



Newsletter

Newsletter

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

September
2008

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

Harvest Festival on the Green



To kick off the 2008 Eat Local Challenge, the Addison County *Localvores* and the Middlebury Natural Foods Co-op are putting on a Harvest Festival on the Middlebury Town Green on **Saturday, September 6th from 12 - 4 pm**. The event is free and open to the public. Bring a dish prepared from local ingredients to share at the community potluck from 12 to 1, or simply join in the bounty at the table. Enjoy music all afternoon performed by local musicians while sampling fresh, hand-cranked ice cream.

Learn from local experts about eating locally throughout the year, putting foods by, starting a garden, extending the garden season, putting the garden to bed, harvesting wild edibles, hunting and fishing, and raising backyard poultry. Find out more about the Eat Local Challenge, preparing local dishes, shopping at the on-line Farmers' Market, and biking *Le Tour de Farms*. Locate the farmers who are near you and place bulk orders for roots, apples, meats, and vegetables to store or preserve. Discuss what we can do about hunger in our area and get resources for those in need and those wanting to help. Win a dinner for two at a fine local restaurant in a fundraising raffle!

Children can play old-fashioned games and do fun activities, help make ice cream and get their faces painted. In case of rain, meet us in the basement of St. Stephen's Episcopal Church. For information or questions contact Kristin Bolton at 462-3722 or visit our website at www.acornvt.org.

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.



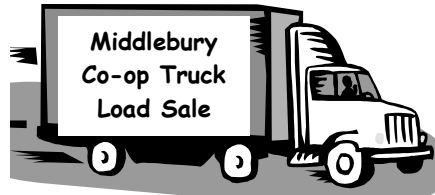
Dear Members and Friends of Middlebury Co-op,

While I'm writing these lines, thunder is rumbling in the distance, rain is expected for today, tomorrow and the day after. Several roads and bridges in the area have been washed out. So much rain could dampen one's spirits... Even so, for September the Co-op has planned a number of events, some of them scheduled to take place outside. Rain or Shine, they will be lots of fun! We invite you to join us for our Local Harvest Festival, our Annual Truck Load Sale, and a Tour de Farms!

The **Local Harvest Festival** will be held on the Middlebury Town Green on September 6th. It is an important event organized by Addison County's Localvores and Middlebury Co-op, celebrating and promoting locally grown foods.

Consider taking the **Eat Local Challenge**, described on page 9. Eating strictly locally grown foods for even just a short amount of time increases our awareness about the importance of limiting the consumption of foods coming from far away whenever possible.

September is a great month to take this challenge as there is an abundance of locally grown foods available. You will find fresh produce such as apples, arugula, basil, and broccoli to radishes, squash, watermelons, and zucchini. The Co-op carries local whole wheat flour, wheat berries, honey, and maple syrup in the Bulk section. You will find protein-rich dairy items from butter to milk and yogurt in our Dairy case, all locally made. Choose from more than 50 kinds of local cheeses! Be nourished by local meats, tofu, and tempeh, drink local wine or beer and enjoy ice cream with purely local ingredients. What more could you ask for?



On September 13th, we will hold our Third Annual Truck Load Sale, offering case deals at highly reduced prices. Be aware that all offers are on a first-come-first-serve basis and are good only as long as supplies last. Therefore, come early! We cannot

accept any phone orders, nor are we able to reserve products for you. Here is how it works:

1. Pick up your order form in the store any time in September before the sale.
2. Write the number of cases you wish to purchase next to the item on the order form.
3. Bring your order form to the tent in the back parking lot on Saturday, September 13th. The sale starts at 8:30 am.
4. A staff member will retrieve your purchase and stamp your order form indicating that your purchase will be held for you.
5. Take your stamped order form inside the store and pay at the register for your purchases. Hold on to your receipt.
6. Return to the tent with your receipt and pick up your order. Staff members will be available to help.
7. Sorry, no mixed cases, no rain checks, and no later pick-ups.
8. Your membership discount will apply *in addition* to the case deal price.

