

September  
2016

# Middlebury Co-op Newsletter



HAPPY BIRTHDAY TO US!

**40 YEARS A CO-OP**

Come Join Our  
8th Annual

## Harvest Festival

at the Co-op!



**Saturday, September 17, 12-3pm**

*Hear Music from The Caleb Elder Band*

*Meet Local Producers*

*Sample Local Products*

*Make Crafts & Play Games With Your Kids*





# Cabbage

There is evidence that cabbage has been cultivated for more than 4,000 years. Roving bands of Celtic people brought wild cabbage from Asia to Europe some 3,000 years ago. Cabbage adapted well to the cooler climates of northern Europe, where it could even be

stored over winter. A loose leaf variety of cabbage became popular among the ancient Greeks and Romans. During the Middle Ages, northern European farmers developed compact-headed cabbage with overlapping leaves, which was treasured as one of few sturdy vegetables that would thrive and overwinter in colder climates. Jacques Cartier brought cabbage to the Americas in 1536. In the course of time, a number of other varieties were cultivated, including kale, kohlrabi, cauliflower, broccoli, and Brussels sprouts. Today we cherish all of these varieties as some of the healthiest foods on the planet.

Raw cabbage can be cut into wedges for appetizers or shredded for salads. Cabbage can be steamed, boiled, stir-fried, or made into sauerkraut or Russian cabbage soup.

Red cabbage reacts like litmus paper when cooked: it turns blue in the presence of an alkali (lime in tap water); it turns reddish when acid such as vinegar is added.

Cabbage is inexpensive and super-healthy. Raw cabbage detoxifies the stomach and upper bowels, thereby improving digestive efficiency. It has been shown that cabbage stimulates the immune system by killing harmful bacteria and viruses; it can soothe and heal ulcers, help prevent cancer and clear up the complexion. Especially fermented cabbage (sauerkraut) cleanses the body and rejuvenates the digestive tract, encouraging at the same time the growth of healthful intestinal flora. Cabbage contains iodine and is a rich source of vitamin C; the outer leaves are concentrated in vitamin E and contain at least a third more calcium than the inner leaves.

Just like the other brassica-genus vegetables (kale, broccoli, cauliflower, Brussels sprouts, and kohlrabi), cabbage can be called a cancer-fighting food, as it contains *dithiolthiones*, powerful antioxidants. These wonderful veggies also mildly stimulate the liver and other body tissues out of stagnancy.

Cabbage, either green, purple, red, or savoy, also happens to be very affordable!

## “A Panacea of All Ills”

The Romans claimed that their prized cabbages originated either from the sweat of Jupiter, shed while nervously attempting to explain away the rival pronouncements of a pair of opposing oracles, or from the tears of Lycurgus, King of the Edonians, unluckily apprehended by the god Dionysus in the shortsighted act of tearing up the sacred grapevines. While trussed and awaiting his unspeakable punishment, Lycurgus wept profusely, and with good reason. Dionysus, not known as “the raging god” for nothing first blinded Lycurgus and then tore him limb from limb. Meanwhile, Lycurgus’ tears, which had fallen to the ground sprang up as cabbages.

As revered in Greece and Rome as the onion in Egypt, and so sacred that one swore oaths on it, cabbages were considered as panacea of all ills. The roman consul Cato the Elder, in the second century B.C. attributed such mystical powers to cabbages that he believed men could live solely on them as a diet. He remained convinced even after his wife and son died, his cabbages unable to cure their illnesses.

The emperor Claudius, a glutton and drunkard, but no gourmet, once convoked the Senate to vote on the question of whether any dish surpassed corned beef and cabbage; the Senate dutifully responded that none did.

The pharaohs of Egypt considered cabbage an aid to drinking and ate large quantities of cooked cabbage before their drinking bouts on the premise that this would enable them to imbibe more beer and wine without succumbing.

Some cabbages can grow large: On August 31, 2012, one cabbage at the Alaska State Fair weighed in at 138 pounds!

