruits** on 60 acres of sandy loam soils. In addition to their field production, they have **7 greenhouses for raising bedding plants, ornamentals, vegetable starts and the tastiest early tomatoes in the state!**

Their unique plant varieties and their passion for quality crops keeps people coming back year after year. All of their produce is certified organic. It's a labor of love for everyone involved from seeding and harvesting to washing and selling, and they take pride in their commitment to good organic practices. Aside from growing an abundant array of fruits and vegetables for retailers like our Co-op, they also offer a CSA and have a **seasonal farm stand open daily in the summer from 9 am - 6 pm**. Outside, it's a paradise of plants, hanging baskets, creeping vines, and gardens to wander.

If you haven't yet visited their farm stand, add it to your list of things to do this summer! It's such a treat to browse all of the **gorgeous plants, flowers, and fresh produce!** You'll also find a variety of **artisanal cheese, organic milk, and other local dairy products, local meat and poultry, fresh baked goods, maple syrup, raw honey, homemade pickles, jam and more!** If you're looking to stock your own garden, you can browse their selection of farm-grown organic veggie and herb starts, and a **stunning variety of annuals, and perennials!** Stop by to see them on your next visit to Brandon! -Emily

Wood's Market Garden is featured in our Member Deals from June 29th - July 5th and during this time, member-owners can enjoy a 20% discount on their abundant array of local, organic fruits and veggies.



BETWEEN THE ROWS

Protecting Our Pollinators



80% of our food needs to be pollinated, and our pollinators are struggling. Bees, Butterflies, Birds, Moths, Beetles, Bats, Flies, and other pollinators need also our own: food, shelter, and water. Though I wouldn't want to discourage one from getting into keeping their own hive, adding more hives in an ecosystem that struggles to provide adequate food may end up causing more harm than good. Nancy Lawson, Author of *"The Humane Gardener"* best explains:

"Instead of adding hives, which may further increase competition for floral resources and transmit disease, add habitat."

Here are a few things anyone can do to contribute to their local habitat...

Plant diverse pollinator friendly plants and flowers
Companion planting (growing plants that compliment and encourage each other's growth), next to each other, as well as incorporating flowers and herbs) can help deter certain pests from showing up for a snack. companion planting is said to make your produce tastier, with a higher yield.

Let "weeds" grow in your yard

Dandelions, red clover, crabgrass –all 'weeds' hold a purpose in our local ecosystem.

"Recognize weeds that might be a good source of food. For example, dandelions provide nectar in the early spring before other flowers open"

- The Pollinator Partnership

Immaculate green lawns are becoming a standard of the past... Modern Homeowners are now letting the "weeds" roam and sometimes choosing groundcover instead of grass. This means they are replacing the traditional green with low maintenance; flowers, shrubs, plants, stones, and allowing nature to be the landscape designer. A great alternative to mowing the lawn.

Avoid using pesticides and fertilizer

Observe what's going on in your garden. Chances are, there is an eco-friendly solution to pest and weed control if you know what you are dealing with. Even if you don't compost at home, organic compost is readily available for Vermont gardeners.

Create a bee bath for your garden

Bees get thirsty too! Providing a water source for bees and other buzzing pollinators is one of the simplest steps you can take to create habitat. Bee baths are set up like a bird bath – except bees need a place where they can land and not drown. This can be remedied by adding rocks, stones, or marbles to a birdbath or container – I repurposed an old casserole dish whose lid and handle had broken long ago

Set up maternity wards for mother bees.

Mother Bees nest alone in sunny, un-mulched dirt patches, goldenrod stalks, elderberry, other standing plants, and dead or dying trees. Bumble bees utilize un-mowed areas, rodent burrows, and layers of fallen leaves. Resist the urge to "tidy up" your garden.

"Let fallen leaves lie, and resist the temptation to add mulch to exposed earth. Leave last season's leftover stalks wherever you can; if you need to prune, give bee larvae a chance by propping the twigs against a tree or scattering long pieces between plants in your garden" -Nancy Lawson



Create a Bug Hotel

a Bug Hotel

Choose a sunny spot in the garden, protected from wind and rain. Your hotel can be as simple as placing rolled up paper tubes, cardboard, and twigs inside a terra cotta pot, drilling holes on the end grain of a log, or building a unique structure of any size to accommodate a variety of garden friendly pollinators and protectors. (search pinterest@!)

Support your local Beekeeper and Organic Farmer

Buy supporting local honey and organic agriculture, you are contributing to the sustainability of our local ecosystem.

