

Newsletter

We do not inherit the earth from our
ancestors, we borrow it from our children.
— Native American Proverb

Open 7 Days A Week, 8am-7pm
One Washington Street
Middlebury, VT
(802) 388-7276

April 2007

DEDICATED TO THE HEALTH AND WELL-BEING OF THE WHOLE COMMUNITY

Being Green in the Green Mountains and Beyond



April 9th — April 13th

Middlebury Co-op Earth Week



During the week of April 9 - 13, the Co-op will be sharing information and suggestions about how we can all be helping to promote a greener and healthier environment. Joining us will be local farmers, *Idle-Free Vermont*, *Vermont Family Forests*, *Terra Madre*, the *Otter Creek Audubon Society*, and others. We will offer delicious food demos by *American Flatbread*, local cheese makers, and other local food producers! We will even raffle off a tree! Come and learn about environmental issues and actions you can take to help

All activities will take place in conjunction with the initiatives of *Step It Up 2007* (see page 2), ACORN (Addison County Relocalization Network), NOFA-VT (Northeast Organic Farming Association of Vermont), and MAGWAC (Middlebury Area Global Warming Action Coalition).



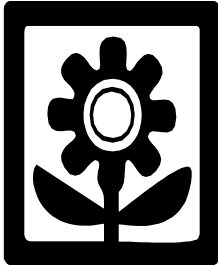
MNFC Newsletter

A Monthly Publication of the
Middlebury Natural Foods Cooperative

Editor - Reiner Winkler

Printed at *The Little Pressroom*, Middlebury, Vt.

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, 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 on the Middlebury Natural Foods Cooperative as a whole.



Please Join In

On April 14th, 2007 there will be a demonstration in Middlebury asking Congress to ***Step It Up*** and take appropriate action for carbon-dioxide emissions to be reduced by 80% by the year 2050. We will meet on the Middlebury Green at 2 pm, walk to the Marbleworks for a Photo Opportunity at 2:30 on the Foot Bridge, which will link us to hundreds of demonstrations nation-wide. Afterwards we will walk to the Middlebury Municipal Gym for an Environmental-Informational Fair (3 pm - 5 pm.), which is going to be informative, educational, and entertaining. Lots of info will be available for us to take action against global warming.

On the same day thousands of Americans will gather all across the country at meaningful, iconic places to call for action on climate change. People will hike, bike, climb, walk, swim, kayak, canoe, or simply sit or stand demanding appropriate government action.

Local activist Bill McKibben has circulated a plea, in which he voices hopefulness that *we'll have the largest action yet in this nation about global warming — large enough that Washington will notice and start to act... We'll link pictures of the protests together electronically via the web — before the day is out, we'll have a cascade of images to show both local and national media that Americans don't consider this a secondary issue... We're calling for 80 percent carbon cuts by 2050, which would be a good first step to warding off that future. Polling shows most Americans know there's a problem. But the forces of inertia and business-as-usual are still in control, and only our voices, united and loud, joyful and determined, can change that reality. Please join in.* ★



10 Simple Things You Can Do To Help the Environment



Take out the mail

Remove yourself from junk mail lists. Believe it or not, 100 million trees are felled each year to produce junk mail.



Crack a light bulb joke

No joke: If every household replaced one light bulb with a compact fluorescent bulb, it would be the equivalent of eliminating the pollution from 1 million cars.

Watch the stars

Using appliances carrying the *Energy Star* can save the average family \$400 per year in energy bills.

Go local, go organic

Local and organic food is environmentally friendly.

Teach a child

Invest in our future by teaching kids the importance of Earth Day. Find fun ways to get children involved.



Park your car

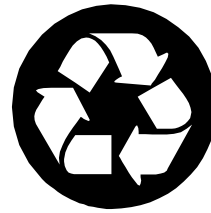
Carpool or take public transportation to work once a week, and walk or ride a bike for short trips. Don't forget to celebrate an occasional car-free day.

Make yourself at home

Find an environmental group, volunteer in your community, and donate your unwanted but usable items.

Recycle that purchase

Spare the environment by recycling your old mobile phone or computer, after erasing your personal data.



Pull out the plastic

If every plastic bottle were recycled, landfills would be 2 billion tons lighter. Reusable bottles and water filtration systems make an even bigger difference.

Try something new

Take a closer look at what you're throwing away — it could have creative potential. View artwork made from discarded materials for inspiration. Then, make your own masterpiece.

