



Free!

April May June 2017
Quarterly

under the sun

Middlebury Natural Foods Co-op Newsletter



THE ENERGY ISSUE

CO-OP EXPANSION
a plan for greener growth

VERMONT GARDEN PLANNING
why buy local seeds?

FRESH RECIPES FOR SPRING
foods found in your backyard

GO WITH YOUR GUT
eating for optimal gut health

a fondness for fiddleheads pg.16

MISSION STATEMENT

The Middlebury Natural Foods Cooperative is a democratic, member-owned cooperative committed to providing healthy, competitively priced foods; encouraging ecologically sound and healthful patterns of production and consumption; and responding to members' needs.

ENDS

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

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

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SUPPORT LOCAL BECOME A MEMBER!
MEMBERS ENJOY MEMBER DEALS, CO-OP CONNECTION
DISCOUNTS AT LOCAL BUSINESSES, PATRONAGE
REFUND, A VOICE AND A VOTE

Everyone Welcome ✓ OPEN 8AM - 7PM ✓ Every Day

1 Washington Street ✓ Midlebury Vermont

(802)388-7276 ✓ middlebury.coop

CO-OP

CONVERSATIONS

Dear Co-op Friends,

If you've been in to shop recently, you may have noticed that the aisles are a little tighter and the lines are a little longer than they used to be. For the past few years, we've come to realize that the Co-op is outgrowing its footprint and we're ready to expand again!

Three years ago, we purchased the garage that sits between the Co-op and the Middlebury Inn and began thinking about what a future expansion might look like. We wanted our membership to be involved in this decision, so we reached out to you through Co-op Conversations which included 17 focus group meetings asking what members wanted from their Co-op. Based on the feedback from these meetings, we wrote a [Long Range Plan](#) which included exploring expansion on our current site. After a year of feasibility work, we are excited to break ground with our expansion project.

A bigger, better store is really exciting, but it will take a few months of hard work and patience to get it done, and we'll need your help to make the process go smoothly. **The most important way members can support the Co-op during construction is to keep shopping.** We have budgeted for some lost sales during construction, but our goal is to minimize shopper inconvenience and thus minimize sales losses as much as possible.

We know parking may be one of the biggest challenges to shoppers during construction. To improve the congestion in the parking lot, we have asked all staff to park off site in designated locations during construction. Thank you to staff for this cooperation!!!

Because of support from our membership, the Co-op is going into this expansion in strong financial health. Thank you everyone for helping us reach our goal of \$1 million in loans from members. We are also excited to be partnering with VT Federal Credit Union (a co-op bank right across the street) as our primary lender. Construction will begin in April and will happen in phases. Here's a quick look at what we hope to be able to use as a [building schedule](#):

- ✓ West addition (largest) April – August
- ✓ East addition (smallest) April – June
- ✓ North addition (backroom) April – July
- ✓ Center store (aisles, café, lighting, etc.) September – October

One of our chief goals as we planned for this expansion was to make sure that our new store would help us to better support our third ENDS statement (one of the reasons why the Co-op Exists):

Member owners and the community benefit from environmentally sustainable and energy efficient practices:

In this newsletter, you'll find information about what we have planned to make the newest version of The Co-op a more environmentally sustainable and energy efficient community resource. Please turn to pages (7-11) to see a site plan of the new store, an interior floor plan and lots of information about the efficiency improvements we hope to make.

Probably the most important decision we've made to support a more sustainable Co-op is to continue to support development of our vibrant Middlebury downtown by expanding in our current location. Being connected to the downtown allows many people to walk or bike more easily and minimize driving. Expanding in our crowded location is challenging and probably our biggest added expense in this project.

Our project is incredibly complex and couldn't be accomplished without help from all of us. I'd like to extend special appreciation to some of the folks who'll be working to make this expansion a reality in the coming months: Co-op staff, [Vermont Integrated Architecture](#) (Middlebury), [Naylor & Breen Construction](#) (Brandon), [Renaissance Development Co](#) (Vergennes), [Otter Creek Engineering](#) (Middlebury), [LN Consulting](#) (Winooski), [Efficiency Vermont](#), and others.

Always Cooperatively Yours,

General Manger, Middlebury Natural Foods Co-op

A WORD FROM THE BOARD R.J. Adler

Our co-op has put a strong emphasis on Environmentally Sustainable and Energy Efficient Practices (Hint: It's one of our Ends!). We do our best to pay attention to this End in every aspect of our operation. The easiest place to measure it is the "tailpipe end" of our business: how much energy do we use to heat the store, keep the lights on, keep the food cold, and make the sandwiches in the Deli? But the focus goes on beyond that. Our push for a vibrant local economy means that we source as much of our food from local farmers and producers as possible, thus cutting down the carbon footprint of the food we sell.

When we set out to expand, we did so with an ambitious goal: to make sure that the expanded store uses the same amount of energy as the store today. That's not a small feat; it's going to be 50% bigger! How will we measure that? One measurement is simple: the tailpipe. Will our expanded store—that's built more tightly than our store is now—use the same amount of gas and electricity? Though we are insulating every wall to its maximum capacity, and adding double doors to stop heat loss, we may fall short of this goal.

Consider the energy used before the tailpipe: a big part of our expansion is to improve store operations. We want the staff to have a better place to work thereby helping us, the member-owners, have a better shopping experience. Thus, this expansion has real potential to increase our membership so that more people can make more environmentally friendly choices. This means our local farms have the chance to increase production to feed more people locally, offsetting the food that comes from far away. We are expanding our offerings so you won't have to stop at Shaws or Hannaford after the Co-op to get the food the store doesn't carry, which in turn means fewer and shorter car trips. All of these outcomes have a real effect on the net-energy that goes into our food production, not just our store.

The tailpipe easily draws our attention: it smokes right in front of our face, and it's loud as it turns on, but that can distract us. When more people shop at the co-op, the ratio of energy-in to food-out improves. It is also important to note: before embarking on the expansion, options were considered that would have been more resource intensive such as building or renovating an existing space. And, it might have meant giving up our prime in-town location, which is bike and pedestrian accessible AND on the Addison County Transportation Resources (ACTR) Bus System. By expanding at our current location we continue to reduce the number of cars on the road because our staff, member-owners and other customers can access our location car-free.

While our expansion includes tremendous improvements and upgrades to our energy efficient practices, there will always be more to do. That is why we need to consider all of the data when we assess our energy consumption, not just the tailpipe.



