



Middlebury Co-op Newsletter

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

October
2015

Kale

*Kale talks to your DNA and tells
it to sing the sweet, slow song
of health and happiness.*



Kale was first grown thousands of years ago either in the eastern Mediterranean region or in Asia Minor. This green member of the cabbage family has not changed much over the years, perhaps because horticultural experimenting seemed unnecessary. Kale is one of the most uncomplicated vegetables, as it is easy to grow, easy to harvest and easy to prepare. It is also extremely nutritious, being known as a body cleanser. Kale supports the digestive and nervous systems and provides healthy amounts of calcium. Kale may help protect against some forms of cancer and strengthen the immune system.

The two main varieties of kale are Scotch Kale with bright green to greenish-yellow leaves and Blue Kale, featuring deep green to bluish leaves with plume-like edges. Lacinato Kale, loved in Italy's Tuscany, has become very popular with many of us in the Co-op community.

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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**



Dear Members and Friends of Middlebury Co-op,

October is here! What a month!

*On **October 1st** we will Share the Harvest. The Co-op will donate 30% of all Produce sales on this day to support NOFA Vermont's Farm Share Program, which supports better access for Vermonters to healthy foods. Two days later, on **Saturday, October 3rd**, we will offer Co-op products at highly reduced prices at our Annual Truck Sale (see details below).*

*October is **Co-op Month** and **Fair Trade Month** as well!*

*On top of that, October features **National Kale Day** (October 7).*

Who could ask for more...?

Enjoy the beautiful season!



On Saturday, October 3rd, we will hold our Annual Truck Load Sale at the Co-op. Dozens of popular products will be offered as Case Deals at vastly reduced prices. For details pick up a flyer at the Co-op.

Here are the general guidelines:

- ◆ Offers are on a *first-come-first-serve* basis and are good only as long as supplies last. Therefore, come early! We cannot accept any phone orders, nor are we able to reserve products for you.
- ◆ Pick up your order form in the store any time before the sale.
- ◆ Write the number of cases you wish to purchase next to the item on the order form.
- ◆ Bring your order form to the tent in the back parking lot on Saturday, October 3rd. The sale starts at 8:30am and ends at 4pm.
- ◆ A staff member will retrieve your purchase and provide you with a ticket. Your purchase will be held for you.
- ◆ Take your tickets inside the store and pay at the register for your purchases. Hold on to your receipt.
- ◆ Return to the tent with your receipt and pick up your order. Staff members will be happy to help.
- ◆ Sorry, no mixed cases, no rain checks, and no later pick-ups.
- ◆ Your membership or working member discounts will apply; however, no additional discounts will apply to truck sale wine cases.



What I Did on my Summer Vacation

A Tale of Two States

by Ian Ross

With an unparalleled restaurant scene, booming craft beer industry and steadily growing group of local wineries, coffee roasters, and tea shops, [we] offer something for almost everyone. Sounds like it could be used in describing Middlebury, Vermont, right? I actually found this description in the Asheville, NC, Eats and Drinks brochure published by the local Mountain Express newspaper.

This was just the beginning of our 5-day experience in the Asheville area this summer. It turned out to be the last place we visited on our two and a half week journey to destinations south. A trip, which included visits to Hershey, Pennsylvania; my family and Walt Disney World in Florida; and my wife's family near Charlotte, North Carolina. This was certainly the longest vacation I had ever taken away from home, and included all the highs and lows of a road trip of this magnitude.

Ten years ago a trip like this would have consisted of many meals at fast food restaurants and pit stops resulting in soda, candy bars, and salty snacks being purchased just about every day. With my nine years at Middlebury Co-op, we had learned to limit fast food visits to just a handful of times, and stay stocked on healthier snacks. There were still the occasional sweets and salty treats from the occasional gas station, but not near as much. We made an effort to allow time for sit down meals at restaurants that could provide good, healthy, and at times local food for us. Not a small feat with three little girls in tow.

This was probably best demonstrated for us in the City of Asheville and the greater Western North Carolina (WNC) region. For several years we have been trying to visit Asheville. Last year during a shorter trip, we stayed in Hendersonville about 25 miles south of Asheville. Car trouble limited our ability to travel WNC as much as we had hoped, and our visit to Asheville was a drive through downtown on one of our last days. We did get to visit the WNC Farmers' Market, which sits on 36 acres and houses about a dozen structures including two large retail buildings that can be open air or closed in, and serves more than 2 million people each year.

