




Cooking on a Budget

Elissa Castelli

We all know how expensive groceries can get, especially if you have a family to feed. However, there are many ways to save on your monthly food costs so that eating healthy meals does not have to cost a fortune.

Our Middlebury Co-op is committed to provide the highest quality sustainably sourced foods for the best prices to its members and the community. The Co-op has an amazing **Weekly Sales** program, with great sales running every week from Thursday to Wednesday. Along with this program is the **Producer of the Week** program, which allows Co-op members to receive 20% off of the selected company's products. Both sales programs often highlight local goods and have a wide scope ranging from sausages and ground meats, to frozen goods, chocolate chips, and even staples like onions, celery, and carrots. I love these sales because it allows me to stock up on pantry items or try something new and add variety to my family's diet.



Read more 

Speaking of sales, don't forget to special order! If you find a staple grocery or bulk item on sale, you can order a whole box or case at the discounted price.

I am able to base a lot of meals around the Co-op weekly sales. Plus with the new *Co-op Basics* program, it is easier to get quality staples at prices that are comparable to *Shaw's* or *Hannaford*. An example of this is the extra-virgin olive oil sold in the Bulk Foods department. I am able to refill my olive oil bottle, or use a plastic container provided by the Co-op, at a fraction of the price of buying a bottle off the shelf. Check out the awesome Bulk maple syrup and honey prices too! Bring your own container!

Speaking of the **Bulk Foods** department at MNFC, it is absolutely incredible and extremely budget friendly. The Bulk department allows me to buy essentials like flour, sugar, grains, beans, oils, spices, chocolate, and so much more, at a fraction of the cost of buying these items pre-packaged. With the bulk department I also have the freedom to try a new item without committing to buying a whole package. If I want to try out a new grain, like farro, I can just get a small amount, or alternatively, I can stock up on a lot of rice because I know that my family goes through it fast. It even makes specialty items more affordable, like gluten-free pasta and flour. I love to experiment with new spices, but that can get really expensive if I buy them pre-packaged elsewhere! At the Co-op, I can buy spices in bulk and get exactly the amount I need for a great price. I like to snack on roasted almonds, but instead of buying them roasted or flavored, I buy them raw (and on sale if I can!) and toast them in my oven at home, by putting them on a baking sheet and placing them in a 325 degree oven for 10-15 minutes. I think they taste better this way and are at least half the cost of the already roasted or flavored nuts.

“My ultimate cooking on a budget secret: planning ahead!”

We all know that **beans**, aside from being healthy, are a great budget-friendly item. They are more expensive if buying them pre-cooked in cans, so I love to buy them in bulk. Not to mention that many bean varieties in bulk are even grown locally! Cooking beans from scratch, although it takes more planning, is very simple and totally worth it. I start by soaking beans in cold water overnight on my countertop. If I forget to soak them the night before, I use this quick soak method: soak the beans for one hour by boiling water first and then pouring it over them, covering with about two inches of water. Then I drain and rinse the beans under cold, running water, put them in a pot and cover them with 3-4 inches of cold water and a pinch of salt. I then bring the pot to a boil, turn it down to a simmer and let the beans cook until tender, usually about an hour. Now I have beans for the week that I can use for many different dishes!

I also enjoy making a big pot of black beans to eat with rice or as a stew. To do this, I cook my black beans (2-3 cups dry) as I described above, but I add a quarter of a peeled onion and a few peeled garlic cloves and let them cook along with the beans to add flavor. Then, in a medium-sized pot I sauté a chopped onion and green pepper until they are soft, then add garlic, salt, pepper, and any spices I might want (like cumin and coriander), and let them cook a few more minutes. I then add my cooked black beans, and some of their cooking liquid and let the pot of beans simmer until it reaches the consistency I like (usually nice and thick!). At the end, I add a splash of apple cider vinegar, and about a tablespoon of sugar (honey, or whatever you like), more salt and pepper to taste, and I'm done! Feel free to play around with the ingredients, and cater it to your tastes! The vinegar and sugar are the secret to a well-balanced and delicious pot of beans. This is a budget friendly dish that makes plenty of leftovers!

I learn a lot by comparing prices in the Co-op. For example, if I am making a chocolate dessert, I can use the chocolate chips, *Callebaut* callets, or the chunks of *Callebaut* chocolate sold in the Bulk Foods department that I have to chop up myself. I recently discovered that the large *Callebaut* chocolate chunks needing to be chopped are at least half the price of the *Callebaut* callets. This means that I can make my



favorite dessert at half the cost, with just a few extra minutes of prep work. I have included the recipe at the end of this article on page 18.

