

MIDDLEBURY CO-OP NEWSLETTER

Open Daily
8 am—7 pm

MAY 2015

Middlebury Natural Foods Cooperative
9 Washington Street, Middlebury, Vermont, 802-388-7276

Your Vote Counts!

Dear Co-op Member-Owners!

This month you have received your Co-op Newsletter in paper format in order to provide all member-owners with ballots for voting in our 2015 election for the MNFC Board of Directors. You'll find the ballot on page 15 of this Newsletter, along with instructions how to vote in this important election. Short bios with information about the election candidates are included in this Newsletter's insert.

In addition to voting for the Board of Directors, we ask you to cast your vote for an important by-law change: we need you to vote yes or no to our proposed switch to the Patronage Dividend System. You can read the actual wording for the change on pages 12-13.

Our Annual Meeting is scheduled for Wednesday, June 3, 5:30-7:30. It will be held at American Flatbread, located in Middlebury's Marble Works. Yes, you are invited to attend. Flatbread, salad, dessert, and local cider are on us!

You own the Co-op, you are a member-owner. For inspiration, read the wonderful write-up on pages 10-11, provided by Board member Tam Stewart.

On May 2nd, we will celebrate Green-up Day at the Co-op. We would love to see you there! Find out more on page 3.

Happy May!



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 www.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**



MIDDLEBURY NATURAL
FOODS CO-OP

Green Up Festival



**Saturday, May 2, 12-3pm
at the CO-OP**

MUSIC FROM "BANDANNA"

FREE FOOD FROM MNFC

FUN FOR KIDS

LOTS OF GREAT EXHIBITS

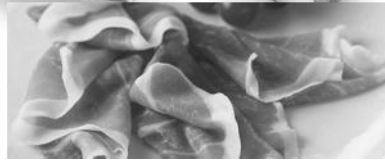
Everybody Welcome!!!!



Prosciutto and Taleggio

by Caroline Usher

On Monday March 9th, my colleague Faye Murphy and I had the chance to go to a *Provisions International* seminar on prosciutto di Parma and family farmstead cheese from Italy, in Vermont's White River Junction.



Giovanni from *Pio Tosini* gave us a delightful overview of his product, and transported us to the Parma valley where his family has made salt cured prosciutto for three generations. To make a perfect prosciutto only three ingredients are needed: ham, salt, and air. *Pio Tosini* is the only company in the Parma valley that does not use artificial air conditioning to cure their hams. They use open ventilation and let the Italian fresh air do the rest. One thing that stuck with me, in addition to the delicious prosciutto, was Giovanni's message: "Quality doesn't happen by chance." A lot of hard work, time and talent goes into making an exceptional product.

After a superb lunch of salad greens, fresh bread, cheese, and of course prosciutto, we were once again captivated by a presentation by Karl Berthold on cheese. The cheeses that were presented to us were also from Italy. These were three family-run cheese operations. The Beratgni family makes a wonderful truffle cheese that actually has truffle flecks in it, as opposed to truffle oil. The Arrigoni family makes an exceptional Taleggio, a cheese that is traditionally used for risotto, polenta and on pizza. We were also able to try a Parmigiano Reggiano from the Valserna family. But the crème de la crème was a spoon Gorgonzola: a rich creamy Gorgonzola that was scooped from a half wheel with an ice cream scoop. Decadence at its finest! If you want to know any more about our day at Provisions just ask Faye or Caroline!

Caroline Usher is a member of our Co-op staff



Burt's Bees Durham, North Carolina

Burt's Bees specializes in earth-friendly health, beauty, personal care and hygiene products. They manufacture some 200 products for facial and body skin care, lip and hair care, and more. Burt's Bees products are retailed not only in North America but also in Britain, Ireland, Hong Kong and Taiwan. Burt's Bees products are manufactured using natural ingredients, with minimal processing. The company originated in Maine, but is now in North Carolina.

Burt's Bees Philosophy in their own words:

Most companies look out for the bottom line. We do, too. In fact, we have a triple bottom line: people, profit, planet. You can't have one without the other two. So when we look after our own, we mean everybody: our employees, our customers, our families, ourselves. And yes, our environment, too.

At Middlebury Co-op, you'll find a great variety of Burt's Bees wellness products, ranging from hand salve to body wash, from baby lotion to baby dusting powder, from shampoo and conditioner to deodorant. You will even find bath body oil and varieties of lip balm on our shelves!

During the week of **May 7 — May 13**, Co-op members will receive a **30% discount**, in addition to their regular member discount, on all **Burt's Bees** products.

Green Mountain Creamery Brattleboro, Vermont



The *Green Mountain Creamery* was started by three guys with a very basic philosophy:

Create a healthy, responsibly made yogurt that tastes great and is affordable!