The *Addison County Localvores* have organized a bike tour, the **Tour de Farms**, which will be a lot of fun. Find out about options and logistics on page 15.

I know that some Co-op Newsletter readers start with page 19 to check for store coupons. This time you will not find them there! But don't worry... page 13 is for you! Page 19 has been reserved for our **Runoff Election Ballot**. You'll find the voting explained on pages 16 through 19. Please make sure to send in your ballot, or bring it to the Co-op.

You may have noticed a number of **new faces** in the store during the last few months, especially in the Co-op Deli and at the Check-Out counters. Several of our young staff have moved on to attend school or to pursue new adventures. We miss them and wish them well!! We welcome our new staff, including Jen Ambrose, Greta Busier, Kelli Cogger, Layna Coursey, Jocelyn Emilo, Chrissy Etienne, Kara Francis, AnnaRose Jenisch, Carla Kuchar, Claudia Lopez de Cram, Casey Taylor, Emily Watson-Blagden, and Kira Winslow.

Welcome our new Co-op members and shoppers!

Happy September,
Reiner



SEPTEMBER PRODUCERS OF THE MONTH



Diggers' Mirth

Diggers' Mirth Collective Farm was founded in 1992 and currently has five members farming 10 acres in Burlington's Intervale. This is a worker-owned and operated farm — all collective members taking part in the farm have an equal voice in its operation. The co-owners are Dylan Zeitlyn, Elango Dev, S'ra DeSantis, Hilary Martin, and Hayden Boska.

Each year, *Diggers' Mirth* cultivates approximately two thirds of the field and cover-crops the other portion to ensure soil regeneration. They grow over 25 types of vegetables and fruits. Their most popular and focus crops are mesclun and carrots, in addition to a variety of annual herbs, beets, bok choy, and fennel.

The *Diggers* sell primarily to stores and restaurants within Burlington, as well as to two Burlington Farmers' Markets. They are proud to have started the Old North End market 17 years ago in the diverse and dynamic neighborhood that all the *Diggers* call home. Most recently, the farm has expanded its sales to the Middlebury Co-op to bring Intervale vegetables to Addison County.

The name *Diggers' Mirth* was derived from a British agrarian collective that operated in the mid-1600s. The original *Diggers* reclaimed abandoned land to grow food for themselves and the poor.

Kent Ridge Orchards by Gregor and Bronwen Kent

Apples and orchards seem entwined in the history and culture of Vermont and early New England. Those resilient apple trees are amazing. Each one pruned and detailed in its own unique way. Nurture a block of century-old McIntosh or plant a row of scab resistant varieties on dwarf rootstock. From first pink to blossom to autumn harvest, so much care is given to protect and grow the trees and their fruit. An orchard during bloom is magnificent, the scents, colors and quiet humming of thousands of bees. When petals fall the real challenge begins. Tend the trees, observe the fruit, monitor pest cycles to time the sprays. Those voracious pests! Who can blame them? As the fruit ripens watch the weather and get ready to harvest. The trees are laden with so many ripe apples. Prepare the



ladders, buckets, bins, the tractors and wagons and especially the willing and able pickers. Singing and harmonizing in the orchard seems uplifting for them. The fresh picked apples are delicious and nourishing, and the trees seemed relieved when their job is over for the year. We'll pack some for market, send the excess or blemished fruit to the cider mill, and put rest in cold storage for tomorrow. Tonight we are pressing fresh cider and I can hardly wait!

Kent Ridge Orchards of Cornwall, Vermont, is run by Gregor and Bronwen Kent. This is our second year of commercial production. In 2007 we received organic certification for apples and cider. Our self-serve farm stand is located on Route 125 just west of James Road/Cider Mill Road. All of our fruit is grown organically which includes apples and some pears, blueberries and cherries. Our cider is pressed at our new cider mill located on Route 125 just below the ledges in Cornwall. Everything is made available at the Middlebury Natural Foods Co-op, the Middlebury Farmers' Market and at other organic fruit retailers. With any luck, we should have some fermented organic apple cider vinegar ready by fall. Visit us at www.kentridgeorchards.com or at the farmers market this fall. Thanks to everyone for their support, especially MNFC!



