the local meat issue

IN THE SPOTLIGHT
Vermont Packinghouse

LOCAL MEAT FARMS
Where does our meat come from?

THE DEEP DISH
Grazing Animals and Soil Fertility

FOOD FOCUS
Perfect Summer Corn
WHY DOES THE CO-OP EXIST?
The Co-op exists to help our member-owners customers and the community benefit from:
• HEALTHY FOODS
• VIBRANT LOCAL ECONOMY
• ENVIRONMENTALLY SUSTAINABLE & ENERGY EFFICIENT PRACTICES
• COOPERATIVE DEMOCRATIC OWNERSHIP
• LEARNING ABOUT THESE VALUES

WHAT IS OUR BUYING CRITERIA?
Middlebury Natural Foods Co-op strives to select products that are local, organic, and free of:
• ARTIFICIAL PRESERVATIVES, COLORS, FLAVORS
• ADDED HORMONES AND ANTIBIOTICS
• TRANSFATS • PARABENS
• HIGH FRUCTOSE CORN SYRUP
• ANIMAL TESTING

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• DISCOUNTS AT LOCAL BUSINESSES
• MEMBER DEALS • PATRONAGE REFUND
• A VOICE AND A VOTE
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3 CO-OP CONVERSATIONS
A Letter From Glenn, GM

4 A WORD FROM THE BOARD
It Takes a Village

6 IN THE SPOTLIGHT
Vermont Packinghouse

8 DECODING MEAT LABELS
Symbols and Standards

10 LOCAL MEAT FARMS
Where Does our Meat Come From?

12 THE DEEP DISH
Grazing Animals and Soil Fertility

15 RALLY FOR CHANGE
Addison Co Home Health & Hospice

16 BETWEEN THE ROWS
Planting: The Big Picture

18 THE INSIDE SCOOP
Meet Brian - Meat Coordinator

19 FOOD FOCUS: CORN
Perfect Summer Corn

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Dear Co-op Friends,

Our 42nd annual meeting of member-owners was held at American Flatbread on June 6. We had a joyful event, updating folks on the state of your Co-op and celebrating a successful year together that included completion of our big expansion. We are so grateful to be part of a community of owners and staff who manage to make such a positive impact together.

This quarterly newsletter is dedicated to our Co-op’s support of local meat. This may be a controversial subject for some people. We don’t intend any disrespect by emphasizing meat in this issue. Our goal is to recognize that we do serve many shoppers who choose to eat meat, acknowledge the role that the local meat industry plays at the Co-op, and also to celebrate and appreciate Vermont meat farmers who provide high-quality options for our community.

About three years ago, before expansion, we engaged with our member-owners in a Co-op communication effort we nick-named Co-op Conversations. In our focus groups, we asked member-owners about what they wanted from their Co-op in the near future. An enlarged fresh meat department was high on the list of requests especially because of the strong emphasis on LOCAL at the Co-op. As we began to plan for expansion, Greg’s Meat Market closed after 34 years - a sad day for Middlebury. People were missing this service. Although we didn’t completely fill the void of Greg’s Market, our meat department has been one of the fastest growing departments at the Co-op, growing between 20-30% per month over last year.

Before expansion, we had a small 8’ low open case. After expansion, we installed a tall 16’ case with glass doors to save energy. This was an unusual merchandising move, and we are still learning what works well. Please give us your feedback. We hired our first ever meat coordinator, Brian, who is trained to cut and prepare fresh meat/seafood and create delicious value-added products. If you haven’t yet, be sure to try his carne asada marinated steak tips and also sweet & spicy BBQ wings.

Our buying criteria dictate that the Co-op will not carry “meat products from animals raised with hormones or antibiotics.” And “the products are selected with a primary and increasing emphasis on organic and local items.” Brian is extremely knowledgeable about all the meat that we bring in, where it comes from, and how it’s raised to ensure the Co-op carries the best quality meats we can.

In the deli department, we source turkey for our turkey meatloaf from Misty Knoll Farm (New Haven) and for the popular turkey chili from Stonewood Farm (Orwell) or Misty Knoll. The steak tips entrée and the beef on the hot bar all comes from Black River Meats (North Springfield).

