

Newsletter

Newsletter

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

November
2008

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



Butternut Squash With Whole Wheat Bread, Wild Rice and Onion Stuffing

Here is a recipe that is wholesome, fun to prepare, and tasty. The dish is certainly fit to be part of your Thanksgiving dinner, but it can be enjoyed by family and friends any time when the weather turns cool. Baking the squash will warm up the kitchen nicely. Sip a glass of wine while chopping the onions, listen to some good music, and take your time. Enjoy the process!

8 servings

| | |
|---|---|
| 4 small to medium butternut squash (about 1 pound each) | 2 1/2 cups firmly packed torn whole wheat bread |
| 2 cups water | 1 tablespoon sesame seeds |
| 3/4 cup raw wild rice, rinsed | 1/2 teaspoon dried sage, |
| 3 tablespoons butter, divided | 1/2 teaspoon dried thyme |
| 1 heaping cup chopped red onion | 1 teaspoon seasoned salt, or to taste |
| 1 clove garlic, minced | 1 cup fresh orange juice |

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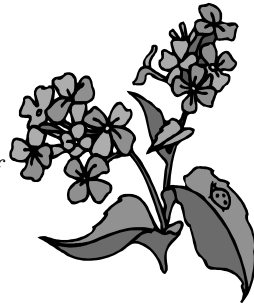
MNFC Newsletter

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**

Dear Members and Friends of Middlebury Co-op,



Welcome to beautiful month of November!

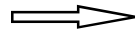
Prices have gone up during the past year, triggered mainly by increased transportation cost. With the addition of the global financial crisis, there is reason for concern. Whether you view the financial turmoil as a momentary blip in the system or believe that it is a sign of more upheavals to come, the fact is many of us have started to be more cautious about where and how we spend our money.

I think it might be unwise to switch from quality foods to cheap food in order to spend less. Most people I have talked to agree that in critical times it is important that we take good care of ourselves, and stay healthy and clear-headed. It would be wiser to cut back on entertainment costs (write your own poetry instead!) and if possible spend less money on transportation.

In addition to caring for ourselves we must be concerned about the environmental impact of low quality foods. A healthy environment and sustainable food and energy practices are basic to our well-being as individuals and as a society.

However, there are ways to save money when shopping for food. Here are some of them:

- ◆ **Set a budget.** Monitor how much you actually spend, decide if there are foods you can do without, set a budget and stick to it.
- ◆ **Plan ahead.** Organize your pantry. Take inventory and make a list of what you need for the coming week.
- ◆ **Shop wisely.** Stick to your shopping list. Make good use of store sales. Use coupons if they fit your needs. Shop in Bulk. Consider special orders for staple foods.
- ◆ **Re-evaluate your patterns.** Take time to cook, this will help you to avoid expensive convenience foods. Use your leftovers. Eat at home. Consider cooked bulk cereal grains rather than boxed breakfast foods. Consider soaking and cooking dry beans rather than purchasing your legumes in cans. The financial crisis, like any crisis, is a great opportunity. It is an opportunity to look closely at the way we have been living. Changing the patterns of how we live as individuals and as a society is difficult. It takes time and patience. But the global environmental and economic crises caused by an unsustainable life style leave us no other choice than to make some significant changes. Hopefully we will be able to implement change peacefully and comfortably.



Our Eat Local Challenge in September was fun. 48 people in our store alone signed up for the challenge, others joined elsewhere or challenged themselves without signing up. Some focused on local veggies, fruit, or meat, others committed themselves to using 60, 70, 80, or even 95 percent local ingredients in their diet. Some Co-op shoppers put time aside to freeze locally grown foods or to make local jams or preserves. Several members decided to eat local foods once a week. (Perhaps this is something we can continue through the winter.) At Middlebury Co-op, we will continue all year round to emphasize locally grown and locally produced foods all year round. What else can we do to promote local? Your suggestions are always welcome!

One way to support our local farms is the *Share the Harvest* initiative, which aims to help low-income Vermonters. On October 2nd, Middlebury Co-op helped with the fundraising and donated 25% of that day's Produce sales (\$857.00) to the *Northeast Organic Farming Association* of Vermont's *Farm Share Program*. It will help limited-income Vermonters to purchase a season's worth of fresh vegetables and fruits from their local farmer.

