

Nadine Canter

Why I Serve on the Board: Our Coop is the best feature of living in Addison County. I have been a member since the first day I moved here in 1998. I can't imagine what I would eat without it, and I can't imagine taking care of my health without it. These are changing times, challenging times, uncertain times. I choose to serve on the board as I want to ensure access to local, whole, and healthy food for our region - it's good for our bodies, the planet and our local economy. The Coop is a bedrock of this community and it is a privilege to be a member and to serve on the board.

My Favorite Co-op Item: Fall, Honey Crisp apples from Champlain Orchards, Shoreham; Winter, Mochi from Rhapsody Natural Foods in Cabot, VT; Spring, Radishes from Elmer Farm, Middlebury; Summer, broccoli from Golden Russet, Shoreham.

About Me: I eat a gluten and dairy free diet and am almost vegan except for the Lamb from Meeting House Farms and the Applegate uncured turkey pepperoni. Ask me anything about baking with King Arthur's all-purpose gluten free flour. If you really want more about me you can go to my website: wooddragonadvising.org