To end on a personal note, my family really appreciates being able to get local sustainably-raised meat, especially year-round, at the Co-op. Some of our favorites include chicken from Misty Knoll Farm (New Haven), turkey from Stonewood Farm (Orwell), beef from North Hollow Farm (Rochester), lamb from Meeting House Farm (Lincoln), and sausage from VT Salumi (Plainfield). There are several more wonderful local suppliers at the Co-op as well. My son just returned from six months in Uganda (Africa) and we had the freezer stocked waiting for him with meat favorites, only to have him announce that he is now a vegetarian. Well, he’s trying at least.

The rest of the family wants to try to eat less meat, so we are embracing this challenge. If anyone has a favorite vegetarian entree recipe to share, I’d love to hear it. You’ll still see me buying great local meat at the Co-op, but now I’ll be spending even more time in the produce section. It’s all great food.

Always Cooperatively Yours,

Glenn Lower, General Manager
Middlebury Natural Foods Co-op
Recently the Town of Middlebury has started discussing a plastic bag ban. We are all guilty of using many plastic bags each time we go to the market – new ones every time even for produce and bulk items. The climate conscious amongst us will do our best to remember reusable bags, not just to haul our groceries home, but to get our bulk ingredients or to keep our produce fresh. Many a Coop cashier has consoled me, “It’s OK!,” each time I go through the self-flagellation, familiar to many member-owners, of why I forgot my bags, again!

But a ban? That doesn’t happen overnight and takes planning. Maybe at the ripe old age of 29 I’ve become more conservative in my worldview, but the debate over plastic or not to plastic is bigger than just preventing toxic chemicals from entering our oceans, bodies and the waste stream vs. a convenience to shoppers.

The Comedian Roy Wood Jr., a correspondent on The Daily Show with Trevor Noah, has a sketch about buying a cell phone case at a Best Buy in Seattle. When he asks for a bag the cashier protests, “Sir, you just have a cell phone case, which already comes in a plastic case, why do you need a bag?” Wood doesn’t have time to explain his thinking in the checkout line, so he just tells the employee he’d like a bag. “But it’s bad for the environment!” The young climate warrior claims, reluctantly handing Wood a Best Buy branded plastic bag.

For those who have not seen this sketch on youtube or The Daily Show, Wood is a black comedian and the Best Buy cashier was white. What Wood didn’t have time to explain is that the bag is proof he purchased this item. Unfortunately, as a black man, he doesn’t feel safe walking out of a store without
the branded bag that is visible proof of purchase. “If I didn’t have the bag and a cop questions me about my purchase, what am I going to do? Reach into my back pocket to grab a receipt? I know I’m grabbing the receipt, but does the cop know that? What if he thinks I’m going for something else like a gun?” Wood isn’t afforded the luxury of saving the environment, “He’s trying to save the world, and I’m trying to tell him he’s going to save a life! I want the biggest bag I can get!”

Wood’s commentary demonstrates one complexity of this problem. So, am I advocating against the ban? By no means, I’m as conscious of my impact on the environment as the next board director at a local food coop. Some estimates say our plastic addiction kills 100,000 marine animals each year. A simple internet search will turn up these facts with images of adorable otters stuck in plastic, or bird carcasses full of rubber bands. There are many ways to solve this problem, but changing minds and behaviors is never easy.

There are carrot and stick approaches: If you choose not to use a bag at Outdoor Gear Exchange in Burlington they will donate five cents to the local animal shelter. Some stores pass the cost of a plastic bag onto the customer by charging them for the convenience, but that has socioeconomic impacts (not to mention wrestling with the customer expectation that a bag is complimentary).

At this point my high school sophomore year English teacher would be saying, “Doesn’t it hurt your backside to sit on the fence like that?” Well, despite Mr. Brennan’s protestations, I can tell you I am certainly on the side of plastic reduction. The next time you forget your reusable bags, consider grabbing a cardboard box from the recycle pile stacks in the front of the store by the dining area. Reuse these boxes that carried products for you to purchase “into” the store. And, consider ways to reduce plastic use in your life, but don’t make yourself feel guilty. Remember: You, personally, are not destroying the environment, we are all doing so together! It takes a village, right?

The first step towards sobriety is admitting you have an addiction, and we are addicted to plastic. So as our community has this conversation I have a challenge for you: Try to go through your next regular co-op shopping trip without buying or using any plastic. It’s an eye-opening experience.

