

Newsletter

Newsletter

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

October
2008

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



Broccoli

Brassica oleracea, Italica group

Were we to make a list of the healthiest foods around, broccoli would certainly be among the top items! Broccoli is extremely versatile; it can be stir-fried, steamed, boiled, grilled, baked into a casserole, creamed for soup, or eaten raw. Whatever way you prepare it, broccoli is full of calcium (as much as whole milk), vitamins C and A, and is extremely

healthy. Like all Brassica-genus vegetables it has been found to contain cancer-fighting substances.

The Latin name *Brassica* derives from the Celtic *bresic*, and although the Romans are usually credited with introducing it into Europe, it is possible that the Celts preceded them. The term *oleracea* refers to a vegetable garden herb that is used in cooking; *italica* means Italian or coming from Italy. The English name *broccoli* derives from the Italian plural diminutive of *brocco*, which means arm, branch, or shoot (and which itself derives from the Latin *braccium*).

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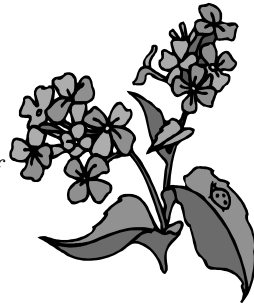
MNFC Newsletter

A Monthly Publication of the
Middlebury Natural Foods Cooperative

Editor - Reiner Winkler

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

The purpose of the MNFC Newsletter is to provide a means of communication between the Co-op and its general membership. Its aim is to provide a forum, which promotes an awareness of social, health, 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.



Middlebury Co-op Ends:

*MNFC member owners, customers,
and the community benefit from:*

- ◆ **Healthy Foods**
- ◆ **Vibrant Local Economy**
- ◆ **Environmentally Sustainable and Energy-Efficient Practices**
- ◆ **Cooperative Democratic Ownership**



Fast Food — Slow Justice

On September 10th, I attended a lecture at Middlebury College by Eric Schlosser, author of the bestseller *Fast Food Nation*, an extremely well researched book of the unsanitary and discriminatory practices of the fast food industry. The room was packed with students, faculty, and area residents. Even though he talked much more about the process of writing and work as a journalist rather than addressing the issue of *Fast Food and Slow Justice*, I liked what Eric Schlosser had to say and how he presented it.

While being fond of the Slow Food and Health Food movements, Schlosser pointed out that we still have a long way to go to ensure better justice of our food system. He said that the Slow Food movement, which was started in Italy in 1986 as a reaction to fast foods, is strong on *good* (tasty) and *clean* (sustainable growing practices), but weak on *fair* (pay of farm workers and food producers). He offered the example of an organic heirloom tomato which might be outstanding in taste, color, and texture; but how can you enjoy it if it was produced using slave labor? One difficulty of the health food movement is that it has to compete with the prices of mass-produced, and therefore, cheaper foods. To keep food prices down, labor costs are often kept low, which may run counter to *fair*.

Schlosser pointed out that there are countless opportunities in this country to work for better justice! He encouraged the audience to “get out of your house”, discover the “real world” and “real people” and work for a better planet.

A Middlebury College student asked Mr. Schlosser if, after writing *Fast Food Nation*, he still frequented *McDonald's*. Schlosser replied that although he likes the taste of french fries and an occasional burger, he would never again step into a *McDonald's* restaurant and give them a penny of his money... not after the research he has done.



During this coming month you will still find lots of locally grown produce at the Co-op. Enjoy! We will feature four Vermont producers in our store, which include Vermont made cheese, beer, apples, and chocolate! It's bound to be a good month! Happy Autumn!!

Reiner

LOCAL PRODUCERS OF THE MONTH



Jasper Hill Farm

by Mateo and Andy Kehler

Jasper Hill Farm's cheeses are made with fresh milk from their herd of registered Ayrshire cows in Vermont's beautiful Northeast Kingdom. Throughout the spring, summer and fall, the cows rotate through pastures feasting on a fresh area of grass after each milking. They capture the sunshine that

feeds the diverse flora in the pastures in their milk and distill these into the complex flavors found in their cheeses. As the season progresses and the ecology of the pastures change, so does the microflora in the milk and the complexity and flavor of the cheese. Each batch of hand-crafted cheeses is therefore unique — a taste in time!