Diversity & Inclusion Neighboring Food Co-op Association

For over 170 years, the Co-operative Movement has stood for ideals of democracy, empowerment and inclusion — ideals that are at the heart of America's journey as a nation, and that we continue to strive toward today. From our beginnings, co-ops have celebrated human diversity and worked to bring people together to meet our needs and achieve our aspirations. In short, we believe that we are better when we are welcoming, when we lift one another up, and when we work together to make life better for everyone.

In keeping with the principles of the International Co-operative Alliance, our food co-ops work to ensure that our doors are open to all persons, "without gender, social, racial, political or religious discrimination." As community-owned enterprises, we value respectful dialog, debate, and participation as expressions of economic democracy. As organizations of people who depend on a healthy planet to survive and thrive, we are committed to development policies and strategies that will sustain our communities over time.

Today, we are witnessing levels of political, social, and economic division that we believe do not reflect our ideals as a nation. While we honor differences of opinion, we are concerned that actions by this administration are fundamentally at odds with American principles of democracy, diversity and inclusion, as well as co-operative values of equality, solidarity, and caring for others. Specifically, we are seeing initiatives that we believe undermine human rights, immigration policies that exclude people based on their origin and religious beliefs, and initiatives that undercut efforts to slow climate change.

In this context, we reaffirm our commitment to being not just welcoming businesses, but empowering community enterprises. We seek to be a positive resource and influence, presenting opportunities for constructive dialog and collective action for change. And we will explore ways that we can reach beyond our walls, advocating for policies that will contribute to democracy and equality, advance human rights, and support environmental sustainability. As a federation of community-owned food co-ops, we seek to empower people to enjoy healthier lives, build stronger local communities, and provide good jobs. We advocate for a deeper sense of corporate social responsibility that includes democratic ownership, the full expression of human diversity and the needs of future generations. In taking this stand, we acknowledge that we can always do better and must challenge ourselves to live up to our values and principles. By working together, we believe that we can help build stronger communities, a more inclusive nation, and a better world for everyone.

—The Board of Directors & Staff of the Neighboring Food Co-op Association

rally for change



Join the Co-op's Rally for Change! Are you looking for an easy way to give back to your local community? Just round up your total at the registers next time you shop at the Co-op. During most of the year, your "spare change" will go directly to our two area food shelves – CVOEO and HOPE. Because we value your experience at the Co-op, we will not usually verbally solicit "round up" donations from you at the register. But four times a year, we just get too excited and hold a Rally for Change!

The Co-op's Rally for Change program is an effort to promote and raise money for local (Addison County Based) non-profit organizations Every three months, for one week, we shine a spotlight on a local non-profit organization whose primary mission is to serve at-risk populations. With their help, we share information about the organization, including more ways to become involved beyond donating at the registers. Representatives from the organization join us in the store so that our shoppers can learn more directly from the folks who are on the front lines of delivering help to those in need. **At the end of the week, the Co-op will match any donations raised at the registers.**

*Did you know – we rally for change EVERYDAY!
donate to our local foodshelves ANYTIME!*

**Join us May 4th through May 10th
as we Rally for Addison County Community Trust.**



The staff at Addison County Community Trust



We're excited to support this amazing organization's dedication to providing affordable housing in Addison County. There are so many services that ACCT provides in our community, so we asked them to put together a little information about their major programs. Here's what they had to share:

ACCT owns and operates over 600 units of permanently affordable housing, and focus our efforts in five key areas:

Affordable Apartments We manage about 240 multi-family apartment units. Our apartments are typically designed to be affordable to families earning less than the area median income. Many of our apartments are in new, energy efficient buildings near downtown hubs.

Single - Family Ownership ACCT offers a limited number of 20% down-payment grants to moderate-income homebuyers each year. This helps to ensure home prices don't outstrip area incomes. We currently have 74 homes in our perpetually affordable single-family ownership program.

SASH Through the SASH(Support and Services at Home) program we are able to support healthy aging at home for up to 250 residents of ACCT senior housing & those in surrounding communities, by providing an on-site Wellness Nurse and a Coordinator who organize activities such as Bone Builders workshops, blood pressure clinics, and more.

Mobile Home Parks We operate nine mobile home parks containing 340 lots. ACCT strives to preserve and improve parks in the region, and is involved in a project to replace outdated housing stock with new energy-efficient modular homes for our park residents.

Development We continually seek to develop new, permanently affordable, housing units here in Addison County to alleviate our County's <1% vacancy rate. Most recently, we were able to turn a blighted, abandoned mobile home park into the first ever, net-zero energy, affordable housing complex. The support of our community is integral to our ability to develop future affordable housing units.




for more info, please visit: addisontrust.org

why clean green?

Call it the cleaning cupboard's dirty little secret: many household cleaning products contain a variety of toxic chemicals that can harm your family's health. These come in the form of carcinogens, endocrine disruptors, organ toxicants, reproductive and developmental disruptors, neurotoxins, and respiratory hazards. There are over 17,000 petrochemicals available for home use, most of which have not been tested for exposure to human health and the environment. Chemical exposure is increasingly linked to chronic illnesses including asthma, allergies, cancer, obesity, and reproductive harm. These chemicals enter our bodies via the air we breathe, through our skin, and through the water we drink.

In addition to the hazards associated with human health, one must also consider the dangers to our environment. The chemicals in our cleaning products are released into the environment through evaporation of volatile compounds into the air and also by escaping down the drain as a residual product. Once the chemicals enter our water, they can have adverse effects on water quality and aquatic life. We all live downstream!



what can you do as a consumer?

Read Labels. Cleaning product manufacturers are not legally required to disclose ingredients on their packaging, but thankfully, there are a handful of companies that believe in full ingredient disclosure. Choosing to support these companies with your hard-earned dollars is a vote for consumer transparency. Seventh Generation offers a handy guide to the [Top 12 Chemicals of Concern to avoid in cleaning](#) products on their web page. Familiarizing yourself with this list will ensure that you know what to look for when scanning labels. The Environmental Working Group (EWG) also offers [handy online resources](#) to help you avoid toxic petrochemicals in household products. If you're interested in a particular cleaning product that does not list its ingredients, check their website or try contacting the product manufacturer. This extra step takes some time and effort, but the more we practice it, the more manufacturers become aware that ingredient transparency is a priority.



Skip the Antibacterials and Antimicrobials. To borrow a line from Sandor Katz, “the problem with killing 99.9 percent of bacteria is that most of them protect us from the few that can make us sick”. An [FDA advisory committee study](#) found that using antibacterial soaps provides no benefits over plain soap and water and can actually bring more harm than good, due to chemicals like Triclosan. Triclosan is linked to liver and inhalation toxicity and has been shown to disrupt hormone balance and thyroid function. Additionally, Triclosan and other antibacterial ingredients may encourage bacterial resistance to antibiotics.