CONTACT THE BOARD
board@middlebury.coop
The opportunity to see what’s going on inside an animal processing facility is most often presented as a grainy undercover video clip filmed and shared by an animal rights protection group. Industry-backed “ag-gag” laws that seek to prosecute those responsible for filming and sharing such videos have given the entire industry a reputation of secrecy that runs counter to the food movement’s increasing interest in how the food we eat is made. This is what makes Vermont Packinghouse such a unique entity; it’s a meat processing facility that embraces transparency in a way that’s truly rare for the industry.

The state-of-the-art, Animal Welfare Approved facility opened in the fall of 2014 in North Springfield, VT with the goal of putting humanely-raised, ethically-slaughtered local meat onto our tables. Using designs developed by Temple Grandin’s firm, they meet the high standards that Grandin, a pioneer in humane livestock handling, has set for such facilities. Vermont Packinghouse is one of only two such facilities in the US with viewing windows, allowing those who are interested to take a tour and gain a better understanding of how the meat they eat is processed. Vermont Packinghouse management acknowledges that this is an act that can require courage and vulnerability, but that it can ultimately spark greater respect for animals, meat, and meat industry workers.

It seems that there are plenty of folks who are interested in taking advantage of this opportunity to experience this fundamental part of being an omnivore. Vermont Packinghouse hosts student field trips from local schools, chefs-in-training, and individual families who want their children to understand where their meat comes from. Farmers who bring their livestock to the facility for processing also appreciate the opportunity to see how their animals are treated. As one farmer put it, “I want the best start for my animals, the best life, and the best end -- then I know I’ve done my job as a responsible meat farmer.”
Even with strict humane handling protocols and procedures in place, things don’t always go exactly as planned. Despite their deep commitment to humane animal treatment, the Vermont Packinghouse facility has been subject to intense scrutiny due to a handful of violation accusations from the Vermont Agency of Agriculture. Several of the infractions stemmed from incidences of misfires or ineffective stuns that are intended to render the animal “insensible to pain by a rapid and effective method” prior to slaughter. The notices cite eight federal violations of humane animal handling in 2017 involving cattle and pigs, and an additional violation involving a sheep in early 2018.

Vermont Packinghouse feels the mis-stuns were unacceptable and “go against our company values.” The plant’s owner, Arion Thiboumery, goes on to say that, “all processes need to be subject to constant vigilance and constant improvement.” These incidents have prompted Vermont Packinghouse to improve their stunning processes with state-of-the-art equipment and to modify their humane handling procedures to make the chances of an accident far less likely. Kristin Haas, state veterinarian and director of the Vermont Agency of Agriculture’s food safety program, told the Burlington Free Press that she was satisfied Vermont Packinghouse was responding appropriately to the USDA violations.

Vermont has one of the strongest humane treatment laws in the country governing slaughterhouses. The law includes penalties of $1,000 per instance of inhumane treatment up to a total of $25,000. It also requires federally-inspected slaughterhouses such as Vermont Packinghouse to notify the state agriculture agency of any federal actions taken against them. Vermont Packinghouse maintained its track record of complete transparency in its handling of these incidents. “We feel like we’re proud of what we do here and we want everything to be above board,” Thiboumery told The Huffington Post. “We’ll tell you about how the animal was raised and we’ll talk about how it died. We’re not embarrassed about it.”

The Packinghouse specializes in organic, pasture-raised and grass-fed products from small and medium-sized farms headed for local markets, including Black River Meats. This represents an important move toward greater collaboration among local meat producers, meat processors, and meat consumers in Vermont and New England. “Death is a part of life,” Thiboumery said. “When we acknowledge that, bring care to it, and aren’t just trying to shove it into some dark corner and make it go away, I think it actually makes us more human.”

– Emily
FREE RANGE
Producers must demonstrate that the poultry has been allowed access to the outside.

ORGANIC
Indicates that the food or other agricultural product has been produced through approved methods. Overall, organic operations must demonstrate that they are protecting natural resources, conserving biodiversity, and using only approved substances.

NATURAL
Containing no artificial ingredients or added colors and is only minimally processed.

NO HORMONES (beef)
No hormones have been used in raising the animals.

