



Middlebury Co-op Newsletter

Middlebury Natural Foods Cooperative
Open 7 Days A Week, 8 to 7

MIDDLEBURY NATURAL
FOODS CO-OP

Come Join Our
7th Annual

Harvest Festival

at the Co-op!



Saturday, September 19, 12-3pm

Hear Music from The Avant Garde Dogs

Meet Local Producers

Sample Local Products (Beer & Wine, too!)

Make Crafts & Play Games With Your Kids



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**



Dear Members and Friends of Middlebury Co-op,

Welcome September! Welcome an abundance of local foods of many shapes and colors! How about eating exclusively local foods for a week or two? Include coffee, tea, salt and spices if you must; but otherwise stick to local veggies, meats, dairy, maple syrup, and nuts... sorry, correction... nuts are out! But beer and wine are in!

Eating local foods is good for you, as the food is fresh, nutritious, and alive; your purchases will also support the Vermont local food system and promote a healthy community spirit. Last year our September sales of local foods generated \$290,000 dollars for our local farms and foods producers. Can we reach \$300,000 this month?



Farms and garden harvests have provided us with some excellent veggies. Blueberries have done really well this year. The strawberry season, as usual, was short and sweet. A lot of rain in June did some harm, though, to some of our gardens and farms. The wheat harvest did not work out well in Vermont this year. Nonetheless, we have a lot to be grateful for. On September 19th, we'll celebrate our summer harvest with festivities at the Co-op. Come meet local growers and food producers while listening to some great live music. Sample local foods, wine, and beer.

The first Monday in September (9/7) is Labor Day. Respect to the American worker! May our work lead to social and economic justice and prosperity that serve us all! The Co-op will be closed this day.



During the last week of September (9/24 — 9/30), we will *Rally for Change*. Throughout the week we encourage you to donate to our local food shelves, CVOEO and HOPE.

Saturday, October 3, is the date for our 2015 Truck Sale. You can purchase good food at really low prices. Find information one or two weeks prior to the sale in the store.

Best Wishes,
Reiner



Klinger's Bread Company

South Burlington, Vermont



Rugged, healthy, hearty, crusty, chewy... these are just a few words overheard to describe the Artisan breads of Klinger's. These hearth-baked breads were brought to Vermont by the Klingebiel families of Colchester, Vermont and Salem, New York.

Klinger breads are authentic European. They were developed by Michael London, described as a "baking genius" by bread writer Bernard Clayton, Jr. Acknowledged as one of the most knowledgeable artisan bakers in the country, Michael has shared the recipes and techniques developed at his bakery in his rural country farmhouse in upstate New York with master bakers around the country.

Klinger's bakers have been thoroughly trained in the methods and subtleties of bread baking. The breads are made from starters which are allowed to develop over a 30 hour period. You can visit the bakery and watch Klinger bread crafters at work. Amidst floured tables, you will see them mix the finest ingredients, hand shape loaves, and bake them with care in their French brick oven.

You could drive to South Burlington and buy your bread directly at the Klinger bakery, or you could order Klinger bread online. The best option is finding these artisan breads at the Co-op where Klinger delivers on Mondays, Wednesdays, Fridays, and Saturdays (the delivery usually arrives at around noon). At the Co-op you find Klinger's Sourdough, Whole Wheat, Farm Bread, Pane Bello, and other breads. Most of them are available sliced. If you are looking for bread bites or croutons, the Co-op carries those too.

During the week of **September 3 — September 9**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Klinger's Bread Co.* products.

Good bread is the most fundamentally satisfying of all foods; and good bread with fresh butter, the greatest of feasts. **James Beard**

Bread – like real love – took time, cultivation, strong loving hands and patience. It lived, rising and growing to fruition only under the most perfect circumstances. (Melissa Hill, *Something From Tiffany's*)

All sorrows are less with bread — Miguel de Cervantes Saavedra



Golden Russet Farm Shoreham, Vermont

At Middlebury Co-op we make every effort to provide healthy food: whole foods, organically grown foods, and local foods whenever possible. It is in part because of growers like Will and Judy Stevens and their farming crew at

the *Golden Russet Farm* that we are able to make *Healthy Foods* an essential goal of our Co-op's Ends Statement.