In the summer of 1998, Brothers Mateo and Andy Kehler took on *Jasper Hill Farm*, which had fallen into dereliction like so many other farms throughout Vermont. Greensboro lost five dairy farms that year, a blow to the working landscape that beautifies this part of the world. In July 2002 they purchased 15 Ayrshire heifers and began their adventure in sustainable agricultural development. *Jasper Hill Farm* is currently making five varieties of raw milk cheese: Aspenhurst, Bayley Hazen Blue, Constant Bliss, Winnimere, and Bartlett Blue. Their intent is to create far more than just great cheese! With the addition of the newly constructed 22,000 square foot cheese aging facility, the *Cellars at Jasper Hill*, they hope to create a business model that can be replicated by others interested in making a transition to value-added production and therefore ensuring the long-term viability of the farms that keep Ver-



A mousetrap always provides free cheese.
— author unknown

LOCAL PRODUCERS OF THE MONTH

Nut Free Vermont Chocolates

Vermont Nut Free Chocolate Company was founded by the mother of a little boy with a peanut allergy. Our entire selection is completely safe for those with any tree nut or peanut allergy but can also be enjoyed by anyone who loves fine chocolates.

We are committed to providing quality chocolates that are safe for those with any nut or peanut allergy and to helping raise awareness about the seriousness of this allergy. Our gourmet chocolate truffles, fruit creams, mint creams, caramels, raisin clusters, chocolate bars and novelty items are made in small batches the old-fashioned way from the finest nut free ingredients.



All of our centers are hand made from scratch in our own nut free facility and then individually dipped into premium chocolate before being hand packed and shipped fresh to the customer.

We employ about 12 year-round employees. This number extends to about 22 employees during our peak Holiday season. 95 percent of our business is mail order through the internet, but we do also have product available through about 400 retail stores.

We have a factory store and gift shop located on Route 2 in Grand Isle, Vermont, where we manufacture the chocolate.

We are always working on new products and flavors to add to our line. We would love to hear your comments about our products and also any suggestions on items or flavors that you would like to see made available.

We believe that you will find our chocolates to be among the best tasting that you have ever experienced.

There are four basic food groups: milk chocolate, dark chocolate, white chocolate, and chocolate truffles.





Champlain Orchards

by Bill Suhr

I am passionate about growing food and sharing the produce with appreciative consumers. I attribute my enjoyment of marketing food to my mother who encouraged me as a boy to market extra tomatoes from the family garden after church. The passion for working the land and running a business began as soon as I was old enough to operate a small lawn tractor. Inspired by my older cousin, I quickly found himself managing 15 neighborhood properties by the age of 16. The environmental ethics which drive the growing practices and success of *Champlain Orchards* were developed while attending the *University of Vermont School of Natural Resources* where I obtained a Bachelor of Science in Forest Biology.

Middlebury Co-op encouraged *Champlain Orchards* to begin making cider in 2001 and supply the Co-op after Thanksgiving when other local cider was not available. Since the addition of the cider mill *Champlain Orchards* has diversified into other value added products including sliced apples for baking, applesauce, apple butter, and apple pies.

I am very appreciative for the early and ongoing encouragement and support provided by the staff and customers of the Middlebury Foods Co-op. As *Champlain Orchards* matures, we hope to continue diversifying the fruit and vegetable crops grown for the Co-op. *Champlain Orchards* also continues to serve the community as an educational farm, responsible employer, and destination for local food outings while we are expanding our pick-your-own crops and other farm events.

Our thanks to all customers for supporting local agriculture!



LOCAL PRODUCERS OF THE MONTH

Rock Art Brewery

by Matt Nadeau

Hello I'm Matt, the crazy 1990's home brewer who took the advice of family, friends, my lovely wife Renée, and launched *Rock Art Brewery*. What a great time I've had, and it's all because of you, the craft beer drinker. Thank you for enjoying my beers and taking a ride with me on the new *EXTREME* beer series. You keep enjoying them and I'll keep brewing up new and exciting beers to treat us!



The mission of building *Rock Art Brewery* is simple: Sell the best beer, brew each beer so it is unique, and have FUN! I really enjoy creating new beers much like cooking at home, tasting how various flavors and techniques combine in the enjoyment of a new beer. It's real satisfying to see all the hard work that Renée and I have put into the brewery to help it take off and thrive.

