

A woman with brown hair in a bun, wearing a green quilted jacket and blue jeans, is smiling while milking a brown cow in a wooden barn. She is holding a yellow milking machine. The background shows the wooden interior of the barn and another cow in the distance.

# under the sun

FREE!  
SUMMER 2019

MIDDLEBURY NATURAL FOODS CO-OP

## the local dairy issue

### IN THE SPOTLIGHT

Larson Farm & Creamery

### BETWEEN THE ROWS

Mighty Mulch

### THE DEEP DISH

Real Organic Dairy

### FOOD FETISH

Yogurt...Savoring the Sweetness of Sour Milk

Mercy Larson  
Larson Farm and Creamery





MIDDLEBURY  
NATURAL  
FOODS  
CO-OP

OPEN 8:00AM TO 7:00PM EVERYDAY  
9 WASHINGTON STREET / MIDDLEBURY, VERMONT  
(802)388-7276 / middlebury.coop  
EVERYONE WELCOME!

### 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

To contact the Board of Directors:  
**board@middlebury.coop**  
(802) 388-7276

If you would like to receive an electronic copy of this newsletter, or if you have any questions or comments please contact:

Karin Mott  
**karinmott@middlebury.coop**  
(802) 388-7276 x307

### BECOME A MEMBER!

- DISCOUNTS AT LOCAL BUSINESSES
- MEMBER DEALS / PATRONAGE REFUND
- A VOICE AND A VOTE

**membership@middlebury.coop**



## under the sun

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### CONTRIBUTORS

Shannon Foster  
Emily Landenberger  
Glenn Lower  
Karin Mott  
Tam Stewart



When I think of the Vermont landscape, I think of the Green Mountains, maple trees, Lake Champlain and the farms in Addison County. They are all connected by water, soil, carbon, and people. Local organic dairy holds a sacred place in our Vermont landscape.

These folks are our neighbors. We recognize and appreciate what organic dairy farmers do for our community: preserving an open landscape, caring for the soil, sequestering carbon, NOT contributing to runoff that harms our rivers and lakes, and providing good food and jobs. As Will Stevens from Golden Russet Farm once told me, **"that's what I call homeland security."**

At most food co-ops around the country, the idea of LOCAL is baked right into co-op DNA. Here at Middlebury Co-op, we have a long-standing relationship with organic local dairy farms. Over my many years at the Co-op, it's the relationships formed with these local producers that are my most satisfying moments. It's people to people; neighbor to neighbor; farmer to consumer. We're in this together.

Some of my favorites include:

- ✦ Butterworks Farm from the Northeast Kingdom- Jack Lazor's family has been selling to the Co-op for nearly forty years, and last year we sold 4,496 units of their organic grass-fed dairy products. I love that maple yogurt! He's now passing the business on to the next generation.
- ✦ Champlain Valley Creamery in Middlebury- Carleton Yoder has been selling his delicious organic cheeses to the Co-op since 2003. Last year we sold 2,207 units of his cheese. The triple crème is soooo decadent. Just try to not eat a whole one.
- ✦ Strafford Organic Creamery - Strafford has been selling organic milk and ice cream here since 2002. Last year we sold 8,445 glass bottles of milk and 1,358 units of ice cream.
- ✦ Kimball Brook Farm in North Ferrisburg - Cheryl and JD De Vos sold 8,295 units of organic dairy products at the Co-op last year. Like Strafford, they are one of the very few dairies in Vermont to bottle their own milk.
- ✦ Von Trapp Family Farm - The famous Von Trapp family has been farming their land using regenerative farming practices since it was purchased by Erika and Werner von Trapp in 1959. Their family has been making cheese there since 2009.
- ✦ Scholten Family Farm in Weybridge - Weybridge Cellars cheese is made by the Scholten Family with milk from their grass-fed cows, then aged in the famous Cellars at Jasper Hill in Vermont's Northeast Kingdom.
- ✦ And let's not forget eggs we consider part of dairy at our store ... We are so happy to sell local organic eggs from Doolittle Farm in Shoreham. Farmer Bay Hammond has been a long time member of the Middlebury Co-op. Last year, Bay sold the Co-op an incredible 2,607 dozen eggs! Wow!

Although it takes a huge number of staff hours to manage the 300+ Vermont producers that sell directly to the Co-op, it's so worth it. I talked with Carleton of Champlain Valley Creamery recently. He shared that Middlebury Co-op was his first sales account. "It's my store, I'm there so often. I get great feedback from the staff. It's so easy to work with them; there aren't all the bureaucratic layers you see elsewhere. It's my single biggest and best sales store." Thanks, Carleton.



*Glenn*

Glenn Lower, General Manager  
Middlebury Natural Foods Co-op



# a word from the board

## Meeting Satoyama

By: Tam Stewart



*A few years ago, I was invited to visit an unusual botanical preserve in north-central Japan. This remarkable little eco-system was under the care of a foundation whose mission was to introduce working models of traditional, sustainable rural lifestyles to a young, urbanized generation who had never seen one. Based on ancient forms of permaculture, these models were especially unique because they also involved a particular integration of the wild and the domestic. So because many of us here in Vermont live as close to nature as possible, and because our co-op's values are kindred in some respects, I thought I'd share this brief account of what I saw.*

It was early Spring and our small bus was sailing through the electric green countryside of Niigata Prefecture. We passed flooded rice fields, speckled with luminous shoots, and vast stands of hinoki cedar in their perfect rows. We were crossing a great agricultural valley heading toward some pale blue hills, whose ridges were soft with mist.