Dancing Bee Gardens

by Ross Conrad

Dancing Bee Gardens of Middlebury, Vermont, was founded in 1996 as a combination apiary and organic market garden supplying the Middlebury Co-op with a variety of small fruits, vegetables, herbs and honey. Over time, life changes and life commitments have resulted in the recent dropping of the market garden so that *Dancing Bee Gardens* now focuses exclusively on raising honeybees for honey and pollination. Of the approximately 45 hives that currently make up the apiaries of *Dancing Bee Gardens*, the overwhelming majority of them are kept in nearby Cornwall, Vermont.

There has been a lot of coverage in the media in the past 6 months of the death of hundreds of thousands of colonies throughout the U.S. While no-one has yet been able to prove a specific cause for the alarming decline in hives across the country, there are a number of conditions that have been identified in common among hives that show symptoms of what has been termed Colony Collapse Disorder (CCD). Hives that suffer from CCD lose most or all of the older adult worker bees to the point where the only bees left in the hive are the queen and a handful of young bees. These bees are typically stressed and infected with pathogens like fungi, or bacterial diseases as if their immune sys-

tems were in a severely depressed state. There is also a marked delay in the amount of time before scavenging activities by other insects occurs within hives that die out from CCD.

All this has spawned numerous theories about the causes of such a phenomena. There is a class of pesticides called neonicotinoids of which Imidacloprid is the most commonly used on both farms and by homeowners. Imidacloprid is highly persistent in the environment and is absorbed by all parts of the treated crop including the pollen and nectar. Bees that feed on blossoms from plants treated with Imidacloprid have been shown to have difficulty learning to navigate back to their hive and thus neonicotinoids have become a leading suspect behind CCD. Research has also shown that certain proteins expressed by Genetically Modified Organisms (GMOs) can cause bees to suffer learning deficiencies as well. Others point to the proliferation of cell phone use and their accompanying transmission towers as potentially creating microwave pollution that interferes with the honey bee's navigation instincts. However, pesticides, GMOs, and cell phones have all been around for years and we have only seen drastic die-offs of bees recently. To add to the confusion, not all bees in an effected area are effected equally. Numerous instances of massive hive losses have occurred in places where other bees nearby have seemed totally unaffected. In addition, massive losses of bees have occurred periodically throughout the last 100 years or so and some postulate that there may be a natural cycle to the large-scale loss of bees.

Not wanting to be left out of all the opinion making surrounding the cause of CCD, I have developed my own theory as to the cause of the current bee pandemic. Based on the observation that beekeepers that use natural and organic methods to maintain their hives have not been hit by the recent rash of colony collapses, it initially seemed to me that what we are likely witnessing are the results of an accumulation of stresses on the honey bee's immune system created by the industrial model of commercial beekeeping. It's as if the hive's natural immune responses become so overloaded and stressed that factors the bees have typically been able to handle in the past, now overwhelm the colony and precipitate its demise. However this theory does not adequately explain why other bees and scavenging insects delay feeding on the carcasses of these dead hives. Thus it is possible that we are seeing the results of some type of toxic buildup within hives that lead to the collapse. There are various chemicals and drugs that many beekeepers use inside the hive in an attempt to keep mites and diseases at bay. These chemicals are readily absorbed by the wax combs within which the chemicals may build up over time. There is also the serious question about the synergistic effects of various chemicals that combine after being introduced into a hive. The U.S. Environmental Protection Agency only requires that safety studies be carried out on such chemicals

individually and little regard is given to the effects of these chemicals when they are mixed. Add to this the potential chemical residues that may result from pollution and pesticides and the potential for the over-chemicalization of the hive environment is high. Thus, I practice and promote beekeeping methods that focus on utilizing natural and organic methods that seek to strengthen the hive's health and support the colony's immunity. This philosophy has been outlined in-depth in my recently published book "*Natural Beekeeping: Organic Approaches To Modern Apiculture*" published by Chelsea Green of White River Junction, Vermont. I am thrilled to have had the opportunity to produce this book; the first on organic beekeeping in the United States.