The Green Mountain Creamery strives to balance a history of artisanal yogurt making with today's newest technologies to create the ultimate dairy treat. Their product is made from the finest ingredients with no artificial colors, preservatives, additives, artificial sweeteners or high fructose corn syrup. It's made in Vermont with Vermont milk free of artificial growth hormones.

Green Mountain yogurt is an exercise in simplicity: the fewer ingredients the better. Yet, all of the real things that make yogurt taste so good are kept in place: Vermont milk, real fruit and berries, just enough natural sugar to make it sweet - but not too sweet, and lots of live and active cultures.

Our Greek yogurt is traditional strained style yogurt. It takes almost four pounds of milk to make just one pound of this deliciously simple, smooth and creamy treat. With five live and active yogurt cultures and lots of protein and calcium, this yogurt makes a very healthy snack.



Source: www.greenmountaincreamery.com

*Both Greek and regular yogurt, in their plain, nonfat or low-fat forms, can be part of a healthful diet. They're low in calories and packed with calcium and live bacterial cultures. **Greek Yogurt**, which is strained extensively to remove much of the liquid whey, lactose, and sugar, giving it its thick consistency, does have an undeniable edge. In roughly the same amount of calories, it can pack up to double the protein, while cutting sugar content by half. In the past five years, Greek yogurt sales nationwide have skyrocketed, likely because it satisfies consumers' needs for health, convenience, and taste.*

During the week of **May 14 — May 20**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Green Mountain Creamery* yogurts.

Vermont Bread Company, Brattleboro, Vermont

The *Vermont Bread Company* has a long tradition of baking, all-natural breads and baked goods. Since 1978, the company has worked with from-scratch recipes that have been handed down through generations. No artificial ingredients, high fructose corn syrup or chemical preservatives or dough conditioners are used.

Following are some basic questions often asked of the company:

What makes *Vermont Breads* the right choice for my family?

Vermont Bread's organic breads are made without the use of synthetic pesticides which can affect children more than adults, and are more likely to be in the types of foods that children eat. The organic farmers who produce our ingredients minimize agriculture's impact on the environment, working to conserve the earth's precious resources, and reduce soil, air and water pollution. All of our breads, natural and organic, are made without high fructose corn syrup, chemical additives, artificial ingredients, irradiated ingredients, or white sugar.

What does the term 'Organic' mean?

Organic is the term used to describe products that contain ingredients that are grown and processed without the use of synthetic fertilizers, fungicides or pesticides. Organic farming also prohibits the use of genetically modified organisms, pesticides, chemicals, irradiation or artificial preservatives.

Do any of Vermont Bread Company's breads carry the USDA seal for organic products?

Yes, Vermont Bread's organic bread line carry the USDA Certified Organic seal because these breads contain between 95% and 100% organic ingredients. Additionally, Vermont Bread Company supports organic farming by purchasing certified organic ingredients, observing organic processes and submitting this product to Vermont Organic Farmers for certification.

Are Vermont Breads non-GMO?

We source all of our ingredients non-GMO.

Does *Vermont Bread Company* have any wheat free products?

Our Spelt products do not have any wheat in the recipe, but are made on the same lines as our wheat products. Our spelt products do contain gluten. Spelt, a distant cousin to modern wheat, is a grain with a long history. Tasty and nutritious, Spelt was one of the first grains to be farmed in Mesopotamia as long



ago as 5,000 BC. Popular in Europe for its high nutrition and nutty flavor, Spelt has another important benefit: some gluten-sensitive people are able to include spelt-based bread in their diets.

Do your products contain any dairy products?

No, there are no dairy or dairy derived ingredients in our products.

Does *Vermont Bread* use hydrogenated oil in their products?

No, we do not use hydrogenated oil in any of our products.

To purchase Vermont Bread, you don't have to drive all the way to Brattleboro! At the Co-op we sell a wide variety of Vermont Bread Company bread, including Soft Honey Wheat, Oat, Whole Wheat, Soft Multigrain, Cinnamon Raisin, Soft Potato, Soft White, and Whole Wheat Burger Buns. Most breads are organic, and all breads are sliced.

During the week of **May 21 — May 27**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Vermont Bread Company* breads.

Cabot Creamery

Bolinas, California

The *Cabot Creamery* was one of the first family farm cooperatives in Vermont. Today Cabot continues to stay true to its cooperative values, even though it is owned by the Agri-Mark Cooperative.

The original Cabot plant had an investment of \$3,700 in total, which was paid by 94 farmers in proportion to the number of cattle which each owned. The cooperative started out making butter with the excess milk produced, and began shipping its products south. In 1930, Cabot started making cheese. By 1960, the cooperative had 600 member farmers, though the number of farms in Vermont were steadily shrinking.