The man sitting next to me, a flower gardener, was studying a map. He traced a line with his finger. "This is a special place," he said. "We call it 'satoyama'. **The forest is here, and here is a farm.**

**Where they touch, where it is both but neither one, that is satoyama."**

In Japanese, "sato," means home or native place, and "yama," means mountain or woodland. Put together, the word suggests something like "sacred home woodland". While for most westerners, this doesn't imply "farm", to many Japanese it does, especially those who can recall what much of their country's rural landscape used to be like. Years ago, it was typical for rural homes to be flanked by gardens, fields and streams, which in turn were surrounded by forests. With



these resources close at hand, most villages had all they needed, which was not too much, as the saying went, but just enough. This cooperative, self-sufficient culture became especially strong during the Edo period (1603-1868), when after centuries of civil unrest, environmental damage, and widespread scarcity, Japan achieved unprecedented levels of sustainable forestry, agriculture, city planning, transportation, and use of energy and materials. Much of this was later lost, but was now being rediscovered.

The bus let us off at a rough-cut Shinto arch and we started down a narrow path. On one side was forest which, as you went deeper into it, became increasingly dense and wild. It contained a well-managed woodlot for fuel and lumber and deep beds full of compost for growing shade-loving herbs and vegetables. There was also a stone-lined spring that supplied the preserve with fresh mountain water. Further in were trails for hunting and gathering.

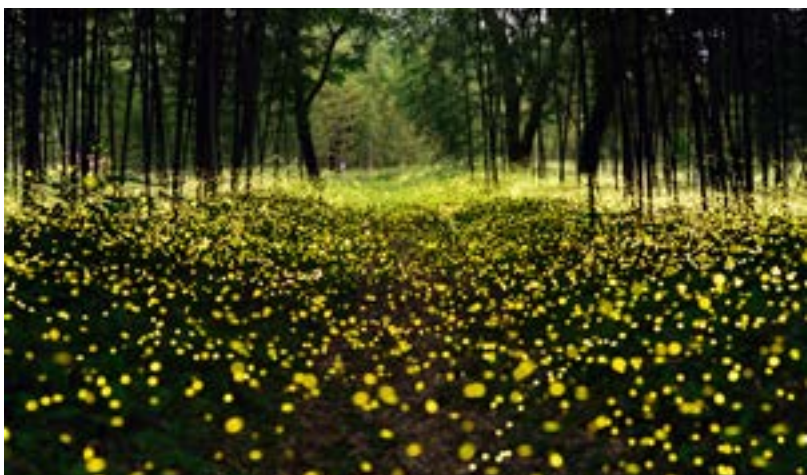


By contrast, on the other side of the path, it was open and well-tended. There was a traditional Japanese farmhouse, with a fine thatched roof. There were several smaller outbuildings for poultry and pigs, and blacksmith and woodworking shops. Tidy gardens surrounded the structures, and merged into the fields beyond. Further on were two ponds, festooned with lotus and full of koi - brindled white, black

and orange - finning slowly in the last shafts of sunlight. A kingfisher was perched in a nearby plum tree. The koi were too big for him, but the minnows and tadpoles were not.

Just beyond the ponds was a multi-level network of rice paddies. "When the rice grows taller," the flower gardener explained, "the farmer opens gates and the koi swim in. They eat bugs and worms and fertilize the rice while they're at it. The ducks do that too."

We walked through an orchard of blossoming persimmon and into a small glade. The farm was at our backs and the deep woods lay before us; the air was heavy and fragrant. A few people took out blankets and snacks, others fiddled with their cameras. Slowly, the light faded until the meadow was dark, and the sky was luminous blue.



What then began as one green blink became two, then ten, then a thousand more until an immense, pulsing cloud of fireflies hung before us like a wild new thing. It drifted and burst; gathered and glimmered - silent, weightless and winking - in the heart of satoyama.

*Tam Stewart*



**CONTACT THE BOARD**  
[board@middlebury.coop](mailto:board@middlebury.coop)

# IN THE SPOTLIGHT...



Rich and Cynthia Larson first began dairy farming in 1976 on a 300-acre farm they purchased just south of the small town of Wells, VT. They began as conventional farmers with a grain-fed milking herd that peaked at 150 cows. Due to a combination of factors including falling milk prices and shrinking profit margins, their conventional dairy folded in 1993. Armed with a passion for environmental stewardship and a desire to do things differently, Rich and Cynthia regrouped and relaunched their dairy farm in 2007. This time around, they opted for a smaller herd, invested in soil improvement, became USDA-certified Organic, 100% Grass-fed certified, and focused on producing high-quality raw milk.

The Larsons built their new organic dairy farm on the firm belief that all life depends on the health of the soil since healthy soils high in organic matter resist drought and produce plants with high levels of nutrition. And this is just what their grazing Jersey cows need to stay healthy and produce nutrient-dense milk. They also built their new venture upon the understanding that cows are ruminants that did not evolve to eat grain. At Larson Farm, the cows are on fresh pasture from May 1 through early November, at which time they are fed a diet of dry hay or fermented hay (silage). They always have access to fresh water, salt, a vitamin/mineral supplement, kelp, and clay. Their grain-free diet results in milk with a high level of CLAs and Omega-3 fatty acids, both beneficial to human nutrition.