These days we are celebrating our "locally grown" staff member Sandy Lucia (Front End department), who has recently completed her tenth year as a Middlebury Co-op employee. And Sandy is not the only one! Tom McElhaney (Grocery Department) has also worked with us for 10 years. What would our Co-op be without Tom and Sandy?! Here is to many more years to come!

You may have noticed our new *Middlebury Co-op Ends* on page 2. Board members Johanna Nichols and Kristin Bolton have provided the background to these newly formulated Co-op values on page 12.

Enjoy election day (!). Best wishes to all!!

Reiner

LOCAL PRODUCERS OF THE MONTH

Red Hen Baking Company by Randy George

Red Hen came into being when Randy George and Liza Cain, the bakery co-owners, moved back to Vermont. Before the bakery was born, Randy was already committed to artisan bread baking and was delighted to find that Vermonters know good bread!



The scope of our business is directed by stubbornness and a fierce passion for artisan methods.

Red Hen is made up of about 35 full and part-time employees who work, collectively, 364 days a year (we don't deliver on Thanksgiving Day). We take pride in our hard work and value the importance of having fun while doing it.

We bake and deliver 7 days a week so that *Red Hen* bread is always fresh, wherever you buy it. Our drivers and packers are the unsung heroes who complete the process of getting the bread out every day. Our packing crew works from 9 pm to 5 am. Drivers start their day as the packers are thinking of hitting the hay. They come at 5 am to load the vans for their daily routes. When we restock our racks with fresh bread, all of yesterday's bread is gathered and distributed to local food shelves and farms. We want our bread to fill bellies, not landfills!

As a bakery, we locate ourselves proudly at the crossroads of a return to traditional methodology — making bread with flour, water, and salt — and an exciting revolution in the way people think about food. We are part of the *bread revolution* that has, over the past 20 years or so, prompted a resurgence of interest in artisan bread in the United States.

We believe that good food is one of life's great pleasures, and that it's worth the time and effort it takes to make delicious food that nourishes both body and spirit. We also believe that food doesn't have to be elaborate to be excellent. We share a conviction that beauty and joy are essential to a full life, and we practice our craft to that end. Let us do the work of making your bread for you, so that you can spend your time on the rest of your meal.

We are also part of the Organic Agriculture movement, which calls for a return to genuine stewardship of the land instead of using chemicals, synthetic fertilizers and monoculture plantings to produce huge crops of inferior-quality food. Many of our breads feature ingredients from agricultural sources close to home. Potatoes from Johnson, Vermont in our potato bread and wheat from *Gleason Grains* in Bridport, Vermont are a couple of notable local ingredients you can find in our breads.

We insist on using organic ingredients because we support sustainable, organic methods of growing food. We believe organic ingredients are superior in quality and make better bread.

In November of 2007, we moved our operation to a newly built facility on Route 2 in Middlesex. Not only do we have more room to bake bread, but we now have a café with a full line of pastries and light lunch items. The seating in the café allows great views of the bread making process. Come visit... we're just off exit 9 of Interstate 89.

We appreciate your support welcome your feedback.





Neighborly Farms of Vermont

by Robert and Linda Dimmick

Neighborly Farms of Vermont is owned and operated by Robert and Linda Dimmick along with their three children Bobby, Bailey, and Billy in Randolph Center, Vermont. Robert grew up on this dairy farm and he and Linda transitioned to organic farming in the late 1990's. In April of 2001, Linda started making organic farmstead cheeses on the farm. They milk 48 Holstein and Jersey/mix cows and produce many varieties of cheese from the milk. They make Raw Milk Sharp and Mild Cheddar, Cow Milk Feta, Colby, Monterey and Jalapeño Jack, Green Onion, Garlic, Tomato Basil and Sage Cheddars. They are also producing some clothbound cheddar that is aged at Jasper Hill's cave in Greensboro, Vermont.

Neighborly Farms employs 6 full-time and 4 part-time helpers. The cheese is produced on the farm on Mondays, Wednesdays, and Fridays. Packaging and shipping occurs mostly on Tuesdays and Thursdays. The cows are milked twice daily and rotational grazing is used in the summer months with the cows in the barn just for milking time. The farm is open to the public Monday through Saturday from 9 am to 4 pm. There is a farm store that sells their cheese and some other neighborhood products like honey, maple syrup, flowers, goat's milk and cheese, granola mixes, and jams and jellies.