Make Your Own. Another creative solution is to consider making your own cleaning products at home. This option is extremely budget-friendly and surprisingly simple. For example, vinegar diluted with a bit of water makes an excellent glass and surface cleaner. Making a paste of baking soda and water yields a fabulous scouring scrub. It's important to note that "clean" does not have a particular scent; however, if you enjoy natural fragrances in your cleaning products, Aura Cacia offers an array of home care essential oils and [recipes for DIY household cleaning products](#) on their web page that are delightful to the senses.

Take Action. Thanks in part to a robust [Come Clean campaign](#) spearheaded by Seventh Generation, there's a bill up for debate known as the Cleaning Product Right to Know Act (H.R. 5205), which requires manufacturers of both consumer household and industrial cleaning products to disclose all intentionally added ingredients on their product labels and websites. Take action by telling your representatives that you value chemical labeling transparency.

Products to look for at the Co-op You'll find an array of non-toxic, petrochemical-free household cleaning products at the Co-op. Look for brands like [Vermont Soap](#), [Seventh Generation](#), [Ecover](#), and [Earth Friendly Products](#). Many of these brands will be featured in our Member Deals spotlight and in weekly sales throughout April and May. - *Emily*



Energy Efficiency at the Co-op

 **Night Shades on Coolers** We've installed night shades on our open display coolers, which are pulled down at night to minimize air exchange between the store and the coolers.


 **Solar Hot Water Heater** on South Roof - We installed a solar hot water system for our hot water heater. Last year, these solar panels reduced our propane use by 4.37% per average day

LED Bulbs Replacing Fluorescents Most of fluorescent bulbs have been replaced with LED bulbs, which use the energy



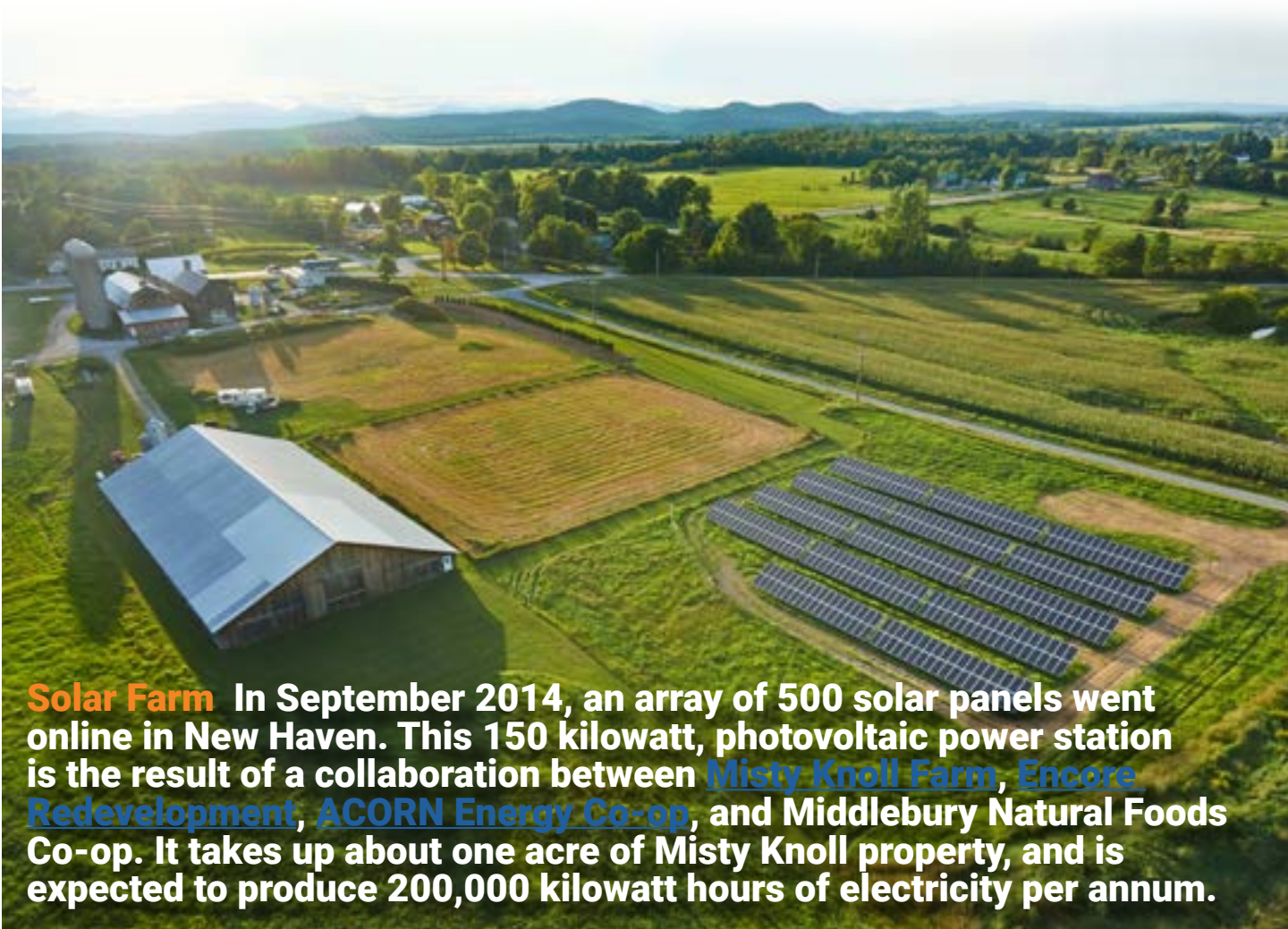
Cardboard Compactor greatly reduces the number of truck pick-ups, thus reducing fuel use. We are able to sell the cardboard, which is then used to make paper



 **Motion Sensitive Lighting in our Office Building** We've installed motion detectors in our 1 Washington Street building to minimize light usage.

