



Middlebury Co-op Newsletter

Open 7 Days A Week, 8 to 7
Nine Washington Street
Middlebury, VT

January
2012



Cooperative Enterprises Build A Better World

Cooperatives are businesses owned and run by and for their members. Whether the members are the customers, employees or residents they have an equal say in what the business does and a share in the profits.

As businesses driven by values not just profit, cooperatives share internationally agreed principles and act together to build a better world through co-operation.

Successful co-operatives around the world are allowing people to work together to create sustainable enterprises that generate jobs and prosperity and provide answers to poverty and short term business practices.

Our Middlebury Natural Foods Cooperative is one of countless co-ops around the world. With all other co-ops we share the cooperative business model and its values and principles.

The United Nations have declared 2012 as the *Year of the Cooperative*. We encourage all our members to read and learn about the cooperative business model and its principles. Please take a few minutes and read some of the many informational pieces that have been posted on the web by

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MNFC Newsletter

A Monthly Publication of the
Middlebury Natural Foods Cooperative
9 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 general 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 us at 802-388-7276, or e-mail us at mnfc@together.net
Visit our website at Middleburycoop.com*

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**



International Year of

COOPERATIVES 2012

the International Cooperative Association (ICA). The ICA is an independent, non-governmental association which unites, represents and serves cooperatives worldwide. Founded in 1895, the ICA has 267 member organizations from 97 countries active in all sectors of the economy. Together these co-operatives represent nearly one billion individuals worldwide. You will find a plethora of information at www.2012.coop.



Statement on the Co-operative Identity

Definition

A co-operative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

Values

Co-operatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity. In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility and caring for others.

Principles

The co-operative principles are guidelines by which cooperatives put their values into practice.

1st Principle: Voluntary and Open Membership

Co-operatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

2nd Principle: Democratic Member Control

Co-operatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives members have equal voting rights (one member, one vote) and cooperatives at other levels are also organized in a democratic manner.

3rd Principle: Member Economic Participation

Members contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the

cooperative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing their cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the co-operative; and supporting other activities approved by the membership.

4th Principle: Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their members. If they enter to agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their co-operative autonomy.

5th Principle: Education, Training and Information

Cooperatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their cooperatives. They inform the general public - particularly young people and opinion leaders - about the nature and benefits of co-operation.

6th Principle: Co-operation among Co-operatives

Co-operatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

7th Principle: Concern for Community

Cooperatives work for the sustainable development of their communities through policies approved by their members

Middlebury Co-op, founded in 1976, is a consumer co-op, referred to usually as a *food co-op*. The National Cooperative Grocers Association (NCGA) lists 114 independent food co-ops, running 145 stores in 32 states. Combined sales exceed the billion dollar mark. All in all there are about 300 food co-op's in the U.S., most of them focusing on natural foods. Some food cooperatives adhere to buying guidelines, others don't. Our buying guidelines at Middlebury Co-op are relatively strict, as our members — via the member-elected Board of Directors — demand a strong emphasis on healthy foods. Our Buying Criteria emphasize locally and organically grown foods. Our Co-op will not sell foods containing artificial preservatives, flavors, or colors. We will not sell irradiated foods, meat products from animals raised with hormones or antibiotics. Our dairy products must be free of the artificial growth hormone. Furthermore, we do not sell foods containing hydrogenated oils or high fructose corn syrup.

Our wellness products are not tested on animals and do not contain parabens. Although these buying guidelines limit us in some ways (e.g. we cannot sell *Cabot* butter as it is not guaranteed to be free of artificial growth hormones), they help us stay true to our values of promoting healthful foods and healthy growing practices.

Even though Middlebury Co-op plays but a small part in the vast sea of cooperatives, with our sales and efforts we — meaning the Co-op membership — do contribute to cooperative power and thus to a better world.

On our shelves you will find a number of products produced by other cooperatives, such as the *Organic Valley* (milk, cottage cheese, sour cream, heavy cream, and cheese), *Cabot Creamery* (cottage cheese, sour cream, and cheddar cheese), *Equal Exchange* (coffee and chocolate) and *Frontier Herbs and Spices* (spices, herbs, and cocoa powder). Of course, anything made in-house by our Middlebury Co-op Deli department, is a product made by a co-op as well.

In celebration of cooperation and in order to promote co-op awareness, we offer you a MNFC Coupon for any item produced by a cooperative.