Back to this year's trip, twice we visited the *French Broad* Food Co-op located in downtown Asheville. They are celebrating their 40-year anniversary this year. Named after a local river, *French Broad* is about the same size as our Co-op was at 1 Washington St. Much of their parking is



down a little hill behind the building, with a little walkway created for better access. They have more accessible parking (including for new or expectant mothers) nearer to the main building and what appears to be a garage behind their retail building for storage. Upon entering the building, you find yourself in the Produce department. One wall is lined with a cold case for quickly grabbing salads, sandwiches, and other foods, while another wall hosts a small hot and salad bar. Minimal staff and no Produce staff activity was seen. The next room consists of the main retail space for the Grocery and Wellness departments and registers for check out. A little walk past the rest rooms and walk-in refrigerator into what you would expect to be back room space and up a ramp takes you to the Bulk Foods, Spices, and Teas departments. Another ramp leads you down more directly into the main retail space. I learned that the building was once used for bottling Coca Cola, and later used as a showroom for a car dealership. This Co-op likely is in competition with both Trader Joe's and Greenlife/ Whole Foods within a mile of their Co-op. It seems to be holding its own though, and have even hosted for 12 years a tailgate (farmers') market every Wednesday afternoon from April through November in an empty lot next to their store.

A 20-minute trip to the east will land you in Black Mountain, NC. The town seems about the size of Middlebury and has a small, thriving co-op down by the railroad tracks staffed by two people. I expect it is about the size that Middlebury Co-op was when it was located in the old train station. It was very well stocked, and about half filled with wellness products. It even has a bio-diesel pump behind their building, and claims to be carbon neutral.

Of all the places we ate at on our whole trip, and Asheville in particular, none stood out to me more than a little restaurant a few blocks from our hotel called Farm Burger. It is one of five restaurants in a chain based in Georgia, with another location in Berkeley, California. Their grass-fed, humanely raised beef "makes ethical eating easy." They work with local farms and producers, and provide the widest range of toppings for a burger I have ever seen. Some toppings I had never considered were roasted garlic, basil tofu mayo, oxtail marmalade, and roasted bone marrow. We had to wait in line for a while to

order, but the homely, family friendly atmosphere made it worthwhile. It was nice to finally get to experience a city that was first brought to my attention 15 years ago. I have heard that the mountainous Western North Carolina region was reminiscent of Vermont and New England. I couldn't agree more. So if you are looking for a little adventure with some tasty food without worrying about how it was produced, Asheville and WNC might be a good place to check out.

**Recipe from French Broad Foods Co-op Tailgate Market:
Summer Squash Fritters**

2 cups local summer squash, grated	2 eggs, beaten
¼ cup chopped onion	½ cup all-purpose flour
½ cup grated Parmesan	2 tablespoons vegetable oil
½ cup shredded Mozzarella	salt and pepper to taste

Directions: Combine the squash, eggs, onion, flour, cheeses, and salt in a medium bowl. Stir well enough to distribute ingredients evenly. Heat a small amount of oil in a skillet over medium-high heat. Drop squash mixture by heaping tablespoonfuls and cook for a few minutes on each side until golden. Serve warm.

Ian Ross is a member of our Middlebury Co-op staff

Certified Fair Trade?

You see Fair Trade symbols on some labels for coffee, chocolate, flowers and more, but what does it really mean? Fair Trade is a designation developed to help consumers support products that come from farms that have been certified to provide fair wages and safe working conditions (forced child labor is prohibited). In addition, producers on certified farms are paid a premium to apply to projects such as healthcare, women's leadership initiatives and micro-finance programs, as voted on by the farmers and workers themselves.

Fair Trade Certified also ensures that farmers obey internationally monitored environmental standards, while empowering farmers and farm workers with financial incentives and resources for organic



conversion, reforestation, water conservation and environmental education.

Goods that bear the Fair Trade Certified label carry an independent, third-party-verified guarantee that the farmer received a fair price for the crop, and is empowered to compete in the global marketplace through direct, long-term contracts with international buyers. This market access lifts farming families from poverty through trade — not aid — which keeps food on the table, children in school and families on their land.