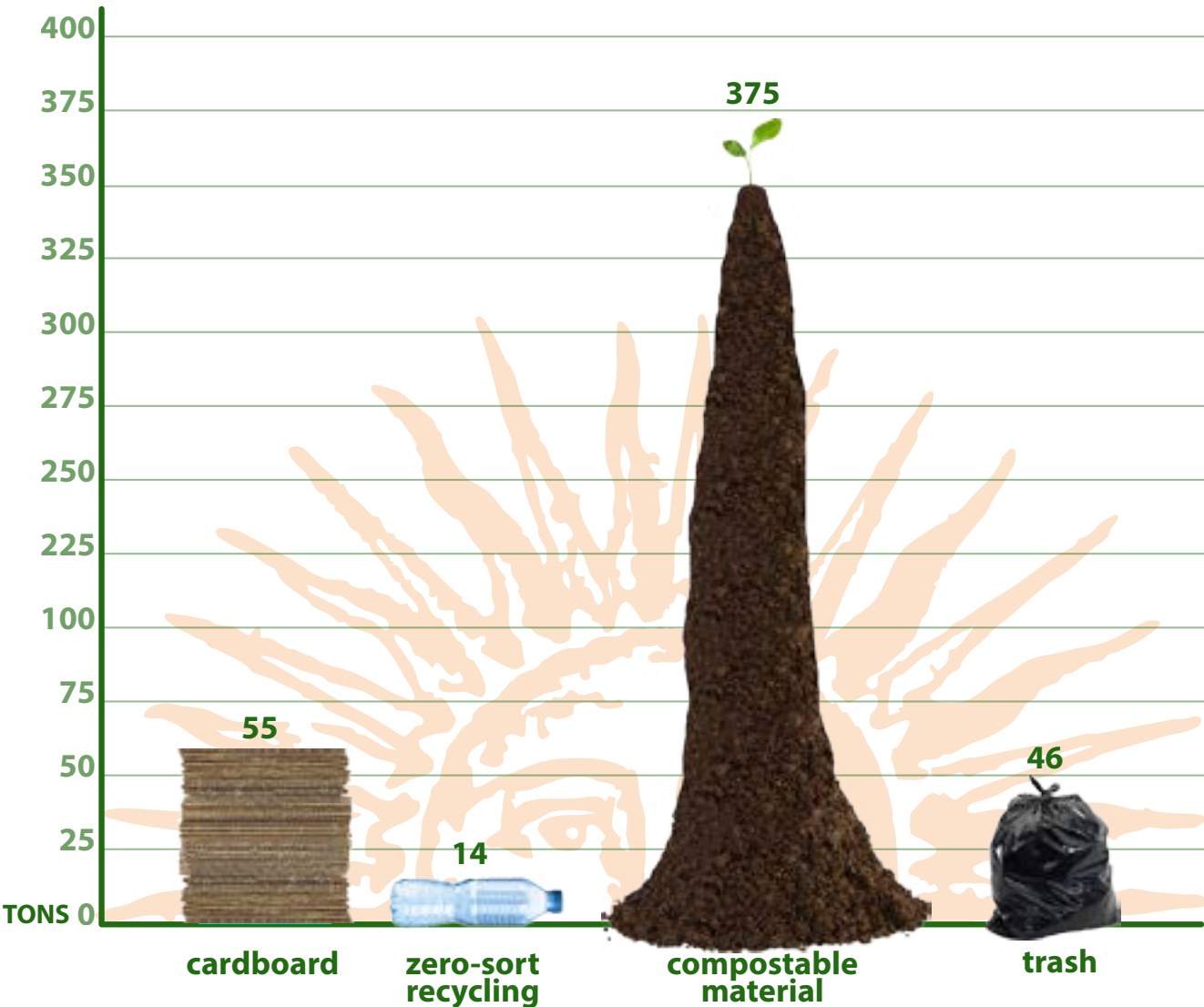


Free Air System We installed a Free Air "Economizer" system in our dairy cooler which uses the outside air to cool the walk-in cooler when the outside temperature falls below 29°F



Solar Farm In September 2014, an array of 500 solar panels went online in New Haven. This 150 kilowatt, photovoltaic power station is the result of a collaboration between [Misty Knoll Farm](#), [Encore Redevelopment](#), [ACORN Energy Co-op](#), and Middlebury Natural Foods Co-op. It takes up about one acre of Misty Knoll property, and is expected to produce 200,000 kilowatt hours of electricity per annum.