~ FROM THE BOARD ~

The MNFC Board of Directors meets every month to discuss a broad range of subjects related to our Co-op, including possible future directions. Anyone in the community is welcome to attend. Time is set aside at the beginning of each meeting for members to share ideas, express concerns, or make suggestions. Please join us!

The next MNFC Board meeting will be held on **January 25 at 6:30 pm** in the **Co-op Meeting Room**.





Belgian Endive

Belgian endive is a leafy vegetable that looks like a thin cylinder of tight, pale green leaves.

The process of growing the Belgian endive is labor intensive, as it involves several stages. First, chicory seeds are sown and allowed to take root. After the roots are well established, the chicory leaves are harvested, and the roots carefully pulled from the ground. The Belgian endive is then *forced*; that is, it is grown in darkness from the cut roots. The emerging endive must be kept beneath the soil, or covered by straw, to preserve its whiteness. Only the extreme tips of the leaves are allowed to emerge, gaining exposure to light and turning green.



Salad of Arugula, Endive, Radicchio

Although there is a brisk touch of orange in this combination, the effect of the whole is bitter, crisp, with a peppery arugula bite: altogether clean and refreshing.

| | |
|-------------------------------|---------------------------------|
| 1 bunch arugula | 1 tablespoon white wine vinegar |
| 1 small radicchio | Salt to taste |
| 3 small Belgian endives | Pepper to taste |
| 1 large naval orange, peeled | 2 tablespoon olive oil |
| 1 tablespoon balsamic vinegar | 2 tablespoons corn oil |

1. Cut arugula in bite-size pieces. Cut out cores from radicchio and endive; separate leaves. Rinse, and fry thoroughly. Cut to size desired. Wrap and chill.
2. At serving time combine leaves in bowl. Cut between membranes of orange to section closely, working over salad to catch juices.
3. Combine vinegars, salt, and pepper; mix. Add oils and blend thoroughly. Pour dressing over salad; toss. Serve at once.

Source: *Uncommon Fruits & Vegetables*, by Elizabeth Schneider



Vegetable Broth Recipe

Instead of composting your vegetable scraps, save them in a large zip-lock bag. Add to your bag whenever you prepare any veggies and store it in the refrigerator. When the bag is full, place your scraps, skins, peels, whatever, into a large pot, submerge in water and simmer for about two hours. Strain and... there is your home-made vegetable broth, simple and economical.

You will get the best flavors from onion skins and scraps, garlic, beets, carrots, fennel, celery, peppers and whatever else comes your way. Apples provide great flavor! You may want to avoid the cruciferous veggies (broccoli, cabbage, bok choy, cauliflower), unless you are preparing for a strong-flavored broth. If you want your soup stock to be organic, remember to use organic veggie scraps only.

Use your soup stock instead of water when you prepare your next pot of soup. You will never want to be without your homemade soup stock again. Soup stock can easily be frozen. The following MNFC coupons may motivate you to make your own soup stock. Perhaps try a vegetable you are not yet familiar with.

CELEBRATING OUR LOCAL FOOD PRODUCERS

Honey Badger Chai

by Win and Joanna Colwell,
East Middlebury



Was there a specific life experience that caused you to become interested in making chai?

One of my early yoga teachers introduced me to chai, and I loved it right away. As someone who often tends to feel cold, the warming spices of chai feel great in my body, and warm me up from the inside out. As I learned a little bit more about the importance of encouraging healthy digestion, I gained a greater appreciation of the benefits of these medicinal spices.

Besides being a very tasty beverage, is chai associated with any health benefits?

One of the main ingredients in Honey Badger Chai is organically grown ginger root, which is not only proven to relieve nausea associated with motion sickness and pregnancy, but is a generally fantastic support for the digestive tract. Ginger is also known for being a superior anti-inflammatory. Inflammation of various tissues can cause a lot of discomfort in the body, so making friends with a delicious and effective spice like ginger can be a wonderful step toward better health.

Where do most of the ingredients for your chai come from?