**Source:** *Whole Foods Companion, A Guide to Adventurous Cooks and Curious Shoppers and Lovers of Natural Foods*, by Dianne Onstad



# Vegetarian Stuffed Cabbage Casserole

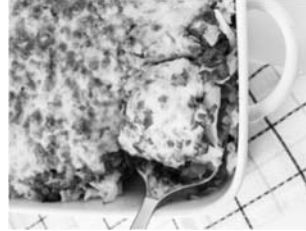
*This hearty vegetarian version of stuffed cabbage casserole is packed with protein and vegetables.*

12 cups thinly sliced green cabbage (approximately 2 small cabbages)	1 (15-ounce) ounce can tomato sauce
2 tablespoons olive oil	6 ounces tomato paste
1 medium yellow onion, diced	1 tablespoon dried oregano
2 large carrots, diced	1 tablespoon dried basil
3 garlic cloves, minced	2 cups cooked lentils
8 ounces cremini mushrooms, diced	1 cup cooked brown rice
1/2 teaspoon salt	1 1/2 cups shredded Italian blend cheese (or a combination of mozzarella and parmesan)
1/4 teaspoon pepper	
1 (14 ounce) can diced tomatoes	

- ⇒ Fill a large pot with water and bring it to a boil. Add the cabbage to the boiling water and cook it for 5 to 7 minutes, until slightly tender. Some prefer it to have a little crunch, but you can cook it longer if a softer texture is desired. Drain the cabbage in a colander, rinse with cold water and set aside.
- ⇒ In the same large pot, warm the olive oil over medium-low heat. Add the onion, carrots, and garlic, and cook for 5 minutes, or until softened. Add the mushrooms, sprinkle with salt and pepper, and continue to cook for 5 more minutes, until the mushrooms have released their juices.
- ⇒ Stir in the dried herbs, diced tomatoes, tomato sauce, and tomato paste, then bring to a low boil. Reduce to a simmer and cook for 10 minutes. Stir in the lentils and brown rice.
- ⇒ Preheat the oven to 350 degrees, then lightly grease a 9 x 13 casserole dish. Use a paper towel to blot the cabbage to make sure it's dry, then distribute half of it along the bottom of the dish and top with half of the sauce. Layer the remaining cabbage on top and finish with the remaining sauce. Top with cheese.



⇒ Place the casserole in the oven and bake for 25 minutes. Turn the oven to broil and broil for 3-5 minutes, or until the cheese is lightly browned on top. Remove from the oven and allow to cool for at least 5 minutes before serving. Top with fresh parsley and serve warm.



**Source:** ohmyveggies.com; recipe by Sarah Cook

**Avoid foods that have some form of sugar (or sweetener) listed among the top three ingredients.**

Labels list ingredients by weight, and any product that has more sugar than other ingredients has too much sugar (on special occasions, you may want to make an exception). Complicating matters is the fact that, thanks to food science, there is now some forty types of sugar used in processed food, including barley malt, beet sugar, brown rice syrup, cane juice, corn sweetener, dextrin, dextrose, fructo-oligosaccharides, fruit juice concentrate, glucose, sucrose, invert sugar, polydextrose, sucrose, turbinado sugar, and so on. To repeat: Sugar is sugar. And organic sugar is sugar too.

*Food Rules*, by Michael Pollan

**September Sale**  
**Save 20% Off the**  
**regular price on any**  
***Carlson Lab* Product in our**  
**Wellness Department!**

# Ten Reasons to Buy Local Food

by Vern Grubinger

Vegetable and Berry Specialist  
University of Vermont Extension

Adapted from *Growing For Market* newsletter article.

Vermont has a wide variety of farms. While known for our dairy production, there also many farms that raise fruits and vegetables, flowers and herbs, and animal products of all kinds. Our farmers are dedicated to stewardship and committed to quality. And while they love what they do, they aren't doing it for entertainment. They need to make a living. Consumers that value fresh food and a working landscape should support local farmers by buying their products. Here are ten reasons why.

1. **Locally grown food tastes and looks better.** The crops are picked at their peak, and farmstead products like cheeses and are hand-crafted for best flavor. Livestock products are processed in nearby facilities and typically the farmer has direct relationship with processors, overseeing quality - unlike animals processed in large industrial facilities.
2. **Local food is better for you.** The shorter the time between the farm and your table, the less likely it is that nutrients will be lost from fresh food. Food imported from far away is older and has traveled on trucks or planes, and sat in warehouses before it gets to you.
3. **Local food preserves genetic diversity.** In the modern agricultural system, plant varieties are chosen for their ability to ripen uniformly, withstand harvesting, survive packing and last a long time on the shelf, so there is limited genetic diversity in large-scale production. Smaller local farms, in contrast, often grow many different varieties of crops to provide a long harvest season, an array of colors, and the best flavors. Livestock diversity is also higher where there are many small farms rather than few large farms.
4. **Local food is safe.** There's a unique kind of assurance that comes from looking a farmer in the eye at farmers' market or driving by the fields where your food comes from. Local farmers aren't anonymous and they take their responsibility to the consumer seriously.

