



Unhidden Treasures

There are some great foods at your Co-op you may have overlooked. Listed below are some food items you may want to explore during the coming year. Some of them are super-healthy, some of them delicious, some simply unique or interesting. Try these new foods and see what you think; they may enrich your life! Or they can help you to impress your friends as in "Come join, us for a Gnocchi party!"



Hutterite Soup Beans

Ryan and Rachel Yoder grow a number of heirloom beans on their farm in Danby, Vermont. Their Hutterite bush beans make a fabulous soup with a rich creamy texture and fine flavor. The seeds are a beautiful ivory color. They are named after the Hutterites, a Christian group that lived according to the radical teachings of Jakob Hutter. They emigrated to North America in the 1870s and still have colonies in several Canadian provinces.

[available in our Bulk bin]

Royal Rainbow Quinoa

Quinoa comes in these colors: white, black, and red. Different kinds of quinoa provide slightly different texture and flavor. Try beautiful rainbow colored Quinoa for fun. It looks beautiful. Your purchase will support the Fair Trade business and thus small farmers in the South American Andes. Quinoa is a pseudo-cereal, as it is related to beetroot and spinach rather than to the cereal grasses. It's known for its high protein content and great health value. [available in our Bulk bin]

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The 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.

The purpose of the MNFC Newsletter is to provide a means of communication between the Co-op and its membership. Its aim is to provide a forum, which promotes an awareness of social, health-related, political, economic, technological, and environmental issues as they relate to food and other products sold by the Co-op. In addition, the Newsletter provides a medium to introduce the Co-op and its products and services to the general public. The format is intended for educational debate and discussion. Your letters of opinion and article submissions are welcome and encouraged. The views expressed in the MNFC Newsletter do not necessarily reflect the policies or beliefs of the Middlebury Natural Foods Cooperative as a whole.



Call 802-388-7276, or e-mail us at mnfc@together.net

Visit our website at Middleburycoop.com

Or Like us on Facebook

Middlebury Co-op Ends Statement

***MNFC member owners, customers,
and the community benefit from:***

- ◆ **Healthy Foods**
- ◆ **Vibrant Local Economy**
- ◆ **Environmentally Sustainable
and Energy-Efficient Practices**
- ◆ **Cooperative Democratic Ownership**
- ◆ **Learning About These Values**



Celeriac

Here is a kind of celery that is quite different from the celery stalks most of us are familiar with. Celeriac is cultivated for its root, which can be cooked or eaten raw. Celeriac may also be roasted, stewed, blanched, or mashed. When added to soups or stews, it adds a pleasantly sweet rich flavor. While still hard to come

by in North America, Celeriac is widely cultivated in Northern Europe and the Mediterranean, where it even grows wild. [available in our Produce section]

Dried Papaya

You are probably familiar with our dried unsweetened Mango and Pineapple, some of our bestselling dried fruit. They are energizing, tasty, and good for you. Don't overlook our organic dried Papaya. It's somewhat chewy and it takes a while for the flavor to make itself known. However, with a little patience it's quite satisfying. Papaya is a great source of nutrients such as provitamin A, carotenoids, vitamin C, folate and dietary fiber. It also contains a variety of phytochemicals, including the essential nutrient lycopene. [available in our Bulk Dried Fruit section]

Gnocchi

Gnocchi are soft dough dumplings, made with semolina flour, wheat flour, eggs, sometimes cheese. The variety sold at the Co-op is egg-free and includes potatoes. Boil the gnocchi for 2-3 minutes until they float to the top. Drain, then season the dish with a pasta sauce of your choice and top with grated Parmesan cheese. In Italy, Gnocchi are served as an alternative to pasta. Gnocchi are very popular in Croatia, France and some places in South America. [available in our Pasta aisle]

By the way... say *n(y)aw-kee* and use your arms and hands to provide emphasis.

Conchiglie

Montebello organic Conchiglie is artisan pasta from Italy that "uses long forgotten Old World techniques to create distinctive flavor and texture." Not all pastas are alike. See for yourself and try this delightful imported pasta. Don't overcook the pasta. Conchiglie should be done after 8 or 9 minutes cooking time.