Raising cows on pasture in a manner that builds deep rich soil, retains water, reduces erosion, and sequesters carbon is a critical part of the farming practice at Larson Farm and Creamery. According to Rich and Cynthia, **"the cows are given access to a small area (a paddock) where they stay for 3-6 hours. The paddocks are sized to allow the cows to eat the top half of the grass and clover, which is the high-energy portion of the plant. They are then moved to a fresh paddock. What we are doing, on a very small scale, is to mimic what happened on our great plains when the American Bison herds roamed while eating, depositing their thank-you plops, and moving on to clean fresh grass. In so doing, the large herds did not degrade the soil but rather built rich soil high in organic matter."**



*Happy grass-fed cows at Larson Farm & Creamery*

Additionally, the Larsons herd of Jersey dairy cows has been tested to be homozygous (having identical pairs of genes for any given pair of hereditary characteristics) for A2A2 beta-casein. A cow's genetics determine what kinds of proteins are present in her milk.



*Cynthia & Rich Larson*

Humans, goats, and sheep all produce milk that only has A2 protein; cows, on the other hand, experienced a genetic mutation thousands of years ago that made some cows produce an A1 protein in their milk. [Recent studies by the National Institutes of Health](#) demonstrate that consumption of milk containing A1 proteins results in an increase in inflammation, gastrointestinal discomfort, and other signs of dairy intolerance in many individuals. These inflammatory markers and adverse gastrointestinal effects are no longer present when individuals consume milk containing A2A2 proteins, indicating that what many presume to be lactose intolerance might actually be the result of A1 protein in the milk. [Additional studies](#) have linked A1 milk protein to other health problems such as type 1 diabetes, heart disease, autism, and other serious non-communicable diseases.

Direct from their farm stand, Larson Farm and Creamery offers raw milk, with all its rich enzymes and natural beneficial bacteria, plus grass-fed beef. They also produce a line of pasteurized products, including certified organic and grass-fed A2A2 yogurt, skyr, cream-top milk, and ghee, which you can find at their farm stand or here at the Co-op.

*-Emily*

## Mighty Mulch

**Are your garden treasures buried in a sea of weeds? Don't throw in the trowel just yet --**

behold the powers of mighty mulch! Covering your garden soil with a layer of organic matter can smother and inhibit weeds, prevent new weed seeds from germinating, help retain moisture, prevent soil erosion, moderate soil temperatures, support a diverse selection of soil microorganisms, and even help sequester carbon! Here's a quick primer, gleaned from the experts at the University of Vermont and University of New Hampshire Extension Services, on what you need to know to put mulch to work in your garden:

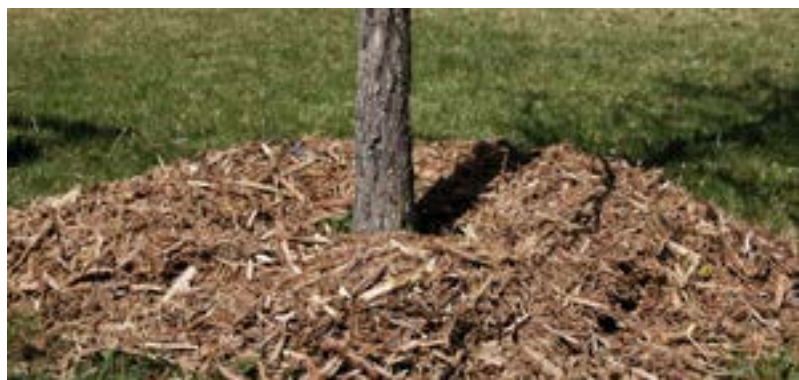
### WHAT TYPES OF MULCH WORK BEST?

Sources of organic mulch include straw, wood chips, compost, bark, grass clippings, leaves, pine needles, hay, and newspaper. Determining the type of mulch best suited to your garden depends on what you are growing.

#### Trees, Shrubs, and Other Deep-rooted Perennials

A study comparing 15 different organic mulches scored wood chips the highest for holding moisture, moderating soil temperatures, controlling weeds, and overall sustainability. Wood chips are also an economical option, as in most areas they can be obtained free from arborists or local recycling centers (try Merry Mulch from the Addison County Solid Waste Management District). Obtaining them from local sources rather than in bags at chain stores, trucked in from distant locations, keeps the

product out of landfills and spares the fuel spent on trucking. They're also slow to break down and thus won't need replenishing as often.



#### Annuals, Vegetables, and Shallow-rooted Perennials

While wood chips are great for mulching trees and shrubs, they are not a great option for annuals and vegetables, as they can rob much-needed nitrogen from the surface of the soil and your shallow-rooted plants. Instead, opt for a 2-3 inch layer of compost topped with a



6-inch layer of straw or shredded newspaper. Hay can also be used, though it often contains weed seeds that may be undesirable for your garden.



Cover crops can also be great mulches when they are planted right under your primary crops, such as melons, squash, or tomatoes. In fact, recent Department of Agriculture research demonstrated that tomatoes planted in a cover crop of hairy vetch had fewer insect problems and were twice as productive as tomatoes grown without the cover crop. Vetch, a legume, fed nitrogen to the tomatoes' roots, kept the crop cool and prevented weed growth.

Leaves may be used as mulch, but you'll first want to make sure they're dry and chopped up to prevent them from forming a mat that will keep much-needed moisture from reaching your soil. You may also want to add extra nitrogen to your soil, such as a rich compost, seaweed, or fish emulsion.



If your plants love acidity (berries, radishes, tomatoes, potatoes, currants, etc), consider mulching with pine needles or pine bark.

## WHEN SHOULD MULCH BE APPLIED?

The best time to mulch is in the early spring, as this conserves existing soil moisture during the period when plants are coming out of winter dormancy or when they are first planted. Early season application also prevents many weed seeds from germinating or emerging through the mulch. However, if you missed out on mulching this spring, it's never too late to add a layer of mulch!