MFNC 2016 Waste Measures in Tons

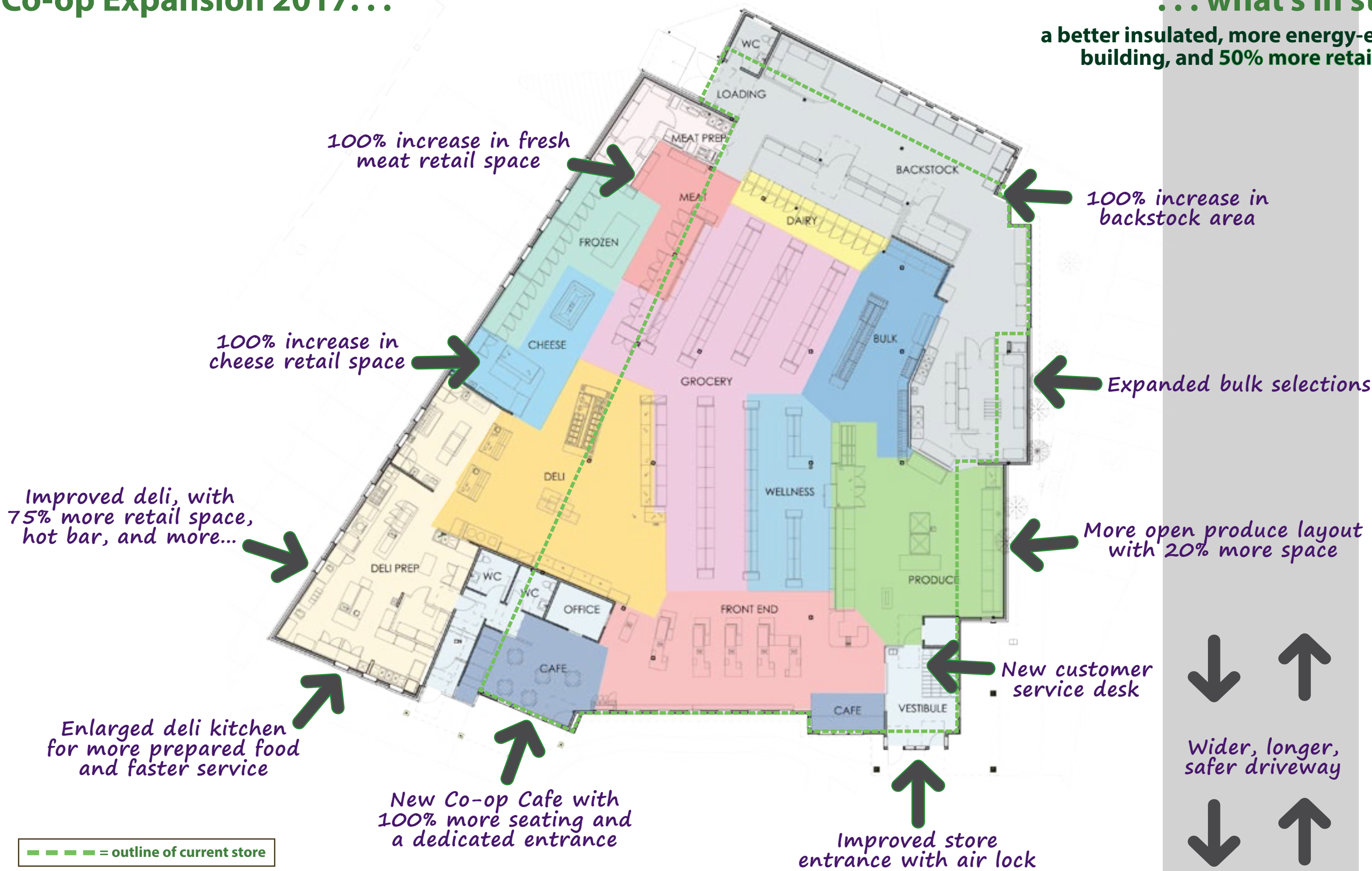


Co-op Forest Through the [National Co-operative Grocers](#) (a big co-op made up of co-ops like ours), we're growing a sustainable forest in a formerly deforested region of the Peruvian Amazon. Find out more about this at Pur Projet ([purprojet.com](#)).

Co-op Expansion 2017...

... what's in store?

a better insulated, more energy-efficient building, and 50% more retail space.



Downtown Expansion A Plan for Greener Growth



Our downtown location is a key element in supporting more pedestrian and bike-centered lifestyles and in reducing fossil fuel use from auto travel.

How will the building change?



There will be an expanded delivery entrance at the rear of the building to make for easier deliveries and the Staff entrance will remain essentially in the same place, allowing easy transit between the spaces in 1 Washington street and the main store.



A small addition to the east of Produce and a small extension to the produce cooler will give valuable space and allow us to improve the energy efficiency as well!



The main entry will remain in the same location. A new vestibule will be constructed to mitigate the cold air from freezing the Cashiers and customers (and costing A LOT of money in heating bills).

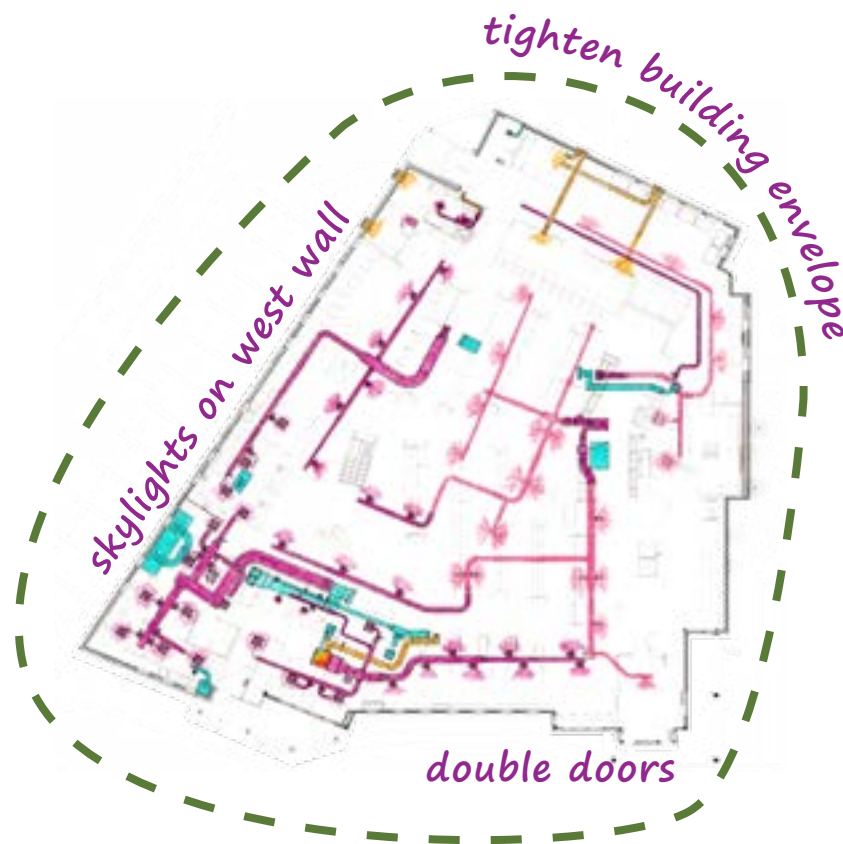


Carbon Footprint

We aspire to expand our current store without expanding our Carbon Footprint.

This is an ambitious goal and one that may take several years to fully realize.

We're looking forward to the challenge!



Ever looked up at the Co-op ceiling to see the maze of infrastructure? In order to achieve our ambitious energy goals, a lot of effort has gone into redesigning the HVAC (Heating, Ventilation, Air Conditioning) system. We will be re-using as much as possible to save cost, while planning for higher efficiency units in the new additions and for the future replacement of existing equipment. We will also continue to use a form of free winter cooling for the large walk-in coolers and freezers!

THE INSIDE SCOOP

Greg Prescott, Operations Manager,
& Cheese Enthusiast
Interview By Reiner Winkler



What brought you to Middlebury, Greg?

My wife Leanne and I were looking for a place to start a family. We wanted to leave the Boston suburbs and live in a place that was smaller and more rural.

We had been to Vermont before and loved it here. We both applied for several jobs in the area; but when I saw that the Middlebury Co-op was looking for an Operations Manager, I became quite excited. My first job after school was at the Harvest Food Co-op in Cambridge; later on I worked in various capacities for Whole Foods in the Boston area.

What do you like about our Co-op?

I like the size and the warm feel that community and staff radiate. I really like knowing all our staff, being close to all departments, and knowing our products. Work is much more team-based. There was a time when I had worked at one of the huge Whole Foods stores – I had been employed there for quite a while when a cashier asked me if I was “new here.” The store was simply too big. I also like the smell of the Co-op, it brings back good memories.

You are our Operations Manager.

What does that mean?

The Operations Manager makes sure that the shelves are full, that pricing is competitive, that our customers find a good product mix, that ordering and receiving are done well, and that we keep track of our inventory. It is the Operations Manager who works out strategies to deal with product shortages, pricing, and handling of product. Greg, you have worked in a co-op before and also with a successful natural foods company.

What do you like about the cooperative way?

That co-ops are community owned and community driven. Our Co-op reflects the values of our member-owners. We meet our owners frequently in the store. Rather than working to increase the profits of shareholders we may never know, we work to put into action what our member-owners have asked for. Corporations may use buzzwords such as “local”, but in the end the management will work for whatever brings a good profit to the shareholders.

Did you grow up on Co-op type foods?