Even though we talk about beans as the ultimate budget friendly (and healthy!) item, you don't have to just eat beans! There are so many things you can do to shop at the co-op on a budget. MNFC works diligently to make great food affordable to the community.

Now, let me share my ultimate cooking on a budget secret: **planning ahead!**

When I don't take the time to plan my meals ahead and devote a few hours on the weekend to making meals for the week, I spend so much more money on extra trips to the store or even take-out, which gets so expensive! I often roast a whole chicken then use the meat for several dishes like a simple pasta, chicken soup, and a chicken and rice casserole. I cut up vegetables, and make a huge salad, and bake a simple crustless quiche with eggs and whatever ingredients I have on hand. I survey my pantry for what I already have and can base meals around. Planning ahead and devoting some weekend time to cooking is fun for my family, and allows me to buy some specialty items I really want since I am not making those expensive last minute trips!



Elissa Castelli is a member of our Middlebury Co-op Staff.

**Interview with
Co-op Staff Member**

Lily Bradburn



Reiner Winkler: Lily, some time ago, you and our colleague Emily Fleming made a short movie about the daily life in the Co-op Deli department. What was that all about?

Lily Bradburn: At the Co-op we try to learn not just about our own but also about other departments. So we made this movie trying to show what it's like to work in the Deli department. By speeding up the movie, for a number of frames, we wanted to show how fast moving and crazily busy it often is in the department, especially during the midday rush.

RW: The movie was also immensely entertaining! It showed how much food is packaged and prepared in the department, while at the same time coffee is brewed, sandwiches are made, smoothies served, and customers attended to. Why is the Deli sometimes referred to as *Packaged Foods* department? What's the difference?

LB: A Deli typically offers sliced cheese and meat to order. We used to

do that some time ago. Now we focus on ready made entrées and items for folks to build a meal with. *Packaged Foods* sounds a little corporate to me. Perhaps we should come up with a different name. We are also known as the *Natural Foods Café* – that seems to make sense, considering that our seating area is an important part of our department.

RW: When the Co-op expands, what should we consider for the Deli department? What, in your view, is needed the most?

LB: Members have asked for more space in the seating area. We also need to rethink the coffee bar. The space in front of that space serves as an area for sandwich orders as well and is often clogged up with customers. It can be quite a stressful environment for us to work in and for the customers to deal with. The area may need a total revamping.

RW: You mention coffee and tea. Don't forget hot chocolate!

LB: Ah, yes the hot chocolate... it has become so very popular! People say it's the best hot chocolate in town.

RW: What's special about it?

LB: It's simply whole milk, cocoa, sugar, and vanilla. Perhaps it's the cocoa from the Frontier Cooperative that makes the difference. It's dutched organic, Fair Trade cocoa powder. It's a really good product.

Back to expansion... we also need space in the back of the Deli. The kitchen is too small. The cramped space adds stress and is almost not safe enough to work in.

RW: Where did you grow up, Lily?

LB: I grew up in Rhode Island. I attended Green Mountain College in Poughkeepsie and after graduation started working here at the Co-op. I have not given up my dream of traveling through North America in a trailer with my boyfriend Benj and writing a blog about the food culture of America. Maybe it could turn into something bigger at some point.

RW: You have great interest in food. Do you cook at home?

LB: Yes. When I prepare food, I sometimes follow recipes but more often I get impatient and add whatever we happen to have around and spice our meals off the cuff. I make my own yogurt. And I bake. I love making brownies late at night! I also make my own pasta.

RW: I love homemade pasta! A friend of mine used to make Spaetzle, a southern German pasta dish at dinner parties.

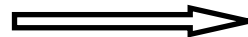
LB: I know Spaetzle! I have a Spaetzle maker that I got in Tirol, Austria. Benj and I studied in a small town in southern Tirol, in the Austrian Alps, during our semester abroad. We stayed at the Brunnenburg Castle, which was run by the daughter of Ezra Pound. It was such a great time! We learned so much about food culture and ancient agricultural tools.

RW: You also like music.

LB: My dad is a musician. He plays the guitar in a band, and has inspired my love of music. My sister studies music and works in music production. I myself play the banjo, but progress is rather slow.