[available in our Pasta aisle]

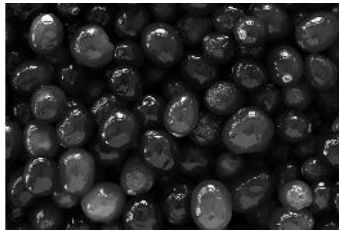
Radicchio

Using this leaf chicory in your salad will add some bitter and spicy flavor. Radicchio can also be grilled or roasted, which mellows its bitter taste. [available in our Produce section]



Cheese

We are fortunate to have so many different kinds of cheese to choose from at Middlebury Co-op. Not every little town offers 50 kinds of local and next to 50 kinds of international cheeses, some of them national or world award winners. When it comes to cheese, it is sometimes shocking to see the price. Keep in mind that a lot of work and care goes into making good cheese. Cheese is a nutrient-dense food, meaning it provides a lot of good nutrition, especially protein and calcium. I feel it's better to choose a *small* piece of really good cheese and consume it sparingly rather than purchasing a larger and cheaper cheese. Try French Comté, English Stilton, or one of our countless outstanding Vermont cheeses. Cheese can be a lot of fun!



Just Cranberry Juice

We offer a line of R.W. Knudsen juices that are called *Just ...*, for example Just Blueberry, Just Pomegranate, Just Black Cherry. These juices are not lots of water with juice flavor, far from it. They are 100% juice. No sweetener of any kind has been added, no apple juice concentrate, nothing. Just Cranberry Juice,

which is reconstituted from concentrate with the tiniest amount of water added, is rather bitter when you first try it. I like to serve it in tiny glasses, daring people to try. Needless to say, these juices are healthy juices, providing the benefits that only fruit can provide.

The Maine Crisp

If you're looking for an outstanding cracker or crisp to go with your pre- or after-dinner cheese, check out the Maine Crisp. It's made with spectacularly wholesome ingredients, including buckwheat flour, pumpkin seeds, almonds, and more. A treat just by themselves, these crisps are also great with a nice chèvre or other soft cheese. *Omigod*, you may say, *these crisps are not cheap!* Use them for a special occasion, one crisp is super satisfying and goes a long way!



Maple Hill Creamery Yogurt

Here is one of our best yogurts we offer. *Best?* What does that mean? Maple Hill Creamery Plain Yogurt is made from organic milk from 100% grass fed cows from a farm nearby Stuyvesant, NY. The yogurt is not homogenized and free of any thickeners of any kind. It's deliciously creamy.



St. Dalfour Fruit Spread

This fruit spread from France comes in beautiful glass jars. *St. Dalfour* is the first company to have applied special concentrated grape juice from which the aroma and flavor was removed during the jam production, which made it possible to produce naturally sweet 100% jam without added sugar. Flavors include

Black Current, Red Raspberry, Golden Peach, Black Raspberry, Wild Blueberry, Royal Fig, Orange Marmalade, and Strawberry. Try Black Current!

Mochi

Mochi (say *Moh'Chee*) is a traditional Japanese food made from a special short-grain sweet rice. The rice is steamed, then pounded to accentuate its chewy texture and nutty flavor. When you bake Mochi, get ready for a magical surprise: it puffs up, creating a chewy moist muffin with a crispy crust. Mochi is a satisfying whole-grain treat. [When facing our large Dairy Cooler, you'll find Mochi on the bottom shelf, door on the right.]

Lotus Food Rice

If you are fond of rice, consider *Lotus Food* specialty rice, located in our Bulk bins close to the Produce section. They are whole grain rice that cook up in only 30 minutes. They have a nice flavor (and color: red, pink, or black) and can be a welcome change from regular brown rice.

Sustainable Living Classes

Starting late Winter 2015, the Middlebury Co-op will sponsor six classes to be held at the Hannaford Career Center:

- ⇒ Start Your Own Vegetable Garden
- ⇒ Raise Chickens for Food and Fun
- ⇒ Basic Cheese and Yogurt Making
- ⇒ Basic Bread Baking
- ⇒ Cooking with Grains
- ⇒ Cooking with Beans



We also plan to host at least one class that is open exclusively to *Parent Child Center* clients. The Co-op will cover the cost of fees for this class.

Find information about course schedule and registration at www.middleburycoop.com.