## HOW MUCH MULCH SHOULD BE APPLIED?

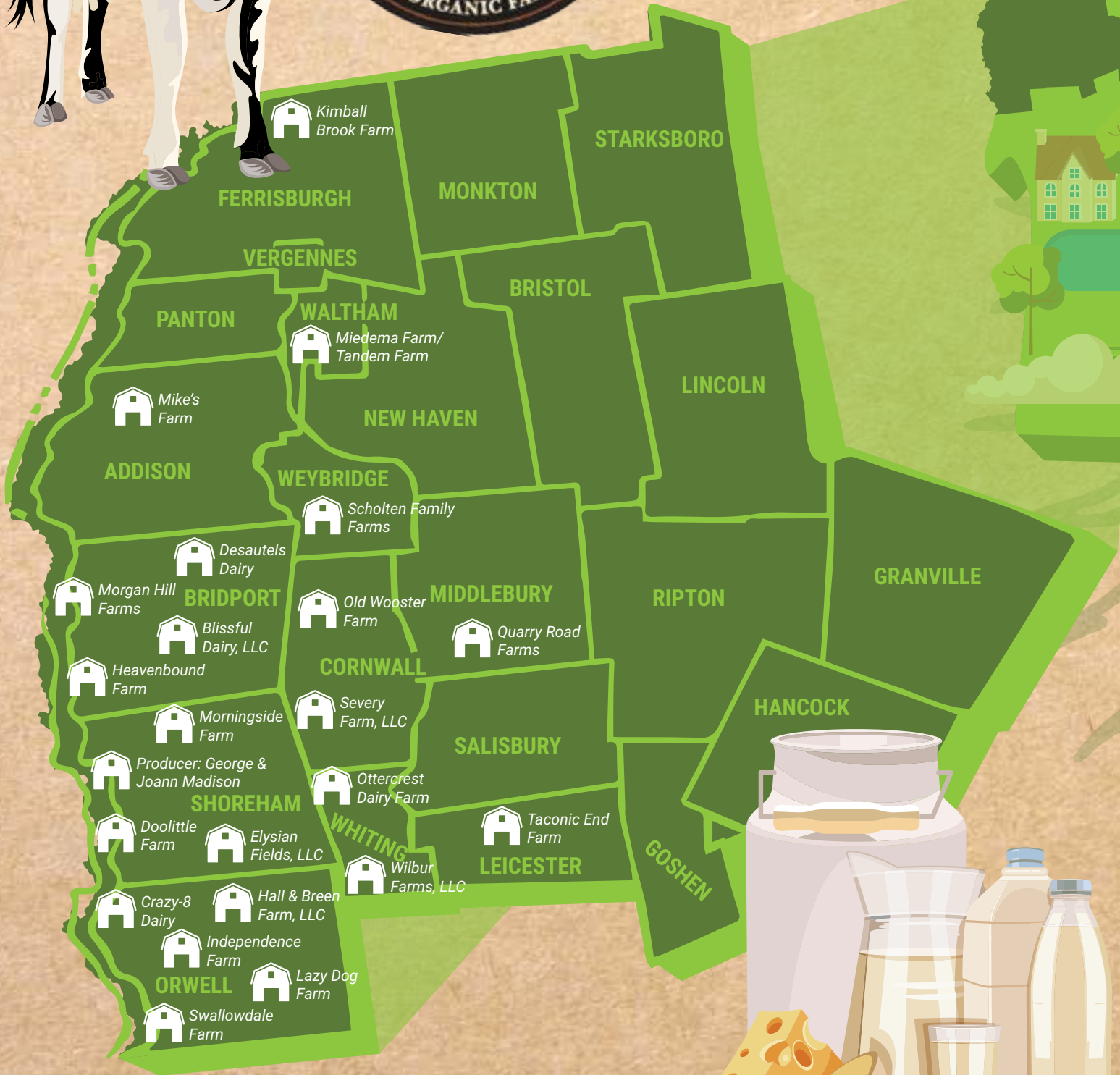
Weed the area well, then spread a 3-6 inch layer of mulch over the entire planting area. Keep mulch 2-3 inches away from the base of plants to prevent conditions that encourage diseases or attract rodents. Avoid forming a "mulch volcano" at the bottom of the plant. This practice provides shelter for voles in particular, which eat bark and can girdle plants entirely, resulting in plant damage or death. Trees and shrubs should be mulched up to or just beyond the drip line of the plant canopy.