Vermont Cranberry Company

by Bob Lesnikoski

Vermont Cranberry Company is owned and operated by Bob Lesnikoski and his wife Betsy. It is the state's only commercially operating cranberry farm. We grow about 20,000 pounds of cranberries on 3 acres of constructed beds. As a small, independent grower selling under its own label, we hark back to the way cranberries were marketed back in the early twentieth century. Each grower had its own brand and label. We harvest and pack with antiqued equipment from this era. The harvest season starts in early October and we pack and had sort daily to insure fresh berries.

One half of the cranberries are sold fresh to various independent supermarkets and local co-ops. Middlebury Natural Foods Co-op is one of our first and

is currently our largest fresh cranberry customer. We produce a line of specialty cranberry products and have recently started to press cranberry ciders.

We attribute our success to Vermont's strong connection to a local food supply. We are lucky to live in a state like Vermont where people support locally grown agricultural products. Vermont fresh Network has been important from the beginning of our farm. The connection with the chefs and companies that purchase our products has been very gratifying.

We strive to grow our cranberries in an environmentally sound way as much as possible. We practice Integrated Pest Management (IPM) methods and continue to incorporate Organic Resource Materials Incorporated (ORMI) materials whenever possible. Thanks for enjoying our cranberries!



Sunrise Orchards

by Christiana and Barney Hodges

Sunrise Orchards, owned by the Hodges family, is a 200 acre farm in Cornwall, Vermont. *Sunrise* was planted in 1974 by Barney and Dee Hodges and the farm business has evolved and grown through two generations. *Sunrise* is currently operated by the next generation of Hodges, Barney III, Christiana and their three children, Sophie, Sam, and Malia. Since 2003, *Sunrise* has been affiliated with the non-profit organization *Red Tomato*, based in Canton, Massachusetts. *Red Tomato* helps us sell our apples in lucrative markets in the Boston area, but also has helped us to develop an advanced integrated pest management (IPM) program at our farm.

Many farmers practice IPM to some extent, but here at *Sunrise*, we have made it an integral part of our growing practices. IPM involves monitoring insect populations on the trees, apples and edge habitats in order to assess the numbers of damaging insects in relation to beneficial predator insects. Ideally, a farmer would keep crop damaging insects under control by cultivating a healthy population of beneficial predators. When beneficial insects species are not present and/or damaging insect species have increased to a level that could cause economic damage... only then do we treat. By using these methods intensively, we reduce the costs and use of chemicals and fuel, while at the same time increasing the health of our workers, consumers and business. The mission of *Red Tomato* is "to connect farmers and consumers through marketing, trade and education and through a belief that a family-farm, locally-grown, ecological, fair trade food system is the way to a better tomato" (or apple). We fully support this mission. We hope you enjoy our apples throughout the winter. Please contact us with any questions about our growing methods or anything else having to do with apples. We look forward to a great 2008/2009 season of apples!

Yoghurmak

At the Co-op, you can find many different kinds of yogurt in dozens of flavors. Some of them come to us all the way from Greece, California, or Oregon. Others are made with milk from New Hampshire, New York, or Vermont. Flavors range from Coconut to Mocha Latte, from Passionfruit to Green Tea-Açai.



Yogurt is a fermented dairy product made by adding bacterial cultures to milk, which cause the transformation of the milk's sugar, lactose, into lactic acid. This process gives yogurt its refreshingly tart flavor and unique pudding-like texture, a quality that is reflected in its original Turkish name, *Yoghurmak*, which means "to thicken."

Not only is yogurt a wonderful quick, easy and nutritious snack that is available year-round, but researchers are finding evidence that milk and yogurt may actually add years to your life as is found in some countries where yogurt and other fermented dairy products (like kefir) are a dietary staple.

Yogurt's live bacterial cultures may help you to live longer, and may fortify your immune system. Research studies have shown that increased yogurt consumption, particularly in immuno-compromised populations such as the elderly, may enhance the immune response, which would in turn increase resistance to immune-related diseases.

One research study tracked a population of 162 very elderly people for five years. The incidence of death for those subjects who ate yogurt and milk more than three times per week was 38% lower than the incidence of death of those subjects who ate yogurt and other dairy foods less than once a week. (Consuming citrus fruit twice a week and a lowered consumption of meat were also associated with decreased incidence of death).