Nature's Path

Richmond, British Columbia

We're a family of organic farmers. The seed of our company was planted back in the '30s, when Rupert Stephens inherited the family farm. Even by Depression-era standards, where sheer inventiveness kept families going through times of scarcity, Grandpa Rupert was an odd duck. He horrified his farm neighbors by using sawdust as mulch. Rupert found ways to work with it, turning in rich crops of berries and vegetables. In 1951 his treatise on his unorthodox farming methods was published as *Sawdust is my Slave*.



Arran Stephens grew up on that unconventional farm and came away with a lifelong love of soil and nature. His fondest memories are of helping his parents gather and spread kelp on the fields, planting corn with his father and wandering through the farm eating sun-ripened berries.

Arran followed a path that led from the farm to India and ultimately to becoming one of the pioneers in the organic foods movement. He and Ratana founded *Nature's Path* in 1985, and his family is still very much involved in the day-to-day operations of the company.

Our Manifesto:

At Nature's Path, we live for healthy, great-tasting organic foods. It's why we get up in the morning. But we are also a company that wants to do more than just sell breakfast foods.

We aspire to advance the cause of people and planet, along the path to sustainability. And we like to think we put our money where our mouth is. Or rather, where our heart is. Because growing organic, healthy foods in a sustainable way is our passion — the cornerstone of our family company. It's where, and how, it all began.

But we also know that when it comes down to it — no matter what kind of a difference we want to make as a company, and no matter how much you share those values — if our food isn't delicious and exciting, we're not living up to our fullest potential.

Healthy foods don't need to be boring and tasteless. Which is why we spend our days and nights dreaming up new recipes, tracking down exotic new ingredients, and researching the latest (or most ancient) superfoods. We know you'll be pretty impressed when you read our labels. But we hope

you'll be even more impressed when you take your first bite.

If you're familiar with *Nature's Path* at all, you've probably come across the phrase *Leave the earth better than you found it*. It's kind of our mantra. It's a quote from our founder's Dad, and it's something we try to keep front of mind with everything we do. It's part of the reason we source as locally as possible, as much as possible. So far, we've managed to source 78% of our ingredients in North America. But when we can't, that mantra is the reason we try to source them as ethically as possible, and why we partner up with suppliers who share our values for organic agriculture and sustainability. That in mind, we're committed to purchasing all of our organic cocoa fair trade, and we're doing what we can to purchase our organic sugar cane, molasses, and spices from Fairtrade farmers, so they can have a better earth, too.

Source: www.us.naturespath.com

At your Co-op, you'll find *Nature's Path cereal* in our Cereal Aisle, including:

- ◇ Blueberry Cinnamon Flax
- ◇ Flax Plus Red Berry Crunch
- ◇ Flax Plus Pumpkin Raisin Crunch
- ◇ Flax Plus Multibran Flakes
- ◇ Smart Bran, with Psyllium and Oat Bran
- ◇ Sunrise Crunchy Vanilla, Corn, Rice, Flax, Quinoa, Buckwheat, and Amaranth. This one is certified Gluten Free.

All cereals are certified organic and therefore GMO free.

We also carry *Nature's Path Frozen Waffles* of various flavors, some of them Gluten Free (when facing the Freezer, door on the right).

Furthermore, you'll find six kinds of **Granola Bars** and six kinds of **Toaster Pastries** in our Cereal Aisle. The Toaster Pastries are organically grown healthy food pastries that can be heated up in the toaster oven.

During the week of **January 2-7**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Nature's Path* products.

Happy New Year!

Garden of Life

Empowering Extraordinary Health®

Empower:

Our products are designed to let you take control of your own health.

Extraordinary:

We believe in premium nutrition that goes beyond the ordinary.

Health:

Your health is a gift, and extraordinary health is a goal worth pursuing — both for you and for your family.

Garden of Life's commitment to health goes beyond offering some of the most effective nutritional products in the world. We are interested in building relationships with people to help them transform their lives to attain extraordinary health. By combining the best of nature and science, the Garden of Life brand offers a path to healthy living with premium products that are supported by education and innovation.

Every time you purchase certain *Garden of Life* products, you not only are supporting your health, you are also supporting various causes specially chosen for their outstanding work.