Will and Judy have been growing vegetables for Addison County for over 30 years! Year after year they have been growing lettuce, spinach, beet greens, sugar snaps, zucchini, summer squash, basil, beans, beets, carrots, cucumbers, greens, herbs, broccoli, corn, leeks, melons, onions, peppers, potatoes, tomatoes, cabbage, cauliflower, garlic, sweet potatoes, winter squash, pumpkins... and more! At the Co-op, we receive *Golden Russet* produce delivered directly from the farm. What you find in our Produce case was most likely harvested the day before. Nothing stays long in our Produce Cooler.

Golden Russet produce is organically grown in the glacial loam soils of Shoreham which have been fertilized with composted manure and other natural amendments, without the use of synthetic pesticides.

You won't find fresher food than this unless you grow it yourself! Fresh means great flavor, less waste, and better nutritive value. Keeping food dollars close to home optimizes their value, and strengthens the link between producers and consumers. Your support for your neighborhood farms benefits you. It is also a cost-effective way to actively influence and maintain Addison County's agricultural communities and working landscape.



During the week of **September 10 — September 16** Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Golden Russet Farm* products.

Orb Weaver Farm

New Haven, Vermont

In our Co-op community, Orb Weaver farm is known for exceptional organic produce and outstanding farmhouse cheese. Here are some questions frequently asked about the farm:

Who owns and runs the farm?

Marjorie Susman and Marian Pollack started *Orb Weaver Farm* in March of 1981. We run the farm ourselves in the winter, and with summer help from our wonderful friend Lauren Slaton.

Did you buy the farm from Orb Weaver?

No. An orb weaver is a spider that makes delicate, symmetrical webs. For us, she is a metaphor for the cyclical rhythms of the farm, sowing, harvesting and enriching the soil to grow new pastures and gardens season after season.

How much cheese do you make?

In 6 months, we make about 7,000 pounds of cheese. It takes about 7 pounds of milk to make a pound of cheese.

How much milk does a cow give?

About 6 gallons a day which equals about 50 pounds.

Do you milk every day?

We milk our cows twice a day from November through May. In the summer the cows are 'out to pasture' while we grow organic vegetables.



How long will the waxed cheese last if I don't cut it open?

The cheese will last indefinitely as long as the wax is intact. Once you're ready to eat it, just remove the wax from the portion you're using, and wrap the rest of the wheel tightly in plastic wrap and refrigerate.

Is the cheese good for melting?

Both the waxed and the cave aged cheeses are wonderfully melted.

Source: www.orbweaverfarm.com

During the week of **September 17 — September 23** Co-op members will receive a **20% discount**, in addition to their regular member discount, on all **Orb Weaver Farm** products.



Stonewood Farm, established by Paul and Francis Stone in 1976 in Orwell, Vermont, is all about raising turkeys the natural way. Here are the rules of the game:

- ◆ The turkey friendly barns are un-crowded and open-sided providing lots of fresh air and natural sunlight.
- ◆ The turkeys are raised without the use of hormones and antibiotics
- ◆ No animal by-products added to the turkeys' feed.
- ◆ No added preservatives or artificial ingredients.
- ◆ "Humane Care" at the *Stonewood Farm* means *plenty of Vermont air, cold nights, good feed and tender loving care.*
- ◆ Turkeys are grown slowly. The slow growth ensures a delicious and naturally self-basting turkey. *Stonewood* premium quality turkey is known for its superior flavor and juiciness.
- ◆ A USDA (United States Department of Agriculture) approved processing plant is located at the farm and operated by the Stone family.



During the week of **September 24 — September 30**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on *Stonewood Farm* products.