Another study has confirmed that a daily serving of probiotic-rich yogurt bolsters the body's ability to protect from infection.

Source: *Wholefoods.com*

There are countless ways to enjoy yogurt:

- ◆ Top your yogurt with a quarter-cup of granola, a handful of nuts, and some berries or dried fruit for a quick, delicious and sustaining breakfast.
- ◆ Creamy yogurt, chives, and freshly ground sea salt and pepper make a great topping for baked potatoes, yams or other cooked vegetables.
- ◆ For a creamy salad dressing or vegetable dip, just mix a cup of yogurt with a quarter cup of extra virgin olive oil and your favorite herbs and spices.
- ◆ Toss cubes of cooked eggplant with plain yogurt, chopped mint leaves, garlic and cayenne.
- ◆ Add chopped cucumber and dill weed to plain yogurt.
- ◆ Yogurt parfaits are a visual as well as delicious treat. In a large wine glass, alternate layers of yogurt and your favorite fruits.
- ◆ Yogurt is a great base for salad dressings. Simply place plain yogurt in the blender with enough water to achieve your desired consistency. Add to this your favorite herbs and spices.

Cooperation

One of the persistent myths about America is that rugged individualism built this country. Don't you believe it! If you look at the critical moments in our history, starting with the Revolutionary War and the writing of our Constitution, it's when we came together that we have been most successful. People working together built our schools and our religious institutions. People working together built our industries, defended us in two world wars, and sent men to the moon.

Cooperatives are part of this. They built our farms, brought power and light to our rural areas, and provided a place to deposit money in the 1930's when the banking system failed. Rugged individualism didn't build America — cooperation did. And it's needed now more than ever.

Paul Hazen, CEO of our
National Cooperative Business Association





Willow Hill Farm

by Donna LaRose

Cheese is one source of food that brings forth a sense of place, is timeless yet progressive and worldly.

Willow Hill Farm is located on Hardscrabble Road in Milton, Vermont. Owned and operated by husband and

wife team Willow Smart and David Phinney, Willow Hill brings us some of the tastiest sheep cheeses available, as well as a few cow milk varieties.

Willow and David have been working this piece of property for over ten years. They started out with a market vegetable garden; pick your own organic fruits and vegetables. They were some of the first to plant Heirloom variety tomatoes, but many others caught on to the wave of Heirlooms so they were not able to sustain themselves with such crops.

"I've always liked food, especially cheese," says Willow. That, along with her family's cattle farming background, brought her around to cheese making. She began with the help of the Majors of *Vermont Shepherd*, and was making her own varieties within three years. They built their own cheese cave in 1999, and have put out as many as 9 varieties of cheese.

Willow handcrafts her cheese and sends them to market with care. David works the farm, attempting to keep up with the chores and all that needs to be done. The land is certified organic. The milk is pure and sweet, and the animals are raised with organic methods.

Willow Hill Farm's Petit Brebis, award-winning cheese in 2007, suggests hints of mushroom; their *Summertomme* is a buttery rich sheep's milk cheese with an almost floral finish, while *Alderbrook*, soft and semi-ripened, has a buttery herby finish; and *Fleurie* is a bloomy-rind camembert-like cheese made with cow's milk.

The Caves...

The *Willow Hill* underground caves provide the optimal humidity and temperature control for their cheeses. Constructed out of concrete eight feet underground, with a back wall of Vermont's natural bedrock, the tiny fissures in the rock seep water into the rooms dependent upon the seasons above ground.

This makes for small nuances in each cheese throughout the seasons. And a challenge to the affineur (person who cares and guides the ripening of the cheeses)! The cave is the only one of its kind in the USA — somewhat like a mini-Roquefort cave with its back wall providing natural molds indigenous to this farm and droplets of water at all times.



Recipe continued from page 1

Preheat the oven to 375 degrees.