RW: Lily, you not only work with us at the Co-op, you are also actively engaged in HOPE [Helping Overcome Poverty's Effects], Addison County's locally controlled and locally funded poverty relief organization. Tell us about your work there.

LB: I started working with HOPE last October. I am the Local Food Access Coordinator in Addison County. I try to capture surplus food. We work to provide food donations for the local food shelves, especially HOPE. We have our own food shelf, which is the largest in Addison County. We also provide the Mary Johnson



daycare and Parent/Child centers with surplus food. We also use the local facility at the Hannaford Career Center to freeze surplus produce. Come harvest season I will find community members to participate in gleaning projects on local farms. Last year we provided 10,000 pounds of local produce! I am excited and delighted that we can find ways to provide not just quantity but also quality foods to our neighbors in the area. On the farms we procure produce that is slightly different in shape and therefore doesn't qualify for retail use. Carrots may be somewhat twisted or butternut squash a little weird and shaped too roundly.

RW: The recent National Geographic lead article is on *Food Too Good to Waste* and deals with food that seems “ugly”, and is therefore often wasted when it could help feed many people on the planet.

LB: Exactly. We must and we can

make a better effort to help people who are food insecure! I am really upset about the recent changes in the WIC Program [Women, Infants, and Children], for example. The Co-op is longer able to support this program because it is now limited to specific brands... brands the Co-op doesn't carry. WIC participants have less choice and often less opportunity to receive the food they need and deserve. These brands tend to be cheaper and therefore supposedly provide more for less money; but the foods are often less nutritious.

Oh, I could talk for days about how flawed the food system is! The changes in the WIC guidelines hurt especially women and children. Mothers are often forced to make food choices that set poor examples for their families. Children are off to a bad start. We need better systems!

RW: Thank you, Lily!

Chinese Proverb

“Eating what stands on one leg [mushrooms and plant food] is better than eating what stands on two legs [fowl], which is better than eating what stands on four legs [cows, pigs, and other mammals].”

from Michael Pollan's *Food Rules*

Eat sweet foods as you find them in nature.



In nature, sugars almost always come packaged with fiber, which slows their absorption and gives you a sense of satiety before you've ingested too many calories. That's why you're always better off eating the fruit rather than drinking its juice. (In general, calories taken in liquid form are more fattening because they don't make us feel full. Humans are one of the very few mammals that obtain calories from liquids after weaning.) So don't drink your sweets, and remember: there is no such thing as a healthy soda.

from Michael Pollan's *Food Rules*

! Be-the-Change Certified !

What is B Corps? B Corps is a global movement of people using the power of business to solve social and environmental problems. You might say that a B Corps certification is to sustainable business what LEED certification is to green building. To earn a B Corps certification, companies must pass a rigorous review by the non-profit B Lab, which verifies that a company is meeting the most rigorous standards of social and environmental performance, accountability, and transparency. Over 1,000 companies in 30 countries have been certified thus far, and all company ratings and impact reports can be found at bcorporation.net.

B-certified brands offered at the Co-op include *Badger, Ben & Jerry's, Cabot, GladRags, King Arthur, Klean Kanteen, Lotus Foods, New Chapter, Nutiva, Pete & Gerry's, Runa, Seventh Generation, Vermont Creamery, Yogi Tea*, and more.



**PEOPLE USING
BUSINESS
AS A
FORCE FOR GOOD**

Member Appreciation Sales

*During the month of April, we will feature four companies that practice high standards of business and production. During the week that the company is featured, Middlebury Co-op members will receive a **20% discount** on any time made by that company.*

On **April 7 through April 13**, the Spotlight will be on **Seventh Generation**, which for 27 years has been creating powerful plant-based cleaning solutions for your home and family. Products available at the Co-op include hand-dishwash and dishwasher detergent, facial tissue, paper towels, bathroom tissue, and much more.



On **April 14 through April 20**, **King Arthur** will ride to the rescue. The Vermont based flour company is known for high quality flour, flour mixes and baked goods. At the Co-op, you'll find whole wheat flour, white all-purpose flour (always unbleached), cake flour (not to be confused with pastry flour!), gluten free flour, and a variety of cake mixes.