Educate

Have a SWARM PROBLEM? The Vermont beekeepers' association may be able to help! • vermontbeekeepers.org

humanegardener.com • www.fs.fed.us • pollinator.org -Gina

Pollinator Friendly Bug Repellant DIY

This summer, instead of reaching for a toxic and carcinogenic means of pest control, why not give these essential oil recipes a try!

These recipes are not only people and environment friendly, but can be used on dogs, horses, and other animals too! (consult your vet or doctor if you are unsure)

I've had very positive results repelling ticks from my dog using a dab of lavender oil behind his neck and on his chest, and bathing him in tea tree castile soap.



If your weekend plans take over, or you're looking for another option - we also have a variety of earth, human, and animal friendly bug repellents available in the Co-op [Wellness Department](#). -Gina

BUG REPELLING ESSENTIAL OILS

- Basil •Bergamot •Catnip •Cinnamon •Cedarwood
- Clove (use sparingly) •Eucalyptus •Geranium
- Lavender •Lemongrass •Lemon Eucalyptus
- Lemon Balm (also known as citronella)
- Neem (mixes best with lotion/oil) •Patchouli •Peppermint
- Pine •Rosemary •Sage •Spearmint •Tea Tree
- Thyme •Grapefruit •Orange •Lemon •Lime

Mosquitoes: Peppermint, Lemon, Lemon Balm, Lavender, Eucalyptus, Thyme, Geranium, Clove, Sage, Cinnamon, Rosemary, Neem, Vanilla

Flies/Gnats: Peppermint, Eucalyptus, Geranium, Cedarwood, Patchouli, Tee Tree, Rosemary, Lemon, Thyme, Lemongrass

Black Flies: Mint, Spearmint, Peppermint, Sassafras, Pennyroyal, Lavender, Eucalyptus, Lemon Balm, Cedarwood

Ticks: Peppermint, Geranium, Thyme, Tea Tree, Cedarwood, Lemongrass, Lemon Eucalyptus, Lavender

ESSENTIAL BLENDS (measurements in drops)

- Simple:** 20 Tea Tree, 20 Lemon Balm (Citronella)
- Aussie:** 15 Lavender, 10 Eucalyptus, 10 Tea tree, 6 Citrus
- Campfire:** 10 Rosemary, 6 Cedarwood, 4 Cinnamon
- Floral:** 8 Geranium, 8 Lavender, 5 Rosemary
- Hippie:** 10 Lavender, 6 Cedarwood, 4 Patchouli
- Fresh:** 12 Lemon, 5 Peppermint, 3 Eucalyptus

*Blends adapted from dontwastethecrumbs.com (5/5/2015)

BASIC BUG SPRAY



- ingredients:
- 4oz Spray Bottle
 - 2oz Witch Hazel
 - 2oz Water
 - Essential Oils
- 20-25 drops for kids age 3+
40-50 drops for adults and kids age 10+
- directions: Combine 2oz witch hazel and 2oz water in a 4oz spray bottle (measurements do not need to be exact), then add desired amount of essential oils, Shake before each use



- REPELLENT LOTION
- 2oz Unscented, Natural Moisturizer
 - 10-15 drops Essential Oil
- Combine 2oz Unscented natural lotion with 10-15 drops of essential oil(s)



- REPELLENT OIL
- 8oz Oil coconut, olive, almond, avocado, etc...
 - 40-50 drops Essential Oil
- Combine 8 oz. of your favorite carrier oil with 40-50 drops of essential oil(s)



- REPELLENT GEL
- 2 cups Clear Aloe Vera Gel
 - 40-50 drops Essential Oil
- Combine 2 cups of aloe vera gel with 40-50 drops of essential oil(s)

VANILLA MOSQUITO REPELLENT



- 4oz Spray Bottle
 - 1/2c Water -or- Witch Hazel
 - 2 tsp Pure Vanilla Extract
- directions: Combine 1/2 cup water or witch hazel in 4oz spray bottle. (Vanilla extract can be added to any of the above recipes, or just rub on the skin)

CASTILE ANT AWAY (for the home)



- Peppermint Castile Soap (liquid)
 - Water
- directions: In a spray bottle, combine equal parts peppermint castile liquid soap, and water, shake to combine. Spray where ants are present, re-apply if needed.

SOOTHE AN ITCHY BUG BITE

dab a small amount on the bite using one of the following:

- Tea Tree Oil • Local Honey
- Fresh Crushed Basil • Milk
- Apple Cider Vinegar



The Deep Dish

Now and Through Expansion:
A Quantifiable Look at What It Means to Encourage a Vibrant, Local Economy

As a member-owned cooperative, it's not surprising that part of MNFC's End's Statement expresses that our store exists so that member-owners, customers, and the community at large should benefit from a vibrant local economy⁽¹⁾. In this case, "vibrant, local economy" becomes a promise; a touchstone which the Co-op constantly looks to so that as decisions are made and changes initiated, it is done within the scope of what's right for our community. Through this, we can know that actions taken by the Co-op enhance and encourage the local economy, by way of goods, education, and jobs. The significance of this End means that opportunities for growth are not taken for the sake of growth, but rather as a necessary means to nurture our values as consumers.