We moved the brewery from Johnson to Morrisville in 2001; it's amazing to see the growth since then. The building seemed huge and possibly too large for us. Well, that was then! This is now: we added a few storage trailers, stacked brewing tanks like cord wood all the way to the ceiling, installed a huge 50,000 pounds grain silo outside, and, best of all, built a new visitor area with a tasting bar and beer to go, shirts, playing cards and even golf discs! So if you're in the area, come on over and say *hi*, check out the new digs, and sample a beer or two. Renée and I look forward to the next decade, till then, may your days be sunny, your glass full and your taste buds anxious!



*A fine beer may be judged with only one sip,
but it's better to be thoroughly sure.*
— Czech proverb



The Radura logo, used to show a food has been treated with ionizing radiation.

Irradiating Our Foods?

The *Middlebury Natural Foods Co-op* does not permit irradiated foods in the store (see Buying Criteria). Lately, there has been increased publicity and concern about irradiated foods, which have all but cemented our determination to avoid irradiated foods and food ingredients. First some basic info:

The *Wikipedia* (On-line Encyclopedia) tells us that food irradiation is the process of exposing food to ionizing radiation in order to destroy microorganisms, bacteria, viruses, or insects that might be present in the food. Further applications include sprout inhibition, delay of ripening, increase of juice yield, and improvement of re-hydration.

The genuine effect of processing food by ionizing radiation relates to damages to the DNA, the basic genetic information for life. Microorganisms can no longer proliferate and continue their malignant or pathogen activities. Spoilage-causing micro-organisms cannot continue their activities. Insects do not survive or become incapable of proliferation. Plants cannot continue the natural ripening or aging process.

Published research on irradiated foods reveals that irradiation changes the flavor, odor, appearance, and texture of food. Serious questions remain as to whether irradiated foods are safe to eat.

Food irradiation is currently permitted by over 40 countries and volumes are estimated to exceed 500,000 metric tons annually world wide. While food irradiation has been presented as a great way to increase food safety and retard spoilage, there are problems. The *Center for Food Safety* has published the following concerns:

Irradiation destroys the vitamin content of foods.

Irradiated foods can lose from 2 - 95 percent of their vitamins. For example, irradiation can destroy up to 80% of the vitamin A in eggs, up to 95% of the vitamin A and lutein in green beans, up to 50% of the vitamin A and lutein in broccoli, and 40% of the beta-carotene in orange juice. Irradiation also doubles the amount of trans fats in beef. Despite 50 years of research, food scientists still do not fully understand how these changes take place. Much of the ongoing research, in fact, is focused on devising new ways to hide these changes, rather than addressing the cause themselves.

Irradiation is not the solution to food-borne illness.

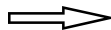
Using recent food-contamination scandals as a springboard, irradiation has been touted as the solution to food-borne illness in everything from spinach to deli meats. But a good, hard look at the systemic food and agricultural problems that cause these tragic outbreaks in the first place has yet to be undertaken by government agencies.

Irradiation masks possible unsanitary conditions on factory farms.

Irradiation is an after-the-fact "solution" that does nothing to address the unsanitary conditions of factory farms, and actually creates a disincentive for producers and handlers to take preventative steps in production and handling. The longer shelf life created by irradiation (affording longer shipping distances) also provides greater opportunity for post-treatment contamination via shipping and handling. Additionally, irradiation does not work to stop toxins produced by some bacteria (like botulism). Viruses, like foot and mouth disease or hepatitis, are resistant to the irradiation doses used in food and prions (thought to be the cause of BSE, or Mad Cow disease) are resistant as well.

Irradiation contributes to consolidation of the agriculture industry and the globalization of food.

American food processing companies see the use of irradiation as a

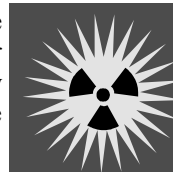


From the
Center for Food Safety:

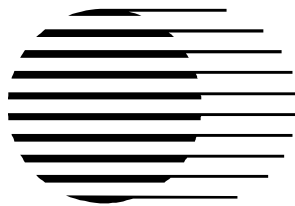
What is Food Irradiation?