Currently you can only find the Fair Trade Certified label on agricultural products, including coffee, tea and herbs, cocoa and chocolate, fresh fruit, rice, sugar, flowers, honey and vanilla. For products such as jewelry and furniture, consumers can look for and support companies that are committed to fair trade principles and practices by checking to see if the manufacturer is a member of the Fair Trade Federation.

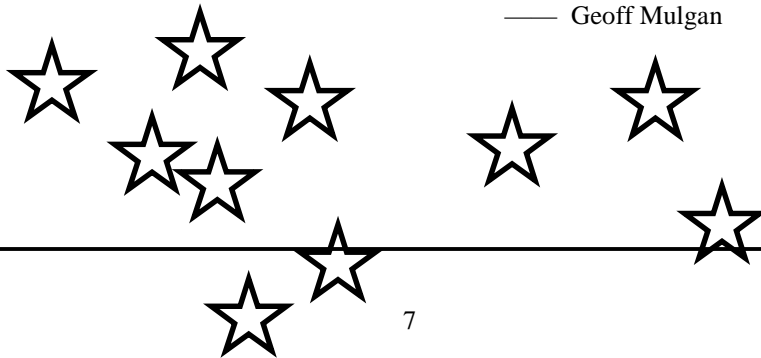
Source: www.motherearthnews.com

When coffee prices fall below production costs, farmers are often forced off their land, and they lose their homes, everything. With fair trade, farmers get a fair price for their harvest with a guaranteed minimum, so they can invest in their crops.

— Nell Newman

All over the world, social innovation is tackling some of the most pressing problems facing society today - from fair trade, distance learning, hospices, urban farming and waste reduction to restorative justice and zero-carbon housing. But most of these are growing despite, not because of, help from governments.

— Geoff Mulgan



Celebrate Co-op Month

Connect with Your Local Co-ops!

Every October, millions of co-op members across the United States join the National Cooperative Business Association in celebrating Co-op Month. So what is it that makes co-ops worth celebrating?



Here are just a few of the many things that make co-ops special:

- ⇒ **Co-ops are member-owned and member-controlled:** Co-ops are equitably owned and democratically operated by everyday people who join together to solve a problem or meet a need. While many businesses are motivated strictly by profit, cooperatives exist first and foremost to deliver quality goods and services to their member owners and to meet the needs of those member owners. It's a business model that's been successful since 1844! There are currently 30,000 co-ops in the United States employing 100 million people. Worldwide, there are 1 billion co-op members!
- ⇒ **Co-ops contribute to a thriving local economy:** For every \$1000 a shopper spends at their co-op, \$1,604 is generated in their local economy. That's due in part to the fact that co-ops tend to purchase many of their products from local farmers and producers. Here at our Middlebury Co-op, we offer products from over 270 local farmers and producers! Additionally, any profit or surplus at the end of a fiscal year is reinvested into the business and returned to its member owners in the form of enhanced services and dividend checks.
- ⇒ **Co-ops are sustainable:** Compared to conventional grocery stores, food co-ops have higher rates for recycling and reusing cardboard, plastics, and food waste. Last year, our Co-op was able to donate over 5.5 tons of food to our local food shelves!
- ⇒ **Co-ops are value-driven:** Cooperatives across all sectors operate under a unique set of cooperative principles and share similar values with regard to things like democracy, equality, equity, solidarity, and social responsibility. These values and principles help guide and define the way we do business.

Co-op Month provides an opportunity to connect with other cooperatives in

our region and around the world. From food co-ops to farmer co-ops, worker co-ops to credit unions, and housing co-ops to energy co-ops, cooperatives make a difference in people's lives every day. You can "Go Co-op" by joining your local co-ops and credit unions, purchasing co-op products and services, and supporting local cooperative businesses. During Co-op month, look for the "Go Co-op" signs on our store shelves to support items produced by co-ops. You'll find dairy products from the *Cabot Creamery* Co-op, fairly traded chocolate, coffee, and produce from the *Equal Exchange* Co-op, and lacto-fermented beverages from the *Real Pickles* Co-op, to name a few!



The requirements for our evolution have changed. Survival is no longer sufficient. Our evolution now requires us to develop spiritually - to become emotionally aware and make responsible choices. It requires us to align ourselves with the values of the soul - harmony, cooperation, sharing, and reverence for life.



— Gary Zukav



Nature is based on harmony. So it says if we want to survive and become more like nature, then we actually have to understand that it's cooperation versus competition.

— Bruce Lipton

The only thing that will redeem mankind is cooperation.