# ADDISON COUNTY *as of 2018*





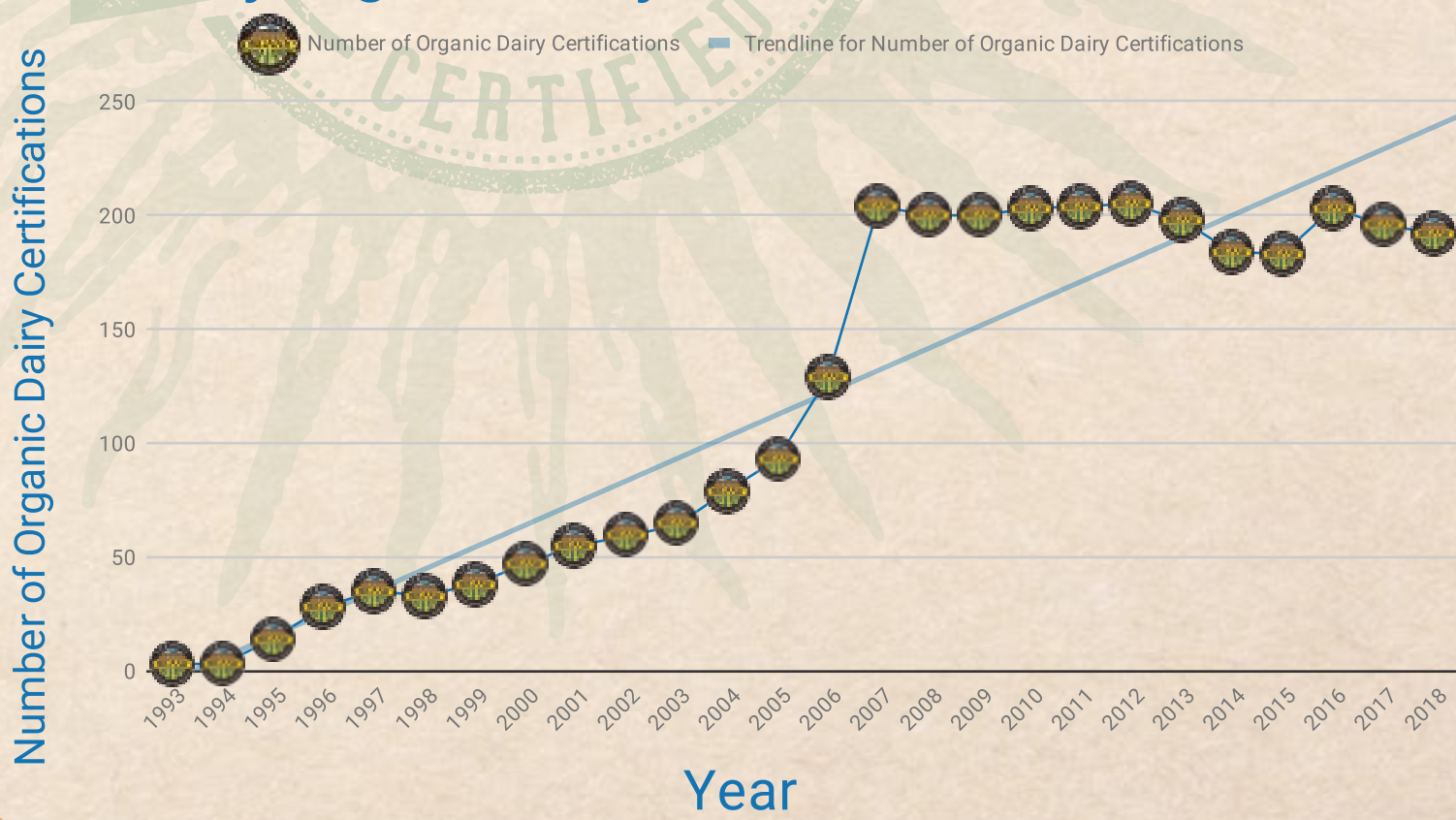


# Certified Organic Acreage in Vermont

*in acres*



## Yearly Organic Dairy Certifications in Vermont





# the inside scoop

*Interview with Caroline Usher, Dairy Buyer*

*By: Karin Mott*



## **Caroline, you have such a lovely accent. Where did you get it?**

I grew up in Manchester, England, but have been in the U.S. since 1986

## **How did you come to be in the U.S.?**

My husband is from here. We met as teenagers when he took a break from a carpentry job in Germany to attend an English art festival. We continued our relationship over long-distance for two years (often with only one phone call a month!) until we could get married.

## **What attracted you to working at the Co-op?**

I believe in the Co-op's values – it's more than just a place that sells products. I spent several decades building a house and running a sheep farm with my husband, raising kids and schooling them at home. My job at the Co-op is my first (and will be my last!) full-time job outside of my home. I started as a Sub and then became a full-time staff member around five years ago. Subbing is a great option for folks who want to get an initial feel for working at the Co-op.

## **As the Co-op's "Cheese and Dairy Buyer", how do you spend your time?**

Basically, I research new products and test them out, investigate trends, and find out what customers want. I order, merchandise and inventory Dairy and Cheese Products (as well as dairy alternatives). I work hard to align our product selection with Co-op values (ex: local, reusable containers, minimal packaging, rBST free milk products, certified organic, grass-fed).

## **What is your relationship with Local Producers like?**

I am very conscientious about giving start-up local companies a foot into the market. I think that's something that the Co-op does well. I try to support them with advice about issues like packaging, distribution, and customer requests, and I pass along positive feedback and encouragement when I can. Because I'm a sheep farmer, I feel like I can relate to local dairy producers and the hard work it takes to bring a dairy product to our store – breeding animals, birthing animals, feeding animals, cleaning



barns, and milking day in and day out - 365 days per year. Our relationship with local producers is a mutually beneficial one and growing every year.

### **Is there an aspect of your job that keeps you up at night?**

Yes - shrink! Dairy products are very perishable. I am always trying to balance between having enough on the shelves for shoppers, keeping good sell-by dates and avoiding a backlog of expired products.

### **Are you excited about anything new in Cheese and Dairy?**

So many new things are coming! We're working hard to bring in products with more affordable prices. We have a lot of new Cabot products that now meet our Buying Criteria (no added hormones) and are very competitively priced. We've also been having a lot of fun putting

together cheese plate suggestions with featured themes, like Scandinavian or Spanish cheeses with accompaniments. I'm always excited to stay ahead of the trends. On a side note, if you're lactose-free or don't eat animal products, our newly expanded plant-based dairy alternative section is amazing!