Food irradiation uses high-energy Gamma rays, electron beams, or X-rays (all of which are millions of times more powerful than standard medical X-rays) to break apart the bacteria and insects that can hide in meat, grains, and other foods. Radiation can do strange things to food, by creating substances called *unique radiolytic products*. These irradiation by-products include a variety of mutagens — substances that can cause gene mutations, polyploidy (an abnormal condition in which cells contain more than two sets of chromosomes), chromosome aberrations (often associated with cancerous cells), and dominant lethal mutations (a change in a cell that prevents it from reproducing) in human cells. Making matters worse, many mutagens are also carcinogens.

Research shows that irradiation forms volatile toxic chemicals such as benzene and toluene, chemicals suspected to cause cancer and birth defects. Irradiation causes stunted growth in lab animals fed irradiated foods. The FDA has never tested the safety of these by-products.



potential means of boosting profits. In fact, the motivation for expanding irradiation to additional categories of food may be less about getting rid of disease-causing organisms, and more about increasing the market share in international trade. Irradiation can dramatically increase the shelf life of food. This gives corporations more flexibility in marketing and transportation, making it easier for large companies to move some operations to countries with lower labor costs and lower sanitary and safety standards. As in many other outsourced industries, American workers, farmers and ranchers, could lose their jobs. In other words, food irradiation supports globalization at its worst, where concerns over long-term health risks carry less weight than the lure of expanded markets. Additionally, since irradiation has become a tool for the globalization of U.S. food production, food irradiation procedures are modeled for large, centralized operations. This furthers the consolidation of *Big Ag* companies and contributes to the destruction of small U.S. family farms — further degrading the security and diversity of our food supply.



Sources: *Wikipedia* and *Center for Food Safety*

Come visit...

The Golden Cage

Mexican Migrant Workers and Vermont Dairy Farmers

Photographs by Caleb Kenna, Interviews by Chris Urban
September 6 — December 18, 2008

Migrant Mexican farm workers began arriving on Vermont dairy farms almost ten years ago and continue to work here while living hidden lives. Through intimate photos and interviews, this multimedia exhibit offers a revealing portrait of dairy farmers and Mexican workers and a glimpse into their interdependent worlds, what they hope for and who they are.

Vermont Folklife Center
88 Main Street, Middlebury
802-388-4964

Broccoli continued from page 1

In her book *The Whole Foods Companion*, Diane Onstad calls the Etruscans *wizards of edible horticulture*. It was they who developed broccoli from the cabbage ancestry. Broccoli was grown commercially during the 16th century in Italy and France, but found its way to the United States only in 1923, when a trial planting of Italian sprouting broccoli was successful in California.

Florets, stalks, and leaves are all edible and have an excellent and cabbage-related taste that is all their own. Fresh broccoli is quite perishable, so use it immediately. Raw broccoli florets are excellent added to salads or used for vegetable dip platters; steamed broccoli goes well with most any dish; stalks can be peeled and cut or shredded for sautéed vegetable dishes, soups, or casseroles. The leaves may be prepared like other greens such as chard or spinach.



Celeriac

Here is a vegetable you may not have tried before... celeriac, or celery root. It's a special variety of celery that is cultivated for its swollen stem base rather than its upper branches. Looking like an irregular, brown turnip, with many small roots extending from its base, this vegetable would be at home in tales by the brothers Grimm. Between an apple and a cantaloupe in size, the two to four-inch lopsided sphere is embossed and channeled, decorated with whorls, crevices, and disorderly rootlets, and is often scruffy and muddy. It became popular in Europe in the 18th century, but has never been very popular in England or the United States.



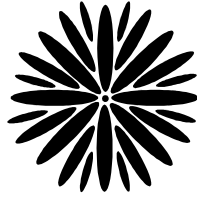
Celeriac tastes much like a combination of celery and parsley, only stronger and with a smoky flavor. It is one of the few vegetables that must be peeled before using, and the innermost woody section may be too fibrous to use. You can do anything with celeriac that you can with turnips, and more. Once peeled, it can be eaten raw in salads, or blanched, steamed, boiled, pureed, and stir-fried. Cut into matchsticks, its chewy crunch and assertive flavor are easy crowd pleasers. Cooked celeriac mixed with an equal quantity of potato makes a delicately flavored purée. The stalks and leaves are not eaten.