— Bertrand Russell



Animals and Fairies

by Caroline Usher

On a hot August afternoon the Middlebury Co-op Cheese department staff were fortunate to be able to visit two of our producers' farms: *Fairy Tale Farm* in Bridport, owned and operated by Alissa Shethar, and *Animal Farm*, in Orwell, run by Diane St. Clair.

Our first stop was at *Fairy Tale Farm*, where we were met by Alissa and shown a flock of Friesian sheep and a very handsome Awassi ram. The Awassi are sheep native to the Middle East and known as fine milkers, as are Friesians. Even though at the moment Alissa makes the delicious Barbegazi, Tomte, Nuberu and Willo O' Wisp cow and goats milk cheeses at the *Crawford Family* cheese making facilities, she hopes to follow her real dream of milking and making sheep's milk cheese. The farm is in the process of constructing a milking parlor. After a delicious snack of cold drinks and, of course, *Fairy Tale Farm* cheese, which was eaten in a beautiful pastoral setting, we were refreshed to go our second farm, *Animal Farm*.

Animal Farm had an unexpected surprise for us: a calf was *born* just minutes before we arrived. We were able to witness first-hand one of the many chores a dairy farmer has to perform, namely to bring the cow and her calf in from the field, milking out the mother's colostrum and bottle feeding the calf. Diane makes two products on her farm. We sell both of them: *Animal Farm* butter, known famously for being served at *Thomas Keller's* restaurants, *The French Laundry* in California and *Per Se* in New York City, and also buttermilk, a by-product of the butter making process.



Even though we didn't see any fairies or dictatorial pigs, we all had a happy time!

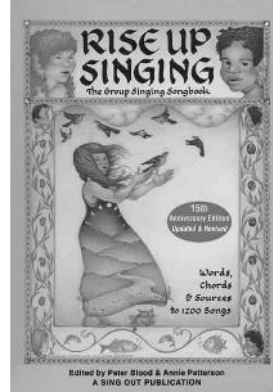
Caroline Usher is a member of our Co-op staff.

*The fairy poet takes a sheet
Of moonbeam, silver white;
His ink is dew from daisies sweet,
His pen a point of light.*

— Joyce Kilmer

Sing-Along Concert to Benefit Lake Champlain

Come sing along in community with the musicians who brought us the songbook *Rise Up Singing*. Peter Blood and Annie Patterson and friends (Magpie, Bill Harley, and Charlie King), will be leading us in song from their new songbook, *Rise Again*. Proceeds from the concert will benefit the non-profit Lake Champlain Committee, steward of our precious resource, Lake Champlain.



When.... Sunday October 11 at 7PM

Where.... Methodist Church
47 North Pleasant Street, Middlebury

Price: \$20/adult, \$10/child, \$50/family, under 6 years old are free

Tickets are being sold in advance in Middlebury, Bristol, and Vergennes.
(cash or checks only)

Middlebury... Main St. Stationery and Middlebury Community Music Center

Bristol... Recycled Reading of Vermont: Books and Instruments

Vergennes... Sweet Charity

You can also order tickets online at: www.riseupsingingvtconcert.com

Any available tickets will be sold at the door, but a large turn-out is expected, so best to get tickets in advance.



The Co-op Connection!

Importing the freshest loose leaf tea available every season from China, India, Taiwan, Nepal, and Japan.

Visit Middlebury's Tea-house in the Marble Works.

Co-op members receive a 10% discount!

Congratulations, Annapurna Rosalli... ...15 Years At Middlebury Co-op

Annapurna started to work for us as a member worker in the 1980s. We called them “Super-workers” in those days. Annapurna is still a super-worker today!

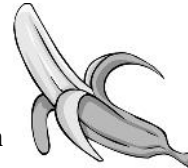
Annapurna became fully employed 15 years ago and has been a pivotal member of our Co-op staff ever since. She has worked in the Produce, Grocery, Bulk Foods, Cheese, and Dairy departments. Her ongoing enthusiasm is evident especially when it comes to cutting, wrapping, and displaying cheese. At least once a year, Annapurna resets the cheese display cooler, experimenting with new ways to show off our wonderful local and international cheeses.

On staff, Annapurna is known as an outstanding cook who prepares deliciously healthy meals without adhering too closely to a recipe. She also loves to dance!

