

# Newsletter

Newsletter

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

April 2008

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

## "Rising Concern About the Environmental Crisis is Sweeping the Nation"

In September 1969, at a conference in Seattle, U.S. Senator Gaylord Nelson announced that in the spring of 1970 there would be a nationwide grassroots demonstration on the environment. Earth Day founder Nelson first proposed the nationwide environmental protest to thrust the environment onto the national agenda. "It was a gamble," he recalls, "but it worked." Five months before Earth Day, on Sunday, November 30, 1969, *The New York Times* carried a lengthy article by Gladwin Hill reporting on the rising tide of environmental events:



*Rising concern about the environmental crisis is sweeping the nation's campuses with an intensity that may be on its way to eclipsing student discontent over the war in Vietnam... a national day of observance of environmental problems... is being planned for next spring... when a nationwide environmental 'teach-in'... coordinated from the office of Senator Gaylord Nelson is planned...*

Each year, Earth Day (April 22) marks the anniversary of the birth of the modern environmental movement in 1970. Among other things, 1970 in the United States brought with it the Kent State shootings, the advent of fiber optics, *Bridge Over Troubled Water*, Apollo 13, the Beatles' last album, and

continued on page 3

## 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.

### Mission

The Middlebury Natural Foods Cooperative is a democratic, member-owned cooperative committed to: Providing healthy, competitively priced foods; encouraging ecologically sound and healthful patterns of production and consumption; and responding to members' needs accordingly.

### Value Statements:

1. MNFC provides education, information, and service for members, employees, and the community.
2. MNFC is committed to forging partnerships with local growers, businesses, and organizations, as well as with other cooperatives.
3. MNFC is a voluntary organization open to everyone.
4. The capital provided by members finances purchases of equipment and supports services, which benefit the MNFC community.
5. While MNFC works closely with other organizations, we are an autonomous cooperative.



### In this issue:

Earth Day	page 1
Local Producers of the Month	page 4
Peppadew	page 6
Recipes	page 8
Meet the Board	page 10
Green Mountain Mushroom	page 13

*Rising Concern continued from page 1*

the meltdown of fuel rods in the Savannah River nuclear plant near Aiken, SC — an incident not acknowledged for 18 years. At the time, Americans were slurping leaded gas through massive V8 sedans. Industry belched out smoke and sludge with little fear of legal consequences or bad press. Air pollution was commonly accepted as the smell of prosperity. *Environment* was a word that appeared more often in spelling bees than on the evening news. But Earth Day 1970 turned that all around.



On April 22, twenty million Americans took to the streets, parks, and auditoriums to demonstrate for a healthy, sustainable environment. Thousands of colleges and universities organized protests against the deterioration of the environment. Groups that had been fighting against oil spills, polluting factories and power plants, raw sewage, toxic dumps, pesticides, freeways, the loss of wilderness, and the extinction of wildlife suddenly realized they shared common values.

Earth Day 1970 achieved a rare political alignment, enlisting support from Republicans and Democrats, rich and poor, city slickers and farmers, tycoons and labor leaders. The first Earth Day led to the creation of the *United States Environmental Protection Agency* and the passage of the *Clean Air, Clean Water*, and *Endangered Species* acts. Senator Nelson was awarded the Presidential Medal of Freedom — the highest honor given to civilians in the United States — for his role as Earth Day founder. In 1990, Earth Day went global, mobilizing 200 million people in 141 countries and lifting the status of environmental issues on to the world stage. Earth Day 1990 gave a huge boost to recycling efforts worldwide and helped pave the way for the 1992 United Nations Earth Summit in Rio de Janeiro.



As the millennium approached, Earth Day focused on global warming and a push for clean energy. Earth Day 2000 combined the big-picture feistiness of the first Earth Day with the international grassroots activism of Earth Day 1990. For 2000, Earth Day had the Internet to help link activists around the world. By the time April 22 rolled around, 5,000 environmental groups around the world were on board, reaching out to hundreds of millions of people in a record 184 countries. Events varied: A talking drum chain traveled from village to village in Gabon, Africa, for example, while hundreds of thousands of people gathered on the National Mall in Washington, D.C., USA.