Globe Artichoke

(*Cynara cardunculus scolymus*)

The artichoke's botanical name Cynara, from the Latin canina, meaning canine, is derived from the similarity of the involucreal spines to a dog's tooth; cardunculus means little thistle; scolymus is from the Greek skolymos, meaning thistle. The English name artichoke is derived from the Arabic alkhurshuf, also meaning thistle; the term globe because of its globular shape.



Globe artichokes are an edible variety of thistle in the sunflower family that originated in the Mediterranean. Raised for their fleshy immature flower buds, the plant will produce a beautiful cluster of violet-blue flowers, colorful enough to grace any garden, if not cut down to be used as a vegetable. The edible flower bud is enclosed by green leaflike scales, or bracts. Both the bracts and the base of the flower or “heart” are edible. Nearly all of the globe artichokes grown in the United States are from Castroville in Monterey County, California, south of San Francisco, the “artichoke capital of the world.”

Choose artichokes that are heavy for their size, compact and firm in the winter and spring, somewhat flared and conical in the summer and fall. Over-mature artichokes are lighter in color, have tannish leaves that are open or spreading, the tips and scales of the leaves are hard, and the center is fuzzy and dark pink or purple. If you are not sure about the freshness of an artichoke,



squeeze it: you will hear a squeaky sound if the leaves are still plump and crisp. The absolutely best artichokes are those lightly touched by frost, with their outer leaves colored bronze to brown.

Globe artichokes have a daunting appearance, but are not as difficult to cook as they appear and their nut-like flavor is worth the attempt. One of the easiest ways to prepare them is by boiling, tips down, in water with the aid of a steamer. They are done when a fork can easily penetrate the base. Once baked, boiled or stuffed, pull off the leaves one by one, and dip the fleshy ends into melted butter or another favorite sauce, pulling the ends through your teeth to extract the tasty pulp. Inside the bud is the “choke,” a tuft of slender hay-colored fibers resembling cornsilk. Beneath the choke is the artichoke bottom, sometimes called the heart, although artichoke hearts more correctly refer to younger globes with small or insignificant chokes. Dense and velvety, the entire bottom can be cut into quarters, dipped and eaten. The artichoke is the one vegetable that appears to be larger after you finish eat-

ing it, so compact are its petals.

Artichokes are known as diuretics and digestives. Fresh artichokes are low in calories because most of the carbohydrate is in the form of inulin, a polysaccharide or starch that is not utilized by the body for energy metabolism, but which does provide nutrition to health-promoting bacteria in the intestinal tract. It has also been shown to improve blood-sugar control in diabetics. Stored for any length of time, however, this inulin is broken down into other sugars. Research indicates that the globe artichoke may neutralize the effect of certain toxic substances, as well as benefit heart activity and the gastrointestinal tract. Artichoke leaf extracts have demonstrated significant liver-protecting and regenerating effects, promoting the flow of bile and fat to and from the liver. They lower the level of cholesterol in the blood and prevent excessive fatty deposits in liver tissue and the blood, thereby warding off arteriosclerosis.



Source: Whole Foods Companion. A Guide for Adventurous Cooks, Curious Shoppers, & Lovers of Natural Foods, by Dianne Onstad



High Mowing Seeds

100% Certified Organic Open-Pollinated Vegetable, Flower and Herb Varieties... now available at the Co-op!

Organic farmers and gardeners need high quality organic seed to better succeed in their work and to make their produce truly organic from the beginning. Since 1996, *High Mowing Seeds* has been here to serve these aims and contribute to the renewal of healthy agriculture and communities through strong and vital organic seeds.

Every year we evaluate hundreds of vegetable, flower and herb varieties throughout the growing season and in several locations to find those with the vigor, disease resistance, yields and other traits that organic gardeners and growers require. The true measure of a superior variety for organic growing is its ability to be vigorous and healthy under extreme weather, insect and disease stress. We are finding and selecting vegetables, flowers and herbs that do just that.

High Mowing Seeds, Wolcott, Vermont

Ah... April Produce!

Artichokes, asparagus, avocados, beans, beets, broccoli, cabbage, Chinese cabbage, cauliflower, celery root, chicory, chili peppers, chives, cucumbers, leeks, head lettuce, leaf lettuce, sweet oranges, papaya, peas, peppers, rhubarb, shallots, spinach, summer squash, turnips.