Congratulations, Annapurna, and thank you for your ongoing enthusiasm for good food and cooperative values!

Eat less

This is probably the most unwelcome advice of all, but in fact the scientific case for eating a lot less than we currently do — regardless of whether you are overweight — is compelling. “Calorie restriction” has repeatedly been shown to slow aging in animals and many researchers believe it offers the single strongest link between diet and cancer prevention. We eat much more than our bodies need to be healthy, and the excess wreaks havoc — and not just on our weight. But we are not the first people in history to grapple with the special challenges posed by food abundance, and previous cultures have devised various ways to promote the idea of moderation.



Food Rules, by Michael Pollan

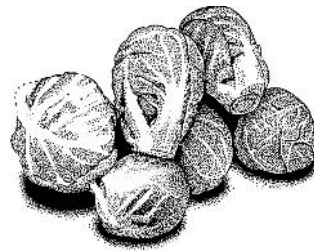
Four Pillars Farm

Whiting, Vermont

Peter Cousineau owns the *Four Pillars Farm* in Whiting. Here are some of the Produce items you can expect in October: Brussels Sprouts, Arugula, Mesclun, Onions, Sweet Peppers, Fingerling Potatoes, Watermelon Radishes, and Baby Spinach.

Brussels Sprouts

Not everyone loves Brussels Sprouts. But as a member of the cruciferous family, they deserve to be placed among some of the healthiest foods. They provide a good amount of protein, iron, and potassium. Furthermore they contain a decent amount of Vitamin C (1/2 cup contains about 50% of the daily recommended allowance). Brussels Sprouts are high in fiber. Fiber keeps your digestive system in good working condition and helps keep your cholesterol levels in check.



Just like other green leafy vegetables, Brussels Sprouts contain large doses of folic acid (also called *folate*, a B vitamin). According to Mayo-Clinic.com, Folic acid helps maintain a healthy heart.

Antioxidants are important in health maintenance as they help reduce the risk of cancer. Brussels Sprouts offer certain antioxidants that can offer protective benefits.

Steam Brussels Sprouts until they are tender to retain most of the nutrients this wonderful vegetable has to offer. You may want to drizzle olive oil and garlic on top and serve as a delicious side dish. Brussels Sprouts can also be chopped and added to a green salad.

Brussels Sprouts grow well in countries of moderate climate. This member of the Cabbage family was known in the 13th century in what today is known as Belgium... thus the name in the English language: *Brussels Sprouts*. In October you can enjoy Brussels Sprouts grown in Vermont!

During the week of **October 1 — October 7**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Four Pillars Farm* products.

Equal Exchange Coffee Co.

West Bridgewater, Massachusetts

How to brew a good cup of coffee:

Water

Coffee is 99% water! Use only the cleanest, freshest water available. It's best not to use distilled water in which the natural minerals have been removed because coffee interacts with these minerals to naturally enhance the taste. Bottled spring water or filtered tap water is ideal.

Water Temperature

The perfect temperature to brew coffee is between 195° and 205°F. When brewing manually with a French press or filter cone, remove your kettle of boiling water from its heat source and let it sit 2 minutes before pouring over your ground coffee.

Grind

When you purchase whole bean coffee, it's best to grind your coffee right before brewing, although it's perfectly acceptable to grind your coffee when you buy it. Your goal is to achieve the right grind for the right brewing method:

- coarse grind for French press brewing
- medium-coarse grind for automatic drip brewers
- medium grind for filter cone method
- fine grind when making espresso



Brewing & Storing

What ever method of brewing you use, the general standard is 1-2 table-spoons of coffee for every 6 oz of water. For the French press, use 2 table-spoons per 6 oz of water. Automatic drip brewers, on the other hand, tend to produce a desirable brew when using as little as 1 tablespoon per 6 oz of water. You'll want to experiment and adjust depending on whether you prefer a stronger or milder brew.

Brewing Time

Once your coffee finishes brewing, the flavor and quality begins to deteri-orate. In the case of the French press, after it's brewed 3-5 minutes and the coffee grounds have been pushed down to the bottom of the glass vessel, we recommend that you transport the coffee into a thermos, or serve it immediately; if left in the press, the coffee will continue to brew and be-come bitter. In general, we recommend that you transfer coffee from any method of brewing into a stainless steel thermos or an insulated carafe to

keep it hot.