Earth Day 2000 sent the message loud and clear that citizens the world 'round wanted quick and decisive action on clean energy. Earth Day 2007 was one of the largest Earth Days to date, with an estimated billion people partici-



pating in the activities in thousands of places like Kiev, Caracas, Ukraine, Tulu, Manila, Togo, Madrid, London, and New York.

Founded by the organizers of the first Earth Day in 1970, *Earth Day Network* promotes environmental citizenship and year round progressive action worldwide. Through Earth Day Network, activists connect, interact, and have an impact on their communities, and create positive change in local, national, and global policies. Earth Day Network's international network reaches over 17,000 organizations in 174 countries, while the domestic program engages 5,000 groups and over 25,000 educators coordinating millions of community development and environmental protection activities throughout the year. Earth Day is the only event celebrated simultaneously around the globe by people of all backgrounds, faiths and nationalities. More than a half billion people participate in Earth Day Network campaigns every year!



## High Mowing Organic Seeds

by Alex Chamberlain

*Though I do not believe that a plum will spring up where  
no seed has been, I have great faith in a seed.*

*Convince me that you have a seed there,  
and I am prepared to expect wonders.*

— Henry David Thorough

We believe in the power of a single seed. With each seed sown there is tremendous possibility and for us, as with many growers, that single seed has become an integral part of our lives.

High Mowing Organic Seeds is a 100% Certified Organic Seed company offering over 350 vegetable, flower, and herb varieties. We have been supporting organic growers and gardeners since 1996. We grow approximately 30% of the seed we sell on our sustainable family farm located in Wolcott, Vermont. The remaining seed is grown by contracted 100% Certified growers here in Vermont and across the country. Our mission is to offer heirloom varieties that have been preserved from our past as well as offer new varieties that will carry us forward into the future. Our partnerships with commercial and independent plant breeders, university breeding programs and our own

production, stock seed and breeding work, give us a unique offering of superior varieties for organic production. It is through this work that we were able to “rescue” two varieties on the verge of extinction this past growing season, Winter Bloomsdale spinach and Ali Baba watermelon. With many of our own improved strains and more exclusive varieties every year, we are leading the way in availability of organic seed that is truly bred and selected for organic conditions. This translates into better performance on your organic farm or garden.

So, as the soil warms, and the sun begins to shine, plant a seed and be prepared for wonders! We wish all growers and gardeners happy, healthy and successful planting! If you have any questions, please contact Alex Chamberlain at [alex@highmowingseeds.com](mailto:alex@highmowingseeds.com).



## Hillsboro Sugarworks

by Dave and Susan Folino

*Hillsboro Sugarworks* is located in Starksboro, not far from the Appalachian Gap. Sections of our sugarbush have been tapped for well over 100 years by the Beane and Sweet families. In 2003, we had an opportunity to buy an adjoining woodlot. In researching the property we discovered that the original settler was named Thankful Sweet. We took this as a good sugaring omen, bought the land and tripled the size of our sugarbush. We currently tap 14,000+ trees on Hillsboro Mountain.

We started sugaring on a small scale in 1979. Each year thereafter we learned a little, grew a little, and improved our woods and sugarhouse, increasing production and efficiency. In the early 1980s we began supplying the Middlebury Natural Foods Co-op with bulk maple syrup. Our relationship is long and appreciated.

We are currently one of the largest certified organic maple producers in Vermont, and the largest producer/direct marketer in the state, but our goal is not to be big, it's to be sustainable. We try to combine environmental conservation with sensible innovation. Over the past couple of decades we have been selected as Vermont's *Outstanding Sugarmaker*, and have won several awards for our careful forestry practices.

Co-op members are urged to come and see where their syrup comes from. We like having visitors and our sugarhouse is relatively accessible, with only a short hike. Please check on our website at [www.hillborosugarworks.com](http://www.hillborosugarworks.com) for directions about how to get there.



# Peppadew

by Jesse Natha Kimler



In a recent browse through the Co-op Deli's new selection of roasted tomatoes, mushroom mixes and olives, I found the bright red cup-shaped "Sweet Red Peppadew." I took some home to try, and was puzzled when I couldn't find them in any food references. What are these mysterious little things?