Chai spices are grown in hot places. We choose to purchase organically grown spices, knowing that the land they are grown on will be healthier, and the people harvesting won't be exposed to toxic chemicals. We are hoping that our supplier will begin offering Fair Trade Certified spices soon, but in the mean time we buy organic. Also, we Honey Badgers are huge advocates for the practice of choosing to brew all different kinds of tea at home. We are so lucky to live in the Middlebury area, where in addition to all the lovely organic herbs available in bulk at the Co-op, we have teas from Vermont Tea and Trading Company, Stone Leaf Tea House, and (of course) Honey Badger Chai! Brewing tea at home and work, or carrying it with you in a thermos, is so much better for our precious planet than buying drinks in bottles, cans, or aseptic packaging. We are what we drink, since so much of our body consists

CELEBRATING OUR LOCAL FOOD PRODUCERS

of fluid. So taking care which liquids we consume does a great deal to support optimal health.

Please tell us about your favorite type of chai, and how you like to prepare it.

We love to brew up a huge batch of Honey Badger Chai, so we have it on hand to offer to any thirsty friends who may stop by! Basically to make chai, you bring the spices to a boil in plenty of water, and then let them simmer on the stove for a good long time. The longer you simmer your spices, the stronger your chai will be. If you like it extra zippy, add a few slices of fresh ginger to your simmering chai pot. After half an hour or so, strain the chai. If you want to store some of it to drink later, at this stage you can pour it into glass jars, let cool, and then refrigerate. When you are ready to drink your chai, you will want to add generous amounts of milk and honey, to taste. Our ratio is about two thirds hot brewed chai, to one third hot milk. Soy milk works fine, too. We love our chai sweetened with local honey or maple syrup. Although the spices do travel a long distance to your mug, the milk and sweetener can come from right here in our community.



Vermont Soy by Michael Carr, Hardwick

How did you get interested in soy?

I've had a long term love for locally grown, organic foods and found that Vermont Soy soymilk and tofu met my standards for quality, health and taste long before I began working for Vermont Soy.



What makes Vermont Soy products different from other soy products sold at the Co-op?

We produce our products with locally grown soybeans and produce to order; this gives the consumer the freshest tofu and soymilk on the Co-op shelves while staying committed to our mission and the mission of many co-ops to support local agricultural economies and small farmers.



CELEBRATING OUR LOCAL FOOD PRODUCERS

Can you explain how a soy bean becomes soy milk?


Once the bean has been harvested, dried and cleaned it is brought to our facility. For processing into soymilk it is hydrated for approximately 12 hours so it gets moist and plump. The bean is then put into a grinder and cooked to a temp of 95 degrees Celsius. The product is then fed into a centrifuge where the milk from the bean is separated from the solid, called okara. From there it is pumped into a vacuum chamber where the liquid is separated from the gases, and the bean taste is removed. The milk is quickly cooled where it is then flavored with our organic ingredients to create our Original, Vanilla, Chocolate and Unsweetened soymilk. It is homogenized and then passes through an HTST (high temp, short time) pasteurizer with a temperature of 90 degrees Celsius. This process gives the milk the fresh taste, a taste that can be lost by the Ultra High Temp process that effectively cooks the milk. After this step the soymilk is bottled and packaged and ready to be shipped to the store shelves. Vermont Soy ships 90% of our product within 48 hours of production, ensuring that the consumer gets the freshest soymilk.

What do you consider to be soy's chief health benefit?

The soybean is a great source of protein and unlike other high protein animal foods that are high in saturated fats, the soybean is mostly unsaturated fat and cholesterol free. It is a great source of potassium, calcium, B vitamins and folic acid – and is great to work with in the kitchen.



What is your favorite way to use tofu?

Our Baked Maple Ginger is back, and my favorite is thinly sliced Baked Maple Ginger in a tomato sandwich, heated in winter.



Eat Your Colors

The idea that a healthy plate of food will feature several different colors is a good example of an old wives' tale about food that turns out to be good science too. The colors of many vegetables reflect the different antioxidant phytochemicals they contain — anthocyanins, polyphenols, flavonoids, carotenoids. Many of these chemicals help protect against chronic diseases, but each in a slightly different way, so the best protection comes from a diet containing as many different phytochemicals as possible.



(from *Food Rules*, by Michael Pollan)

Lotus Food Specialty Rice

Rice has been around in some form or other for a lo-o-o-o-o-o-ong time. Rice is mentioned in the ancient scriptures of the Yajur Veda and frequently referred to in other Sanskrit texts. In India, there is a saying that grains of rice should be like two brothers, *close but not stuck together*. Rice is associated with prosperity and fertility. Perhaps that's why it is thrown at weddings.