- ◆ Halve the squashes and scoop out seeds and fibers. Place them cut side up in shallow baking dishes and cover tightly with covers or foil. Bake for 40 to 50 minutes, or until easily pierced with a knife but still firm.
- ◆ In the meantime, bring the water to a boil in a saucepan. Stir in the wild rice, reduce to a simmer, then cover and cook until the water is absorbed, about 40 minutes.
- ◆ Heat 2 tablespoons of the butter in a skillet. Add the onion and garlic and sauté until the onion is limp and golden.
- ◆ In a mixing bowl, combine the cooked wild rice with the sautéed onion and the remaining ingredients.
- ◆ When the squashes are cool enough to handle, scoop out the pulp, leaving firm shells about 1/2 inch thick. Chop the pulp and stir it into the rice mixture. Stuff the squashes, place in foil-lined baking dishes, and cover.
- ◆ Before serving, place the squashes in a preheated 350 degree oven. Bake for 20 minutes, or until well heated through.



Source: [worldfamous recipes.org](http://worldfamousrecipes.org)

Winter squash are called "winter squash" because the fruit keeps so long you can store them through the winter; they used to be a major survival crop for that reason. Although they are closely related to summer squashes, they don't taste the same. They are firmer, are starchier, and slightly sweet. Summer squash have so little calories that you would starve to death trying to live on them; winter squash are more substantial and although low in protein (except for the seeds), they are fairly nutrient-dense.

When the Ends Justify the Means...

by Johanna Nichols and Kristin Bolton

There's something new on the second page of the newsletter. Have you noticed? Take a look; it's called the Ends, and it's important that you as member-owners know what it means.

Last winter, the Board gathered in retreat with Co-operative consultant Michael Healy to answer the questions, Why does the Middlebury Natural Foods Co-op exist? Who does it benefit? This statement came from our work:

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

- ❖ **healthy foods,**
- ❖ **a vibrant local economy,**
- ❖ **environmentally sustainable and energy-efficient practices,**
- ❖ **and cooperative democratic ownership.**

Can you hear your values expressed in this statement too?

As your representatives, the Board of Directors hopes that it does. Rather than focusing on the Means (the details of running the store, which Glenn and the staff do marvelously) the Board needs to lead by focusing on the Ends—the big picture of where we want the Co-op to go. So that's why the statement is called the Ends statement.

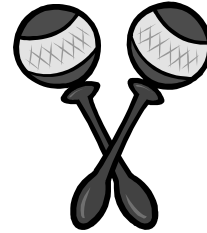
The Board uses this Ends statement as our north star, to guide our focus, our monitoring, and our policy decisions. For example, we ask Glenn to report on what the staff is doing to move the Co-op in that direction. We fully expect the Ends to justify the Means! We use this Ends statement to guide our policy decisions, like the Buying Criteria, and when we work on answering tough questions, like how to manage the growth of the Co-op.

To lead the Co-op to these Ends we must become more knowledgeable about them. We use the Ends statement to ask ourselves: what do we know about healthy foods, vibrant local economy, environmentally sustainable and energy-efficient practices, and cooperative democratic ownership? What do we need to know? What resources do we have and what resources do we need? This prompts us to learn more so that we can advance the Co-op in a purposeful way toward our desired future, rather than spending our time just reacting to the present.

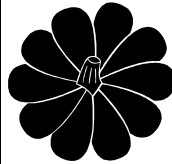
Our three greatest resources in advancing our knowledge are the manager and staff of MNFC, our member-owners, and the expertise of the members of the Board. We are all part of a learning community discovering together how to accomplish our ends. We invite you to be part of the conversation about the purpose of the Co-op. The Board invites all member owners to attend the monthly meeting, usually on the third Wednesday, from 6:30 to 8:30 p.m.



Cooperatives exemplify the Ownership Society, while stock companies concentrate ownership among the investor class. Cooperatives are owned by those who buy their goods or use their services. Ownership of stock companies, on the other hand, is concentrated among a small group of outside investors.



Paul Hazen, CEO of our
National Cooperative Business Association

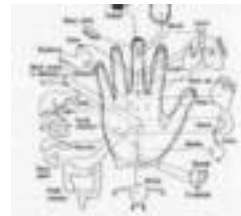


Please note:

The newly formed Addison County Relocalization Network (ACoRN) Energy Co-op is looking for a volunteer Treasurer with interest or even experience in co-op finance. The new Treasurer would fill a position on the Board of Directors, which meets monthly. Our first project is a wood pellet group order, and we expect to expand into several renewable energy and conservation products and services as the co-op grows. Interested persons may e-mail Greg Pahl, President, at gpahl@sover.net

Jin Shin Jyutsu

When we add plenty of color, taste, and texture to our food, we are likely to have a balanced and energized diet. Food feeds body, mind, emotions, and spirit.