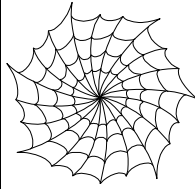
Peppadew™ (the name is trademarked) are a pickled pepper product that have been introduced as "the first truly new fruit to be launched on the world market since kiwi fruit 26 years ago." As the story goes, they were developed by an enterprising farmer named Johan Steenkamp, who stumbled upon a bush full of cherry-pepper sized fruits at his vacation home in South Africa. The taste was unfamiliar and interesting to him, so he embarked upon a project to cultivate, process, brand, market and eventually patent the plant and its product. The fruits are grown and processed in South Africa and distributed throughout the U.S. from a New Jersey importer. A few years and many, many miles later we find them on the shelf at the Co-op.

But what makes these "truly new?" In fact, very little. Peppadew™ were listed in the Australia-based *Plant Varieties Journal* as a previously unlisted cultivar of *Capsicum annum*, or chile pepper, of which there are thousands of varieties around the world. This version is described as a thick-fleshed "mutation of the habañero chile" that descended from unknown Central American parentage.

While the raw form is said to have a unique flavor, the sweet tartness we taste in the pickled product comes not so much from the pepper itself but from the sugar and ascorbic acid that are added during the Peppadew™'s transformation, following a proprietary "secret recipe," from raw fruit to packaged product. Regardless of its origin, the flavor is a hit with the Co-op's customers; Jeff Fugate, the Co-op's Deli Manager, says they've been the most popular of the new briny and roasty additions to the deli case. He's currently developing new menu items that specifically highlight Peppadew™ in response to customers' enthusiasm for the flashy fruits. Maybe when pepper season rolls around in Vermont we can hope for a version that doesn't need a passport.

Jesse Natha Kimler is a former staff and Board member of Middlebury Co-op.





*Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect.*

— Chief Seattle, 1855

## **Time to Move South... ... At Least in the Kitchen** by Cindy Hill

April can be disheartening. Rain and ice persist while the longer days leave us yearning to get outside and into the garden. Winter fare like bean soups or roasted root vegetables are too heavy, but local fiddleheads and dandelion greens won't be up for another month and it's way too early for salad season.

Consider moving your taste buds southwards to the mid-Atlantic seaboard where forsythia and crocus are already blooming and the green and red promise of spring floats through laurel and oak forests. These recipes aren't too exotic, but they are just different enough from most our usual New England fare to wake up your taste buds along with those flower buds. Black and green pepper in a savory dinner bread, and peanut butter in soup, are the unexpected twists in two recipes I long ago jotted down (then tinkered with a bit) from an old issue of *Early American Life*, which attributed them to the recipe files at Thomas Jefferson's estate, Monticello. (See the great things that can come of it when your transmission blows and you're stuck browsing old magazines at the car repair shop all day!)

Warm German potato salad was a standard in my Cape May area family when the cold mayonnaise based potato salad of summer wasn't quite called for; add the first fresh new peas if they are available. Or put a lighter touch into sweet potatoes by mashing them with equal amounts of white potatoes, use yogurt in place of milk, and add some grated sharp cheddar cheese. Add kale or collards sautéed with garlic and lemon to the plate for a shot of green vegetables, and top it all off with warm tapioca pudding with dried apricots — lighter than winter's pies but not quite on to summer's fresh fruits.

All the dairy products, eggs, and potatoes in these recipes can easily be "bought local" even in April, so you don't even have to abandon our local agricultural economy in order to move south in your culinary endeavors. Spring's coming!



## Cheddar Pepper Bread

½ cup butter	2 cups shredded sharp Cheddar cheese
2 ½ cups all purpose white flour (or Gleason's fine whole wheat)	2 eggs
2 ½ teaspoons baking powder	8 ounces plain yogurt
1 ½ teaspoons ground black pepper	½ chopped green pepper
¾ teaspoon baking soda	½ chopped red pepper
½ teaspoon salt	chopped walnuts for garnish
dash cayenne	

Heat oven to 350 degrees and grease a 9 x 5 x 3 loaf pan. Melt the butter. Combine flour, baking powder, baking soda, salt, and cayenne pepper in one bowl; stir in grated cheese. In second bowl, beat eggs, then stir in melted butter and yogurt. Add the liquids to the flour mixture and stir just until dry ingredients are moistened. Spoon into pan and top with walnuts. Bake 35-40 minutes, until inserted pick or knife comes out clean. Turn onto cooling rack and let cool at least 10 minutes before slicing.