No. In our family we had lots of canned food. We were poor and had to buy what we could afford. After school I lived on fast foods before I learned about good food while working at Harvest Co-op and later Whole Foods.

It was then that I started to eat better. I learned to cook and develop a real love for food and food preparation. I learned to follow recipes and to tweak them. Eating well feels good! It's a wonderful thing to share with friends.

You went to film school, I hear.

Yes. I studied film in Prague, in the Czech Republic. It was a great experience! For the first time in my life I lived and worked not simply to survive but in order to learn... to learn about myself really. I discovered a lot about myself at film school. It was also fun working with the crew producing blockbuster movies such as Casino Royale and The Omen.

I also heard that you were Limbo Dance Champion. I was at a video convention in Massachusetts, where they invited the guests to participate in a limbo dance competition. Just for fun I joined the 30 or 40 participants and made it from one round into the next, while the bar was lowered and then lowered once more. In the end, there was one guy left who seemed to have the crowd on his side. He made a great show of things and looked pretty good in his colorful outfit and spandex pants. And me. Somehow he didn't make it, and I won.

Tell us about your love of cheese.

It would be my dream to run a cheese shop and talk to my customers about good cheese. I am a certified cheese professional, of which there are about 600 in the U.S. There is quite a demanding test that a professional has to pass with the American Cheese Society in order to become certified. You need to know just about everything that has to do with the origin of cheese, where specific cheeses come from, anything it takes to make cheese, from pasture to plate. Cheese is a fascinating food substance! When you purchase it, it still is a living entity; there are so many different kinds of cheese, that can be enjoyed in so many different ways.

Suggest a platter of three different cheeses to our readers: a cow's milk cheese, a sheep, and a goat cheese.

COW: I would use Harbison, a Jasper Hill Brie-like cheese. You don't eat the rind. Make sure it's nicely brought to room temperature, then spoon it onto pieces of baguette. This cheese is phenomenal!

SHEEP: Petit Basque is a subtly complex cheese from the Pyrenees. It comes in little wheels and is made with sheep's milk. I would cut off the top and bottom of the wheel, cut it into quarters and then cut little slivers to serve this cheese. The cheese melts on your tongue. The flavor, with many undertones, kicks in a few short moments later. Like a good red wine, this cheese needs to breathe before it is ready to be served.

GOAT: I suggest something that is not “too goaty.” Cana de Cabra provides a pleasing sense of “bitter.” It's a beautiful Spanish cheese that comes in little logs. Cut a slice and drizzle some raw local honey over it - just a little bit - don't “drown” the cheese. Then add a small sprinkling of toasted sunflower seeds on top. It's an experience!

-Thank you, Greg!

Green Up Day A Vermont Experiment in Co-operation

Early on the morning of Saturday May 6th, thousands of Vermonters will rise, slip into some well-worn apparel, cram some work gloves in their pockets and head off to their towns' pick up centers for maps and bright green trash bags (and let's not forget the free donuts and coffee!). If you've lived here long enough, you might assume that this routine is being played out across the country. In fact, Green Up Day is a Vermont creation and has never been replicated in the same way in any other state.

So, how did this happen? Green Up Day was born on April 18, 1970 as a statewide effort by Governor Deane C. Davis to clean up roadside trash. Vermont happens to be the only state without an Adopt-A-Highway program (there we go again!). In Green Up Day, we have found a truly Vermont-style and co-operative alternative. Paid roadside crews are replaced with local volunteers of all ages, income levels and affiliations, all working with the same goal in mind.



As an experienced Green Up day volunteer, I can attest to the sense of satisfaction that comes from driving by roadsides that you've tended and knowing that you've helped to make your community a better place to live.

In 1979, Green Up became a non-profit organization. Ten percent of Green Up Day is now funded through the state, while the vast majority is covered by the non-profit. While the main focus of the event is still to "green up" our road sides, it has also become an opportunity to bring attention to other environmental issues. - Karin

If you're new to Green Up Day and would like to find out how to get involved, you can find information about volunteering at: greenupvermont.org



GREEN UP DAY
MAY 6, 2017

Join us as we celebrate
Green Up Day 2017!
10am - 4pm

- ✓ Gardener's Basket RAFFLE
 - ✓ FREE Kitchen Compost Pails
 - ✓ FREE CO-OP T-Shirt*
- *when you renew your membership or become a new member, 10am-4pm

Meet staff from Addison County Solid Waste Management District and learn all about this organization!

WE'RE GOING BAGLESS
don't forget your reusable bags!



Spring has sprung and the time has finally come to stop wistfully poring through our seed catalogs and start putting our garden plans into action. Few things help shake off the winter blahs like getting your fingers in the soil and unleashing the bright potential of your backyard garden! Whether you're planning to start your garden from seed, or you're looking to purchase healthy seedlings, we invite you to check out the local offerings from [High Mowing Seed Company](#) and [New Leaf Organics](#)!



Why choose local seedlings? Aside from the fact that you're supporting a wonderful local farm and keeping your dollars local, it makes good sense to purchase local seedlings for the assurance that you're buying healthy plants that are regionally appropriate for our unique growing conditions here in Vermont. You're also helping prevent the spread of plant diseases (blight, anyone?) and invasive pests like root aphids that travel in the soil.

Additionally, many plants from large commercial nurseries & garden centers are treated with plant growth regulators or PRGs. PRGs are applied to nursery plants to preserve or encourage certain traits that help make plants more marketable. This might include bloom-holding capabilities on flowers or growth-stunters that would keep tomatoes, peppers, and the like from growing leggy while awaiting sale. PRGs are classified as pesticides and their safety has not been established.

Plants at large garden centers are also sometimes treated with neonicotinoids. These chemicals are systemic, which means they are absorbed by the plant tissues and expressed in all parts, including nectar and pollen. Unfortunately, this spells disaster for bees, butterflies, and other pollinators that are so vital to our health and our food supply.

The glorious selection of local, organic seedlings at the Co-op come from the hard working crew at [New Leaf Organics](#). Nestled on the town line between Bristol and Monkton, [New Leaf Organics](#) is a certified organic vegetable and flower farm established in 2001 by Jill Kopel and Skimmer Hellier. They primarily grow food and plants for people in the five-town community through their on-site farm stand, their CSA program, two farmers' markets, and also to wholesale accounts like the Co-op. They also raise specialty cut flowers for weddings and events.



Why choose local seeds? If we want to develop truly regional food systems, we must begin with regionally specific seed. When we choose seeds bred and grown in our area, we can be sure that those seeds are regionally adapted to our unique climate and growing conditions. This means that they have already established relationships with our soil, unique weather patterns, and pollinators. They generally require fewer inputs and are more resilient to pests, diseases, and weather events that are common in our neck of the woods.