Following a decline in membership, the *Cabot Farmers Cooperative Creamery* merged in 1992 with *Agri-Mark*, a cooperative of 1,800 farm families in New England and New York, and was re-incorporated as *Cabot Creamery Cooperative Inc.*, a wholly owned subsidiary of Agri-Mark.

Cabot has facilities in many locations, including Cabot, Waterbury, Quechee, offering samples of products from the expansive line of Cabot goods. Additionally, at the Cabot Visitors Center, guided tours are available.

As of 2012, there were about 1,200 Cabot Cooperative members in Ver-

mont, upstate New York, and New England. As a cooperative, Cabot follows the Rochdale cooperative principles.

Cabot Clothbound Cheddar

With over two dozen different cheddar types to choose from, Cabot is Vermont's largest cheese producer and the largest producer of dairy products in general, although it is still small by national standards. Cabot cheddar brings home many awards and high accolades from a variety of domestic and international cheese competitions. Its clothbound cheddar won *Best Cheddar* at the 1998 and 2006 World Championship Cheese contests and *Best in Show* at the 2006 Cheese Society Awards. All of Cabot's cheddars are made naturally, without chemicals or preservatives.

Once unmolded from their shaping hoops, the infant wheels are individually wrapped with muslin and brushed with lard before they undergo a ten to fourteen month maturation period. The extra care involved in curing a clothbound cheese requires a customized aging environment, with proper temperature, humidity, and airflow.

Cabot Clothbound Cheddar is available at Middlebury Co-op!

During the week of **May 28 — June 3**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Cabot* products.

Thank you, Members, for buying Tom's of Maine products during the week of March 19-25! The Co-op pledged to donate 30% of Member Sales of these products that week to the Addison County Parent Child Center. The total donation came to \$1,025.00 !!

Renew Life... 30% discount in May

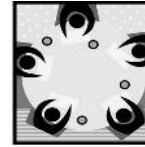
Renew Life's mission is to empower each and every one of our valued customers with the knowledge to improve their overall health through optimum digestive function and superior nutrition. They accomplish this goal by providing safe and effective natural solutions to digestive care issues through our innovative product line and continued commitment to education.

~ FROM THE BOARD ~

Transform Your Co-op Experience the Next Time You Visit the Store

by Tam Stewart

Unless we happen to run a business, it's nearly impossible for most of us not to assume the role of "consumer" when we enter a retail space. In what is perhaps the ad industry's greatest achievement, it happens so gently we don't feel a thing.



But what if we walked into a store and our view did *not* default to consumer, or to savvy shopper for that matter, but became that of an owner as well? Lucky for us, as member-*owners* of the Co-op, it's easy.

Next time you walk through the front door, notice the smiling faces of your Board of Directors, gazing down from on high. Recall that you put them there, and they serve your needs, at your pleasure. Something they ought to know? Drop a note in the suggestion box. They listen carefully when you speak because you're their boss.

Now take a few more steps, glance around, and take pride in what is possibly the best little Produce department in the Northeast. Look at all the local stuff: how beautifully it's arranged, and how much of it is organic. Your Co-op has more than two hundred and fifty local vendors, a triumph of commitment and logistics, and you get bragging rights for that. As for the apples from Washington state, you're not so sure; big footprint there. But it'll be months before local apples come into season in Vermont, so it's one of those trade-offs that food stores with environmental values like yours struggle with all the time. Good thing your staff sweats the details and makes those decisions on your behalf every day.

In the back of the room, there's a demo going on, and people are sampling and chatting. What a great way to spread the word about stuff in your store. You know that these demos also appear on your Co-op's blog and Facebook page and you definitely approve. Indeed, it's critical to engage new, young member-owners; they're your Co-op's future.

Further on, casting a critical eye around your bulk department, you realize how many other healthy food stores obscure their bulk bins with labels and info, but yours doesn't. Your bins display the variety and beauty of food first, and

the details about it second, and that's the way you like it. For some reason though, you can't settle on a type of rice, which on the one hand is a good problem to have. On the other, maybe having too many choices isn't so good. The Buying Criteria, one of your Co-op's crown jewels, sets certain parameters, and your buyers are always careful. Still, you'll have to think about it; the "paradox of choice" is a potent force.

So okay, clearly you could continue through the store like this: getting your shopping done but having a sense of responsibility and skin in the game too. It can seem counter-intuitive at first, but it's a point of view that puts the power precisely where it belongs: with you, the owner.

Tam Stewart is a graphic designer; vice-president of the Co-op's Board of Directors; and creative director of the online store tokigreene.com. Email him any time at stewart.tam@gmail.com. For more on *The Paradox of Choice*, search the web for author Barry Schwartz.