Take a Leek...

Leeks are the most subtle and sweet-tasting members of the onion family. They look like overgrown green onions with broad, flat leaves eight to fifteen inches long that shade to dark green at the tips, and a cylindrical base up to 2 inches in diameter. They can be substituted for onions in any dish. Raw leeks taste hot and bitter, but cooked they have a creamy, almost buttery, onion flavor, which makes them good in soups, casseroles, or dressings. To prepare, cut off the roots and tops, leaving 8 to 10 inches of bulb and lower leaf. Slice down the middle almost to the core, hold under running water or immerse in a basin of water, and gently pull each layer away from the bulb. Rinse well to remove any soil which the plant is prone to accumulate.

There is a legend in Wales that when the Saxons invaded in the sixth century, St. David, patron saint of Wales, directed the Britons to wear leeks on their caps to distinguish them from the enemy. In memory of the heroic resistance by the Britons, the leek became the national emblem of Wales. Even today in Wales and Ireland, house leeks often cover the cottage roofs, and in their midst a few garden leeks are planted, not to have them handy for picking but as a protection against lightning and witches, for lightning greatly dislikes a leek and will go elsewhere, and no witch will come near this plant, which is sacred to St. David! Leeks share many of the same healthful qualities as onions and garlic, but are considerably less potent.

Source: *Whole Foods Companion*, by Dianne Onstad



Annual Cheese Competition

Every year the American Cheese Society holds a competition. This year the competition took place at the end of July in Chicago. 1,149 cheeses and dairy products from 30 states of the U.S. and 3 Canadian provinces entered the competition. Several Vermont cheeses proved outstanding and won awards in their specific categories, among them *Blythedale Farm's Brie* (3rd Place), *Neighborly Farm's Jalapeño Jack* (First Place), *Shelburne Farm's Smoked Cheddar* (1st Place), *Vermont Butter & Cheese's Mascarpone* (3rd Place), and *Vermont Butter & Cheese's Feta* (2nd Place). Among dairy products Liberte won 2nd Place for their 2% Yogurt and Vermont Butter & Cheese 1st Place for their salted and unsalted butter. Congratulations to all!

Karen and Steve Getz of *Dancing Cow Farm* in Addison County, entered their *Bourrée* to compete among the Washed Rind cheeses, an especially tough category of the competition. Karen said she was hoping for some “valuable feedback.” The 30 Aesthetic and Technical judges did provide that feedback: *Bourrée* won 2nd Place!! What an incredible success for *Dancing Cow Farm*!



What happens to the hole when the cheese is gone?

Bertolt Brecht



The *Addison County Localvores* are pleased to announce the summer

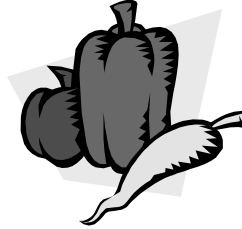
Eat Local Challenge

The *Eat Local Challenge* will take place during the month of September, and beyond for those wanting to take eating locally a step further. It is an event in which participants pledge to challenge themselves to eat more locally grown and produced foods than they ordinarily would. Participants can create their own challenge or choose from the suggested options below. Why eat local? Because it feels good, tastes good, it is good for our environment, our communities and our bodies!

What would challenge you?

Choose from one of our examples or create your own.

- Eat mostly locally grown and produced foods for a day, a week or a month.
- Eat local food for one meal a week.
- Spend \$20 a week on local produce.
- Shop at the farmer's market for the month of September.
- Eat local meat for one month.
- Learn to can, preserve and freeze to put food by.
- Organize an *eat local* dinner party once a month, or once a week for the month.
- Create a plot for next year's garden.
- Extend your pledge for an additional week, month or year.
- Make the bulk of your diet (about 80%) from locally grown sources. This is what many *eat local* challenges around the country suggest.