NO HORMONES (pork or poultry)
Hormones are not allowed in raising hogs or poultry. The claim “no hormones added” cannot be used on the labels of pork or poultry unless it is followed by a statement that says “Federal regulations prohibit the use of hormones.”

NO ANTIBIOTICS ADDED (red meat / poultry)
The animals were raised without added antibiotics.

SELL BY DATE
Tells the store how long to display the product for inventory management. It is not a safety date.

BEST IF USED BY/BEFORE
Indicates when a product will be of best flavor or quality. It is not a purchase or safety date.

USE BY DATE
The last date for the use of the product while at peak quality.
DECODING MEAT LABELS

**KOSHER**
may be used on the labels of meat and poultry products prepared under rabbinical supervision.

**HALAL**
Products prepared by federally inspected meat packing plants identified with labels bearing references to “Halal” or “Zabíah Halal” must be handled according to Islamic law and under Islamic authority.

**NO ANTIBIOTICS ADDED**
(red meat / poultry) the animals were raised without added antibiotics.

**SELL BY DATE**
Tells the store how long to display the product for sale for inventory management. It is not a safety date.

**BEST IF USED BY/BEFORE**
Indicates when a product will be of best flavor or quality. It is not a purchase or safety date.

**USE BY DATE**
The last date for the use of the product while at peak quality.

for more information:
fsis.usda.gov • uvm.edu
We choose to offer products from these farms because they're local, reputable, and committed to meeting our buying criteria.

**MISTY KNOLL FARMS**
New Haven

**TAIL FEATHER FARM**
Middlebury

**NORTH HOLLOW FARM**
Rochester

**BLACK RIVER PRODUCE**
North Springfield

**BIG PICTURE FARM**
Townshend

**STONEWOOD FARM**
Orwell

**FOWLERS R&R RANCH**
Whiting

**STONEWOOD FARM**
Orwell

**HONEYWILYA FISH**
Duxbury

**MEETING HOUSE FARM**
Lincoln

These 16 Vermont Farms account for 45% of all our Meat Department Sales! That's over $440,000 just last year!

With our new expansion we hope to offer even more local meats, generating more income for our Local Farmers!!
We choose to offer products from these farms because they're local, reputable, and committed to meeting our buying criteria.

WHERE DOES OUR MEAT COME FROM?

- Misty Knoll Farms
- New Haven
- Tail Feather Farm
- Middlebury
- North Hollow Farm
- Rochester
- Black River Produce
- North Springfield
- Big Picture Farm
- Townshend
- Fowlers R&R Ranch
- Whiting
- Stonewood Farm
- Orwell

These 16 Vermont Farms account for 45% of all our Meat Department Sales! That's over $440,000 just last year! With our new expansion we hope to offer even more local meats, generating more income for our Local Farmers!
According to Sir Albert Howard, “Nature never farms without animals.” The necessary role of animals in producing fruits, vegetables, and grains can be an uncomfortable reality for some, but it’s impossible to ignore the critical role that wild and domesticated animals play in the natural energy cycle that occurs when carbon flows from atmosphere to plants to animals to soil and back again. As author and permaculture farmer Mark Shepherd points out in his book Restoration Agriculture, “Animals have played a critical role in the ecological succession of plant and animal communities through time, continually adding their mineral-rich bodies and excreta to the accumulating layers of soil where there was once only rock.”

The process of converting soil-depleting annual agriculture to more resilient perennial systems is impossible without abundant animal life. But aren’t grazing animals a major culprit in the production of greenhouse gases? Definitely. Producing animals in confinement where feed is trucked in and where liquid manure becomes a waste product that must be stored and disposed of is most certainly a major source of greenhouse gas emissions. Additionally, these systems are reliant on the production of monocultural crops such as corn and soybeans which generate even more greenhouse gasses as a result of tillage and use of petroleum-based fertilizers, fuels, and pesticides involved in crop production. Additionally, the incredible soil microbial diversity that once dominated the subsurface of our native prairies has nearly been eradicated by monocultural agriculture. Since tillage practices began, most agricultural soils have lost between 30 and 75 percent of their soil organic carbon.