Source: *The Whole Foods Companion*, by Diane Onstad



It's no use boiling your cabbage twice.

Irish proverb



Meet the Board

Interview with
MNFC Board Member Jay Leshinsky
by Ashar Nelson

Jay, where did you grow up, and how did you end up in Middlebury?

I grew up Weehawken, New Jersey, in a neighborhood comprised of many first generation Italian immigrants. I think some of my first connections to food and growing food were the small garden plots everyone had in their front yards, and the big family meals, with the sauces cooked up from the gardens. More fruits and vegetables would come from farms and farm stands in surrounding communities. I also spent time with my grandparents on their 5 acres in the country in Spring Valley, NY, which is now all covered with houses and businesses. I really learned to grow vegetables and fruit from my grandparents and my parents.

I moved to Essex, Vermont, in 1975, and quickly relocated to Addison County. I was attracted by the diversity of agriculture in Addison County, and the organic farms that were being created. The Farmer's Market was just starting up as well. I found land along a ridge in Cornwall with loamy soils and started to grow vegetables.

That was right about the time the Co-op was being formed. Do you have memories of the Co-op then?

I remember the Co-op when it

was in the old Railroad station. It was just the beginning of retail sales, and most of the options were bulk foods. The early focus of course was healthy foods, but there was also a cost aspect – buying the bulk foods helped keep the costs down. I feel this issue of affordability is an issue that the current Co-op still needs to address. The Co-op also presented an opportunity to find like-minded people with similar ideas about food and community.

What similarities or continuities do you see from the old Co-op to our Co-op today?

I think that the focus on healthy foods has been one major continuity, especially because food issues have become more complex as food production has become more industrialized. Then, synthetic pesticides and herbicides were the issue. Organizations like NOFA and *Rodale's Organic Gardening* magazine were resources for growing healthy foods, and an early influence on organic growers. Today, the focus has expanded to include soil fertility issues, sustainable energy on the farm, Genetically Modified Organisms (GMOs), irradiation of foods, rBST – all very complex issues.

One big change I see is an expectation for food safety. When I was younger, there weren't many questions asked about the practices used in

growing food. Although the industrialized farming system was already in place, it was only after Rachel Carlson's book *Silent Spring* that I became ware of the larger food system and its chemical inputs. With industrialized farming, there's also an energy use component in growing and transporting food. With the scale of these operations, we're seeing widespread safety issues like the recent Salmonella outbreaks. I believe that with good biological farming practices, you can eliminate most of these problems. It's also a scale issue – you have to do it at a size where you can watch and control all your inputs.

How did all this focus on growing and farming translate into a livelihood for you?

For many years, I was a teacher in the *Head Start* program, which enabled me to run a market garden in the summers. I used to sell at the Farmer's Market when it was just getting up and running. I remember the original organizers Hilton Foote and Francis Monroe, and every year having to find a new location for the market. As a market gardener, I tried to grow a diversity of products, and find items with exceptional flavors that were not available through the regular commercial channels. One outlet for sales was the local restaurants – early on, I sold some shallots to the chef at Mr. Ups, Robert Fuller. To this day, he remembers those shallots. I was also known as the *raspberry guy*.

One huge value of the Co-op to

our community is its willingness to be a market for new farmers and producers. The Co-op has enabled a lot of organic farmers to get a start, especially in the early days when the Farmer's Market was in its infancy, before CSAs were available. The Co-op provided a broad market for growers, and now the product range is growing beyond veggies into cheeses, local meats, and other products.

Considering all the Co-op can do in our community, how do you see the role of the Co-op Board in making things happen?

The big question I see as a Board member is how do we best present a future vision for the Co-op that is reflective of the membership? We have to balance a wide array of issues, including healthy foods, environmental responsibility, energy issues, and social justice issues. How do we make sure that good food is available, affordable to all of our community, has a fair price, which supports the producers? How do we make the Co-op a place that is more comfortable for all of our community?