*It's not food if it arrived through
the window of your car.*

Michael Pollan


Lotus Foods imports rice from places including Bhutan, Bangladesh, Cambodia, Indonesia, China, and Madagascar. *Lotus Foods* is all about whole grain rice and sustainable growing practices. During the week of **April 21 through April 27**, all *Lotus Food* rice will be discounted to our members. You'll find Mekong Flour, Madagascan Pink, Volcano, and Black Forbidden Rice (full of antioxidants!) in the store.



From **April 28 through May 4**, we'll go fishing: *Natural Sea* has been committed to sustainable fishing since 1991. All their products are verified GMO free. We carry canned tuna and a variety of frozen fish products in the store.



During the month of April you will find a variety of seeds **on sale** in the Bulk Foods section: Stock up on sunflower, amaranth, sesame, flax, hemp seeds and even popcorn...





Global Warming and Climate Change A Problem We Can Potentially Solve Ross Conrad

This month we will start a 3-part essay about climate change. Ross Conrad has provided an assessment of the man-made environmental crisis we face, along with a possible solution. Ross is a member of Middlebury Co-op. He serves on the Board of Directors. He is also the owner of *Dancing Bee Gardens* and the author numerous articles on organic beekeeping and the book *Natural Beekeeping, Organic Approaches to Modern Apiculture*.

Part I

The vast majority of scientists agree that the dramatic increase in atmospheric carbon-dioxide from around 280 parts per million (ppm) at the start of the Industrial Revolution to over 400 ppm of CO₂ currently is caused by human activity. A growing body of research indicates that this is playing a significant role in the numerous weather extremes and weather-related changes being observed globally. Thankfully, the evidence indicates that the ecological farming practices of ecological agriculture can be harnessed to reverse the damage being caused by greenhouse gas (GHG) emissions.

In order to best deal with greenhouse gas emission and the resulting weather extremes and weather unpredictability that accompany them, we must transition to renewable energy sources (solar, wind, hydro, geothermal and biomass) and stop burning most fossil fuels as soon as possible. This also means that we will likely need to cut back on our energy usage, particularly the vast amount of energy we simply waste as a result of inefficiency or laziness. Reducing our energy demand, will make it easier to meet our energy needs with renewables alone. However, we also need to do something about all that additional carbon dioxide that is already in the air. While a number of geoengineering solutions have been proposed (ringing the earth with orbiting reflective mirrors, or seeding the oceans with iron oxide in order to stimulate algae growth), there is only one practical solution that has already been proven to work without creating equally unbearable side effects and additional problems: the use of plants to sequester carbon in the soil.

Biology does the work

A spoonful of healthy soil contains more micro-organisms (bacteria, fungi, nematodes, protozoa, algae, etc.), than there are humans on the planet and these organisms have a huge appetite for carbon (Hoorman, 2010). As a result, they quickly use up all the available carbon in the soil and to get more they work with plants who sequester carbon in the soil through photosynthesis. The chlorophyll molecules in plants allow them to use the energy from sunlight to break apart water molecules into water and hydrogen. Plants release the oxygen into the atmosphere and temporarily store the hydrogen. In the second stage of photosynthesis, the hydrogen is combined with carbon dioxide to create carbohydrates such as the simple sugar glucose.

Not all of the carbohydrates manufactured by plants are consumed by the plant or inserted into the nectar they use to attract pollinators. When they produce carbohydrates through photosynthesis, plants will emit a significant amount of these carbon containing compounds into the soil. Micro-organisms in the soil quickly consume these root exudates and want the plant to produce more. In order to encourage the plant to produce more the micro-organisms work on behalf of the plant so that the plant will grow strong and

healthy and exude a lot of carbon containing materials from its roots. For example: fungi will transport water and nutrients to the roots of the plant; and bacteria will fix nitrogen, synthesize hormones, and even produce antibiotics or fungicides for the plant. Over the course of a year, an acre of wheat can take 8,900 pounds of carbon in the form of carbon dioxide in the atmosphere, combine it with water and make about 22,000 pounds of simple sugars. Estimates are that world-wide, 15 percent of all the carbon dioxide in the atmosphere is transformed by the process of photosynthesis each year (SAPS, 2015).