For this food to nourish, sustain and heal our bodies we need healthy, open and receptive energy pathways. These pathways feed life energy into all cells. The ancient healing art of Jin Shin Jyutsu (a Japanese form of acupressure) re-harmonized and balances the energy flow along these pathways so our cells can receive the nurturance and abundance we need. By applying principles of oriental therapy, Jin Shin Jyutsu relieves the tensions that cause various physical symptoms.

I invite you to experience the benevolent art of Jin Shin Jyutsu. I am located in Middlebury, Bristol, and South Burlington. Barbara Morrish, MSW (802-339-7710)

Cooperative Power

Cooperatives grow from local communities and are directed by their co-op members. Therefore, the capital is kept in the community where it was generated, while stock companies export capital elsewhere. Following are some numbers demonstrating the significance 17 cooperatives in the north-eastern neighborhood:

- ◇ 17 food cooperatives in Vermont (10), Massachusetts (4), New Hampshire (2), and Connecticut (1) have 64,000 members.
- ◇ Combined annual sales exceeded \$161 million in 2007, reflecting a growth rate of 14% over the past three years.
- ◇ Combined these cooperatives employ 1,240 workers, 62% of whom are full-time, typically with benefits. (In contrast, conventional supermarkets employ only 43% full-time workers.)
- ◇ Total annual wages are \$28.6 million. The average wage is 18% higher than the average for food and beverage stores in the same area.
- ◇ In Vermont, the ten co-ops combined would be one of the top 25 employers in the state!
- ◇ The co-ops paid \$7.3 million in state and local taxes, the employees paid about \$434,000 in personal income taxes, and nearly \$500,000 in property taxes in 2007.
- ◇ There are significant advantages to workers, in the form of better wages, availability of full-time positions, increased benefit packages, low turnover, long tenure, workplace democracy, and career ladders.
- ◇ There are also significant community benefits. The co-ops bought \$33 million worth of local product in 2007. This direct impact to the local economy has increased connections, growth, synergy, flexibility, scale, quality of life, and variety for both farmer/producer and consumers.



Source: Summary of a report by economist Doug Hoffer, commissioned by our Neighborly Cooperatives



Tell us what you think...

Handicap Parking revisited:

Last month we wrote that we would wait to add an additional handicap parking space. Well, sometimes things and minds change faster than you think! We have added an additional handicap parking spot.

What does IPC stand for?

IPM refers to *Integrated Pest Management*. It is an effective and environmentally sensitive approach to pest management that relies on a combination of common-sense practices. IPM programs use current, comprehensive information on the life cycles of pests and their interaction with the environment. This information, in combination with available pest control methods, is used to manage pest damage by the most economical means, and with the least possible hazard to people, property, and the environment.

The IPM approach can be applied to both agricultural and non-agricultural settings, such as the home, garden, and workplace. IPM takes advantage of all appropriate pest management options including, but not limited to, the judicious use of pesticides. In contrast, organic food production applies many of the same concepts as IPM but limits the use of pesticides to those that are produced from natural sources, as opposed to synthetic chemicals.

As much as I love the Co-op, I find it disturbing that an organization that feels so strongly about educating its customers and members, so often references *Wikipedia*. *Wikipedia* is not a valid source, and certainly not a primary one. Anyone can write anything they want on *Wikipedia*. Until someone changes it, it remains there. While *wikipedia* is a good starting point, it should not be the final stop for information. What should actually be credited as the source of the information given is at the bottom of the page. Often these are in fact valid sources. If the information is not referenced, then it should not be used.

Good comment. Thank you. *Reiner*

Can you get electric coffee grinders that can also be used as seed grinders?

We will look into it. *Barbara*

Thank you for putting some of your spices and herbs into smaller jars... better for my little hands. I love your spices!

Thank you for your kind comment. You may have noticed that some of our spices have been doubled up. It helps to avoid out-of stocks. It also makes more efficient use of space. *Reiner*

Thanksgiving Turkey

It's time to order your *Stonewood Farm* fresh, free range, all natural Vermont turkey for the Thanksgiving Feast.



No Antibiotics
No Added Hormones
No Preservatives
No Artificial Ingredients



The Co-op is taking orders for fresh turkey, ranging from 14 to 30 pounds at \$ 2.89/pound.