The abundant offering of organic seeds at the Co-op comes from [High Mowing Organic Seeds](#) in Wolcott, VT. High Mowing Organic Seeds offers over 600 heirloom, open-pollinated, and hybrid varieties of vegetable, fruit, herb, and flower seed. True to their roots, High Mowing Organic Seeds continues to grow many of the varieties they sell on their 40-acre farm, setting them apart from the majority of other seed companies.

In short, by choosing local seeds and seedlings, you're choosing to support local farms, local seed breeders, your local economy, and preserving the health of your local ecosystem. It's a win-win!

Also, be sure to check out the local seed starting mix from [Green Mountain Compost](#)! -Emily

a fondness for fiddleheads



Move closer.. Take a look at this stunningly beautiful leaf...

Ferns have been around for a long, long time; over 300 million years in fact. They covered parts of the Earth with a green carpet long before the dinosaurs roamed the land and flowers brought colors into the world of ours. Ferns are unusual plants as they reproduce via spores and have neither seeds nor flowers. While many regard ferns as weeds, others plant these magical plants deliberately around their yards. I do! Ferns have probably survived for so long because they can adjust to many habitats. True, most ferns thrive in swampy and wet conditions; but some fern varieties have made their home in remote mountain area or dry desert rock crevices. There are over 10,000 species of ferns.

...with hints of artichoke and mushroom

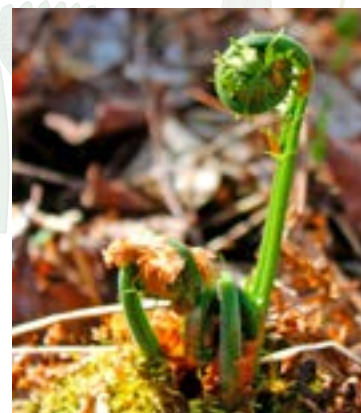
A fern leaf - often referred to as a frond - starts out as a small furred up leafy stem looking like the head of a violin, thus the name "fiddlehead." While all ferns start out in the fiddlehead stage, we refer to a specific kind of fern, namely the Ostrich fern, when we speak of fiddleheads, the scrumptious early Spring green that has been described as a cross of asparagus and baby spinach, with hints of artichoke and mushroom.

You can find fiddleheads in early Spring in our wild swampy areas near rivers and streams.

Be careful though! Not all baby ferns are edible, some are known to be carcinogenic. Ostrich ferns can be identified by their clusters of 3 to 12 shoots and smooth U-shaped turns. Best to consult with a guide or herbalist.

Another option in finding fiddleheads is to come to the Co-op, where we expect our local fiddleheads in early April. Make sure to purchase these harbingers of Spring while they are bright green and have not become soft or discolored. They are best when consumed soon after harvesting.

Before use, wash the curled-up tip carefully and remove any brown chaff. Don't eat fiddleheads raw. Prepare them as you might asparagus. You can boil, steam or sauté them. Fiddleheads sautéed in butter, along with some minced shallots, are a wonderful treat. Or you may want to serve them as part of an early Spring stir-fry, or over pasta or risotto. Go wild! -Reiner



RECIPE - (vegan)

Fiddlehead Orzo Salad



Ingredients:

1lb Fiddleheads soaked & rinsed
2c Orzo pasta
zest of 1/2 a lemon
2c Grape tomatoes halved
2tbs Olive oil
2tbs Fresh chives chopped
to taste Salt & pepper

Directions:

- Soak and rinse the fiddleheads well to remove the brown, papery bits.
- Boil or steam the fiddleheads for 10-15 minutes, then plunge them directly into cold water.
- In a separate pot, boil the orzo pasta according to package instructions then drain and rinse under cool water.
- In a small bowl, whisk together the lemon juice, lemon zest, olive oil, salt & pepper.
- Toss together the cooked orzo, fiddleheads, chives, grape tomatoes, and the lemon dressing.
- Chill and serve.



The Deep Dish

The Gut as our Second Brain

Melanie Christner

Melanie is a certified Nutritional Therapist Practitioner, GAPS™ Practitioner, and Restorative Wellness Practitioner. She specializes in functional nutrition and using food therapeutically. For more info, visit her website @ HonestBody.com

Caring for your gut is AS important as caring for your brain

When we are mere embryos in our mother's wombs, the gut and the brain are formed from the same embryonic tissue. As we continue to develop, our gut and brain come to be connected by the vagus nerve (the longest cranial nerve), which is the fastest and most important route of communication from the gut to the brain.

We need to protect our gut microbes...

When the beneficial gut microbes get damaged or outnumbered, the gut deteriorates because it is not looked after properly. Pathogens, and the toxins they produce damage the cells lining the digestive tract and open up the tight junctions between them, allowing for toxins, microbes, & undigested foods to enter the body. This leads to the immune system getting involved, food sensitivities & allergies developing, and toxins getting into various parts of the brain and body, causing all manner of issues.

What conditions can be attributed to gut health in kids & adults?

- ADD/ADHD
- Allergies
- Autism
- Lupus
- Memory loss
- Mood swings
- behavior issues
- Eczema
- Arthritis
- Rheumatoid arthritis
- Eating disorders
- Fibromyalgia
- Thyroid problems
- Chronic fatigue
- Neurological disorders
- Anxiety & Depression
- PMS
- Epilepsy & seizures
- Adrenal issues
- Schizophrenia
- Panic attack
- Asthma
- Addictive behavior
- Cystitis

Gut microbes perform these important jobs:

- Protection from invaders
- Vitamin production
- Detoxification
- Maintain gut integrity
- Digestion & absorption
- Immune system modulation

What can damage microbial protectors?

- Stress
- Bottle feeding & processed foods
- Antibiotics
- Steroids, the Pill, prescription drugs
- Old age
- Pollution, radiation, toxic chemicals
- Infections
- Older dental work (mainly fillings)
- Alcohol



The gut is our largest sensory organ, outperforming our skin, eyes, mouth, & ears

There is only one other organ that can compete with the gut for diversity -- the brain. The gut's network of nerves is called the 'gut brain' because it's as chemically complex as the grey matter in our heads.

What goes on the gut doesn't stay in the gut...it can influence our behavior, moods, & the health of our whole body!

What protocol can restore gut health effectively?