## Peanut Soup

1 medium sweet onion, chopped fine	2 cups smooth peanut butter (fresh ground is wonderful)
2 ribs celery, chopped fine	1 ¾ cups cream
¼ cup butter	salt
3 tablespoons flour	white or black pepper
2 quarts broth (chicken broth, light vegetable broth or homemade stock works best)	chopped peanuts and parsley for garnish

In a heavy saucepan sauté the onions and celery in the butter until soft. Stir in flour, then slowly add broth constantly stirring, and slowly bring to a boil until mixture thickens. Let cool enough to handle, then run it through the blender or food processor. Return to the saucepan and add peanut butter, cream, and seasonings. Stir with a wire whisk to blend, and heat slowly to warm, but do not boil. Garnish with chopped peanuts and parsley. Makes 10 to 12 one-cup servings.



## Warm German Potato Sala

About 8 medium red potatoes (peeling is optional)	½ cup finely chopped onion, green onions, leeks or chives
4 slices of bacon or bacon substitute	1 teaspoon celery seed
1 tablespoon flour	salt and pepper to taste
2 tablespoons sugar	fresh shelled green peas
½ cup water	chopped parsley
½ cup white vinegar	

Cut potatoes into roughly 3/4 inch chunks. Boil in salted water just until tender, then drain and place in a pre-warmed potterly or glass bowl. Fry bacon or bacon substitute until crisp; remove but reserve oil or bacon grease in pan. Add chopped onions to the grease or oil and fry until soft; add flour and stir, then add remaining ingredients and stir with a whisk. Pour dressing over potatoes and turn to coat. Crumble bacon or bacon substitute and fold into salad. Top with fresh green peas or chopped parsley if desired.

Cindy Hill is a writer and local musician. She is also a member of Middlebury Natural Foods Co-op and has contributed countless articles to our monthly Newsletter. She can be reached at [wordwomanvt@yahoo.com](mailto:wordwomanvt@yahoo.com)

### Wild Alaska Salmon

Wild Alaska – There's a huge difference in wild salmon and those that come from commercial tank-farms. Our Sockeye Salmon come from the richest salmon fishing region in the world – Bristol Bay, Alaska – not a concrete tank or a net cage chocked full of captive fish. It's a difference you can see and taste. The meat of wild salmon is naturally a brilliant shade of red; farm-bred salmon strangely is white in color. Fish farmers work very hard to make their product look like the real thing by feeding their salmon food containing a red dye to artificially change the color of the meat. The result is a strange orange-colored fillet without the great taste and phenomenal nutritional value of wild salmon. Plus, wild salmon feed on their natural diet, not man-made pellets laced with antibiotics, hormones and other chemicals.



Fishing methods ensure that only sockeye salmon are caught; other species are safe.

**...now available at Middlebury Co-op!**



## Meet the Board

Interview with  
MNFC Board Member Barry King  
by Kristin Bolton

**Kristin Bolton: How did you end up in the Middlebury area?**

**Barry King:** I went to college here, then went out west for a while. But at the age of 23 I knew that I wanted to come back to do environmental education here and I got a job at the *Keewaydin Environmental Education Center* in Salisbury, one of the few environmental-ed centers in Vermont at the time. I worked there for 21 years. But, growing up, I had spent a lot of time in Vermont. So it always felt like home to me.

**How did you get connected to the Co-op?**

My husband Warren and I were working members of the Co-op. We joined some time in the eighties. It was small at that time, but it had moved into a store.

**How long have you been on the Co-op Board of Directors? And what prompted you to run for the Board?**

Twelve years. In 1996, as I was leaving *Keewaydin*, I ran for a seat on the Board. Even though I still work in

environmental education, I knew I'd have time and energy to devote to the Board at that point. I really liked the Co-op and wanted to give more to it than just as a shopper and member.