*More than a mere alternative strategy,
regenerative agriculture represents a fundamental
shift in our culture's relationship to nature.*

Charles Eisenstein

Fall 2015 Sustainability Class Series

We invite you to join any or all of our classes. Learn about bread baking, preserving and canning, and fermentation. Our classes take place at the *Hannaford Career Center*, located next to the Middlebury High School. Advance registration is required. Cost for each class is \$30, or free for members of our *Food For All* program. To register, please call the *Hannaford Career Center* at (802) 382-1004. Registration for each class will close seven days prior to the class date and class size will be limited to twelve participants.

If you have any questions, please call Emily at 388-7276,
or e-mail marketing@middleburycoop.com.

Following is a list of classes offered this fall:

Preserving The Harvest: Dehydrating/Freezing

with MNFC staff member Lily Bradburn

Thursday, September 10th 5:30-7:30

In this course you'll learn how to use your freezer and dehydrator (or the power of the sun) to lock in the nutrients and flavors of summer. Eating seasonally in our region doesn't have to mean giving up fruits and veggies in the winter months if we learn to put our freezers and dehydrators to work. It's so very simple and so worth the effort!



Preserving The Harvest: Canning

with Jessie Witscher of *Understory Farm*

Thursday, September 17th 5:30-7:30

Take full advantage of the abundant harvest season by learning to can your own fruits and vegetables. There are few things more satisfying than opening up a can of your very own preserved tomatoes or fruit spreads in mid-winter when your garden is just a memory! This class will equip you with the basic skills needed to do so.



Preserving The Harvest: Fermentation

with MNFC staff member Emily Millard

Thursday, September 24th 5:30-7:30

Don't let the 'F-word' scare you; foods preserved by the age-old art of fermentation are rich in probiotics, live enzymes, and dense vital nutrients. Consuming these foods regularly can improve digestion, immunity, and overall health. This course will leave you feeling comfortable, confident, and excited to make your own fermented foods at home!

Seed Saving with MNFC staff member Emily Millard

Thursday, October 1st 5:30-7:30

If we want to create truly local food systems, we must begin with local seeds. Did you know that by saving your own garden seeds at home, you create your very own, regionally-adapted seed stock equipped to handle our unique growing conditions here in Vermont? This course will teach you the *why* and *how* of basic seed saving so that you can unlock the door to the magical, powerful, wonderful world of seeds!

Bread Baking with MNFC staff member Jonathan Johnson

Thursday, October 8th 5:30-7:30

Back by popular demand, this course will have you kneading your way to delicious, nutritious, freshly-baked breads at home. Learn about flour selection, yeast/starter basics, tips on rising, baking, and more!



Preserving the Harvest: Soups and Stews

with Jessie Witscher of *Understory Farm*

Thursday, October 15th 5:30-7:30

Another great way to take advantage of the abundance and flavors of the harvest season is to make a giant pot of hearty stew. Have a bowl for dinner, then freeze the rest to make a quick, easy, healthy meal on a cold winter night. Learn the basics for how to create healthy, hearty soups and stews at home!

Eat Local Challenge!



Are you ready for the September
Eat Local Challenge?

Last year, with your help, we paid
over **\$290,000** to local producers!

Help us shatter that record!

Track the progress on the
'Big Corn' in front of the Co-op
and help us reach our goal
of **\$300,000** this September!

Share the Harvest

a fundraiser for limited-income Vermonters

Thursday, October 1, 2015

Dine or shop at a participating business on Thursday, October 1, and a portion of the day's proceeds will support NOFA Vermont's Farm Share Program, bringing the bounty of our local CSA farms to more Vermonters.

Join us!



**Your Co-op Will Donate
30% of Produce Sales!**

**Buy Your Produce
on October 1st!**

Learn more and find a full list of participating businesses at WWW.NOFAVT.ORG/STH or call 802-434-4122.



The *Co-op Connection* offers Middlebury Co-op members discounts at several local businesses. Bring your Co-op card!



Green Mountain Shoe & Apparel offers a variety of dress, sport, and casual shoes for the entire family. An assortment of casual clothing is also available, including *Darn Tough* Vermont socks. For information call 388-4399. Co-op members receive a **10 % discount** on all purchases!