This sounds great but... I NEED MY COFFEE (or tea or rice or olive oil...)! Don't worry; the point of the challenge is to celebrate local food, not to suffer! We are fortunate to live in a rich farming area, where we can purchase local bread, dairy products, fruit, vegetables and meat — even beer and wine — at the Co-op and other stores, farmers' markets, and from local farmers.

You can take your pledge at the Middlebury Natural Foods Co-op and the Middlebury and Bristol Farmers' markets during the month of August and at our Harvest Festival on the Green in Middlebury on September 6th. You can also pledge on-line by visiting our site www.acornvt.org, where you can also subscribe to the *Addison County Localvore* e-mail list to receive and share information about events, local foods, resources, and more.

Meet the Board

Interview with MNFC Board Member Ross Conrad
by Kristin Bolton



Ross, you recently got re-elected; how long have you been on the Board?

You could say I've had an *on again-off again* relationship with the Board. I've been on it at least three different times in the past 20 years. I first served on the Board as the Board employee liaison in 1989 or '90; I was voted on by the staff to fill an unfilled and vacant Board seat. But then I left the Co-op to focus on my then career as a disc jockey and sound engineer in radio. I returned in the mid to late 90's, around the time of the expansion when we filled the space what is now an optometrist office. Then I stepped down again after a number of years. I really believe in term limits and how important it is to get new people and fresh energy on the Board, so I was off again for a few years. But I really missed Board work, so I ran again three years ago and here I am.

You said you were an employee. What's been your connection to the Co-op?

I started off as a working member. I remember talking to former employee Mel Robiner, and he told me that as a member I could work there

but in the end it's like community service... but I became a working member anyway. Eventually I became a Co-op employee, and then became a Board member. I returned as a vendor after I stopped working at the Co-op and then returned to the Board of Directors as well.

You mean selling honey?

Yes. I also had a certified organic market garden and sold produce and fresh herbs to the Co-op as well.

You've been with the Co-op for almost 20 years, as a member, employee, vendor, or director. What have you seen change?

It's been interesting to see how the Co-op has changed. A big part of the change is simply a change in size. When I was a staff member, we were about 15 people; now there are about 60 or so staff. I remember when we went through the process to hire a new General Manager. I've also been around through two expansions. Part of what I believe is driving the changes at the Co-op are the changes that are occurring in society. More people are looking for natural ways of doing things, healthier organic foods, less packaging, less waste. So the Co-op, having been a leader in these areas, is well positioned to be a valuable resource at this time when many of the current issues facing society are coming to a head.

What kind of contributions have you made to the Board?

I think one of my biggest contributions came while chairing the Buying Criteria committee in the early to mid-nineties. There were different perspectives on what the Co-op should be selling, so the Board and staff and some members came together to find common ground. Some issues were easy, like the decision to stay away from artificial colors, flavors and preservatives. Other issues came up that were more challenging — like not including dairy that potentially had bovine growth hormone (BST or rBGH) which meant we had to drop the *Cabot* line of cheese and butter. Now this was back when *Cabot* was a Vermont company and not owned by Massachusetts-based *AgriMark* as it is now. Then there was the decision not to carry products with hydrogenated or partially hydrogenated oils. We had to wait on implementing that until the larger society started to recognize the dangers and thus more of the Co-op Board, staff, and membership got educated about the dangers of eating margarine, baked goods and other products made with hydrogenated oils. That's the blessing and the challenge of the Board work. There are so many different member and staff perspectives to balance. Because the Co-op is a democratically based organization we have to make room for everyone to provide input, and it typically means things take much longer to accomplish than in a regular grocery store. It also means we often take a more middle of the road approach in an effort to try to please the largest group of members.

What are the challenges you see facing the Co-op?