But, what if animals could become a part of the solution, instead? Indeed, that seems to be the case and it all comes down to the way that we manage grazing animals and utilize their manures. According to a recent report by the Land Stewardship Project, through
regenerative agricultural methods of managed rotational grazing, it is possible to actually sequester more greenhouse gases than are being emitted. Our soil already holds three times the amount of carbon dioxide currently in the atmosphere and 240 times the amount of gases emitted by fossil fuels annually. If 25 percent of our farming system were to convert to managed rotational grazing, agriculture will trap much larger amounts of greenhouse gases than it produces.

A recent Cornell University study explains that proper grazing builds soil by providing nutrient cycling in pastures, thus contributing to soil organic matter. Moreover, animals’ grazing on forage plants encourages root growth and root exudation of plant sugars that feed soil microorganisms. Additionally, as animals graze in dense packs, they actively pack their own nutrient-rich manure into the earth, promoting both deeper root growth and higher absorption rates of water and carbon dioxide, thus generating an overall richer soil. Combining proper rotational grazing with cover cropping yields a multiplier effect on soil health, even in systems that are growing a cash crop (the annual crops we see on produce shelves) as part of the rotation.

Even when grazing animals aren’t directly involved, bone meal, blood meal and composted animal manures are critical to the process of building healthy soil. Manures are rich in phosphorous and nitrogen, both beneficial plant nutrients, and the nitrogen in compost becomes locked up in complex molecules that limit the escape of powerful greenhouse gases. While chemical fertilizers also help plants grow, they can accelerate the loss of carbon from the soil by desiccating the microbial life. Plants may also
excrete less carbon into the soil when synthetic fertilizers are applied, causing the ancient relationship among plant roots, soil fungi, and microbes to fray. Compost, on the other hand, actually helps the plants draw more carbon from the atmosphere, feeding microorganisms and fungi and nourishing the complex and diverse soil ecosystem.

When we asked local farmer Marjorie Susman of Orb Weaver Farm about the role of grazing animals on her organic farm, she replied, “There was never a time that cows weren’t an important part of Orb Weaver Farm. We wanted a farm that flowed with the seasons and to us that meant milking the cows during the winter months, composting their manure and returning it to the garden to nourish the soil for our market garden. We’ve always believed the beautiful and sweet-tasting veggies we grow are the result of the compost and the lime-rich soils. And, by practicing rotational grazing, our Jerseys always have fresh pasture to eat, keeping the pastures well fertilized and the landscape open.”

Industrially produced meat is unquestionably bad for the environment, but perpetuating the myth that all meat production is harmful misses an important opportunity to equip consumers with the means of sourcing responsibly-raised protein that not only nourishes their bodies but also restores their ecosystem. When a consumer chooses to eat meat from farms that utilize regenerative farming methods, it inevitably comes with a higher price tag. It simply costs more to produce meat holistically, but it means that animals are contributing to a nutrient cycle that builds and protects soil while giving farmers an economic incentive to manage land in a way that can have a significant positive impact on our climate. As Moises Velasques-Manoff puts it in a recent New York Times Magazine piece,

“It would be profoundly appropriate if agriculture, whose modern practices have themselves contributed to climate change, could become part of its solution. Farming, responsible for the birth of civilization, could now help save it.”

–Emily
RALLY FOR CHANGE
ROUND UP YOUR PURCHASES FOR ADDISON COUNTY HOME HEALTH & HOSPICE
YOUR CO-OP WILL MATCH YOUR DONATION!

Addison County Home Health and Hospice is celebrating its 50th anniversary of providing care to residents of Addison County!

ACHHH was founded in 1968 by forward-thinking Addison County residents who wished to provide high quality, comprehensive community home health care to all residents of Addison County who needed it, regardless of their ability to pay. Our goal is to keep our family, friends, and neighbors safe and comfortable and living in their own homes, for as long as possible. ACHHH provides:

- Hospice and Palliative care
- Skilled nursing
- Medical Social Work
- Telehealth
- IV Therapy
- Wound care
- High-tech nursing to help families keep high needs children at home
- Rehabilitation Therapies including Occupational, Physical, Speech and Better Breathing

In addition, ACHHH offers the following to county residents:

- A Choices for Care Medicaid-funded program that provides case management and personal support to county residents who need help to stay in their homes, and to avoid costly nursing home admissions
- More than 50 free foot care clinics for any resident 60 years of age or older
- Four Addison County SASH (Support and Services at Home) locations for the State of Vermont

Skilled services are available to our patients 24 hours a day, 7 days a week.