By-Law Revision Summary

Your MNFC Board of Directors has been working for the last several months with our lawyer on a major revision of the Co-op by-laws so that they reflect and support current Co-op practices. While many changes are more clerical in nature, there are a few substantial policy shifts that the Board wants members to be aware of so that this revision can be voted on by members during the voting period in May. This summary is intended to begin to inform members of some of the larger changes the Board is proposing. To see the details and exact wording, you may pick up a by-laws draft in the store or call the Co-op at 802-388-7276 or email us at mnfc@together.net to request a copy be mailed or e-mailed to you. **There will be meetings open to members to discuss the proposed by-laws on (1) Wednesday, April 18 at 5:30 pm and (2) the next Board meeting on April 25 at 6:30 pm.** Both meetings are in the big meeting room upstairs in the old Co-op building.

The current by-laws, although having had a few amendments along the way, basically come from a generic cooperative prototype many years ago. The Co-op has evolved into a very different entity since then, from a cooperatively-organized buying club of like-minded neighbors to a cooperatively-owned retail store with 2,300 member-households and 60 staff.

- After much discussion, the Board proposes changing the MNFC Purpose Statement to be more specific to what MNFC is today and to more accurately reflect the nature of the Co-op mission in the current store framework. Words referring to controlling purchases and cooperative buying and distribution have been taken out while keeping the idea of alternative means to purchase food on a cooperative basis to benefit MNFC members and the larger community.
- The objectives of MNFC remain much the same with added language of being democratically member-owned. It remains non-profit, selling healthy food with useful goods and services at competitive prices, supports ecologically sound production and consumption of food and serves as a center for activities, education and services consistent with these objectives.
- Previously, the by-laws prohibited the Co-op from taking part in partisan political activities. The Board now feels, especially in recent years, that it is important for entities like the Co-op to be able to advocate for issues that directly effect the MNFC fulfillment of its mission.
- Some sections of the by-laws were combined or eliminated because they were covered under other articles or by Vermont Law such as discrimination.

- There has been some clarifying language added to the by-laws describing membership. It gives guidelines for maintaining member rights. It defines how members stay current in their membership status by an annual purchase of shares and keeping the Co-op informed of their current address so that our records are up to date and correct. It also clarifies that shares purchased are nontransferable except to MNFC as required by law but can be requested to be credited to another designated member through MNFC.

Middlebury Co-op members purchase *shares* rather than pay *fees*, which makes them Co-op owners. To reflect this, in the by-laws all references to “members” have been changed to “member-owners.”

- A change is proposed to increase the number of members required to request that an item be added to the annual or other meeting agendas from 6 to 25. This seems more in keeping with the large growth in membership that MNFC has had.
- On legal advice, procedure for conflicts of interests for the Board is clarified and strengthened to support current practice. Indemnification for the Board has been made more comprehensive and clear.

These above mentioned changes are only a general overview of the revision to MNFC by-laws. The Board encourages members to obtain a full draft to better understand the proposed revision in detail and participate with the Board in bringing this important document up to date.

Susan DeWind, for the Board of Directors

The Co-Op has made strides in the last year to lower our use of electricity and propane. Here is what we have done:



- ◆ We have switched all of our computer monitors from CRT’s (Catho Ray Tubes, the older model) to the newer LED (Light Emitting Diode) models.
- ◆ Our computers have been programmed to shut themselves off at night
- ◆ Most of the incandescent bulbs in the office and store have been switched to compact fluorescent bulbs.
- ◆ We have adjusted our customer entrance doors to stay open for less time.
- ◆ The air exchange system in the store has been adjusted to be more efficient.
- ◆ We installed fans in the store to encourage better air circulation and to even out temperature differences.

We will continue to look for ways to be more efficient. One idea on the horizon is to augment our hot water heating system with solar hot water panels.

Shopping in Bulk

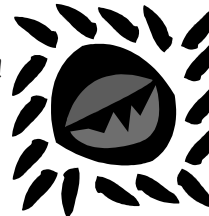
The Co-op Bulk Food section offers a wide array of wholesome quality foods such as grains, rice, flours, nuts, seeds, beans, and granolas. Keep in mind that when you buy in Bulk, you are in control; for you choose to purchase small amounts or larger quantities. For example, if you have never tried quinoa before, why not try a *small* amount of this grain? On the other hand, for your own convenience you may want to purchase larger quantities of flour and rolled oats. Many of our customers place *special case orders*, meaning they pre-order an entire case of nuts or rolled oats, for example. Case orders will give you an additional discount.