**That's a long time to have been on the Board. What changes have you seen?**

I came on after *Policy Governance\** had just been adopted. Much of the policy work had been done, and we needed to craft the Ends [goals], to guide the work of the General Manager and the policies and decisions we make. Yet, though we're using the policies and Ends, we're not growing with them. That's why I'm excited to work on Ends at the Board retreat.

**You also were on the Board during the expansion of the Co-op into its new space.**

That's right. That was big. And it was probably one of the reasons why *Policy Governance* fell more into the background, because we were so focused on making it through the expansion successfully.

**What's exciting to you about where the Co-op's heading?**

This push for local food is very important, I think. For a while, people's attention was really on *organic*. But is it better to eat the organic apple from California or China than the one that is

\* *Policy Governance* focuses on long term goals rather than day-to-day operations.

sprayed a little, but from just down the street? From my perspective, *local* is better in almost every way. It puts money into the local farmer's pocket which winds up in our community; it requires far less petroleum for shipping and thus it costs less to the planet. I suppose you could make a case for organic to be healthier for one individual but local is a better choice for the community and society as a whole. And now that large corporations have added organics to their food product lines and have been somewhat successful in reducing the federal organic standards, organic foods may not be as healthy as people assume. By buying local products – and meeting the producer in person or through the Co-op newsletter – you can know more about how the food you eat was produced and you are also supporting a neighbor. And that strengthens the community.

**What possibilities do you see for local food to be more a part of our community?**

I'd like to see us explore ways that local producers can have food products for sale year-round. We have systems in place for dairy and bakery, but not for produce. What could we do in terms of cold storage, or canning facilities? And what about small livestock producers? What could we do for them?

**What is important to you about your Board work?**

Policy Governance. This allows us to focus on the bigger direction for the Co-op and allows the staff and management to do what they do well. It also allows us to provide leadership in terms of

member interest and setting policy.

**What do you find rewarding about being on the Board?**

I've been on numerous boards and the Co-op is by far the best board. Everyone is committed and everyone brings different perspectives, which is important. But while the slant changes with every year as new people come on board, there's great synergy from all of us working together with one common interest. Policy Governance has something to do with that, but also people's commitment and investment in the Co-op. I also find it rewarding to give time to guide the Co-op in ways that shape it and the community.

**What do you find challenging?**

Hmmm. On other boards I was on, it was sometimes challenging just to go to the meeting. It would often seem like a waste of time. But I never feel that way about this Board. Sometimes it's challenging to find the time to do all the work and be prepared for the meetings. It's an important job.

It's stimulating more than challenging, particularly when we start to take on new things, as we are now with long-range planning. That will pull us from where we have been to another level.

To be honest, sometimes it's a challenge to remember to bring the napkins, plates, mugs and bowls to the meeting!

**You're pretty committed to "no waste" eating events. Where did**



**you get those great melamine place settings? And those beautiful napkins — are they a special fabric?**

Oh yes, the fabric is very special – it was from Warren’s and my dad’s old flannel shirts! I can’t stand to throw anything away, so I made napkins from them. As for the “share ware,” the plates and mugs were Warren’s before we were married, and the cutlery was from when I was a child.

**What would you like Co-op members to know?**

I’ve talked about how wonderful this Board is, and how committed it is. The only other thing I’d like members to know is that we’re operating in a vacuum at times. We’d like to hear from them more.

**Even though you’re no longer at *Keewaydin*, do you and Warren spend a lot of time outdoors?**

Yes, we’ve lived in Ripton for 20 years

and spent a lot of time in the woods and our vegetable garden. We also have a small, and I mean *small*, sugarbush. Maple sugaring is one thing we always look forward to. Last year we made 12 gallons of syrup, which is the most we’ve ever made. We don’t use it all ourselves, but last year when my niece got married, we put the syrup into little maple-leaf bottles and she used it as table presents. We loved being able to do that for her.

**Maple sugaring puts you in touch with the sweetness of life.**

**And then you can give it away!**

That’s right! ☆

Barry is always interested in members’ perspectives and needs. You can reach her at 388-4082. You are also welcome to attend the Board Meetings. Our next one is on April 2 at 6:30 pm.

## The Vermonter's Guide to Computer Lingo:

*Modem* — what you did to the hayfields...

*Keyboard* — where you hang your keys...

*Windows* — what to shut when it’s 30 below...