Our office hours are 8:00AM to 4:30PM Monday through Friday, Evening hours, weekends, and holidays are covered by a team of nurses who are available for scheduled visits and to respond to patient emergencies.

They may be reached through a live answering service by calling the agency.

Referrals for home health care are received from physicians, hospitals, and nursing homes. If you or a family member feel that a referral for home health care would be beneficial, please call your primary physician, or call us at Home Health and ask for assistance with the referral process.

(802) 388-7259 • achhh.org

Rally every time you shop.
When not featuring a specific non-profit, donations are given to Addison county’s food shelves.
Many homeowners visit the nursery requesting plants that will attract butterflies. What they actually desire are plants with beautiful flowers that butterflies will gravitate to for their abundant nectar. The choices are many and the gardeners at Horsford’s can select a plant suitable for just about any location. But if you want butterflies to return year after year you need to provide more than pretty flowers. A true butterfly garden needs to have both host plants and nectar plants.

The life of a butterfly is very short. It spends most of its time looking for a mate, looking for a host plant on which to lay its eggs, and drinking nectar. The host plant is the food for the butterfly’s larvae. Larvae must hatch on that particular plant because they do not wander looking for food. Some butterflies have a variety of plants that are suitable caterpillar sustenance, while others are limited. Most people focus only on flowering plants for the nectar. A good example would be the popular Buddleia plant (Butterfly Bush).

Buddleia is native to central China and Japan. In the late 1800’s plant explorers/collectors introduced it to Europe and then America. Mid summer it is covered with gorgeous flowers to which monarchs flock offering great photo opportunities. However, not a single butterfly will use it as a host plant.

It will take a little planning and research but anyone can plant a garden that will have butterflies visiting year after year. The easiest way to start is to install plants that serve the dual purpose of host and nectar. All of the milkweeds (Asclepias) are ideal plants. There is the orange and yellow butterfly weed, the common milkweed, and the swamp milkweed. This collection will fill the garden with flowers from June through September and they are host plants for at least a dozen species of butterflies, the most famous being the Monarch.
Below is a list of other excellent choices for a Vermont gardener wishing to entice butterflies to their gardens year after year. Keep in mind that you should always choose the original or true native of the species. For instance, the native Coneflower is *Echinacea purpurea*. When you are choosing a plant for both a host and nectar, butterflies prefer this over the newer hybrids.

- **Joe Pye Weed (Eupatorium varieties)**
- **Buttonbush (Cephalanthus occidentalis)**
  - This performs well in wet sites
- **Native Willows (Salix)**
- **Violets (Viola)**
- **Oak (Quercus)**
- **Black-eyed Susan (Rudbeckia varieties)**
- **Spicebush (Lindera benzoin)**
- **Black Cherry trees (Prunus)**
  - Many people are quick to cut down Black Cherry trees as ‘weed trees’. Think before you pull out that chainsaw, as the black cherry sustains over 400 moths and butterflies species!

Further suggested reading: *Bringing Nature Home* by Douglas Tallamy
Karin: Brian, you’re new to Vermont. Where are you from?
Brian: Boston, born and raised.
Karin: How did you come to be at the Co-op?
Brian: I moved to Ticonderoga to get married - my wife’s family is from there. I came to the Co-op in August of 2017. Kacie in the deli is a friend of my wife, and she let her know about the openings at the newly expanding Co-op.
Karin: You have worked at a Whole Foods Market in the past. How does your experience working at the Co-op feel as compared to working at Whole Foods?
Brian: It’s more intimate. The best part is the intimacy. I get to talk directly with farmers and producers. We support the local economy in a much more direct way - vendors, non-profits. There are much fewer “middle-men”. I can see that many of the decisions I make have a noticeable effect. Supporting our causes is much more effective as a cooperative. I also love being able to pay attention to local and humanely raised meat.
Karin: How do you spend a typical work day?
Brian: Early in the week, there is lots of receiving from local producers (they often deliver only once/week). Then, lots of time is spent assessing our inventory. I place orders and talk to local producers about what’s working and what’s not. I usually cut fresh fish and meat...sometimes make sausage. I also plan for future in-house demonstrations.
Karin: What is the most common question you hear from customers?
Brian: I think it’s a tie between “What kind of fish do you have...where is it from...when is it coming in?” and “Have you heard of _____ farm?”
Karin: Are there any new programs that you are excited about?
Brian: Marinated Meats are becoming very popular now, especially as grilling season comes on. I love being able to combine our meat products with a local seasoning or sauce, extending the local support even further. Also, kebabs are coming soon! I love that we now carry a Middlebury-raised line of beef from Tailfeather Farm. It’s local, humanely raised.
Karin: Do you have any future goals for the department that you’d like to share?
Brian: Coordinating value-added products with holidays and other themes. For example, I’d love to make in-house banger sausages for next St. Patty’s Day.
Karin: Is there a favorite meat preparation that you could share with us?
Brian: I love a Ribeye Steak, seasoned with salt, pepper and garlic, seared in a little olive oil, then finished in the oven at 350 degrees, until it reaches an internal temperature of 155 degrees.
Karin: Can you tell us something about you that most people don’t know?
Brian: Yes - I have worked in every typical Grocery Store department except the Bakery - the cake decorating scared me off.
Thank you, Brian!
Food Focus: Perfect Summer Corn