5. **Local food supports local families.** The wholesale prices that farmers get for their products are low, often near the cost of production. Local farmers who sell direct to consumers cut out the middleman and get full retail price for their food - which helps farm families stay on the land.
6. **Local food builds community.** When you buy direct from a farmer, you're engaging in a time-honored connection between eater and grower. Knowing farmers gives you insight into the seasons, the land, and your food. In many cases, it gives you access to a place where your children and grandchildren can go to learn about nature and agriculture.
7. **Local food preserves open space.** When farmers get paid more for their products by marketing locally, they're less likely to sell farmland for development. When you buy locally grown food, you're doing something proactive to preserve our working landscape. That landscape is an essential ingredient to other economic activity in the state, such as tourism and recreation.
8. **Local food keeps taxes down.** According to several studies by the *American Farmland Trust*, farms contribute more in taxes than they require in services, whereas most development contributes less in taxes than the cost of required services. Cows don't go to school, tomatoes don't dial 911.
9. **Local food benefits the environment and wildlife.** Well-managed farms provide ecosystem services: they conserve fertile soil, protect water sources, and sequester carbon from the atmosphere. The farm environment is a patchwork of fields, meadows, woods, ponds and buildings that provide habitat for wildlife in our communities.
10. **Local food is an investment in the future.** By supporting local farmers today, you are helping to ensure that there will be farms in your community tomorrow. That is a matter of importance for food security, especially in light of an uncertain energy future and our current reliance on fossil fuels to produce, package, distribute and store food.



**Published: April 2010**

**The Co-op  
Truck Load Sale  
is On It's Way!!**



Order Sheets  
Available at  
The Registers  
**SOON!**

**Saturday, October 1, 8:30am-4pm**

## **The Big Corn**



This September, as part of the *Eat Local Challenge*, the Co-op will once again keep track of the amount of money we pay local businesses for goods that are sold to our customers. Our goal is \$365,000 for the month, which would represent almost a \$20,000 increase over last year's September numbers. Local produce will be at its peak, and as always, there will be hundreds of other local products in the store that you can purchase to make this number rise.

Enjoy good local food and help us reach this goal!

### ***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  
Like us on Facebook***



## **Ian Ross 10 Years at Middlebury Co-op!**



While there have been many staff and menu changes during the past ten years at our Prepared Foods department, Ian has been a stabilizing constant. Ian can be counted on for preparing a good sandwich, helping a customer find whatever she's looking for, and for calling out, "Hot Soup!", meaning *watch out, here comes the soup!*

Besides working with the Deli team on countless tasks at the Deli Counter and in the kitchen, you can also find Ian in our Food Demonstration Area, where he frequently demos some of our Co-op recipes. Ian loves to cook and share his interest in good food: he has written several articles for the Co-op Newsletter over the years, and on occasion he even develops and shares his own recipes. Among staff Ian is known for his witty sense of humor and for being a devoted family man. His three young daughters keep him busy!

Congratulations, Ian, for 10 fabulous years at the Co-op!

*Organic farming appealed to me because it involved searching for and discovering nature's pathways, as opposed to the formulaic approach of chemical farming. The appeal of organic farming is boundless; this mountain has no top, this river has no end.*

– Eliot Coleman, pioneer organic farmer, author of *The New Organic Grower* and *Four-Season Farm*

# Co-op September Member Deals

Check out our Member Deals for the month of September, all of them local! For further information about the companies and their products, go to our website [middlebury.coop](http://middlebury.coop). Middlebury Co-op members receive a **20% discount** on all of the company's products during the week they are featured.



**September 1 — 7**  
**Gringo Jack's**  
**Manchester Center, Vermont**

Gringo Jack's is a Mexican restaurant in Vermont's Manchester Center. They also produce a number of excellent products including a variety of BBQ sauces.



**September 8 — 14**  
**Golden Russet Farm**  
**Shoreham, Vermont**

Will and Judy Stevens started organic farming in 1981 in Monkton, Vermont. In 1984 they moved to Shoreham, where they are

still today growing some of the world's best vegetables. If you live in Addison County and would like to provide healthy nutritious food for friends and family, look for *Golden Russet* veggies and flowers. All Addison County! All organic!