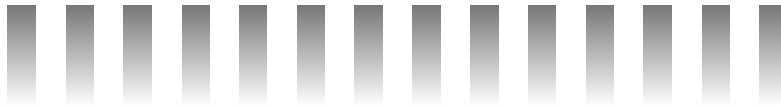
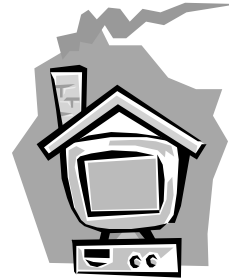
*Log On* — making the wood stove hotter...

*Hard Drive* — getting home during mud season...

*Microchips* — what are left in the bag when the big chips are gone...

*Download* — getting the firewood off the pickup...

*Megahertz* — what you get when you’re not careful downloading...





## A Visit to Green Mountain Mushroom by Mark Procter

Staff in the Produce Department were delighted to learn that a late January field trip to one of our suppliers had been arranged! Suppliers *actively growing produce* for us in midwinter are, after all, mostly in California, Florida, Mexico, and... *Pittsfield, Vermont*? Up a dirt road off Route 100 just south of the village of Pittsfield stands a rambling 8000 square feet former dairy barn-turned-furniture-store that now shelters, among other agricultural operations, **Green Mountain Mushroom**, grower of the fresh **shiitake mushrooms** available year-round in the Co-op Produce Department.

GMM is only one of many projects in various stages of development at the *Tweed Valley Farm*, which has been owned since 2002 by Nancy Wisner and Fred Simon and has since then been a perpetual work-in-progress. The mushroom business is managed by Nancy's son, Tom Wisner (who personally delivers his product to the Co-op, although it is also distributed statewide by *Black River Produce* of North Springfield, VT). It was Nancy who greeted us and showed us around.

The mushroom operation has been going for about a year and a half now, during which time the Wisners have seen a number of other local would-be growers start up and give up; their own operation is not quite yet fully profitable, but should be soon.

Physically, the operation consists of nine eight feet square "hoop houses" of polyethylene sheeting over semicircular tubular steel ribs, set up on rubber mats on the wooden floor of a small section of the barn. Four end-to-end houses of shiitake mushrooms parallel five of oyster mushrooms, in all stages of growth. Fluorescent tubes above the houses provide what light is needed. Heat and humidity are provided by pots of water simmering over propane burners, and are assiduously monitored. Atmosphere in the oyster houses is optimized by the inclusion of hanging foliage plants, to convert excess carbon dioxide to oxygen. In winter, this section of the barn (which also houses the packing/shipping workspace) is heated by a pellet stove.

Within the hoop houses, benches about a yard wide run the length of the center, leaving aisles for access (for cultivation, inspection, harvesting) on either side. The shiitake are grown on eight-by-eight inch cylindrical "logs" of compressed sawdust inoculated with mycelium (the "rootstock" of a mushroom plant), and the oysters on a similar medium encased in cylindrical black



plastic bags about nine inches across and fifteen high. They contain all the nutrients — dead wood, essentially — that the crops require; the Wisners add only their own well water. And, of course, the controlled atmosphere and lighting, horticultural know-how, TLC, and time... lots and lots of time.

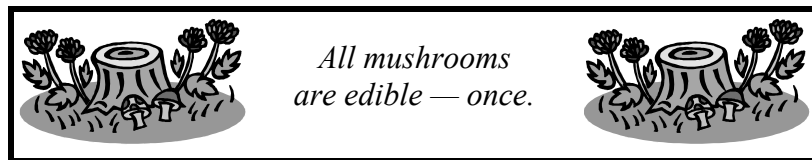
Each log or bag is cultivated, harvested, allowed to rest, and cultivated again for a total of three crops, and is then composted. Growing time to maturity is variable, but generally about ninety logs of shiitake and twenty bags of oysters are introduced to the cycle weekly, and reach the end of their useful lives in six to eight weeks.