We are proud to partner with the organizations and foundations who are devoted to improving people's lives, for example:

SOS Children's Villages International

One of our major initiatives is partnering with SOS Children's Villages International to help raise funds to build a house in Peru for children, who can no longer grow up with their biological families. SOS Children's Villages International is an international non-governmental social development organization with a presence in 132 countries and territories that has been active in the field of children's rights and committed to children's needs since 1949. This home will provide a safe haven where orphans can grow up in a healthy family environment.



As recognized by the United States Congress, there is a direct correlation between nutrition, exercise and health. Raw, whole food nutrition, from organically grown sources, is more beneficial for health than isolated nutrients. When coupled with exercise, a diet that includes the consumption of raw, live foods, particularly those containing probiotics, enzymes, and products of their fermentation, is the foundation for a healthy lifestyle.

Vitamin Angels

A portion of the proceeds from sales of the Vitamin Code® line of products from Garden of Life will help Vitamin Angels fund some of its most important projects, including Operation 20/20 which has a goal of eradicating childhood blindness due to vitamin A deficiency (VAD) worldwide, by the year 2020. In the last three years, Vitamin Angels has distributed more than 300 million vitamins and other supplements in over 80 countries worldwide. To learn more about how your purchase is helping, visit www.VitaminAngels.org.

Garden of Life is at home in West Palm Beach, Florida.
Find out more at www.gardenoflife.com

During the week of **January 8-14**, Co-op members will receive a **30% discount**, in addition to their regular member discount, on all *Garden of Life* products.



Dean's Beans Coffee Company Orange, Massachusetts

When you choose Dean's Beans coffee, you don't only get a good cup of coffee that gets you going in the morning or stimulates good conversation. Dean's Beans coffee is not just coffee that really tastes good and is available freshly roasted at the Co-op (our beans were roasted approximately 1 to 5 days before you purchase them). When you say yes to Dean's Beans you also support a remarkable coffee company that is seriously trying to contribute to a better world by helping coffee growers and the growers' communities to make headways in decent living conditions.

In 2013, Dean Cyron, was awarded the Nobel Prize for Business, in Oslo, for his outstanding work in Ethiopia helping communities to become self-sufficient.

Here is what the Dean's Beans website has to say about their environmental activism:

At Dean's Beans, respect and caring for the environment are hardwired into our brains. We have been 100% certified organic since day one. We have worked in many countries assisting farmers to obtain and maintain organic certification, which brings a price premium in the market as well as protecting and enhancing soil, water, worker health and critical migratory bird habitat.

We are working with our cooperative partners in Mexico and Nicaragua

on effective roya (rust bacteria) fighting strategies and trainings. Our water buffalo eco-management program in Sumatra has made organic fertilizer (guess how!) and weed control financially affordable for many farmers. In Peru, we have created an innovative and successful reforestation program that is regenerating indigenous woodlands for sustainable timber, food and medicine harvesting in the future (the farmers call it their “social security”). Our interns have made wonderful contributions to our ecological work, creating recycling programs and monitoring land use. Our first Javatrek-SocialXChange in January of 2014 successfully brought together organic farmers from the north and south to share experiences.

In 2014, we have launched a fully compostable line of packaging for our coffee. Our five-pound and one-pound bags are biodegradable and can be either home composted (just remove the tin tie and/or valve), or they will decompose into nothing in the landfill. The bags are made of a high-barrier material that decomposes in about six-months (based on our own tests here, or on tests by the developers over at TekPak. Unlike bioplastics that break down into small balls of plastic doom, these bags simply disappear as humus (that’s soil-like matter, not to be confused with hummus, which can sometimes taste like soil.) The quality of our coffees includes respect for the quality of life of our southern partners in the coffee world. And that respect translates into superb tasting coffee for your pleasure.

During the week of **January 15-21**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Dean’s Beans* products.

Barbara Cunningham 10 Years at Middlebury Co-op!

Ten years ago Barbara started as the Front End Assistant Manager. Several months later she took on the demanding task as the Front End Manager. Barbara has led our team of cashiers through challenges, changes and growth. With her good eye for detail and her unwavering dedication to the Co-op, Barbara has helped us grow during the last 10 years. As a bonus we enjoy Barbara’s wonderful sense of humor.

Congratulations Barbara!!