Tips and Tricks for Co-op Shopping

By Louise Vojtisek



You love to buy your food at the Middlebury Natural Foods Co-op (MNFC) because you know you can trust the quality, freshness, and nutritional value. Currently, natural and organic foods are becoming the norm rather than exceptions, and are available everywhere. However, when you purchase food at the Co-op, you support the hundreds of local producers who live in our area and you are keeping the money in local circulation. And remember, if you're a member-owner of the Co-op, you own shares in this store! The shares you hold represent your whole-hearted commitment to community-produced and distributed healthy foods.

Shopping and “keeping it local” can be enhanced with some strategies that increase satisfaction, discovery, efficiency and organization, and also save time and money. In a “cooperative” spirit, I will share some of what I’ve learned over the years - my best tip is the last one!

Cruise the perimeter of the store and make sure to check out any produce specials, good buys in the bulk bins, coffees that may be on sale, dairy specials, and sales on cheeses, deli products and frozen foods. Around four in the afternoon, you may find a “half-off” bin in the prepared food deli cooler. These are items that are at their “sell by” date, but are still very healthy and tasty. This is a great way to try something different.

Don't forget to rummage through the little variety basket in the cheese cooler so you can try a small amount of something new to see if you like it. Simple meals like an omelet or a veggie scramble can be made extra special with a small, exquisite piece of cheese. No worries about eating too much cheese, or having an expensive cheese spoil before you can use it all.

Consider buying prepared vegetables from the salad bar and use them to make pizza toppings, pasta additions, or a stir-fry for tonight's dinner. You can whip up incredibly fresh and tasty combinations in no time when the onions, peas, mushrooms, broccoli, peppers, scallions, and greens are all prepared for you in uniform, no waste, quick cooking sizes. Grab some fresh pasta or a pizza crust, or stop by the Chinese restaurant for steamed rice and you're good to go.

Take advantage of coupons and sale opportunities. Always check out the “weekly specials” display as you enter the store, as well as the “members only” discounted products to the left of the demonstration counter. Review the bi-monthly specials flyers in the store or on the MNFC webpage, and, if you're



lucky, pair a sale item with a coupon from the coupon books at the entrance to the store. Finally, always use the coupon on page two of the Thursday *Addison Independent*. To make sure you don't forget to use it, cut it out as soon as you spot it, then wrap it around your MNFC member-owner card.

MNFC has recently introduced the *Field Day* brand, which offers a harvest of all-natural and organic quality products that are carefully selected and are value priced. Over ninety percent of their products are certified organic and non-GMO verified.

Try to shop the bulk bins regularly and experiment with making legumes and grains the central focus of some of your meals. Start with grains that are simple to prepare, such as varieties of couscous that only require a short soak in boiling water for preparation, or several mornings of silky breakfast oatmeal when you cover the raw oats with boiling water, let them sit overnight, then heat in the microwave as needed. If your family needs to be persuaded to try something new or unfamiliar in grains and legumes, check out a 2014 New York Times Magazine article titled, "Rise and Shine", which describes what children in different parts of the world eat for breakfast. Another source for family eating ideas and discovering "everyday foods" from other cultures is *Home for Dinner* by Anne Fishel.



Saving the best for last - consider using a MNFC Gift Card for all of your Co-op purchases. It can be obtained from any cashier, and you decide how much value you want to put on the card. You write a check for that amount, then use the gift card every time you shop. It is like cash and thus should be kept in a secure place. There is number associated with the card, found on the back of the card or on the receipt when you put money on it. Note this number somewhere secure so if the card is lost, payment from it can be stopped. Any usual Co-op discount you get stays the same, and the amount left on the card shows up at the bottom of your receipt every time you make a purchase. When the balance runs out, writing another check will load the same card for another period of time. There are several advantages of this process:

- ◇ You can budget what you believe is reasonable for you to spend at the Co-op, say for a month's time, and keep track of your spending.
- ◇ Going through the check out line is very quick and efficient. The cashier scans your card, you get a receipt, and you're done! Nothing to sign, no check to write, no waiting for change... the cashiers really seem to like the ease of this process and you're apt to get some unsolicited positive regard.
- ◇ Use of the MNFC gift card eliminates the fees the Co-op has to pay to banks and financial institutions when you use a credit or debit card. These

fees are very substantial over a year's time. Keeping this money completely local allows the Co-op to use for support projects in the larger community and improved service to member-owners.