Storing Your Coffee Beans

Storing your coffee in an airtight glass or ceramic canister is optimal. Properly stored coffee can stay fresh up to two weeks and should not be refrigerated, nor is it necessary to keep it in the freezer. For maximum freshness, we recommend purchasing only as much coffee as you will consume in a 1 1/2 to 2 week period.

Source: www.equalexchange.coop

During the week of **October 8 - October 14**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Equal Exchange* products.

Champlain Orchards

Shoreham, Vermont

Champlain Orchards is a 100 year old family owned and operated apple farm in Shoreham, Vermont. At the farm, they grow an amazing amount of apples of great variety. Here is a short quiz about some of the better known apple varieties:



1. Which apple was developed overseas? It keeps really well through the winter, delivers a fresh taste and a unique sweet apple sauce?
a) Gala b) Fuji c) Cortland
2. Which apple is a cross of Golden Delicious and Kidd's Orange Red, is popular worldwide for its satisfying texture and agreeable sweetness? It's good on salads or in sauces.
a) Gala b) Honey Crisp c) Ginger Gold
3. Which apple is a cross between McIntosh and Ben Davis and exhibits a sweet vinous flavor and crisp refreshing bite. It's also excellent in pies.
a) Cortland b) Empire c) Enterprise
4. Which apple is an excellent bruise resistant lunchbox apple with a sweet-tart taste and crisp texture, ideal for fresh eating? Its parents are McIntosh and Red Delicious.
a) Cortland b) Golden Delicious c) Empire
5. Which much sought after fresh eating apple is exceptionally full flavored, juicy, with a sweet honey flavor?
a) Honeycrisp b) Jonagold c) McIntosh

6. Which apple is described as crisp, spicy, and tart, and an assertive acidity? It's also great for sauce making.
a) Macoun b) Sansa c) Paula Red



Answers: 1b; 2a; 3a; 4c; 5a; 6c

During the week of **October 15—October 21**, Co-op members will receive a **20% discount**, in addition to their regular member discount, on all *Champlain Orchards* products.

Alaffia

Alaffia, located in Olympia, Washington, is a company focused on producing fairly traded, sustainably grown, unrefined shea butter. Shea butter is the oil from the nuts of wild shea trees scattered throughout the wooded savanna of West and Central Africa. It has become a popular skin care ingredient. *Alaffia* has direct involvement in the entire process – from gathering the wild shea nuts and crafting the butter, to distribution locally and abroad - their employees receive fair and steady incomes. Besides unrefined shea butters, *Alaffia* offers soaps, lotions and hair care made with it.



Alaffia is also part of the *Empowerment Alliance*, which means that 10% of sales will go directly back to the community in the form of community enhancement projects. Not only are *Alaffia's* products good for skin, they're good for the soul too!

Unrefined shea butter is a valuable natural resource for West Africa and could be an important tool in empowering local communities. However, most shea butter on the market in the United States and Europe is not fairly traded. Without fair trade, the women who gather shea nuts and hand craft this remarkable oil receive only a tiny fraction of the final price.

During the week of **October 22—October 28** Co-op members will receive a **30% discount**, in addition to their regular member discount, on all *Alaffia* products.

Scott Farm

Dummerston, Vermont

Scott Farm Orchard is a 571 acre gem owned by the Landmark Trust USA. We produce 90 varieties of ecologically grown heirloom apples as well as plums, no-spray blueberries, peaches, pears, quince, medlars and apricots. All our fruit comes from our very own free range trees.



The orchard has evolved from conventional management and cultivar selection to an ecologically managed heirloom apple oasis. The farm itself is something of an heirloom, settled in 1791 by Rufus Scott. Ownership then passed to the Holbrook family who expanded and diversified the farm. The orchards were planted in 1915 and soon became the main focus of the farm. In 1995, Fred Holbrook gifted the Scott Farm Orchard to the non-profit the Landmark Trust USA, a historic preservation organization that had acquired and restored the neighboring Rudyard Kipling house, Naulakha. The renowned apple maestro, Ezekiel Goodband, took over the management of the orchard in 2001. The first action Zeke took was to cut off the tops of thousands of McIntosh trees and graft in twig sized scions of treasured heirloom apple varieties he had collected over the years. These twigs transformed into entire new tree tops.