**September 15 — 21**  
**Stonewood Farm**  
**Orwell, Vermont**

Stonewood Farm was established in 1976 by Paul and Francis Stone. The farm has remained family owned and provides fresh turkey and turkey products year round.

**September 22 — 28**  
**Champlain Orchards**  
**Shoreham, Vermont**



Champlain Orchards grow some of the finest Vermont fruit! Take friends and family to go apple picking at the farm. Or come to the Co-op and choose from over a dozen varieties of Vermont apples!

**September 29 — October 5**  
**Four Pillars Farm**  
**Whiting, Vermont**

*Four Pillars Farm* grows organic vegetables in the beautiful, fertile rolling hills of southern Addison County. If you are looking for top quality produce grown in the rich Vermont soil, look for *Four Pillars Farm!* Peter Cousineau and his crew grow outstanding greens... among other things...!

# Go Local, Vermont !

Which U.S. states promote locally grown food most effectively? According to the *Strolling of the Heifers* index, a Vermont non profit organization promoting a local food system, for the fifth straight year, our beautiful state of Vermont tops the list of states where eating local is easiest. Here are the standings for the current year

1. Vermont
2. Maine
3. Oregon
4. Montana
5. New Hampshire
6. Hawaii
7. Massachusetts
8. Wisconsin
9. Rhode Island
10. District of Columbia



The research group calculates the number of farmers markets, CSAs, and locally oriented food hubs per capita, as well as the percentage of a state's school districts with farm-to-school programs.

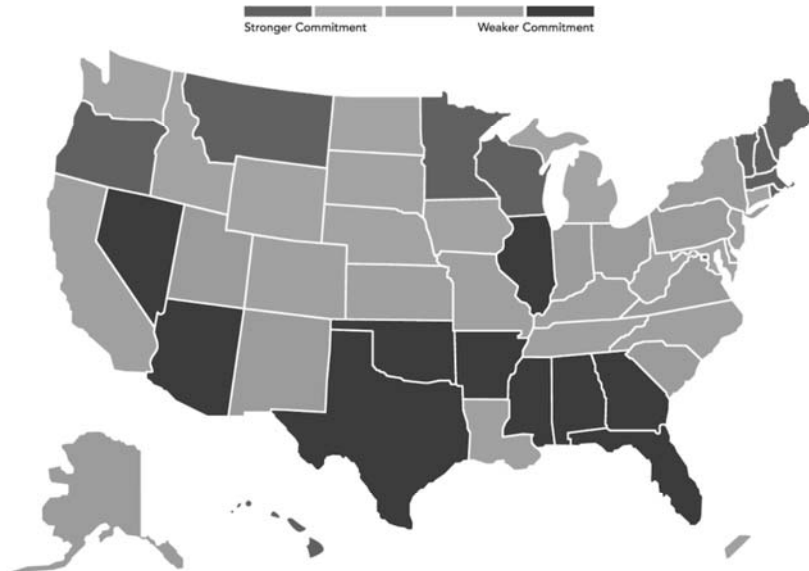
“While it’s exciting that Vermont remains number one in the nation for local food production and consumption, it is also exciting to witness the great strides other states are realizing in reaching these goals,” said Chuck Ross, Secretary of the Vermont Agency of Agriculture, Food and Markets. “As we all know, farmers are very effective educators, and often best positioned to promote agricultural literacy in our communities. The future of a successful agricultural economy in which farmers and producers can prosper and consumers have access to safe, affordable, healthy food depends upon an agriculturally literate and engaged public. The Locavore Index helps us track our progress and work towards that success.”

**For more information, visit <http://www.strollingoftheheifers.com/locavoreindex/>**



# Strolling of the Heifers 2016 LOCAVORE INDEX

Ranking the 50 states, Puerto Rico and D.C. in terms of their commitment to healthy local food



- |                          |                   |                    |                    |              |
|--------------------------|-------------------|--------------------|--------------------|--------------|
| 1. Vermont               | 12. Idaho         | 23. Pennsylvania   | 34. North Carolina | 45. Arkansas |
| 2. Maine                 | 13. Connecticut   | 24. Virginia       | 35. Colorado       | 46. Illinois |
| 3. Oregon                | 14. Iowa          | 25. Alaska         | 36. California     | 47. Alabama  |
| 4. Montana               | 15. South Dakota  | 26. Delaware       | 37. Kansas         | 48. Oklahoma |
| 5. New Hampshire         | 16. Washington    | 27. South Carolina | 38. Kentucky       | 49. Arizona  |
| 6. Hawaii                | 17. Wyoming       | 28. New York       | 39. Louisiana      | 50. Florida  |
| 7. Massachusetts         | 18. North Dakota  | 29. New Mexico     | 40. Tennessee      | 51. Texas    |
| 8. Wisconsin             | 19. Maryland      | 30. Indiana        | 41. Puerto Rico    | 52. Nevada   |
| 9. Rhode Island          | 20. West Virginia | 31. Utah           | 42. New Jersey     |              |
| 10. District of Columbia | 21. Michigan      | 32. Ohio           | 43. Georgia        |              |
| 11. Minnesota            | 22. Nebraska      | 33. Missouri       | 44. Mississippi    |              |