Of course we need to sequester carbon in a way that ensures soil micro-organisms won't simply consume it all and release it as carbon dioxide back into the atmosphere once again. We know this is possible since the organic

5 Practical Ways to Apply These Ideas Today:

- ◇ *Install Solar Panels on your home or property*
 - ◇ *Replace old appliances with more efficient models*
 - ◇ *Replace your oil or gas boiler with an air source heat pump*
 - ◇ *Walk, ride a bicycle, or take public transportation instead of driving*
 - ◇ *Primarily eat foods that are low on the food chain (fruits, vegetables, grains, and nuts)*
-



matter found in soils, such as throughout America's fertile mid-west, were historically much higher than they generally are today with levels of 6-10 percent common, and documented levels of organic matter as high as 20 percent (LaSalle 2008).

What has prevented soil organisms from decomposing all the soil organic matter in the past? This is not fully understood, but we do know that the one form of carbon in soil that appears to remain stable for centuries is humus. Humus refers to the part of soil organic matter that is rather shapeless and formless without the "cellular structure characteristic of plants, micro-organisms or animals" (Whitehead, 1963). According to Wikipedia, "It is difficult to define humus precisely; it is a highly complex substance, which is still not fully understood. Humus should be differentiated from decomposing organic matter. The latter is rough-looking material and remains of the original plant are still visible. Fully humified organic matter, on the other hand, has a uniform dark, spongy, jelly-like appearance, and is amorphous. It may remain like this for millennia or more. It has no determinate shape, structure or character. However, humified organic matter, when examined under the microscope may reveal tiny plant, animal or microbial remains that have been mechanically, but not chemically, degraded. This suggests a fuzzy boundary between humus and organic matter. In most literature, humus is considered an integral part of soil organic matter."

"...there is only one practical solution that has already been proven to work without creating equally unbearable side effects and additional problems: the use of plants to sequester carbon in the soil."

Until soil scientists learn more about humus and how it is formed we can only guess at how it is created. The evidence so far indicates that building soil organic matter and carbon levels that will create an abundance of soil micro-organisms that will help plants to thrive and sequesters carbon in the ground, requires more than simply adding organic matter to the soil. We now know that to build up the percentage of carbon in the soil over the long term (humus) there are certain agricultural practices that have proven themselves successful.

Next month we will review these agricultural practices and explore what it will take to restore balance to our planet's atmosphere, and our struggling ecosystems.

Special thanks to the Massachusetts Chapter of the Northeast Organic Farming Association and Jack Kittredge for the white paper: Soil Carbon Restoration: Can Biology Do the Job? (2015), which formed the basis for this article series. <http://www.nofamass.org/content/soil-carbon-restoration-can-biology-do-job>

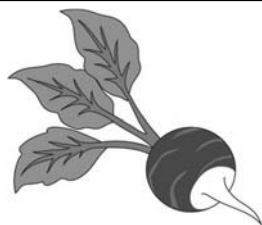
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Radish

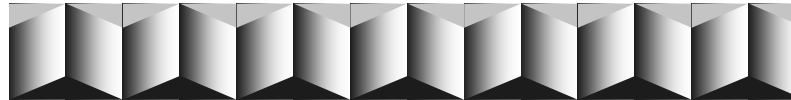
Offering a peppery, satisfying crunch with every bite, radishes have a unique place in the hearts of veggie lovers. A root from the Brassica family and a cousin to cabbage, the many shapes, sizes and colors of different radish varieties is surprising.

In the U.S., the average large radish is red, round with a glistening white interior and roughly the size of a ping pong or golf ball. Another type is the creamy white daikon - a true tuber with the tail to show for it, and a winter radish, while the red ones proliferate in the spring. The original radish was black. Other varieties come in pink, dark grey, purple, two-tone green and white, and yellow.

The radish is well-traveled and ancient, mentioned in historical Chinese annals as early as 2,700 B.C. Egyptians cultivated them even before building the pyramids. Greeks and Romans liked them as large as they would grow, and served them with honey and vinegar. Radish cultivation reached England, Germany, Mexico, and Puerto Rico by the 1500s. In Britain, radishes had medicinal as well as culinary uses, usually for kidney stones, bad skin, and intestinal worms. It may have worked, because the colonists brought radish seeds with them to the New World.

Radishes are still a popular garden crop, planted and harvested early and seemingly impervious to light frost. When harvesting or buying red radishes, make sure they're not too large or they're apt to be hollow or pithy. The greens and the roots are used in cooking, especially with additions like spinach. Just wash them well and make sure they're not limp or yellow.