Liz Lovely Bakery



Liz "Lovely" Holtz is the founder and creator of *Liz Lovely Cookies*. She was born and raised in Western Pennsylvania. Her grandmother and mother were avid home bakers and passed the passion along to her. Liz spent her early career as a barista in Upstate New York and in downtown Philadelphia. She started *Liz Lovely* with her husband, Dan. They live with their two-year-old adopted daughter, McCartney, in Warren, Vermont.

Liz Lovely cookies are vegan, so they contain neither butter nor eggs nor any other animal-derived ingredients. Organic palm fruit oil is the primary replacement. The company buys only from a sustainable source that is using historic farmland, not Orangutan habitats, for its growing. Palm oil freezes well, doesn't add any unwelcome flavor, and is a healthy alternative to the hydrogenated oils usually often found in commercially produced baked goods.

At the Co-op, you'll find Liz Lovely's Cowboy cookies, Peanut Butter, Chocolate Fudge, Snicker Doodle, Chocolate Chip, Ginger Molasses, and Triple Chocolate Mint cookies. All of them are vegan and gluten free! Try them all.

During the week of **January 22-28**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Liz Lovely* baked goods.



Vegan?

Vegetarians do not eat meat, fish, or poultry. **Vegans**, in addition to being vegetarian, do not use other animal products and by-products such as eggs, dairy products, honey, leather, fur, silk, wool, cosmetics, and soaps derived from animal products.

People choose to be vegan for health, environmental, and/or ethical reasons. For example, some vegans feel that one promotes the meat industry by consuming eggs and dairy products. That is, once dairy cows or egg-laying chickens are too old to be productive, they are often sold as meat; and since male calves do not produce milk, they usually are raised for veal or other products. Some people avoid these items because of conditions associated with their production. Many vegans choose this lifestyle to promote a more humane and caring world.

The key to a nutritionally sound vegan diet is variety. A healthy and varied vegan diet includes fruits, vegetables, plenty of leafy greens, whole grain products, nuts, seeds, and legumes.



Niman Ranch

Bolinas, California

Niman Ranch began in the early 1970s on an eleven acre ranch in a small coastal town just north of San Francisco. The cattle were raised using traditional, humane husbandry methods and given wholesome all-natural feeds. Before long, *Niman Ranch* beef became a favorite in local grocery stores and at San Francisco Bay Area restaurants.

Today, the *Niman Ranch* network has grown to include over 700 independent American farmers and ranchers. Whether they're raising hogs, cattle or lamb, they all share *Niman Ranch's* dedication to the strictest protocols and the belief that all-natural, humane and sustainable methods produce the best possible flavor.

- ⇒ Niman Meat is raised humanely by the largest network of U.S. family farmers and ranchers (700 and growing)
- ⇒ Niman Meat is grown without antibiotics or added hormones
- ⇒ Niman Meat is fed only the finest all vegetarian feeds
- ⇒ All animals are raised outdoors or in deeply bedded pens.

Niman Ranch offers a complete line of fresh beef, pork, lamb, poultry, cage-free eggs and a variety of smoked and cured meats. *Niman Ranch* is leading the industry in sustainable and humane agricultural practices.

Source: www.nimanranch.com

During the week of **January 29 — February 4**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Niman Ranch* products.

Eat like an omnivore.

Whether or not you eat any animal foods, it's a good idea to try to add some new species, and not just new foods, to your diet — that is, new kinds of plants, animals, and fungi. The dazzling diversity of food products on offer in the supermarket is deceptive, because so many of them are made from the same small handful of plant species, and most of those — the corn and soy and wheat — are seeds rather than leaves. The greater the diversity of species you eat, the more likely you are to cover all your nutritional bases.

Food Rules, by Michael Pollan

Middlebury Co-op Buying Guidelines

At Middlebury Co-op, we select products with an emphasis on locally and organically grown foods.

We will not sell:

Irradiated foods;

Foods containing artificial preservatives, colors, or flavors;

Meat products from animals raised with hormones or antibiotics;

Milk and dairy products containing artificial growth hormones;

Foods containing hydrogenated oils or trans fats;

Products tested on animals;

Products containing parabens;

Products containing high fructose corn syrup.

Hormones

Injecting hormones into young livestock can make them gain weight faster. More weight means more meat, which means more profit for the producer. Hormones also increase the production of milk by dairy cows.