## Fall 2016 Sustainability Class Series

Learn about bread baking, preserving and canning, and fermentation. Our classes take place at the *Hannaford Career Center*, located next to the Middlebury High School. Advance registration is required. Cost for each class is \$30, or free for members of our *Food For All* program. To register, please call the *Hannaford Career Center* at (802) 382-1004. Registration for each class will close seven days prior to the class date and class size will be limited to twelve participants. For questions or to register, contact Denise Senesac at the Hannaford Career Center, by calling 802-382-1004, or emailing her at [dsenesac@pahcc.org](mailto:dsenesac@pahcc.org)

### Course Descriptions

**Thursday, September 22, 5:30-7:30**

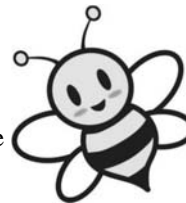
**Co-op Favorites  
with Emily Fleming**

Do you love the MNFC Deli's Kale Artichoke Salad? Or maybe you just can't get enough of the Wheat Free Vegan Vanilla Cake. By popular demand, we've cooked up this fun class where our Deli's own Emily Fleming will share the Co-op's most popular recipes and cook up a batch of your favorites!

**Thursday, September 29, 5:30-7:30**

**Getting Started With Beekeeping: Organically  
with Ross Conrad of *Dancing Bee Gardens***

This workshop provides an introduction for folks interested in small scale and part-time (backyard) beekeeping. The workshop will present a balanced view of natural and organic beekeeping topics and practices including: location and equipment requirements; basic honey bee biology; swarming as an expression of the bees' vitality; presence and mindfulness in the beeyard; non-toxic pest and disease control; and an appreciation for the role that pollinators and beekeepers play within the Earth's ecosystem.



**Thursday, October 6, 5:30-7:30**

**Gut Health & Digestion  
with Certified GAPS Practitioner Melanie Christner**

Did you know that bacteria outnumber cells in our bodies as much as 10:1? Most of these live in our digestive tract and together they make up a sort of organ whose functions have only recently begun to reveal themselves. 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. These microbes can be benign and/or symbiotic. They can also get out of balance, due to outside influences. They help us, we help them. Join Melanie Christner to learn how to care for the healthy microbiome within, how to help the microbiome when its gone awry, and learn all about the amazing role our gut bacteria plays in total body health and well-being.

**Thursday, October 13, 5:30-7:30**

**Gluten Free Baking 5:30-7:30**

**with Elissa Castelli:**

Going gluten free shouldn't mean missing out on your favorite baked goods. With the holiday baking season just around the corner, it's a perfect time to join Personal Chef and Educator Elissa Castelli to learn how to bake mouth-watering gluten free baked goods without sacrificing great texture and flavor.

**Thursday, October 20, 5:30-7:30**

**Cooking with Winter Squash**

**with Elissa Castelli:**

'Tis the season for beautiful and abundant local winter squash. Perhaps your garden is teeming with them. They're super healthy and fun to look at, but hacking into them and preparing them can be a little intimidating. Join Personal Chef and Educator Elissa Castelli to learn tips, tricks, and recipes for preparing delicious winter squash dishes at home!



**Thursday, October 27, 5:30-7:30**

**Adaptogens & Other Herbal Allies for Immunity**

**with Certified Clinical Herbalist Emily French:**

Adaptogens are medicinal herbs that help our bodies adapt to stressors of all kinds, including those that stress our immune systems in the winter. Join Emily French of *Sweetgrass Herbs* to learn about adaptogens and other herbal allies for winter immune support. Emily will discuss immune strengtheners for prevention and immune boosters for when you're feeling a cold coming on.

And because staying healthy is about more than just the immune system, we'll also talk about adaptogens for other kinds of stress: emotional, digestive, chemical, and more.