Some recipes call for small amounts of spices which you may not use otherwise. In this case you can purchase one or two teaspoons of that particular spice from our Bulk Spice section. No need for waste, no need for unnecessary packaging!

If you are adventurous and like to try a new tea, go to our Bulk Tea section and purchase a small amount to see if you like it. Bulk tea is less expensive than packaged and lets you decide how much tea to use for each cup you're brewing.

If you are a coffee drinker, you will appreciate our Bulk coffee section. All coffees are fairly traded, i.e. the coffee grower receives a fair price. Most of our coffees have been roasted only days (sometimes hours) before being displayed in our bins!



Our dried fruit is ordered in bulk quantities and then packaged into convenient amounts at the Co-op. We carry more than two dozen varieties of dried fruit. Staff favorites include dried unsweetened mango, pineapple, Medjool dates, and pears. Please note that dates and figs are located in the refrigerated Bulk section. By the way, if you ever find that a bag of dried fruit, baking yeast, wheat germ, or coconut is too large for your needs, please don't hesitate to ask a staff member to adjust the size for you.

Many, many years ago the Co-op offered nut butters (including Tahini!) in open buckets for customers to help themselves. Unfortunately, this turned out to be a messy affair and was discontinued. Now we package peanut, almond, cashew, and sesame butters for you.

Honey and maple syrup are also packaged in the Bulk kitchen; however, if you bring your own container, we will fill it for you. This saves extra packaging, for which you are not charged.

Did you know that about 70% of all our packaged Bulk items are packaged by Middlebury Co-op member workers and Co-op volunteers? Many member

workers and volunteers offer their services to us weekly and have become a vital support force for our ongoing customer service. Indeed, our success of the Bulk department is in part due to the ongoing commitment of our member workers!

Here is a little challenge for you: During the month of April, whenever shopping in Bulk, bring your own bag or container. Sturdy zip-lock bags work well for grains, beans, flour, and nuts and last a long times. Bring your own jars for honey, maple syrup, spices and tea (take the tare weight *before* filling the jar). Coffee bags can be reused many times.

You may find that using your own bags is easy and small efforts such as these may help create or strengthen a mind set of *Waste Not*.



Collapse

To gain a better understanding of the importance of a healthy *local* economy, it is helpful to take a good look at the *global* ecological situation. In his book *Collapse*, Jared Diamond (best-selling author of *Guns, Germs, and Steel*), after taking the reader on a fascinating tour through failing and successful cultures and societies of the past and the present, shows in astounding detail that our planet cannot sustain first world living standard for everyone. We simply do not have the ecological resources. Diamond asks what will happen when *the third world will realize that first world living standards are unreachable for them and that the first world is unwilling to abandon their own high living standards for themselves. How can we secure high living standards for all people without undermining the Earth's capacity to provide these living standards?*

Diamond bluntly states that *the world's environmental problems will get resolved in one way or another, within the lifetimes of the children or the young adults alive today, the only question is will they become resolved in pleasant ways of our own choice or in unpleasant ways not of our choice, such as warfare, genocide, starvation, disease, epidemics, and collapses of societies.*

World society is presently on a non-sustainable course.
Now what?



April

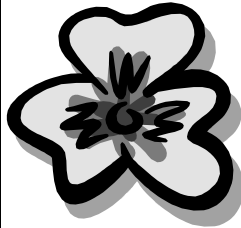
An altered look about the hills;
A Tyrian light the village fills;
A wider sunrise in the dawn;
A deeper twilight on the lawn;
A print of a vermilion foot;

A purple finger on the slope;
A flippant fly upon the pane;
A spider at his trade again;
An added strut in chanticleer;
A flower expected everywhere;

— Emily Dickinson

April is here with the promise of spring in the air. It is also the month, in which we celebrate Earth Day, a very important reminder to us all to Think Globally and Shop Locally. Happily, this will be made easier with the arrival of Red Wagon Plants, owned and operated by Julie Rubaud. Julie has sold her plants here in the past, but we are officially welcoming her back as our main supplier of edible plants and herbs. Look for her potted pansies, starts of basil, rosemary, thyme, mint, sage, and tarragon.

— The Produce Gang



Did you know...