Rice is a cereal grain. It is the most important staple food for a large part of the world's population, especially in East Asia, Southeast Asia, South Asia, the Middle East, and the West Indies. It is the grain with the third-highest world wide production, after maize (corn) and wheat.

There are countless varieties of rice. Even at Middlebury Co-op, you'll easily find more than a dozen kinds of rice to choose from. The *Lotus Food Company* of California specializes in specialty rices from all over the world. At the Co-op, we carry several of their high quality rices, each one of them excellent and unique in character.

During the month of January we will offer a number of sales on these rices, in the Bulk Foods department. Try them all, let us know what you think.

Here is a short introduction to some of *Lotus Food* rices:



Bhutan Red Rice For Increased Health and Longevity imported from Bhutan

One of the most amazing rices to encounter, Bhutanese Red Rice has been grown for thousands of years at 8,000 feet in the fertile soil of the Paro Valley, irrigated with 1,000-year-old glacier water rich in trace minerals. With more potassium than *Gatorade*, and a significant amount of magnesium, this quick-cooking whole grain is a nutritional and culinary superstar. It will entice you with its complex, nutty, earthy flavor, soft texture and beautiful russet color.

In Bhutan, Red Rice is frequently paired with mushrooms and hot chilies. Chefs here in the US like to pair it with big flavor foods like duck, venison, lamb, pork, wild mushrooms, eggplant, or roasted peppers. It is perfect for those dishes in which rice holds the place of honor — as a pilaf, risotto, stir-fry, salad; or as a way to accompany vegetable, seafood and meat dishes.

A staple food of the Bhutanese people, heirloom red rice cultivation was declining due to the import of white rice from India. We are honored to be the



first company to export from Bhutan — in fact, Bhutanese Red Rice is the only product exported from the land of the Thunder Dragon. We have worked closely with our suppliers to give Bhutanese farmers access to a global marketplace. Ensuring this new source of livelihood means that this beautiful and wholesome rice is now safe from extinction and will be feeding families there, and here, for a long time to come.

- ◆ Cooks in only 20 minutes
- ◆ Whole grain and heart healthy
- ◆ High in fiber, trace minerals and vitamins
- ◆ High in phytonutrients and antioxidants
- ◆ Gluten and wheat free

**Organic Brown
Mekong Flower Rice
Cambodia's Floral Brown Rice
imported from Cambodia**



Organic Brown Mekong Flower Rice™ is called *Phka Malis* in Khmer, which means *beautiful garland of flowers*, because of its delicate floral aroma. Leaving the germ and bran layer intact intensifies its fragrance and nutty flavor while retaining the highest nutritional value. This nourishing whole grain rice has a lovely supple texture.

Perfect in dishes that will showcase its delicate fragrance, Mekong Flower is nutritious and flavorful. Excellent for all cuisines, it can be used steamed plain, in a pilaf, stir-fry, or salad.

Mekong Flower Rice is chiefly grown on small family plots by households belonging to the Damrei Romeal Organic Rice Cooperatives in Takeo, a province dominated by rice fields and sugar palm trees. Cooperative members are using a set of growing methods, called the *System of Rice Intensification* (SRI), which enable smallholder farmers to harvest more rice from their traditional varieties using less water, seed, land and no chemicals. Researchers have found that the major aromatic compound in rice is increased in response to water stress. With SRI, farmers drain their paddies periodically, which may explain why Cambodian consumers are saying that SRI-grown *Phka Malis* is more aromatic and better tasting.

- ◆ Cooks in 30 minutes
- ◆ Whole grain and heart healthy
- ◆ High in fiber, trace minerals and vitamins
- ◆ High in phytonutrients and antioxidants
- ◆ 3rd year transition, organic certification



Organic Madagascar Pink Rice™
Dista's Magic Rice
imported from Madagascar

But for the keen attention of one farmer, Jean Baptiste Rakotomandimby (known as Dista), this unique Malagasy rice variety may have been lost forever. Grown from a single seed, Madagascar Pink Rice amazes people with its abundant growth and satisfying, subtly sweet flavor. Elusively aromatic of cinnamon, cloves and nutmeg, this soft supple rice is also nutritionally dense, milled to retain most of the wholesome bran layer. In the Lake Alaotra region, where this rice is produced, locals claim that eating this rice has improved their health.