It may be that there are some things that we can do in the store, and some projects that we could tackle outside the store, like a community garden, or like a gleaning program. In Vermont individual farms, community action agencies and groups like *Salvation Farms* arrange ways to harvest and distribute excess produce for donations to emergency food sites,

non-profits, care giving institutions and food banks.

You're also connected to growing and food issues in your current position at Middlebury College's Organic Garden. Can you tell us a bit about that?

The Organic Garden at Middlebury College is a student-initiated project to use some of the enormous amount of compost generated by the College to grow food for the dining halls, completing the nutrient cycle. Occasionally the Organic Garden will sell outside of the College, but only if it is not displacing a local producer. My role as an advisor to the students who run the garden. For the past six summers I've worked with student interns who run all as-

pects of a two acres garden. During the spring and fall student volunteers work in the garden. It's gratifying work and challenging since the individuals change every year as new students enter and experienced student graduate. Many community members have also volunteered in the garden and many others just come to visit and enjoy the beauty of the garden

Thanks Jay, for taking the time to share your story with us.



Share the Harvest

On Thursday, October 2nd, the Middlebury Natural Foods Co-op will donate 25% of produce sales from this day to the Northeast Organic Farming Association's (NOFA) Farm Share Program. This program is designed to help limited income Vermonters purchase a season's worth of fresh vegetables and fruits from their local farmers. Last year, the Co-op was the biggest contributor to this program.

Fair Trade

Fair trade is an organized social movement and market-based approach to empowering developing country producers and promoting sustainability. The movement advocates the payment of a fair price as well as social and environmental standards in areas related to the production of a wide variety of goods. It focuses in particular on exports from developing countries to developed countries, most notably handicrafts, coffee, cocoa, sugar, tea, bananas, honey, cotton, wine, fresh fruit, and flowers.





Tell us what you think...

Can you tell me if you can freeze cheese? I have some farmer's cheese that will expire before I can use it all.

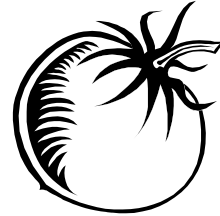
I used to think that you cannot freeze cheese as it will change its texture and flavor. Recently, however, I came across an entry on the web, according to which Paula Lambert, author of the *Cheese Lover's Cookbook and Guide* (Canada, UK), says you can freeze your fresh Farmer's cheese and some others, as well. Either freeze fresh, soft cheeses, such as mozzarella and goat cheese, in their original packaging, or wrap them tightly in plastic wrap and put that in a zipper-type storage bag before storing it in the freezer. She says they should be eaten within about two months, after thawing in the refrigerator.

Ricotta cheese, Lambert says, cannot be frozen very successfully.

Soft-ripened cheeses, such as Brie and Camembert, should not be frozen. Semi-soft cheeses, like Monterey Jack, Munster, Havarti, and Gorgonzola, tend to become crumbly after freezing. And hard aged cheeses, such as Cheddar, Colby, Gruyère, Asiago, and Manchego, will simply benefit from continuing their aging process in your refrigerator. *Reiner*

Vermont Hydroponics — where do all those shiny red tomatoes come from?

Our Vermont Hydroponic Tomatoes are grown in West Rutland, at Vermont Hydroponics (formerly Whipple Hollow), in a five-bay hoop house. These tomatoes are pesticide, fungicide and herbicide free. Although the chemicals used to grow these plants are well within the bounds of organic standards, the tomatoes cannot be called certified organic. The reason for this is that the plants are nourished by a nutrient mix, that is fed to them through the medium of ground coconut husk fiber. Certified organic farming must help to build the soil, and since there is no soil involved in this type of horticulture, that classification is not a possibility. Nevertheless, from a consumption standpoint, these tomatoes are as clean as their certified counterparts!



The tomatoes' environment is supported by a combination of propane and solar fueled heating and cooling. Their texture, color and flavor is remarkably consistent, although you will notice a thinner-skinned, shinier exterior during periods of high sunshine and faster growing. We sell an average of 250 pounds of these red orbs every week at the Co-op, and they are a regular part of many staff grocery lists. *Karin*

Thanks so much for carrying organic ice cream cones... can't get them anywhere else!

Yes, we carry ice cream cones as well as sugar cones, both kinds made with exclusively organic ingredients. They are especially good when filled with organic ice cream! *Carol*

Liberté yogurt... coffee or mocha flavor. Can you get it?