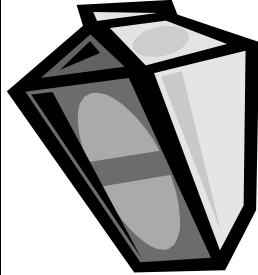
Presently, both the logs of shiitake and the bags of oysters are purchased from specialized suppliers in Kennett Square, Pennsylvania (commercial mushroom capital of the western world), who have “screened, cleaned, sterilized, sanitized and all but baptized” them before inoculation, as Nancy puts it. Tom is, however, working with plant scientists here in Vermont to develop a local source of oyster mushroom mycelium, with which he hopes to replace the Kennett Square product within a year.

Co-ops are the largest and most consistent buyers of the finished product (GMM sells to most of the Co-ops in the state) but restaurants are an important part of the clientele, too: even in winter, fifty or sixty are regular buyers. Currently, MNFC offers only GMM’s grade B shiitakes — if marginally less pleasing to the eye, they are equally pleasing to the palate and more pleasing to the wallet than the slightly larger, “Best in Show” grade A that appeal chiefly to the restaurant trade. (Likewise, MNFC shoppers prefer bulk “medium amber” syrup over the more rarified — and more expensive — “light amber”.) Fresh GMM oyster mushrooms may be special ordered through the Produce department, but have not sold well in the past: they are not cheap, and may suit their intended purpose less well than the more strongly flavored dried oysters that are always in stock.

The Produce department staff unanimously judge our visit informative, entertaining, and worthwhile, are grateful for the opportunity, and recommend a visit, if not to the farm itself, then to the website: [www.tweedvalleyfarm.biz](http://www.tweedvalleyfarm.biz).

Mark Proctor is a staff member of the Middlebury Co-op Produce department.





## Fresh Milk

You may have noticed that we replaced our half gallons of *Woodstock Farms* organic milk with *Organic Valley* milk. The *Organic Valley* Cooperative offers milk that has been heated to gentler temperatures (pasteurized) rather than *ultra*-pasteurized. Pasteurized milk, of course, does not have as long a shelf life as *ultra*-pasteurized milk, but it is less processed and may be better for you. We also think you won't mind the price decrease!

The Wikipedia (web encyclopedia) tells us that *pasteurization is the process of heating liquids for the purpose of destroying viruses and harmful organisms such as bacteria, protozoa, molds, and yeasts. The process was named after its creator, French chemist and microbiologist Louis Pasteur. The first pasteurization test was completed by Pasteur and Claude Bernard on April 20, 1862*

*Unlike sterilization, pasteurization is not intended to kill all microorganisms (pathogenic) in the food or liquid. Instead, pasteurization aims to achieve a "logarithmic reduction" in the number of viable organisms, reducing their number so they are unlikely to cause disease.*

*There are two main types of pasteurization used today: high temperature/short time (HTST) and Extended Shelf Life (ESL) treatment. Ultra-high temperature (UHT, also known as ultra-heat treated) is also used for milk treatment. In the HTST process, milk is forced between metal plates or through pipes heated on the outside by hot water, and is heated to 71.7 °C (161 °F) for 15-20 seconds. UHT processing holds the milk at a temperature of 138 °C (250 °F) for a fraction of a second. ESL milk has a microbial filtration step and lower temperatures than HTST. Milk labeled "pasteurized" is usually treated with the HTST method, whereas milk labeled "ultra-pasteurized" or simply "UHT" must be treated with the UHT method.*

*HTST pasteurized milk typically has a refrigerated shelf life of two to three weeks, whereas ultra pasteurized milk can last much longer when refrigerated, sometimes two to three months.*

When you buy *Organic Valley* milk and dairy products, you support Vermont dairy farmers who send their organic milk to the *Organic Valley* cooperative. **Good news:** Through April, in connection with the Co-op Advantage Program (CAP), we will offer *Organic Valley* lactose free milk and *Organic Valley* butter on sale!