- ◆ Pansies love to be picked? Enjoy a beautiful small bouquet and watch the plant flourish!
- ◆ Pansies are edible and high in vitamins A and C?
- ◆ Pansies can be used to make a natural dye? Try some purple flowers for a beautiful lavender hue.
- ◆ Pansies can be used to flavor vinegar? Simply fill

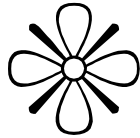
a jar 2/3 full with the flowers, top off with vinegar (white wine or cider), and leave on a sunny windowsill for 2 weeks.

Did you know...

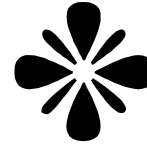
- ◆ Rosemary is said to be for remembrance?
- ◆ Because of its pleasant smell, Rosemary was used as incense by those ancients who could not afford more highly priced substances?
- ◆ Rosemary can stimulate the immune system by increasing circulation and improving digestion? It has also been shown to increase blood flow to the head and brain, thereby improving concentration.
- ◆ Rosemary is delicious with lamb, pork, veal, beef, roasted potatoes, soups... the list goes on and on.
Next time you enhance the flavor of some special dish with rosemary, congratulate yourself for a wise as well as delicious choice!



Middlebury Co-op presents:



A Lecture
On April 19, 6:30 — 8:00 pm.
at Ilsley Library
with Dr. Karen Miller-Lane:



**How Healthy Digestion Leads
to a Strong Immune System**

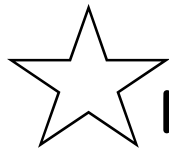
Our lives seem to get busier and busier with less time to eat, let alone sit and eat. Eating on the run and then taking something for heartburn, upset stomach, bloating, diarrhea, constipation, and gas have become “the norm.” At the same time, many of us seem to be battling one cold after the other or just feeling like our immune systems are not up to par. Have you ever considered that the two may be related? Nearly 70% of our body’s immune system is found in the digestive tract. In this lecture, Dr. Miller-Lane will explain how the immune system and gastrointestinal tract are interconnected and guide you toward developing tools for building a healthier digestive system and stronger immune system for the rest of your life.

About Dr. Karen:

Dr. Karen Miller-Lane is a Naturopathic Physician and Licensed Acupuncturist with a private practice in Middlebury, Vermont. She received a Doctorate of Naturopathic Medicine and a Masters of Acupuncture from Bastyr University in Seattle, WA. Her expertise lies in integrative health care, endocrinology and immune support with a focus on women’s health and chronic disease. Dr. Miller-Lane also has advanced training in craniosacral therapy. Prior to becoming a Naturopathic Physician, Dr. Karen worked in the field of international development and education with a focus on women’s healthcare issues. Dr. Miller-Lane brings compassion, dedication, and commitment to providing the most effective treatment for each individual.



*The lecture is sponsored by the Middlebury
Natural Foods Cooperative and is free of charge.*



Foods that Fight Disease



The following quiz, published in the *Nutrition Action Healthletter*, March 2005, invites you to *cheat*. The quiz is not concerned to test your knowledge; rather it wants to encourage you to check out the answers, which contain a wealth of information on how diet affects our health.

1. Which is least likely to lower your blood pressure?

— Low-fat yogurt, cantaloupe, whole-grain bread, spinach, broccoli.

2. Vitamin D may reduce the risk of all but one of these. Which one?

— Bone loss, colon cancer, gum disease, stroke, multiple sclerosis.

3. Which is least likely to reduce your risk of diabetes?

— Whole-grain cereal, nuts, salad dressing, alcoholic beverages, orange juice.

4. Which is least likely to contain pesticide residues?

— Apples, grapes, pears, strawberries, blueberries.



5. Which is least likely to lower your risk of brittle bones (osteoporosis)?

— Low-fat yogurt, collard greens, olive oil, a multivitamin, sunshine.

6. Exercise is least likely to prevent or ease:

— Enlarged prostate, gallstones, arthritis, cataracts, insomnia.

7. Which is least likely to protect your eyes as they age?

— Kale, fish, nuts, grapefruit, a multivitamin.

8. Four of these conditions are linked to sexual dysfunction in men. Which one is not? — High LDL cholesterol, high blood pressure, diabetes, obesity, kidney stones.



9. Which is least likely to lower your risk of dementia?

— Taking vitamin E, treating high blood pressure, staying lean, staying active, eating fish.

Answers:

- (Whole-grain bread).** The DASH study (Dietary Approaches to Stop Hypertension) showed that a lower-fat diet rich in fruits, vegetables, and low-fat dairy foods can lower blood pressure. Researchers aren't sure whether the potassium, magnesium, calcium, protein, fiber, or other nutrients made the difference.