During the month of May,
Bulk Nut Butters will be
On Sale!

Stock up on
Crunchy Peanut Butter,
crunchy and smooth,
Organic Peanut Butter,
Cashew and Sunflower
Butter, Almond Butter
and, if available...
Chocolate Hazelnut Butter!



Proposed By-Law Change

Dear Member-Owners of Middlebury Co-op,

Following are the by-law changes as proposed by our Board of Directors. If approved, Middlebury Co-op will adopt a Patronage Dividend System as it is already in use at other cooperatives our size. To make the legalistic language of the by-laws more accessible, we have added a few lines of explanatory comments.

The MNFC Board of Directors unanimously supports this change to our by-laws, so MNFC can continue to meet the changing needs of the community into the future.

Article VIII – Fiscal Matters and Patronage Dividends

8.5 Allocations to Member-Owners. The Cooperative shall allocate and distribute to Member-Owners the net profit from business done with them in such a manner as to qualify the net profits as patronage dividends consistent with cooperative principles, applicable state and federal laws and generally accepted accounting principles. The Board of Directors shall determine when and how such allocations and distributions will be made.

Each year the board of directors considers the Co-op's fiscal year financial performance, its overall financial position and its plans for the future, and then decides what portion to return to member-owners as Patronage Dividend checks.

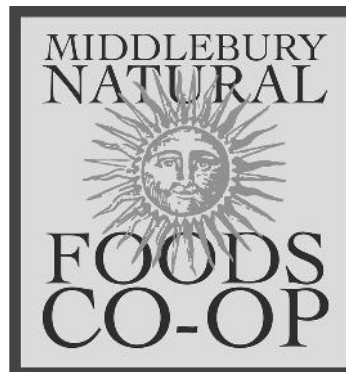
8.6 Consent of Member-Owners. By obtaining or retaining membership in the Cooperative, each member-owner consents to take into account, in the manner and to the extent required by federal and state tax law, any patronage refund received from the Cooperative. By obtaining and retaining membership in the

Cooperative, each member-owner agrees that if his or her patronage refund is not cashed within 90 days of the date on which it was issued by the Cooperative, the Cooperative shall have the right to make a contribution in the name of that member-owner to support the local food system in a manner as may be directed by the Board.

Patronage Dividend checks issued to member-owners must be cashed within 90 days or they will be returned to a MNFC fund for support of the local food system and local food shelves.

8.7 Retained Amounts. Patronage dividends not currently distributed by check shall be credited or charged to capital accounts in the names of recipient member-owners. These retained patronage dividends shall accrue no dividend or interest. Retained amounts that are no longer needed for capital purposes of the Cooperative may be redeemed in such amounts and at such times as may be determined by the Board. At that time they shall be redeemed only in the order of the oldest outstanding amounts and only on a *pro rata* basis among such amounts for each fiscal year, except that redemptions may be made payable only to member-owners who are then in good standing or become so within a period of time determined by the Board.

In the future the MNFC Board can determine that an amount of Patronage Dividends retained by MNFC and not needed for equity can be returned to the member-owners, on the basis of equal amounts to each member-owner.



***Learn more at
Co-opconversations.blogspot.com***

MNFC Election Voting Procedure

**The voting period begins on Friday, May 1, 2015
and ends at 7:00 pm on Sunday, May 31, 2015.**

What Am I Voting On?

- ◆ There are six members seeking election to four seats on the MNFC Board of Directors. Candidate names and statements appear on the insert of this MNFC Newsletter.
- ◆ Vote for up to four candidates.
- ◆ Vote *yes* or *no* for the Co-op to move to a Patronage Dividend System. (FAQ at Co-opconversations.blogspot.com)

Who Can Vote?

Only the MNFC member who is named on the MNFC membership is eligible to vote. That person's name appears on this Newsletter's mailing label. One membership equals one vote.

How Do I Vote?

- ◆ A ballot is printed on the last page of this Newsletter.
- ◆ Peel off and remove the member's address label located on the backside of the ballot.
- ◆ Fill out the ballot, fold it in half and present your ballot to a cashier at the Co-op. You will receive the benefit of the store coupon printed on the reverse side of the ballot.
- ◆ You may also mail the ballot to: MNFC Elections, 1 Washington Street, Middlebury, VT 05753. Your mailed-in ballot must be received by Friday, May 29.

What about Voter Anonymity?

- ◆ Before casting your vote, remove your address label to preserve your anonymity.

How do I find out about the results?

- ◆ Results of the election of the new Directors will be posted in the store, listed in the July newsletter and announced at the Annual Meeting on Wednesday, June 3, 2014.