- ◇ Finally, remember that a MNFC gift card is a wonderful way to give anyone a present, for any occasion. The gift card can encourage someone new to the Co-op to make their first visit, and can introduce long time customers to this very efficient way of paying for purchases.

We are so fortunate to have a readily accessible and knowledgeably staffed marketplace with an array of food products to satisfy basic needs and spark our inner foodie - a place that is selective about what it sells, and strives to be inclusive of everyone, so we can all eat well and thrive.



Louise Vojtisek is a member of our Board of Directors.

Save the Date: October 3rd
Middlebury Co-op
Truck Load Sale
Save money on
quality products!

A stylized illustration of a semi-truck with a long trailer. The letters "MNFC" are printed on the side of the trailer. The truck is shown from a side profile, facing left.

Katherine Finnerty...
... 15 Years at Middlebury Co-op!

Aside from being enthusiastic about food and fun to work with, Katherine is a top-notch merchandiser, having masterminded and set up hundreds of creative, ingenious, and effective displays, which keep the produce department fresh and interesting for customers.

Katherine has an incredible eye for detail, and handles a wide variety of produce tasks — including purchasing and, as a result, has developed outstanding relationships with our local producers. She fosters a fun and energetic work environment. At any given moment she might be singing show tunes, helping customers, receiving huge local orders, making beautiful displays, or making co-workers laugh.

Thank you, Katherine, for all of your hard work and dedication!

MNFC Board Elects New Officers, With Thanks to Jay Leshinsky by Tam Stewart

As most of you know, your Board elects its officers every year, shortly after the Annual Meeting. This past July, Louise Vojtisek was re-elected Secretary; Lynn Dunton was elected Treasurer; RJ Adler, Vice-President; and I was elected President. In a sense though, the big news is that Jay Leshinsky stepped down after five years as President.

Five years is a long time, and Jay got really good at the job. What made him so good, for starters, was many years under his belt as a Director before becoming President. But it was also his persistence, tempered by patience, and a dash of faith. (Not coincidentally, these are traits of a master gardener, which Jay is.)

As President, Jay accomplished many things, some of them subtle but immensely important. For example, he was almost single-handedly responsible for cultivating the Board's proficiency at *Policy Governance* to the point where it has almost become second nature (to the admiration of other co-ops). This has boosted the efficiency of our governance chores so much that the Board can now spend more time working broadly and creatively, and getting in front of problems before they arise. Reactive to proactive; sweet.

I've got some big shoes to fill, but I'm lucky because I served as Jay's Vice-President for the last several years and he taught me a lot. What's more, when he stepped down as President he remained on the Board, which is unusual, and a huge gift. Having lent new meaning to the term, "servant-leadership", he's our elder statesman now, at least for another three years, and we're grateful for it.

Tam Stewart



Food for All

Food for All is a Middlebury Co-op member assistance program. If you are a participant of the *Supplement Nutritional Assistance Program* (SNAP) or the Food Assistance Service *Women, Infants, and Children* (WIC), or if you are a client of our Addison County Food Shelves, you may be eligible for this program. Food for All members receive a 10% discount at the Co-op on all purchases (alcohol excluded). For more information, call Emily or Karin at 388-7276, or pick up a *Food for All* application at the Co-op.

Following is a note we recently received from an anonymous member:

I have been a member of the Food For All program since last May and want to express my appreciation for both this program and the community at our Co-op. My husband and I are on a tight budget and Food for All makes it more possible for us to buy the kind of food we want to feed our family. Our daughter especially loves Elmer Farm's zucchinis right now. Thank you for making us feel welcome and for making nutritious, locally-produced food more accessible to everyone in our community.



Too much to ask?

Is it too much to ask, to live in a world where our human gifts go toward the benefit of all? Where our daily activities contribute to the healing of the biosphere and the well-being of other people?

Charles Eisenstein