Source: foodfacts.mercola.com



40 Years

Middlebury Natural Foods Co-op

In preparation of our 40 year Middlebury Co-op Anniversary, we will print a variety of articles that may illuminate what our Co-op was like through the years. Here is a newsletter article written by Angelo Lynn, published in the Addison Independent in May 1994, referring to the Co-op's expansion that year. It was published under the heading of *Co-op Expands...*

In the past 25 years, the Middlebury Natural Foods Co-op has evolved from a small pre-order group working out of a New Haven barn to a million-dollar business in Middlebury's downtown.

This month*, the co-op completes another transition...

"We're not just a little health food store stuck in the corner anymore," grocery manager Suzanne Sawyer said. "We're definitely a full-service store."

That transition has been a long time coming. Started in the late '60s by a group of Middlebury college students and a group of Ripton residents, so the story goes, the early days found members gathering at a New Haven barn. They would take the bulk grocery products and divide things up, also splitting the cost.

By 1971, the co-op had moved into Middlebury and the former train depot on Seymour Street, and members

decided to incorporate as not-for-profit entity.*

The Co-op moved to its present site on Washington Street around 19080, and expanded into the back of that space in 1984. The newest renovation, which is expected to be completed by the end of the month will increase the floor space from 2,00 square feet to 4,900 square feet...

The co-op budgeted about \$140,000 for the renovation project in addition to the purchase of the space from #1 Auto, which moved about a year ago to Route 7 South.

"We're on a good growth track," said manager Ann Webster, who said the co-op's gross sales continued to grow during the recent recession, even though a competitor opened in Bristol.

Such flush times weren't always the case, former board president Walter Miller, a Middlebury accountant, recalled some tough times as recently as 1987, when the co-op was strug-

gling. A report in The Addison Independent quoted him as warning that the co-op might have to close if financial affairs didn't improve...

As a cooperative, the store is run by a management team that reports to a board of directors. Members, of which there are about 350, "own" the store, though annual memberships are only \$12 and there is no monetary compensation (such as shares of stock) for becoming a member. Instead, members receive store discounts on food, from 2 percent to 10 percent depending on whether a member works as a volunteer.

"We think of ourselves as community-based, community-owned," Webster said, "but we seem to be seen as operating on the fringes of

the community... There are still people out there who avoid the store because they're unsure what they will find inside... We're not this nutty-crunchy thing; we feel more professional, yet feel that comfort of being friendly and helpful to our customers.

While Webster and Sawyer were quick to distinguish the co-op from mainstream stores, they also emphasized the wide variety of foods they carry, which completes the co-op's transition from a small group of people ordering bulk foods to a full-service grocery.

"We don't only have tofu and seaweed, we have lots of things you find in most groceries," Webster said.

* MNFC incorporated in 1976, not in 1971, as stated in this article.



**Co-op Sustainability Series
At the Hannaford Career Center
From April 7—April 21**

Thursday, April 7th 5:30-7:30
Anti-Inflammatory Foods with Holistic Health Coach Krissy Ruddy

Thursday, April 14th 5:30-7:30
Seed Starting for Backyard Gardeners with Emily Millard

Thursday, April 21st 5:30-7:30
Cooking with Spring Veggies with Elissa Castelli:

For more information, or to register for classes,
please contact Denise Senesac at the *Hannaford
Career Center*.

Call (802) 382-1004,

or email dsenesac@pahcc.org

Please register at least one week in advance.

Classes are capped at 12 participants and will be
filled on a first-come, first-served basis.

All classes are \$30 each.

Classes are *free of charge* for members of the
MNFC *Food For All* participants.



**Texture Salon, Middlebury,
58 North Pleasant Street 388-9449**

*... offering a new kind of salon
experience where many hair and
skin care services and products
are free of toxic ingredients
(parabens, sodium laurel sulfates,
talc, ammonia and other toxic
agents), ethically-produced/tested,
sustainable and environmentally
friendly. Co-op member owners
receive 10% off their first visit!*

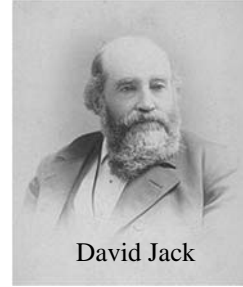




Monterey Jack

Wendy Stewart

Monterey Jack cheese is thought to have originated in the U. S. in 1890 by David Jack, a California businessman. However, the true source is in Spain, and based on a recipe for queso del pais (country cheese). It was brought to America via Mexico, then into California by Franciscan monks in the 1700's. A Spanish family headed by Donna Juana Cota de Boronda is known to have produced and sold queso del pais long before David Jack's cheese. But it is Jack who is responsible for creating a large following when he started shipping the cheese to San Francisco and other U.S. cities. "Jack Cheese" was stamped on the shipping crates. Production was originally centered in Monterey County, but is now made in many parts of the U.S.