Well, the industrialization of organic agriculture means it's now not as clear which products are most desirable in terms of our health, animal welfare, the health of the land, the farmer, and so on. Also the Co-op's growth is a big challenge. Most people think growth is a good thing, but if the Co-op keeps growing there are issues to contend with. How do we manage the growth especially given the environmental and energy issues going on? It may be that building a bigger store in five years and then another larger store ten years after that is not a viable solution. As a Co-op, I believe we need to look seriously at alternative ideas for managing our growth.

What would you want members to know?

The Co-op has the potential to be a very important organization in helping to move our community to a more self-reliant, and sustainable local food economy. The Co-op for example has been an incubator for many small farms and producers that I believe can play a large part in establishing a sustainable local food system here in Addison county.

You're very committed to sustainability at a personal level. You have a car and truck that run on used vegetable oil. And you're looking for a piece of



land where you can build a cordwood house that is off the grid.

That's right. I think building a cordwood masonry home is great idea because you can use local materials and anyone can build one without needing a lot of special skills, tools or muscle. These features make cordwood masonry construction one of the least expensive building options available. My design would incorporate a masonry or Russian stove for cooking and heating which is extremely efficient. Such houses can be heated for the entire winter with just one cord of wood.

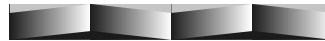
You're probably best known for your work with honey bees. What is the focus of your current work?

I'm working on an idea to see if bees and mites can co-exist without our constant intervention. I am able to keep the bees alive pretty consistently through the winter without antibiotics or other conventional chemical treatments, and that's what I wrote about in my book, *Natural Beekeeping*. But in doing research for the book I got interested in small cell foundation, so now I'm in the process of regressing my bees onto smaller sized comb to see if the smaller, more natu-

rally sized honey bees that are raised on that comb will be even healthier. And in the meantime I'm providing private consultations with beekeepers, leading organic beekeeping workshops, and giving presentations at special events and festivals like the sustainable food festival and NOFA conferences when I am invited to do so.

Sounds like you're keeping as busy as your bees.

Almost!



You can find Ross's delicious *Dancing Bee Gardens* honey and his book, *Natural Beekeeping*, at the Co-op or on his website www.dancingbeegardens.com. Ross is always glad to talk with members; you can reach him at 453-8111, or come to the next Board of Directors meeting September 24, at 6:30 p.m.



Sesame Seeds ■ ■ ■ ■ ■ ■ ■ ■ ■ ■

come from a tall annual herb native to the East Indies whole single hairy stalk can grow as high as seven fee, although a two- to four foot stalk is much more common. The heavy glistening stems support variable leaves and rose-colored flowers. The flowers become four-celled capsules containing many tiny black and white seeds; when ripe, the seeds burst suddenly with a pop from the capsule and scatter. Sesame was on of the very earliest plants to be used by man both for the seed and for the oil contained in the seeds. The oil today is still the main source of fat used in cooking in the Near and Far East.

Good Foods... sometimes overlooked...

Here are several food items that don't find their way onto many customers' shopping lists. They are nourishing foods well worth their discovery.

Leeks, found in our Produce section, are the most subtle and sweet tasting members of the onion family. They are sometimes compared to asparagus — not as fine but more robust. Leeks are wonderful in soups, casseroles, or dressings.

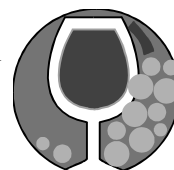


French Lentils, available in Bulk, are a “Persian” strain prized for their subtle yet distinctive flavor. They cook up firmer than most other varieties of lentils and are slightly peppery.



The Co-op deli offers more than half a dozen varieties of olives. Among them you'll find **Nicoise olives**, which are excellent in salads. The French *salade niçoise* is typically made with tomatoes, anchovies, garlic, and olives. It may also contain green beans, tuna, new potatoes, and hard-boiled eggs, or even capers, shallots, cucumber chunks, artichoke hearts, raw peppers and lima beans. Go wild... impress your guests. *Salade niçoise* is served with an Italian dressing.