### **What's your favorite cheese plate?**

That's a hard choice! There are so many that I love, especially the local cheeses. But, if you're making me pick, I guess right now I'm thinking of: Springbrook Farm's Tarentaise, Vermont Farmstead's Lille, Jasper Hill's Bailey Hazen Blue and Cabot's Vault #5 Cheddar.

### **You're making me hungry!**

Thank you, Caroline.





# The Deep Dish

Real Organic Dairy  
By Emily Landenberger



*Crowd At Real Organic Project Symposium*

On a gray, blustery day in early March, some 200 individuals gathered at Dartmouth College for the [Real Organic Project Symposium](#). A third of those in attendance were organic farmers from all over the country. Many others, like myself, were there because we share an interest in understanding the challenges that small organic farmers are facing as a result of the dilution of organic standards and the industrialization of USDA Certified Organic foods. The day was packed with riveting and impassioned presentations from organic farmers, current and former National Organic Standards Board (NOSB) members, soil scientists, organic farming experts, and a keynote address from legendary organic farming pioneer Eliot Coleman.

We heard inspiring tales about the carbon-storing potential of real organic farms and about ways in which genuine organic farming can build soil, protect water, and promote biodiversity. Moreover, we learned about the beautiful and critical connections between soil health and

human health. On the other hand, we were briefed on just how far the USDA National Organic Program (NOP) has fallen, now embracing enormous concentrated animal feeding operations (CAFOs) and soilless factory hydroponic operations, both of which are driving market values down for real organic farmers and pushing soil-based organic crops out of the marketplace.

Small organic and grass-fed dairy farmers are shouldering a significant share of the burden of this shift toward industrial organics. The US milk glut and the accompanying drop in dairy prices over the past few years have wielded a tough blow for conventional and organic dairy farmers alike. Organic and grass-fed dairy farms are still faring much better than their conventional counterparts, though they're facing some new and growing challenges as a result of the rise of mega factory "organic" farms that have no intention of living up to organic principles. These CAFO dairy farms are home to upwards of 15,000



cows apiece, more than 100 times the size of a typical organic herd and, while they may use certified organic feed, their ability to meet other organic standards -- particularly those related to animal welfare and pasture accessibility -- has been called into question. Nonprofit watchdog the [Cornucopia Institute](#) published an extensive report on these issues called [The Industrialization of Organic Dairy](#) in August 2018, detailing the systematic takeover by enormous organic producers who represent themselves as the very farms they're driving out of business.

The author of the Cornucopia report, Mark A. Kastel, states that **"the organic farming movement was built on a loving, collaborative relationship between producers farming in consort with nature and consumers who are willing to more fairly compensate them for their efforts. For the first 25 years, this relationship returned increasing and economically stable farm gate prices—unlike the rest of agriculture. But the lucrative and growing industry was just too much to resist, and corporate agribusiness, with the tacit endorsement of federal regulators, accelerated its takeover and is currently squeezing family-scale farmers out of business."**

The Washington Post offered a similar exposé in May 2017 titled [Why Your 'Organic' Milk May Not Be Organic](#). The Post documented the rise of mega dairies in Texas and the West that are falling well short of organic standards by ignoring pasture grazing requirements and flooding the market with cheaper milk, squeezing out small, legitimate organic dairy farms who are following the rules. The industrial dairies are able to dodge the standards because the USDA allows farmers to

hire and pay their own inspectors. The offending farms cherry-pick their inspectors. They then arrange a visit several days or weeks in advance and at the appointed hour, they move a tiny percentage of their mega herd out of confinement and onto pasture just long enough to pass the inspection.

By keeping their cows in mass confinement, CAFO dairies are able to produce huge volumes of cheap "organic" milk. The Certified Organic seal on a dairy product is supposed to ensure that cows graze on pasture for a minimum of 120 days per year. Following the rules costs more, as grazing requires more land and grass-fed cows produce a lower volume of milk. But the milk they produce offers a measurable nutritional difference associated with increased human health, boasting a [healthier ratio](#) of Omega 3 to Omega 6 fatty acids.

Allowing cows to graze on pasture also improves the health of the cow and reduces the environmental impact associated with conventional dairy production. Soil scientists have determined that grazing animals are critical to the process of building soil organic matter.



*Happy Grass-fed Cows at Butterworks Farm*



*Jean-Paul Courtens of Roxbury Farm speaking about the potential for carbon sequestration on a well-managed organic farm*

According to Jean Paul Courtens, who presented at the Symposium, a mere one-percent increase in the soil organic matter on the four billion acres that are used for agricultural production on our planet would allow for the sequestration of 102 billion tons of carbon dioxide. When raising livestock using managed rotational grazing, it is possible to sink more carbon than one is producing, making organic agricultural production an active part of the solution to the ongoing threat of climate change<sup>1</sup>.

Soil-based livestock production also respects the natural behavior of the animal. In January 2017, under intense pressure from Big Ag lobbying groups, the USDA announced its decision to withdraw the Organic Livestock and Poultry Practices (OLPP) rule. The OLPP would have required big farms to play by the rules by reducing their stocking densities, providing outdoor access, and improving animal welfare.