## Addison Community Action

### Letter to Middlebury Co-op:

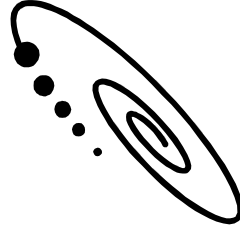
*Dear Middlebury Natural Foods Co-op,  
The staff at Addison Community Action/CVOEO would like to thank the Co-op for its generous donation of 6,579 pounds of both perishable and non-perishable food for our food shelf for the year of 2007. With shrinking federal funds in our CSBG block grant for the past five years your support goes a long way in helping us to assist those we serve. At our food shelf CVOEO serves about 150 households per month. That figures out to approximately 400 individuals, which includes 60 children under the age of 18, 40 adults over 60, and 72 disabled individuals. Our food shelf is considered an emergency food shelf and in theory supplies 3 days of emergency food. Unfortunately, with the lack of livable wages, many families use the foods shelf every month to supplement their food budget and to free up money for other basic needs such as fuel, rent, or medicine.*

*In addition to offering emergency food we also assist with emergency fuel and housing, help with tenant advocacy and tax preparation and administer the Recycle North and Farm to Family programs.*

*The staff at the Champlain Valley Office of Economic Opportunity wants to thank you again for helping us to feed the hungry in our community. We send a special thank you to staff in Grocery, Produce and Deli for the time they take to set aside food on a daily basis for donation. We appreciate all of your support!*

*Sincerely,*

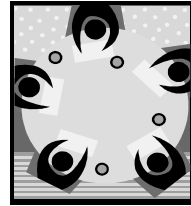
*Donna Rose (Program Coordinator)*



### 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 2, at 6:30 p.m.** in the Co-op Meeting Room on the second floor above the Old Store at 1 Washington Street. Subsequent Board Meetings are scheduled for April 30, and May 21. The MNFC Annual Meeting will take place on Saturday, May 31.

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

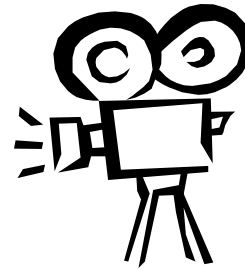


**The Bee — Man's Best Friend**  
**...a new film, reviewed by Kate Corrigan**

**Friday, April 25 at 7 pm**

***Health & the Hive:  
A Beekeeper's Journey***

**at the Ilsley Library, Meeting Room**



The film, made by local filmmaker Jan Cannon, features several beekeepers, including Todd Hardie of *Honey Gardens Apiaries* in Ferrisburgh and Ross Conrad of *Dancing Bee Gardens*, who is a Co-op Board member and author of *Natural Beekeeping*.

What you'll learn from this film is how much bees are a part of our lives. You'll learn about Colony Collapse Disorder (CCD) and how it is not all that mysterious after all. You'll learn how Vermont beekeepers are on the forefront of sustainable beekeeping, and some things they are doing, and what you can do yourself to help make sure bees stay with us.

Bees (and other pollinators) are a crucial part of the production of about 40% of the foods we eat, on top of providing us with delicious and health-restoring honey, and the many other parts of apitherapy that have been used for centuries by humans.

This film will interest gardeners, farmers, healers and the sick. It will interest chefs, eaters, localvores, and people concerned about the environment and the impacts of industrial agriculture.

Filmmaker Jan Cannon lives in Charlotte, and recently made a film about Bill McKibben's climate change march from Ripton to Burlington last year. He has been working to raise awareness on environmental issues through film-making.



Todd Hardie of *Honey Gardens Apiaries* and Jan Cannon will be at the library for this special Middlebury showing with some honey for you to try!

Bee there!



*Aerodynamically, the bumble bee shouldn't be able to fly, but the bumble bee doesn't know it so it goes on flying anyway.*

— Mary Kay Ash

## Is Stress Making You Ill?

Lecture at Ilsley Library  
by Dr. Karen Miller-Lane, ND, L. Ac.

April 17, 6:30 pm — 8:00 pm

Sponsored by the Middlebury Natural Foods Co-op

*What is this amorphous thing called stress?*

*In 1992, the United Nations named job stress The 20<sup>th</sup> Century Disease, and the World Health Organization has called it a World Wide Epidemic.*

*We have all felt varying levels of stress in our life, but how is it physiologically as well as emotionally affecting us? There have been studies looking at this very question. Come and learn about stress and how to de-stress. In this informative lecture, Dr. Miller-Lane will help us understand the long term consequences of stress and how we can begin to make healthier choices that can make a difference. Stress is inevitable, but its ill effects on our health can be avoided!*

About Dr. Karen:

Dr. Karen Miller-Lane is a Naturopathic Physician and Licensed Acupuncturist with a private practice in Middlebury. 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.