Here is a remarkable beer: **Three Philosophers**. This Belgian style quadruple blend received the beer advocate rating A. Co-op staffer Jennifer tells me that this very complex beer is “a sipping beer not a chugger.” Watch out... Three Philosophers is a beer with increased alcohol content!



If you prefer a glass of wine, **Grayson Cellars' Merlot** features ripe blackberry, cherry, and mocha flavors, with soft tannins.

Have you tried our in-house muffins? The daily Morning Glory muffin has become quite popular with many customers, less known are Emily's (our Co-op baker) **Ginger Oatmeal, Chocolate, Cranberry Orange, and Cornmeal Jam muffins**, which you can find in our bakery case following a rotation schedule.

Our Bakery section offers a variety of hearty breads, among them *Red Hen's Sprouternickel*, a dense hearty pumpernickel with sprouted spelt and rye berries and sunflower seeds. The bread is subtly flavored with the distinctive *chernushka* seed. (*Chernushka* is the Russian name for seed of the *Nigella sativa* plant.)



One of our lesser known outstanding cheeses is our **Aged Gouda**, imported from Holland. This amber-colored hard cow's milk cheese, aged for over 5 years, is good for grating and nibbling on. It can also be sprinkled over green salads or broiled until browned for an upper crust variation


of the cheese sandwich.

If you believe in the medicinal powers of **bee pollen**, you will be happy to know that locally harvested bee pollen is now available in our Wellness department.

Dried fruit are a great bargain. Check out our **organic dried nectarines, peaches, and pears!**

Make your own smoothie. Use frozen fruit from the Frozen Bulk department. The **blueberries, peaches, mango, pineapple, and papaya** are delicious. Use ripe bananas as a sweetener, or add a little maple syrup.





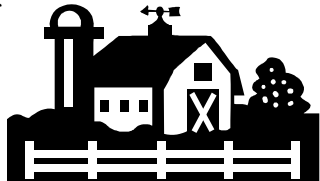
Le Tour de Farms

Join us in Shoreham on **Sunday, September 21**, for the first running of *Le Tour de Farms* in Addison County! Choose between a 10, 25 and 30-mile bike route. Then sample fresh apples, roasted vegetables, cheese, wine, cider, milk, bread and cookies at local farms along the way and at the local inn. Take your time and enjoy the beautiful fall landscapes of Shoreham by the lake while exercising in the fresh air and not producing any carbon!

Meet us at the Shoreham Village Green — rain or shine. Check-in at 10:30 am with your bike, helmet, and water (you can refill at any of the stops). Wear comfortable clothes. Bring a raincoat in the event of wind or rain. And bring a bag if you'd like to buy anything along the way from the farms (or you can arrange with the farm to pick it up after the ride).

For more information and to pre-register, please go to www.vtbikeped.org (or call 802-225-8904), download the registration form and mail it with your check to VBPC, PO Box 1234, Montpelier, VT 05601. The cost is \$15 for adults, \$8 for kids under 15 (\$20 and \$10 if you pay the day of the event).

Le Tour de Farms is presented by the Addison County Localvores (ACoRN Localvores), the Vermont Bicycle and Pedestrian Coalition (VBPC), and Rural Vermont.



Run-Off Election Candidate



Ilaria Brancoli Busdraghi

1. Statement of interest:

Food involves us in many ways; it engages our senses when we touch it, smell it, prepare it, and taste it. It challenges our creativity. Food also has a strong role in our social life, when we share it with our family and friends (and there is nothing, for me, as enjoyable and rich as sitting around a table and eating together), and because the choices

we make about food have a direct impact on our local and global communities.

Every time I walk into the Co-op, I not only find colors, fragrances and temptations, but also meet friends, see familiar faces and come across new ideas. As a daily reference point for my family and me, it is very similar to — and as important as — the open markets of my native Italy, where shopping is as much a social activity as a culinary one.