75% of our crop stays in Vermont. We value the personal connections we have with our customers because they are our family and friends, our community. Our mission to grow exceptional fruit with the highest integrity is upheld year round by our small dedicated staff of Ezekiel Goodband, Kelly Carlin and Maegan Reichle. Each year, the day after we close our Farm Market in November we begin pruning each tree by hand with the hope to finish by mid-April. During the bloom we plant new trees and then nurture our crop through the summer heat and storms. We start the apple harvest in August and work tree by tree, apple by apple through 90 varieties. Our fruit is hand-picked and packed onsite under the expert guidance of our Jamaican guest workers in conjunction with local folks. Most of the members of our Grade A harvest crew have worked together with Zeke for over 20 years. During the Fall, apples harvested on Monday are whisked away by the Black River truck and can be found on display at Middlebury Co-op by Wednesday!

During the week of **October 29—November 4** Co-op members will receive a **20% discount**, in addition to their regular member discount, on all **Scott Farm** products.

Kale continued from page 1

Here are some interesting facts about Kale:

- ◇ A serving of kale has more absorbable calcium than a small carton of milk.
- ◇ Kale is nutrient dense: One cup kale has just 33 calories yet contains 134% the recommended daily amount (RDA) of vitamin C, 206% RDA of Vitamin A, 684% RDA of Vitamin K, plus iron, folate, omega 3s, magnesium, calcium, fiber, and 2 grams of protein.
- ◇ Kale possesses phytonutrients, which help quell inflammation, improve the liver's detox ability and, being a great source of alpha-linoleic acid (ALA, an essential omega-3 fatty acid), it can even protect brain cells from stress.
- ◇ Kale is great in combination with foods like avocado, olive oil, or parmesan cheese, that make the fat-soluble carotenoids more available to the body.
- ◇ Kale is higher in Vitamin C than most other vegetables.
- ◇ An average American eats 2 to 3 cups kale every year... not enough! If you are new to kale, go slow, though. Start adding kale to your diet in small amounts, to avoid intestinal upsets.
- ◇ Kale is not a fad. It has been a staple in Scotland, Kenya, Denmark, Portugal, Italy and many other countries for a long time.
- ◇ If you possibly can, choose organic kale, as conventionally grown kale may contain a major dose of residual pesticides.
- ◇ Kale can be made into smoothies, tossed into salads, sautéed as a side dish, baked as a chip or mixed in a cocktail. Whew!
- ◇ A tasty bunch of 10 or 20 organic leaves of kale costs about two dollars and is easily available.
- ◇ Grow your own kale. It is a most forgiving plant. It's easy to grow. It provides dark green sweet leaves especially after the first frost.
- ◇ Raw kale is healthiest. Kale lightly sautéed will still provide you with lots of its super-healthy nutrients!



Source: foodmatters.com

When you come shopping on October 7 — *National Kale Day* — it may be your lucky day... we will give away free bunches of kale... one per customer!

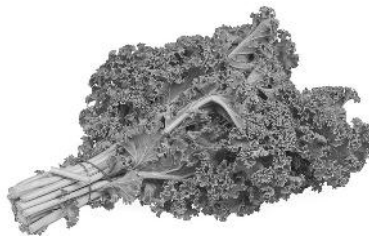
Vermont Kale Salad

1 bunch Kale, cut like match-sticks
1 small red onion
3/4 cup red cabbage
1 large red pepper
3 celery sticks sliced
3 carrots chopped
1/2 cup raisins or dried cranberries
(optional)
1/2 cup pecans (also optional)

Mix and toss in dressing to taste:

1 tablespoon mustard
1 tablespoon tamari
1 tablespoon maple syrup
3 tablespoons balsamic vinegar 1 cup olive oil


**National
Kale Day**
OCTOBER 7, 2015



Eat only foods that will eventually rot

What does it mean for food to “go bad”? It usually means that the fungi and bacteria and insects and rodents with whom we compete for nutrients and calories have gotten to it before we did. Food processing began as a way to extend the shelf life of food by protecting it from these competitors. This is often accomplished by making the food less appealing to them, by removing nutrients from it that attract competitors, or by removing other nutrients likely to turn rancid, like omega-3 fatty acids. The more processed a food is, the longer the shelf life, and the less nutritious it typically is. Real food is alive — and therefore it should eventually die. (There are a few exceptions to this rule: for example honey has a shelf life measured in centuries.) Note: Most of the immortal foodlike substances in the supermarket are found in the middle aisles.

Food Rules, by Michael Pollan