David Jack

There are two types of Monterey cheeses. The first being the fresh, young, creamy cheese which has a mild delicate taste. It is semi-soft and has no rind. The second cheese is an aged "Dry Jack" cheese which is quite hard with a rich, sweet, nutty taste, with fruit and caramel traits. Dry Jack was created by accident when a San Francisco wholesaler had too much inventory allowing his Monterey Jack to age longer than usual, resulting in a drier, harder cheese. This occurred during WW I when importation of hard European cheese were limited creating a ready market for Dry Jack. In 1931 Tom Vella, one of America's first artisan cheese makers, started the *Vella Cheese Company*. His son, Ignacio, continues the tradition of making this delicious cheese, and is the most prominent of Dry Jack producers. I love Dry Jack eaten by itself, or grated and added to pasta.

The young Monterey Jack is also very popular at MNFC. We have a couple different brands. *Neighborly Farms* makes an organic cheese found in the cheese case. Then Ohio *Minerva* Monterey Jack is located in the large case. We also offer a Pepper Jack which is a great way to liven up mud season when added to such dishes as macaroni and cheese, burritos, grilled sandwiches, etc. Pepper Jack is also available organic made by *Neighborly Farms*.

Wendy Stewart is a member of our Co-op staff.



Chocolate Sunken Soufflé Cake

2/3 cup unsalted butter, plus more
for greasing the pan
6 1/2 ounces bittersweet chocolate
pinch of salt

4 eggs
3/4 cup sugar
Cocoa powder, for dusting on top

Preheat oven to 340 degrees.

Butter a 9-inch spring form pan and line the bottom with parchment paper.

Melt the butter and chocolate with the salt in a heatproof bowl set over a pan of barely simmering water. Stir occasionally but not vigorously. Once the butter and chocolate have melted, remove the pan from the heat but keep the mixture warm and resting over the pan of water until ready to use.

Separate the eggs, placing the yolks into the bowl of your stand mixer first. Add half the sugar and whisk until the mixture forms pale and fluffy ribbons and has doubled in volume. Remove the bowl of melted chocolate from the pan of hot water and set it on your work surface. Fold the whisked yolks into the melted chocolate. They should be marbled and not fully incorporated.

Wash out the mixer bowl and dry it thoroughly, and now add the egg whites to it along with the remaining sugar. Whisk on high speed until medium-soft peaks form. Do not over whip. The consistency of the egg whites should resemble that of the yolk and chocolate mixture. Fold the whites into the chocolate until just mixed, then pour into your prepared pan.

Bake for 30-40 minutes, until the top of the cake is puffed and just starting to crack. The cake will still have a bit of a wobble and will be puffing out over the top of the pan. Place the pan on a wire cooling rack and coax any extra overflowing cake back into the pan. Allow to cool for a good 20 minutes, then remove the sides of the pan, peel off the paper, and slide the cake onto a nice serving plate. Dust with cocoa powder before serving, or garnish as desired.



Source: *The Violet Bakery Cookbook*, by Claire Ptak.

*You know you're getting old when the
candles cost more than the cake.*

Bob Hope

Community Supported Agriculture

It's time to think about a CSA for the summer. Community Supported Agriculture (CSA) is a great way for consumers to buy local in season food directly from the farmer. Purchase a "share" from a farmer before the season starts, and in return get a box of seasonal produce each week throughout the growing season.

Many farms in the area offer CSAs. *Lewis Creek Farm* offers a CSA with pickup right here in the coop parking lot. Pickups are Wednesdays from 5:00PM to 6:00PM.

For more information or to sign up go to www.lewiscreekfarm.com/csa.html or call Hank at 802-453-4591 or email at lcfarm@gmavt.net

On April 22, in respect of Earth Day, **We Will Go Bag Free.**

When shopping on Earth Day, please bring your shopping bag to the Co-op. Should you forget, you may purchase a bag or use a cardboard box which we will provide.

We will celebrate Earth Day during our **Green Up Festival on May 7** and hope to see you there. More info in May.



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