Hormones have been used for decades in the meat and dairy industries. Synthetic estrogens and testosterone are the most common. Typically, farmers implant a pellet in a cow's ear at an early age; it releases hormones throughout the animal's life.

Initial concerns about estrogen-injected cows centered on a compound called diethylstilbestrol (DES). Nearly all beef cattle were treated with DES in the 1950s and 1960s. DES was also used as medicine, given to pregnant women to prevent miscarriages.

However, it was also discovered that DES caused a higher risk of vaginal cancer in the daughters of women who received the medicine. By the 1970s, over the protests of ranchers, DES was phased out from use in medicine and agriculture.

It's also long been known that breast cancer risk increases with higher lifetime exposure to estrogen. These facts have led many to question whether the continued use of synthetic estrogens in livestock is safe.

Recombinant bovine growth hormone (rBGH) is a different class of hormone that increases the amount of milk dairy cows produce. Some suggest that

although rBGH itself appears safe, it increases the amount of other chemicals in the body that might cause cancer. So far, there's no definitive proof one way or the other.

How much hormone is in a hamburger, and could it hurt you? The answer is, no one really knows. Studies show the added hormones do show up in beef and milk, pushing their estrogen and testosterone content to the high end of normal for cows. Whether that translates to increased risk for humans is the question.

Hormone-treated meat has long been suspected of contributing to early puberty in children, although the link has not been proven. There's no question that the age of puberty has been decreasing in the U.S. But some suggest that's due to improved nutrition and health, not to second helpings of hormones in children's diets.

The effects are very hard to study, experts say, because hormones are naturally present in both food and our bodies. Plus, the effects could be subtle and take years to show up.

The amount of hormone that enters a person's bloodstream after eating hormone-treated meat is small compared with the amount of estrogen a person produces daily. However, even low levels of hormones can have strong effects on some body processes.

Responding to the lack of certainty, the European Union has banned all hormones in beef, and Japan, Canada, Australia, New Zealand, and the EU have banned rBGH. No major studies are under way in the U.S. to evaluate the safety of hormones in meat and milk.

Source: www.webmd.com

Susan Humphrey

10 Years at Middlebury Co-op!

Susan Humphrey has been working with us for 10 years. Susan was a part time cashier first, then decided to become a substitute employee. Susan has helped support the Front End team and the Co-op by being incredibly agreeable to be on call and fill shifts as needed... often on short notice! Staff and customers alike enjoy Susan's warmth and kindness. We are lucky to have Susan on our team.

Congratulations Susan!!



Benefits of Fish Oil

Fish Oil is rich in the Omega-3 fatty acids DHA and EPA. The American Heart Association endorses consuming DHA and EPA for health of the heart, brain, eyes, and nervous system. Studies have shown that these fatty acids aid heart health by improving blood flow through constricted arteries, lowering blood triglycerides, supporting normal blood pressure, and increasing HDL “good” cholesterol. Additionally, fish oil consumption improves insulin sensitivity and reduces insulin resistance, helping to prevent type 2 diabetes.

EPA and DHA are also helpful for pregnant or nursing mothers to consume, as they aid in the development of the baby’s brain, eyes, and nervous system. Children and adults with ADD, ADHD, dyslexia, autism, and compulsive disorders experience an improved quality of life when taking a daily dose of EPA and DHA, since these fatty acids improve mood, memory, recall, reasoning, and focus. For this reason, they are also great for health of the brain as it ages.

Migraine sufferers can benefit in a reduction of both the frequency and duration of migraines while taking fish oils. Additionally, EPA has been shown to have a positive effect on inflammatory response, and can aid those with chronic inflammatory conditions such as arthritis, psoriasis, dermatitis, and bronchial asthma.

Interested in adding a daily dose of fish oil to your wellness routine? Now is a great time! The Wellness department will be offering a **30% discount** on all *Carlson’s* Fish Oil supplements during the month of January!

The MNFC Board of Directors meets every month to discuss a broad range of subjects related to our Co-op, including possible future directions. Anyone in the community is welcome to attend. Time is set aside at the beginning of each meeting for members to share ideas, express concerns, or make suggestions. Please join us!

The next MNFC Board meeting will be held on **January 28 at 6:30 pm** in the **Co-op Meeting Room**.