It's important to note that the Co-op isn't the vibrant local economy, but a part of one; a conductor through which we can channel our cash flow to make a greater, local impact. You, me, the folks you chat with in produce, behind the deli counter, in the courtyard... Individuals make our community what it is. Individuals bring vibrancy. We should recognize this and have pride in the knowledge that as we make purchases, attend annual meetings, vote for the Board of Directors, or any number of things that actively shape our grass-roots establishment, we contribute to this End. Shopping at the co-op means more than filling your larder.

What Are Our Roles in the Local Economy?

The relationship between producers, customers, and the Co-op works a lot like the water cycle diagrams we all studied in grade school: precipitation, ground water, evaporation. Only, in this case, local producers provide us with sustainable goods, MNFC collects the goods, and

the member-owners and customers absorb the goods, exhaling wholesomeness and support and thus starting encouraging the cycle to start anew.

"...3.9 million dollars which was spent at the Co-op in 2016 went directly back to your local farmers, bakers, raisers, and cultivators"

I work in the finance department. Specifically, Accounts Payable. I sit in a communal office above the "old co-op," on a pedestal. Not because I'm special, but because the building is so old, and the floor tilts at such an extreme angle, that part of it had to be lifted and evened out so that pens would stay on the desk. Through my hands pass invoices for people collecting eggs, growing vegetables, tapping trees, raising animals, producing cheese, baking bread, fermenting kimchi, bottling kombucha... the list is extensive.



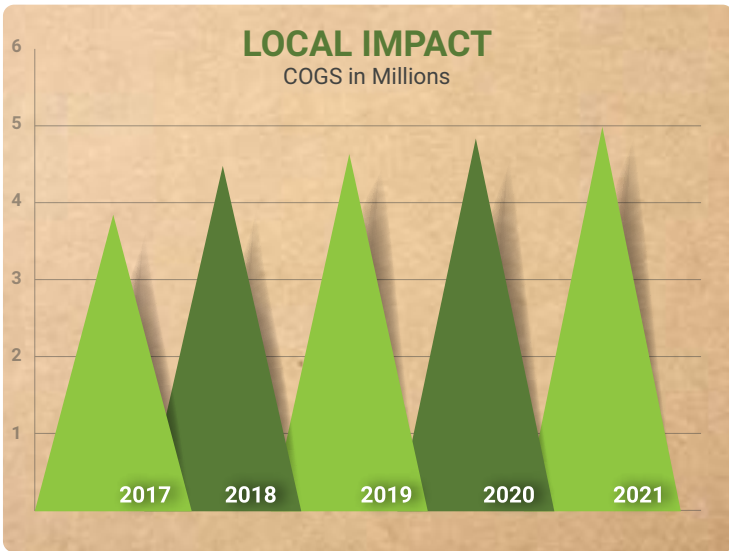
This is who we are, what we sell, the businesses we support. I have the distinct privilege of seeing first-hand how this process works; how you and the local producer and MNFC create a different kind of cycle.

To enumerate, last year, Cost of Goods (COGs) – (COGs are the goods the Co-op purchased from a supplier to sell back to member-owners and customers) - made up of **60%** of MNFC’s expenses. **Of total COGs, 47% were paid back to people here in Vermont.**⁽²⁾ **This means that 3.9 million dollars which was spent at the Co-op in 2016 went directly back to your local farmers, bakers, raisers, and cultivators.** They then use that money to generate more of the goods you need to sustain yourself and your family.

More Room, More Product, More Opportunities.

Now consider what we’ve accomplished together and put it into the scope of a larger space. Remember, our End does not allow us to grow larger simply because the store wants more room. There’s purpose. Per projections based on our location and culture, we can anticipate that we will continue to see growth over the next five years. But what does this growth mean when tied to our promise to promote our local economy?

We can’t predict the future, but we can look at our current rate of growth and put it into the context of a broader space based on information gathered through past financial records and research. Here is how we anticipate local COGs will be affected post expansion⁽³⁾: This chart shows us that we can anticipate an increase in how much money we’re putting back into our local community, from 3.9 to 5 million dollars by 2021.



More space is exciting news, and not just for the Co-op as an organization. This means that you, as a consumer, will have **more access to locally produced goods** and it means that local producers have a greater means for selling their products. All of this promotes our End, thus cultivating an even more vibrant, local economy.