Corn - the cornerstone of diets on several continents, a much maligned and prized source of fuel for our modern economy, a mainstay of the beef, pork and poultry industry, the spearhead for genetic modification, and a sweet reminder of warm days and slow food. So much is hidden under a plain green husk!

Maize, also known as corn, is a cereal grain first domesticated by indigenous peoples in southern Mexico about 10,000 years ago. Corn is one of the most widely consumed cereal grains, is a good source of antioxidant carotenoids (such as lutein and zeaxanthin) and may promote eye health. It is also a rich source of many vitamins and minerals.

At the Co-op, we try to have corn in the store from July 4th until Labor Day. The earliest corn we buy is certified organic and usually too early to be local. Once local corn becomes available, we buy only local and organic (meaning, GMO-FREE!). Corn of this type is in short supply, as the availability and cost of GMO-Free seed can be challenging, and caring for organically-grown corn can be quite labor intensive. All our local organic corn is sourced from two nearby farms - Golden Russet Farm in Shoreham and Wood’s Market Garden in Brandon. We asked them to tell us about this year’s harvest schedule, and about the varieties of corn they’ll be growing this year:

Golden Russet Farm

We start harvesting in early August aim to finish up just after Labor Day. All our corn varieties are bi-color and SE (sugary enhanced). Some of the more common seeds we use are Allure, Renaissance, Temptation, Montauk, and Cappuccino. Flavor is the priority when selecting a variety, but it’s also really important that the ears grow high and are relatively easy to pull down. Low hanging ears and those that are stuck fast to the stalk are pretty rough on your back and wrists!

Wood’s Market Garden

We usually start harvesting around July 10th - just shy of the 4th of July. The list of varieties of sweet corn that we grow can be a long one, but we do have a few favorites. Temptation, Allure, 274A, Fantastic and Awesome rise to the top. Some new ones we are trying are American Dream and Temptress. We grow a mix of SE and Supersweet varieties, aiming for those that have a mix of rich corn flavor to go along with the sweetness.

As you sink your teeth into the crunchy sweet kernels of local corn this summer, think of the early farmers who cultivated this plant for millennia and the modern local farmers who water, weed and nurse today’s local organic ears all the way to your Co-op. – Karin

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### Sweet & Easy Corn on the Cob

**Ingredients**
- 2 tablespoons white sugar
- 1 tablespoon lemon juice
- 6 ears corn on the cob, husk silk removed

**Directions**
1. Fill a large pot about 3/4 full of water and bring to a boil. Stir in sugar and lemon juice, dissolving the sugar. Gently place ears of corn into boiling water, cover the pot, turn off the heat, and let the corn cook in the hot water until tender, about 10 minutes.

### Tender Grilled Corn on the Cob

**Ingredients**
- 6 ears corn
- 6 tablespoons butter, softened
- salt and pepper to taste

**Directions**
1. Preheat an outdoor grill for high heat and lightly oil grate.
2. Peel back corn husks and remove silk. Place 1 tbs butter, salt, and pepper on each piece of corn. Close husks.
3. Wrap each ear of corn tightly in aluminum foil. Place on the prepared grill. Cook approximately 30 minutes, turning occasionally until corn is tender.