Sometimes, helping your gut can mean simply eating REAL food, chewing well, and supplementing until your “digestive fire” is back on track. However, most of the families I work with need more intervention and I’ve found the GAPS™ Protocol to be the most effective for repairing and restoring a damaged gut using natural methods. The GAPS diet is a comprehensive healing protocol developed by Dr. Natasha Campbell-McBride, a neurologist and nutritionist who specializes in healing issues like autism spectrum disorders, ADD/ADHD, dyspraxia, dyslexia and schizophrenia by treating the root cause of many of these disorders: compromised gut health. Individuals and families have been using GAPS to successfully remove illness and imbalance for over twelve years. The related SCD diet has been used for over 100 years. It is a healing protocol that is implemented for a finite period of time to restore balance and promote wellness.

GAPS starts with an introduction diet (though many people, begin first by incorporating the full GAPS diet to ease their transition and begin the “Intro diet” when they feel more confident in their transition). The introduction diet offers six stages before the full GAPS diet can be resumed, with the beginning stages allowing little more than broth, good quality fat, boiled meats & vegetables, and the juice of fermented vegetables. ..at 1st, soups are a main part of the menu It’s intense but capable of reversing autoimmunity, cleaning up neurological systems, and promoting health and growth on the cellular level.

The GAPS™ PROTOCOL includes three components: Diet, Supplementation, Detoxification



What if I’m not ready for something like GAPS™?

I would suggest baby steps towards better gut health:
Soothe – consume 1 – 2 cups of homemade “real” meat, poultry, or fish stock a day, incorporated into soups (see recipe!), cooking, or simply drinking.
Culture – consume at least a 1/2 cup+ a day of fermented foods, like kefir, sauerkraut, kimchi, and beet kvass.

RECIPE - (GAPS & Paleo friendly) Spinach & Rosemary Pea Soup



Ingredients:

- 4tbs Butter or ghee
- 1 Large onion diced
- 5 Large carrots diced
- 3 Celery ribs diced
- 1tsp Dried oregano
- 2-3tsp Fresh rosemary chopped
- 14oz Fresh spinach
- 2c Peas (fresh or frozen)
- 1 Lemon juiced
- 2 tbs+ Raw apple cider vinegar
- 4-5c Water
- 4c Chicken stock
- 1tbs Real sea salt
- pinch Pepper(to taste)
- 1/4tsp Cayenne powder(optional)
- 1tbs Creme fraiche or Cream (optional)

Directions:

- Melt the butter in large stockpot.
- Add the onion, carrots, celery, herbs, 2 tsp salt, and about 1 cup of water.
- Cover & stew for 5 minutes, then add remaining water & broth and bring to a boil.
- Lower the heat, and simmer uncovered for about 15 minutes.
- Add the spinach & peas.
- Push the spinach leaves into the soup and simmer until they turn bright green, 2 to 3 minutes.
- Remove from the stovetop and blend soup in your blender or with immersion blender until smooth (I used my Vitamix and blended it in 3 batches)
- Return to stockpot, add lemon juice and apple cider vinegar, remaining salt & pepper to taste.
- Serve immediately with the optional creme fraiche.

Co-op basics Everyday Low Prices on Products We Trust

Co-op Basics is our Everyday Low Price program. Those purple and white signs that you see in the aisles look a lot like sales, but these prices won’t go away any time soon! Shop with Co-op Basics to find really great deals on hundreds of the products you need and that we’ve come to trust.

- Vermont Bread Company 24oz Bread \$2.99ea
- Bulk Frozen Maine Blueberries \$3.99lb
- Organic Fair Trade Bananas \$.99lb
- Local Monument Farms Milk Gallons \$3.99ea
- Organic Earth’s Best Baby Food \$.89–\$1.19ea
- Organic Field Day Beans \$1.49ea
- Organic Field Day Peanut Butter \$4.99ea
- CLIF and Luna Bars \$1.25ea
- Nature’s Gate Shampoo & Conditioner \$5.99ea
- Tom’s of Maine Toothpaste \$3.99ea
-and much MUCH more!



April 2017 FEATURED CO-OP CONNECTION BUSINESS Natural Medicine of Vermont 10% off 1st visit, and \$5 off every subsequent visit for members

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6 Kimball Brook Farm - additional 20% off for members 4/6 - 4/12 Class @ Hannaford Cooking with Spring Veggies	7	8
9	10	11	12	13 Cascadian Farm Organic - additional 20% off for members 4/11 - 4/17 Class @ Hannaford DIY Bitters and Tonics	14	15
16 -CLOSED- FOR HOLIDAY	17	18	19	20 Earth Friendly Products - additional 20% off for members 4/20 - 4/26 Class @ Hannaford Cooking for Gut Health	21	22 EARTH DAY
23	24	25	26	27 Earth's Best - additional 20% off for members 4/27 - 5/3	28	29
30						

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

May

FEATURED CO-OP CONNECTION BUSINESS
Main Street Stationary - 10% off for members

2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 BOARD ELECTIONS: DON'T FORGET TO VOTE!	2	3 <small>Earth's Best - 4/27-5/3</small>	4 <small>Niman Ranch - additional 20% off for members 5/4 - 4/10</small>	5	6 GREEN UP DAY
7	8	9	10 <small>Niman Ranch 5/4-4/10</small>	11 <small>Lake Champlain Chocolates - additional 20% off for members 5/11 - 5/17</small>	12	13
14	15	16	17 <small>Lake Champlain Chocolates 5/11-5/17</small>	18 <small>Amy's - additional 20% off for members 5/18 - 5/24</small>	19	20
21	22	23	24 <small>Amy's 5/18 - 5/24</small>	25 <small>Tierra Farm - additional 20% off for members 5/25 - 5/31</small>	26	27
28	29 -CLOSED- FOR HOLIDAY	30	31 <small>Tierra Farm 5/25 - 5/31</small>			

June

FEATURED CO-OP CONNECTION BUSINESS
Rogers' Relaxing Massage Therapy 10% off for members

				1 <small>Henry & Lisa Seafood - additional 20% off for members 6/1 - 6/7</small>	2	3
4	5	6	7 <small>Annual Meeting @ American Flatbread 5:30-7:30pm ALL WELCOME Henry & Lisa Seafood 6/1 - 6/7</small>	8 <small>Vermont Creamery - additional 20% off for members 6/18 - 6/24</small>	9	10
11	12	13	14 <small>Vermont Creamery 6/18 - 6/24</small>	15 <small>Newman's Own & Newman's Organics additional 20% off for members 5/15 - 5/21</small>	16	17
18	19	20	21 <small>Newman's Own & Newman's Organics 6/18 - 6/24</small>	22 <small>Neighborly Farms - additional 20% off for members 5/22 - 5/29</small>	23	24
25	26	27	28 <small>Neighborly Farms 5/22 - 5/29</small>	29 <small>Woods Market Farm - additional 20% off for members 6/29 - 6/5</small>	30	



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