These numbers also do not include services that MNFC pays for, like the people who keep our lights on, remove our waste, clean the floors, or who paint our picnic tables fun colors. It doesn’t include educational outreach, events, or the generous contributions that our shoppers make to local charities – all things we anticipate increasing right along with shelf space. Those things are more difficult to quantify, but they have significant value and add vibrancy.



Peter from Four Pillars Farm
Whiting, VT

What can we do to further contribute to our local economy?

I feel confident about the projections outlined above because our local COGs, as a percentage of sales, has remained consistent since I started measuring them four years ago. With that in mind, it is also clear how we, as shoppers, can make an even greater impact, encouraging local economic growth beyond the standard expectation of 47%.

Consider, for a moment, a shopper’s priorities. **Is it affordable? Organic? Local?** For most, it’s a combination of factors that remain in flux depending on what our situation is. But regardless of what choices we make, as mindful consumers we should challenge ourselves to weigh those priorities and consider how they encourage the ideal of a vibrant, local economy. **Do I know where my food comes from? Is the money I spend on an apple or a head of lettuce benefiting me beyond my next meal?** We already promote this ideal by being a part of the cycle. If we want to encourage it more, it is a simple matter of purposefully selecting items that are cultivated within our scope of “local.” –Melinda

(1) From MNFC’s Ends Statement
(2) Based on MNFC’s 2016 Sales and Accounts Payable Reporting
(3) G2G Research Group, Sales Forecast Analysis, December 2015

FEATURED CO-OP CONNECTION BUSINESS
JUICE AMOUR 10% off for Members Every Day!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4 CO-OP OPEN 9-4	5	6	7	8
				MEMBER DEAL: ORCA BAY additional 20% off for members 7/6 - 7/12		
9	10	11	12	13	14	15
				MEMBER DEAL: BLACK RIVER MEATS additional 20% off for members 7/13 - 7/19		
16	17	18	19	20	21	22
				MEMBER DEAL: ALAFFIA additional 30% off for members 7/20 - 7/26		
23	24	25	26	27	28	29
				MEMBER DEAL: WOODSTOCK FARMS additional 20% off for members 7/27 - 9/2		
30	31					

FEATURED CO-OP CONNECTION BUSINESS
GREEN MOUNTAIN SHOE AND APPAREL 10% off for Members Every Day!

	1	2	3	4	5
				MEMBER DEAL: VERMONT SMOKE AND CURE additional 20% off for members 8/3 - 8/9	
6	7	8	9	10	11
				RALLY FOR CHANGE FOR WOMENSAFE 8/10 - 8/16	
				MEMBER DEAL: NEW LEAF ORGANICS additional 20% off for members 8/10 - 8/16	
13	14	15	16	17	18
				MEMBER DEAL: ORB WEAVER FARM additional 20% off for members 8/17 - 8/23	
20	21	22	23	24	25
				MEMBER DEAL: BACK TO NATURE additional 20% off for members 8/24 - 8/30	
27	28	29	30	31	
				MEMBER DEAL: VERMONT COFFEE COMPANY additional 20% off for members 8/31 - 9/6	

CHECK OUT OUR DEMO CALENDAR IN THE STORE AND ON OUR WEBSITE!

FEATURED CO-OP CONNECTION BUSINESS
MAIN STREET STATIONERY 10% off for Members Every Day!

September 2017

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

EAT LOCAL CHALLENGE!

3	4 CO-OP CLOSED FOR LABOR DAY	5	6	7	8	9 FALL MEMBERSHIP DRIVE
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

VERMONT COFFEE COMPANY 8/31 - 9/6

MEMBER DEAL: STONEWOOD FARM
additional 20% off for members 9/7 - 9/13

MONUMENT FARMS 9/7 - 9/13

MEMBER DEAL: GOLDEN RUSSET FARM
additional 20% off for members 9/14 - 9/20

GOLDEN RUSSET FARM 9/14 - 9/20

MEMBER DEAL: CHAMPLAIN ORCHARD
additional 20% off for members 9/21 - 9/27

CHAMPLAIN ORCHARD 9/21 - 9/27

MEMBER DEAL: FOUR Pillars FARM
additional 20% off for members 9/28 - 10/4

September Eat Local Challenge!



Are you ready for the September Eat Local Challenge?
Last year, with your help, we paid over \$361,000 to local producers!
Help us shatter that record by buying VT products in September.
Track the progress on the 'Big Corn' at the Co-op entrance
and help us reach our goal of \$390,000 this year!!

EVERYONE WELCOME! • OPEN 8AM - 7PM • Every Day!
One Washington Street • Middlebury, Vermont
(802)388-7276 • middlebury.coop