Orders must be received by **Tuesday, November 18th, 3 pm.**

Pick-up date is

**Monday, November 24th, after 3 pm;
through Wednesday, November 26th.**

For questions or further information,
contact Jennifer at 388-7276.



November is a good month
for some excellent Bulk Sales
at the Co-op, among them:

| | |
|------------------|------------|
| Medjool Dates | \$ 5.49/lb |
| Dried Pineapple | \$ 2.49/lb |
| Thompson Raisins | \$ 2.29/lb |
| Jumbo Raisins | \$ 2.79/lb |
| Pecans | \$ 5.99/lb |
| Mixed Nuts | \$ 6.29/lb |
| Pistachios | \$ 3.99/lb |

Empty Bowl Dinner

On **Saturday, November 8th**, we will be hosting our 17th Annual *Empty Bowl* dinner. We will be serving approximately 70 people at the Middlebury Methodist Church. Doors will open at 6 p.m.

The *Empty Bowl* dinner benefits both the Addison County Community Action Group (ACCAG) and the Champlain Valley Office of Economic Opportunity (CVOEO), our two local food shelves which work hard to alleviate the problem of local hunger. With ever increasing cuts to state and federal funds available to these important organizations, fundraising at the community level has become more and more important.

Empty Bowl is a national effort to fight hunger at the local level. It was started by a group of artists, potters, and students in Michigan in 1991. Over the years the idea has grown as more communities expand on the idea and create their own special events. In Vermont the idea has been growing with *Empty Bowl* dinners now happening annually in Burlington, Middlebury, and Springfield .

The Middlebury event relies heavily on the support of local potters, the *Vermont State Craft Center* at Frog Hollow, local bakeries, farms, orchards, *The Middlebury Inn*, *United Methodist Church*, and *Middlebury Natural Foods Co-op*. Additionally, some 45 volunteers help make the event possible by preparing the food, serving, and cleaning up. Potters donate soup bowls; guests choose the bowl in which their soup is served. Salad, bread, beverages, and desserts round out the meal. The bowl serves as a memento of the evening, reminding all in attendance that while our bowls are full, there are others in our communities in need of a nourishing meal.

Tickets are available at the Co-op, for \$25 each. Additional donations are happily accepted. 100% of all proceeds are to benefit the two area foods shelves.

If you would like to volunteer with meal preparations and/or clean-up, please call me at 388-7276.

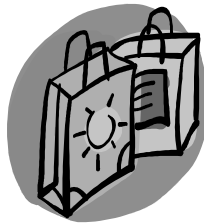
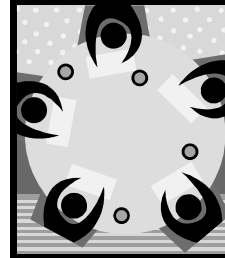


Board of Directors Meetings

Co-op members are welcome to attend Board of Directors Meetings, scheduled for one Wednesday of each month (for specific times please check our web site or the store Board bulletin board). 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, November 12 at 6:30 p.m.** in the Co-op Meeting Room on the second floor above the Old Store at 1 Washington Street.

Upcoming Board Meetings are scheduled for December 10, January 28, February 25, March 25, April 15, May 20, and June 24. For more information, call Ashar Nelson, Board President, at 388-9278.



Co-op Canvas Bag Display

Over the past 20 years the Co-op has been selling reusable shopping bags with our logo. In the month of December we are planning to display the different MNFC canvas bags our customers have collected. So bring in your Co-op bags! Be sure to put your name and phone number with them so we can return them at the end of the month. Just give your old Co-op shopping bag to a cashier and let them know it is for the shopping bag display. We are primarily looking for old designs that are longer made.

At the Co-op we are continually looking for ways to help conserve resources. One huge expense for us (as well as the planet) is the consumption of paper bags. We spend over 15,000 per year on paper bags in the store.

Perhaps you need a new shopping bag. In addition to our colorful canvas bags we are also selling the inexpensive polypropylene NCGA (National Co-op Grocer Association) totes for \$ 1.50, totes made of recycled plastic for \$ 2.49 and zippered Wrap Sacks for \$ 13.99.

And since the holiday season is upon us, consider a colorful Co-op shopping bag filled with groceries for a great gift idea!

Barbara