<sup>1</sup> According to the Carbon Cycle Institute, land management is the second largest contributor to carbon dioxide emissions on planet earth. Agriculture is the only sector that has the ability to transform from a net emitter of CO<sub>2</sub> to a net sequesterer of CO<sub>2</sub>. Common conventional agricultural practices, including use of heavy machinery, tilling the soil, over-grazing, using fossil fuel based fertilizers, pesticides and herbicides result in significant carbon dioxide release. Alternatively, carbon can be stored long term (decades to centuries or more) beneficially in soils in a process called soil carbon sequestration by minimizing tillage, using compost as fertilizer, keeping the soil covered with mulch or cover crops, and utilizing managed rotational grazing of livestock.

Mark Kastel of the Cornucopia Institute points out that **"thousands of small organic farmers across the United States depend on the USDA organic system working. Unfortunately, right now, it's not working for small farmers or consumers."** Eaters are mostly unaware of what they are losing as real organic crops are being pushed relentlessly out of the marketplace. They're losing the choice of real organic food grown in healthy soil. In Eliot Coleman's keynote address, he reminded us that our survival as a species is "based on six-inches of topsoil and the fact that it rains. The continuation of both topsoil and rain is based on sane agriculture."



*Dave Chapman, Executive Director of the Real Organic Project*

Real Organic Project founder Dave Chapman concluded the symposium by reminding us that we, as consumers, must continue to support agriculture that takes carbon from the air and returns it to the soil. We must support small farmers who prioritize healthy working conditions and humane livestock handling, who provide meaningful jobs, and who build healthy rural communities. We must strive to be a part of a food system that provides markets for small family farmers who are working hard to do the right thing every day. We're proud that our Co-op has so many local farmers and producers that fit the bill.

*-Emily*





## RALLY FOR CHANGE

ROUND UP AT THE REGISTER, AUGUST 8<sup>TH</sup> - 14<sup>TH</sup>  
YOUR CO-OP WILL MATCH YOUR DONATION

AUGUST  
8<sup>TH</sup> - 14<sup>TH</sup>



Living Well  
Residence



**Living Well Residence is a 15-bed holistic, residential elder-care facility located in Bristol, with a focus on engagement, holistic health, and a wide range of community connections.**

Bristol residents are accustomed to seeing residents from Living Well walking with volunteers in the village, listening to weekly summer band concerts on the green, and attending other community events such as the Fall Musical at Mt. Abraham Union Middle/High School.

The residence is part of the Living Well Group community, a 501(c)(3) nonprofit organization whose mission is to create a model of whole-person elder care that honors, respects, and elevates each individual while redefining aging in America.

Headquartered in Burlington, Living Well Group operates three holistic, residential campuses throughout Vermont-Living Well Residence in Bristol, Heaton Woods Residence in Montpelier, and Ethan Allen Residence in Burlington - as well as providing consulting services for other level-3 care facilities.

One of Living Well's core philosophies is to honor our residents by promoting conscious aging, vital living, and providing individualized care. Our innovative Farm to Care™ food program

supports the Vermont food system by prioritizing local purchasing to provide our staff and residents with delicious, locally-sourced meals.

**Our mission to provide our residents with a space to "age in community" when they can no longer "age in place" is essential to our functioning.** We achieve this in a number of ways, including bringing community members into our residences to lead classes, perform, and visit with our residents, as well as working with tons of local vendors.

**100% of the proceeds raised by the Rally for Change will be used to support engagement programming at Living Well Residence.** For nearly 15 years, the residents at Living Well Residence have been engaged through expressive arts, music therapy, yoga, Bone Builders strength training, garden programs at our beautiful onsite garden, attendance at community events, and more. Charitable donations are essential to sustaining these programs as well as engaging our residents.

*For more information about Living Well Residence, please visit <https://livingwellgroup.org/location/living-well-residence-bristol-vermont/>, call 802-453-3946, or email Cameron Segal at [csegal@livingwellgroup.org](mailto:csegal@livingwellgroup.org).*

*Living Well Residence, 71 Maple Street, Bristol, Vermont  
05443, 802-453-3946*

**Round Up every time you shop!**

When not featuring a specific non-profit, donations are given to Addison county's food shelves.



# Food Fetish: Yogurt...

## Savoring the Sweetness of Sour Milk

Yogurt...Filmjolk...Crème Fraiche...Clabber...Buttermilk...Cheese...so many ways to enjoy fermented milk...so little time!

Fermented cow milk products have been with us for millennia – most estimations put the first attempts at producing cultured dairy at around 10,000 BC. Cow's milk was originally fermented to extend its shelf-life. It seems that every culture where cows are domesticated has a favorite list of products made from sour milk. There is an amazing range of flavors and textures that result from aging milk and allowing bacteria to work magic upon it.



Aside from enhancing flavor and extending shelf life, fermentation also makes milk more digestible. Bacteria in lactic acid works to break down milk proteins and lactose, helping lactose-sensitive people process dairy. There is also evidence to show that fermented milk helps lower blood pressure, lower cholesterol and prevent cancer from growing. Fermented milk products contain antioxidants, probiotics, and help to stimulate our immune systems (web MD).

At the Co-op, you'll find hundreds of fermented milk products on our shelves, many of them made in Vermont, many of them certified organic, and all of them free from added hormones and antibiotics. One of the most popular ways to eat fermented cow's milk is in the form of yogurt. We have dozens of brands, flavors and container sizes of yogurt on our shelves. If you want to "keep it local", try some of the following:

- ✦ [Butterworks Farm \(Westfield, VT\)](#) - three generations of family raise Jersey cows to make 100% certified organic and grass-fed yogurt that is tart, full-bodied and available in favorite flavors like Lemon and Maple (also try their Kefir and Buttermilk!).