Tasty Twists on Corn Toppers: Add Cayenne Pepper & Fresh Lime, Sour Cream and Chives, Grated Parmesan, or Vinaigrette & Herbs to take your tastebuds on a trip!

recipes from allrecipes.com
**CO-OP CALENDAR**

**WEEKLY SALES*, MEMBER DEALS*, & EVENTS**

**Saturday, September 15th**

From 12:00pm - 3:00pm

**PLEASE JOIN US for our**

**HARVEST FESTIVAL**

**Celebrate the Season**

**Food, Friends, Freebies, & Fun!**

---

### JULY

**FEATURED CO-OP CONNECTION BUSINESS**

**GREEN PEPPERS**

10% OFF

**WEDNESDAY JULY 4TH**

**CO-OP HOLIDAY HOURS**

OPEN 9 AM - 4 PM

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Member Deals</th>
<th>Partner</th>
</tr>
</thead>
<tbody>
<tr>
<td>7/5 - 7/11</td>
<td>Picnic Basket</td>
<td>20% OFF ORCA BAY</td>
<td>Black River Meats</td>
</tr>
<tr>
<td>7/12 - 7/18</td>
<td>Pasta Salad</td>
<td>20% OFF Black River Meats</td>
<td>Alaffia</td>
</tr>
<tr>
<td>7/19 - 7/25</td>
<td>Camping Food</td>
<td>20% OFF ORCA BAY</td>
<td>Field Day</td>
</tr>
<tr>
<td>7/26 - 8/1</td>
<td>Fish Tacos on the Grill</td>
<td>20% OFF STONYFIELD ORGANIC</td>
<td></td>
</tr>
</tbody>
</table>

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### AUGUST

**FEATURED CO-OP CONNECTION BUSINESS**

**GREEN MOUNTAIN SHOE AND APPAREL**

10% OFF

**RALLY FOR CHANGE 8/9 - 8/15**

Addison Co Home Health and Hospice
Round up your purchase at the register, your co-op matches your donation

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Member Deals</th>
<th>Partner</th>
</tr>
</thead>
<tbody>
<tr>
<td>8/2 - 8/8</td>
<td>Ice Cream Treats</td>
<td>20% OFF AQUA VITEA</td>
<td>Nature's Gate</td>
</tr>
<tr>
<td>8/9 - 8/15</td>
<td>Poke Bowl</td>
<td>20% OFF NEW LEAF ORGANICS</td>
<td></td>
</tr>
<tr>
<td>8/16 - 8/22</td>
<td>Back to School Lunch</td>
<td>20% OFF NATURES GATE</td>
<td></td>
</tr>
<tr>
<td>8/23 - 8/29</td>
<td>Back to School Lunch 2</td>
<td>20% OFF FIELD DAY</td>
<td></td>
</tr>
<tr>
<td>8/30 - 9/5</td>
<td>Labor Day</td>
<td>20% OFF AMERICAN FLATBREAD</td>
<td></td>
</tr>
</tbody>
</table>

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### SEPTEMBER

**FEATURED CO-OP CONNECTION BUSINESS**

**MCDANIEL CHIROPRACTIC**

10% OFF

**EAT LOCAL IN SEPTEMBER**

**JOIN THE EAT LOCAL CHALLENGE!**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Member Deals</th>
<th>Partner</th>
</tr>
</thead>
<tbody>
<tr>
<td>9/6 - 9/12</td>
<td>Localvore Lasagna</td>
<td>20% OFF STONEWOOD FARM</td>
<td></td>
</tr>
<tr>
<td>9/13 - 9/19</td>
<td>Localvore Breakfast</td>
<td>20% OFF GOLDEN RUSSET FARM</td>
<td></td>
</tr>
<tr>
<td>9/20 - 9/26</td>
<td>Localvore Beef Stew</td>
<td>20% OFF CHAMPLAIN ORCHARDS</td>
<td></td>
</tr>
<tr>
<td>9/27 - 10/3</td>
<td>Fall Harvest Dinner</td>
<td>20% OFF FOUR PILLARS FARM</td>
<td></td>
</tr>
</tbody>
</table>

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*PLEASE NOTE, WEEKLY PROMOTIONS ARE SUBJECT TO CHANGE*