2. **(Stroke).** Studies suggest that vitamin D may reduce the risk of bone loss, gum disease, multiple sclerosis, and colon cancer. Shoot for 400 IU a day. Good sources include multivitamins, calcium+D supplement, milk, yogurt, breads, breakfast cereals, margarines, and orange juices. Sunlight is also a good source, but not during winter in Vermont.
3. **(Orange Juice).** To dodge diabetes, stay lean and exercise. Studies also find a lower risk in people who drink alcoholic beverages in modest amounts, as well as those who eat nuts, whole grains, and unsaturated fats. Processed red meats (like bacon, hot dogs, and sausage), trans-fat-laden foods and sweets may raise diabetes risk.
4. **(Blueberries).** Other fruits that are also less likely to be contaminated include bananas, kiwis, mangoes, watermelon. The best option is buying organically grown fruits and vegetables.
5. **(Olive Oil).** Foods high in calcium (like milk, cheese, and yogurt), vitamin K (like collards, spinach, and broccoli), potassium (like fruits and vegetables), and vitamin D help strengthen your bones. The best sources of vitamin D are sunshine, a multivitamin, or a calcium+D supplement. Weight-bearing exercise (almost any activity but swimming) also protects bones and may help prevent falls by boosting balance, coordination, and strength.
6. **(Cataracts).** People who exercise have a lower risk of enlarged prostate, gallstones, heart disease, stroke, high blood pressure, diabetes, bone fractures, osteoporosis, colon and breast cancer, and diverticular disease. Staying active also may curb anxiety, depression, arthritis, and sleep disorders.
7. **(Grapefruit).** While further research is needed, evidence suggests that people who eat good sources of lutein (like kale, spinach, and other leafy greens), who eat more fish and nuts, and who take a daily multivitamin-and-mineral supplement have a lower risk of cataracts and macular degeneration.
8. **(Kidney stones).** The same risk factors that damage blood vessels to the heart also damage blood vessels to the penis. So far, the evidence on risk factors for sexual dysfunction in women is scarce.
9. **(Taking vitamin E).** So far, vitamin E has failed to live up to predictions that the antioxidant would slow cognitive decline in older people. However, staying lean and active may protect your brain by warding off diabetes. Keeping a lid on blood pressure (by cutting fat and boosting fruits, vegetables, and low-fat dairy foods, and, if necessary, by taking medication) should also lower your risk. And a new study suggests that eating fish three times a week may help prevent dementia.

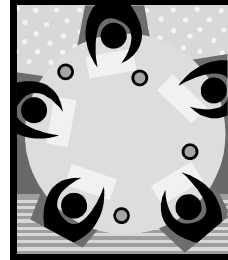


Board of Directors Meetings

Co-op members are welcome to attend Board of Directors Meetings, usually scheduled for the fourth Wednesday of each month. Time is set aside at the beginning of each meeting for members to express concerns or suggestions.

The next Board Meeting will be held **Wednesday, April 25, at 6:30 p.m.** in the Co-op Meeting Room on the second floor above the Old Store at 1 Washington Street. Upcoming Board Meetings are scheduled for May 23, and June 27. The Annual Meeting is scheduled for May 30.

For more information, call Kira Winslow, Board President, at 877-6586.



Open Member Meeting

There will be meetings open to members to discuss the proposed by-laws on (1) Wednesday, April 18 at 5:30 pm and (2) the next Board meeting on April 25 at 6:30 pm.

The meeting is scheduled to be held in the Co-op Meeting Room, at 1 Washington Street, from 5 pm to 6:30 pm. You may request a copy of the proposed by-laws by calling Joseph at 388-7276 or e-mail mnfc@together.net.



Bring Your Own Bag

When shopping, bring your own bag whenever you can. You may also want to consider to bring bags for rice, flour, rolled oats, nuts, coffee beans, and other Bulk or Produce items. If you bring your own containers for bulk honey or maple syrup, you'll be charged less! Bring your own plate or bowl whenever you eat at the Co-op Deli; and your hot coffee will taste even better when you bring your own mug!

In celebration of Earth Day (April 22), during the month of April, we will offer MNFC Canvas Shopping Bags (in new colors!) at a reduced price.



Thank God men cannot fly, and lay waste the sky as well as the earth.
— Henry David Thoreau