- ✓ [Green Mountain Creamery Greek Yogurt \(Brattleboro, VT\)](#) - available in 32 oz tubs and convenient 6 oz singles, this yogurt is thick, creamy, and available in non-fat as well as full-fat flavors. Watch it stand up to a spoonful of granola!
- ✓ [Larson Farm \(Wells, VT\)](#) - made from the certified organic milk of 100% grass-fed cows, this thick, cream top yogurt also contains only A2 proteins, so it is easier to digest (for more information about A2/A2 milk products, please see [\*In the Spotlight: Larson Farm\*](#) on page 5 of this issue of Under the Sun).
- ✓ [Vermont Yogurt Company \(Orwell, VT\)](#) - creamy small batch, full-fat yogurt cups come with their own little pocket of granola on top of every container...and so many flavors!

While yogurt is available for quick and convenient purchase at the Co-op any time you stop in, did you know that it's also super easy to make your own at home? We decided to share a recipe for "long-cultured" yogurt in this issue. Culturing yogurt for 24 hours increases beneficial bacteria and amino acids and decreases lactose, making your yogurt even better for you! Here's how to make it at home:



## Long-Cultured Yogurt

### Equipment and Ingredients:

- ✓ large pot
- ✓ 1/2 gallon of whole milk (make sure it's not ultra-pasteurized/UHT)
- ✓ thermometer
- ✓ 5- gallon bucket
- ✓ towel
- ✓ hot water bottle
- ✓ glass jars
- ✓ 1/2 C of your last batch of yogurt (or any plain, whole milk yogurt you like).

### Steps:

1. Gently heat milk to 180 F, stirring occasionally. Remove from heat and allow the temperature to drop slowly to 110 F.
2. Meanwhile, fill the hot water bottle with boiling water and place it in the bucket wrapped in the towel.
3. Once the milk reaches 110 degrees, gently stir in the 1/2 cup of yogurt.
4. Transfer to the jars and nestle them around the hot water bottle and wrap it all in the towel.
5. Place the lid on the bucket and allow to sit for 24 hours. Remove jars from the bucket and transfer them to the refrigerator. Makes about 2 1/2 quarts of yogurt.

Or, stop by the Co-op today and pick up some Skyr...or Kefir!

-Karin



**CO-OP CALENDAR**  
WEEKLY SALES\*, MEMBER DEALS\*, & EVENTS

# JOIN THE EAT LOCAL CHALLENGE!

All September, check the bottom of your receipts to find out how much **LOCAL** you've purchased.

Receipts from **LOCAL** purchases of \$25 or more are eligible to be entered into a drawing for one of six \$25 Co-op Gift Cards.

Receipts from **LOCAL** purchases of \$50 or more are eligible to be entered into a drawing for one of six \$50 Co-op Gift Cards.

You may enter as many receipts as you like.

The more **LOCAL** you purchase, the greater your chances of winning.



## JULY

FEATURED CO-OP CONNECTION BUSINESS  
**NATURAL MEDICINE OF VERMONT**  
10% OFF FIRST VISIT, \$5 OFF SUBSEQUENT

4TH OF JULY  
OPEN 9-4



INTERNATIONAL  
CO-OP DAY  
JULY 6



7/4-7/10 PICNIC BASKET  
MEMBER DEALS: 20% OFF NAVITAS

7/11-7/17 SUMMER PASTA SALAD  
MEMBER DEALS: 20% OFF BOYDEN FARM

7/18-7/24 HIT THE TRAIL FOODS  
MEMBER DEALS: 20% OFF ALAFFIA

7/25-7/31 FISH TACOS  
MEMBER DEALS: 20% OFF STONYFIELD

## AUGUST

FEATURED CO-OP CONNECTION BUSINESS  
**HONEY HOLISTIC ESTHETICS**  
10% OFF

RALLY FOR  
CHANGE  
LIVING WELL  
RESIDENCE  
8/8-8/14



Herbalist in  
the Aisle  
8/20 1-3pm



8/1-8/7 ICE CREAM TREATS  
MEMBER DEALS: 20% OFF AQUA VITEA KOMBUCHA

8/8-8/14 UPSCALE SUMMER GRILL  
MEMBER DEALS: 20% OFF NEW LEAF ORGANICS

8/15-8/21 BACK TO SCHOOL  
MEMBER DEALS: 20% OFF FIELD DAY

8/22-8/28 BACK TO SCHOOL  
MEMBER DEALS: 20% OFF JĀSŌN PRODUCTS

8/29-9/4 LABOR DAY  
MEMBER DEALS: 20% OFF VERMONT COFFEE COMPANY

## SEPTEMBER

FEATURED CO-OP CONNECTION BUSINESS  
**MAINSTREET STATIONERY**  
10% OFF

CLOSED FOR  
LABOR DAY  
9/2



EAT LOCAL  
CHALLENGE  
ALL SEPT.



9/5-9/11 LOCAL LASAGNA DINNER  
MEMBER DEALS: 20% OFF STONEWOOD FARM

9/12-9/18 LOCAVORE BEEF STEW  
MEMBER DEALS: 20% OFF CHAMPLAIN ORCHARDS

9/19-9/25 LOCAVORE BREAKFAST  
MEMBER DEALS: 20% OFF GOLDEN RUSSET FARM

9/26-10/2 LOCAL OKTOBERFEST  
MEMBER DEALS: 20% OFF FOUR PILLARS FARM

\*PLEASE NOTE, WEEKLY PROMOTIONS ARE SUBJECT TO CHANGE

MIDDLEBURY NATURAL FOODS CO-OP  
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