Unfortunately Liberté's Moka flavored yogurt is not available to us. But, I agree, it's very good, it might be worth taking a trip to Canada. Rumor has it that Liberté will re-institute their coconut flavored yogurt. Perhaps by the time you read this it already is back on our shelves. *Reiner*

Please! There is never enough Jasmine Green Tea! We need a bigger jar!

Good idea. We have put Jasmine Green Tea into a larger bulk jar. By the way, we usually have back stock of all our bulk teas. If you wish to purchase a larger amount, ask a staff person to assist you. *Reiner*

I love your store! I want to take your store to New Jersey where I live!

Could we get a discount for students?

We are not planning to give a student discount at the moment. Sorry. *Glenn*.

A customer in a wheel chair needed a handicap spot by the ramp but both spots were taken today... possible to get another?

We are not planning for a third handicap parking spot at this point in time. However, if we find that more than two handicap parking spaces are needed on a regular basis, we will look into additional handicap parking. *Glenn*

Awhile ago I was doing volunteer work at the Coop, bagging organic frozen strawberries. The box in which the strawberries were shipped had the logo of Woodstock Farms, a distributor in Connecticut. Underneath the logo were three references to "organic": Quality Assurance International, USDA, and the Organic Trade Association. Among several things printed to the side of the logo was "Product of China". I was very surprised! Certainly the Chinese are understandably responding to an increasingly globalized world economy and consumer demand in the U.S. Nevertheless this raises some interesting questions. I may have only thought of a few. Why can't we grow enough organic strawberries in the U.S. to meet demand? Should MNFC sell what customers want to buy however far away it comes from? And how far is far?! Would customers or would members like to know where their food is coming from? Would labeling the country of origin of bulk items influence buying patterns?



I would welcome more consumer education about where bulk items

(actually any item on which it is not already marked) originate. From time to time there have been country-of-origin labels posted on bulk items, e.g. Chinese organic pumpkin seeds when they were on sale.... There is certainly a positive effort to label and market local foods. The produce department is indicating more and more where fruits and vegetables are grown. As it would take a lot of time and energy to label all bulk items, perhaps it could be done very gradually?

Some reasons not to label the country of origin perhaps include: The Co-op needs to compete, turn a profit, and supply what consumers want. The staff already have more than enough to do. We buy from distributors and the country of origin may change when new stock comes in but before old stock is finished. What difference would it make if all customers were to know where their food is coming from? I'm not sure! I for one would forgo numerous items from far away. Which items and from how far away? Well, at this point in our country that is for each of us to decide – until it perhaps gets decided for us as petroleum becomes more scarce and the global climate warms. *Alan Coulter*

Thank you, Alan, for sharing your thoughts and observations. We have started labeling origins of Bulk foods. Look for little flags indicating the product's country of origin. *Reiner*

7th Addison County Conservation Congress

October 25, 2008 • 8:30 am - 4:30 pm
Mount Abraham Union High School, Bristol

Addison County in Transition: Visioning Our Community in 2020 and Mapping the Next Steps to Get There

Suggested donation: Adults \$10.00, Students \$5.00
Localvore Lunch Available for \$8.00

This Congress promises to be a very exciting and active one. There will be theatre, song, great local food, and pageantry as we come together to design the transition. After John Elder sets the stage for what Addison County may be like when we are 12 years deeper into climate change, peaked oil supplies, and a significantly altered economy, participants will head off to one of the 12 different rooms of our community for deliberation and design.

For further information visit www.familyforests.org

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, October 22, at 6:30 p.m.** in the Co-op Meeting Room on the second floor above the Old Store at 1 Washington Street.



From the introduction to the

Low Carbon Diet, a 30 Day Program to Lose 5,000 Pounds, by David Gershon:

*Global warming is changing our world. Severe hurricanes, tornadoes, heat waves, and flooding are becoming commonplace. The consequences, including loss of life, economic disruption, and population dislocation are growing each year. **As individuals living on the planet at this moment in time, we face a challenge no generation has ever had to face. We need to dramatically change the manner in which we use the Earth's natural resources. And we need to do this soon or we will significantly increase the severity of climate-induced natural disasters.***



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!