Having just spent a year in Rome with my family, I now value the Middlebury Co-op even more than I used to. Life in a dense urban environment confirmed the importance of those kinds of interactions for us as a family and sharpened our awareness of the “economy of food.” More and more, what we buy is not only a choice about nutrition, health, and taste, but also about the shape we give to our society. For all of these reasons I would like to serve on the Board of Directors of the Middlebury Natural Foods Co-op.

2. Skills and talents:

The issue of a sustainable way of getting resources is very important to my family and me, as is the realization that buying food and eating is not only a private activity, but one that connects us (or that *should* connect us) to the place where we live. If elected I would bring to the table an “Italian perspective,” a window to a different experience.

3. Group work style:

I enjoy working within a group and finding common ground that respects a multitude of perspectives. I relish (pun intended) the collaborative thinking that generates new ideas about the choices that we as a community make about our food.

4. Anything else:

I have two children who love to cook!

Run-Off Election Candidate



Suzannah L. Konopke (Incumbent)

1. Statement of interest:

For as much of my life as I can remember, MNFC has been central to my life. I have worked many hours in the Co-op as a volunteer and as a staff member. Being on the board of directors has been a rewarding way to give back to the Co-op. In my three years as a board member I have been fortunate to be part of many compelling conversations about a place I love dearly. As a board we recently embarked on a very exciting project using a broader, more long-term view of the Co-op to guide our work. I would like to be part of this project going forward. My experience on the MNFC Board of Directors has been a rich learning experience that I would like to continue into the next three years. My membership in MNFC and the work I have done on the Board are very close to my heart. I am honored to be part of the team that is looking toward the future of MNFC.

2. Skills and talents:

I bring three years of serving on the MNFC Board of Directors, two retreats and many committee meetings. I am devoted to ensuring the future vitality of MNFC and committed to supporting the democratic principles upon which MNFC is based. I am creative, open minded, compassionate and genuinely enjoy hearing and discussing all the points of view on a topic.

3. Group work style:

I find working as part of a group to be a very rich learning experience. I value and learn from the varied ways in which people understand an issue or view a situation. As I sit in Board meetings I listen, taking in all the perspectives and develop my thought or opinion based on pieces of what I have heard that resonate with me. In my teaching job I am part of a very close-knit group. I always appreciate being part of a provocative dialogue made up of many different views and voices.

4. Anything else:

My husband and I live in a sweet little house in Ripton where we have a thriving vegetable garden. We are ardently committed to eating food grown in Addison County or as close to our home as possible. At every opportunity we promote eating locally and supporting the local farmers. Good quality food and low-impact living are central to our lives. We have two dogs, a 12 year old Lab and an 8 month old Corgi. I teach fifth and sixth grade in New Haven and my husband is a carpenter. We enjoy Bluegrass music and go to a festival in New York State each summer.

MNFC Election Voting Procedure

What Am I Voting On?

There are two members seeking election to one seat on the MNFC Board of Directors. Select the candidate you feel should fill this seat.

Who Can Vote?

Only the individual who is named on a membership is eligible to vote. That person's name appears on this newsletter's mailing label. Please remember one membership equals one vote.

How Do I Vote?

A ballot is located on the last page of the newsletter. Your member name is on the other side of the ballot. After filling out a ballot, seal it in an envelope. Then, bring the sealed envelope to a cashier at the Co-op, or mail the envelope to: MNFC Elections, 1 Washington Street, Middlebury, VT 05753. No ballots will be accepted after the close of business on Saturday, September 20, 2008.

What about Voter Anonymity?

Your ballot should be securely sealed inside an envelope. Envelopes will remain sealed until the close of the voting period. At the close of the voting period, Board-appointed ballot counters will count the ballots. Ballots will be destroyed after results of the election are determined.

How do I find out the results?

Results of the election of the new Director will be posted in the store and appear in the November MNFC Newsletter. In the unlikely event of another tie, the run-off will be resolved by a toss of a coin. The Board will be working on the voting process over the next year to address future tie votes.