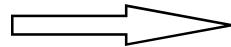
Madagascar Pink Rice will transform any rice dish into a special meal. Use it steamed plain, in a pilaf, stir-fry, or salad.

Madagascar Pink Rice is grown by households of the Koloharena Cooperative of Amparafaravola using a more sustainable set of practices called the System of Rice Intensification (SRI). Lake Alaotra's marshy shores are home to the critically endangered Alaotran Gentle Lemur. It is hoped that SRI will help reduce degradation of the lemur's dwindling habitat by making existing land more productive without the need for polluting chemicals. To find out more, google *System of Rice Intensification* on the web.

- ◆ Cooks in only 20 minutes
- ◆ Whole grain and heart healthy
- ◆ 3rd year transition, organic certification
- ◆ Fair trade
- ◆ Gluten and wheat free

Organic Forbidden Rice®
The Emperor's Exclusive Grain
imported from China

This medium-size heirloom rice is treasured for its delicious roasted nutty taste, soft texture and beautiful deep purple color. Extremely high in a class of flavonoid antioxidants called anthocyanins, Forbidden Rice® is also rich in iron and, according to Chinese herbal medicine, considered to be a blood tonifier. A striking presence on any plate, this once forbidden indulgence is now a wholesome everyday rice. It pairs beautifully with all cuisines — use it steamed plain, in a pilaf, stir-fry, or salad.



As many antioxidants as blueberries? A new study shows that a spoonful of black rice bran or 10 spoonfuls of cooked black rice contains the same amount of antioxidants as a spoonful of fresh blueberries.

This rice provides rich nutritional value, providing a higher level of vitamins, minerals and fiber of any bran rice, as well as a comprehensive range of amino acids, proteins, vegetable fats and essential trace elements needed by the body.

- ◆ Cooks in only 30 minutes
- ◆ 100% certified organic
- ◆ Whole grain and heart healthy
- ◆ High in anthocyanins, powerful antioxidants reputed to help prevent cancer and other diseases
- ◆ High in iron
- ◆ Gluten and wheat free

Organic Volcano Rice™ West Java's Prized Blend imported from West Java

Volcano Rice is a mineral- and antioxidant-packed blend of traditional aromatic West Java rices grown on volcanic soils rich in magnesium, manganese and zinc – essential minerals so often lacking in modern diets. A colorful blend of nutrient-dense Sintanur brown rice, whole grain red rice and lightly milled red rice that is reputed to restore vitality due to its high mineral, fiber and antioxidant content, it's no wonder the Javanese favor these healthy rices for their satisfying wholesome flavor. Sintanur, with a hint of vanilla-like Pandan aroma, is such a favorite with the Javanese people that they take it along when visiting other islands. Volcano Rice can transform any rice dish into a more flavorful and nutritious meal.

Volcano Rice is grown by a cooperative of Tasikmalaya family farmers using the System of Rice Intensification. The cooperative is one of the first in Indonesia to get the rice it produces certified as both organic and fair trade. In fact, it is the first rice to be imported to the U.S. that qualifies for labeling as "Fair for Life." Visit the *Fair for Life* website to see the ratings for the Simpatik Farmer Cooperative.

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- ◆ Cooks in 30 minutes
- ◆ High in magnesium, manganese, zinc
- ◆ 3rd year transition, organic certification
- ◆ IMO Fair for Life fair trade certification
- ◆ Gluten and wheat free



Organic Carnaroli Rice
Chefs' Choice for World Class Risotto
imported from Italy

The elegant cousin of Arborio, Carnaroli Rice has been nicknamed the *caviar of rice* and is highly prized by chefs the world over for its bold white kernel, uniform starch release and deliciously creamy and toothsome texture. A plump, short grain, it is the preferred rice for world-class risotto.



Carnaroli Rice is also great for paella, sushi, pudding or salad, and can be prepared like traditional rice. Extremely convenient, it makes perfect risotto in only 20 minutes!

More than a century of experience and passion for rice growing is in every bag of Carnaroli Rice produced by the Picco family of Cascina Belvedere in Italy's premier rice-growing region. They farm organically and control every aspect of the production, assuring quality and taste in every grain.

- ◆ Cooks in 20 minutes
- ◆ High in iron
- ◆ Gluten and wheat free

Eat foods made from ingredients that you can picture in their raw state or growing in nature. This food rule will keep all sorts of chemicals and foodlike substances out of your diet. (from *Food Rules*, by Michael Pollan)