



Open 7 Days A Week, 8 to 7
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Middlebury, VT

January
2010

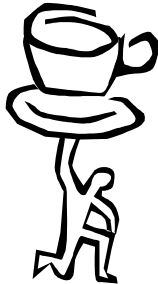
Middlebury Natural Foods Cooperative
Dedicated to the Health and Wellbeing of the Whole Community



Honey Badger Chai

by Joanna and Win Colwell

Our Middlebury based micro chai business began in 2000, after many people told us our chai was the best they'd ever had, and why didn't we consider selling it? Chai has long been our house beverage, always offered to guests and to one another. We love ginger, cinnamon, and cardamom, and the way these spices look, smell and taste, while simmering on the stove. We started brewing our own chai because we found commercial chai to be cloyingly sweet, and over caffeinated. While it may be convenient to open an aseptic box of commercial chai, you miss out on the delights of touching the beautiful whole spices, and taking part in transforming them into a spicy brew, which you sweeten to taste and add in your own hot milk and vanilla. Our blend of eleven whole spices (almost entirely organic) has no caffeine, but you can add your own if you like, by stirring in some loose black tea after you've simmered the spices. We recommend *Vermont Tea and Trading Company's* organic English Breakfast, or organic Ceylon. The perfect finish to any meal, good for starting



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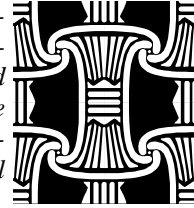
MNFC Newsletter

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.



*Call us at 802-388-7276, or e-mail us at mnfc@together.net.
Visit our website at Middleburycoop.com*

Middlebury Co-op Ends Statement

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

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

CELEBRATING OUR LOCAL FOOD PRODUCERS

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or ending the day, chai encourages healthy digestion, which along with mindful breathing, is a cornerstone of good health and vitality.

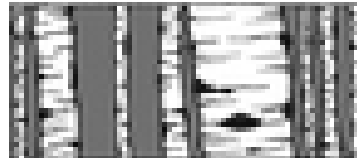
Because we are a busy family (Win is a self-employed graphic designer, Joanna runs *Otter Creek Yoga* in Middlebury, and Wren is in second grade) we keep our chai business tiny. There are only three places in the world where you can buy our chai, and *Middlebury Natural Foods Co-op* is one of them! We are very grateful to the Co-op and the whole community of chai drinkers. To your health!

P.S. : If you're curious how we got the name
Honey Badger for our chai, read on...

One evening long ago, while playing scrabble, we happened upon a photo of a most unusual (and adorable) animal in our dictionary — the *Ratel* (also known as the *Honey Badger*). This African badger is known for going to great lengths to obtain honey, rooting among rotting logs to find wild bee hives, and also attacking cultivated hives, making themselves a real pest to beekeepers. For some reason we became quite enthralled with this creature, and *Honey Badger* has since been a term of endearment in our household. Welcome to our Badger Den!

Aqua Vitea Kombucha by Jeff Weaber

We were selling Kombucha from the back of a truck at the Farmers Market when Middlebury Co-op employees Frank and Brian found us. Two months later the first Kombucha fountain in the country rolled into the Middlebury Co-op store. It has been over two years now and the following of our Kombucha — and especially the fountain — has spread into New Hampshire and Massachusetts. Our Kombucha can now be found on tap in cafés and restaurants around the state as well.



**CELEBRATING OUR LOCAL
FOOD PRODUCERS**

For *Aqua Vitea*, the decision to sell Kombucha from an in-store fountain was purely environmental. In the early stages were conflicted on how to grow the company because selling a lifestyle beverage in a throw-away container did not resonate with our philosophical mission of contributing to the growth of a healthy and sustainable community. It was because of the help and support of the Middlebury Co-op that we found a *greener* way to market our product.

Providing the Middlebury area with a nourishing beverage is only one of the avenues we are pursuing to help improve the health of our community. My wife, and co-founder of *Aqua Vitea*, is the doctor behind *Salisbury Natural Family Health* offering naturopathic, acupuncture, and midwifery services. This spring we will begin offering shares of Neighborly CSA, an integrated multi farm meat and vegetable CSA centered in Salisbury. A healthy community depends on healthy individuals.



*Save your glass.
Save your cash.
Drink Kombucha on tap.*

Kombucha is an ancient energy boosting and body-purifying beverage from the Far East. Like a healthy community, it thrives on a symbiotic relationship. For Kombucha, it is a symbiotic relationship between yeast and bacteria that together ferment the ingredients of tea and sugar into beneficial bacteria (probiotics), live enzymes, organic and amino acids, vitamins and minerals. The result is an all-natural, sparkling, raw drink that has numerous health benefits with a vitamin based energy boost. Many people describe an overall feeling of good health and well-being from drinking Kombucha.

Kombucha can help bring balance to any lifestyle and is an excellent alternative to the many high fructose corn syrup drinks that dominate the market place.

For more information about Kombucha visit our new website AquaVitea.com and notice how we have paid homage to our flagship store... the Middlebury Co-op!

Thanks, and cheers to your health!



New Chapter by Erin Wright

New Chapter was founded in 1982 by Paul and Barbi Schulick out of a passion to promote health through innovative botanical formulations made with 100% real foods and herbs. Mother Nature is a powerful healing force, and their humble mission is to *Deliver the Wisdom of Nature* to all people interested in natural wellness.

New Chapter's products are known for their purity, efficacy and ingenuity. They are industry pioneers in cultured whole-food vitamins and minerals, making their probiotic nutrients the superior alternative to the synthetic isolates of most vitamin brands. Likewise, they have championed the use of supercritical CO2 extraction, which creates a broad-spectrum yet powerfully concentrated herbal extract – but without the use of high heat or toxic chemical solvents. They carry the distinction of being the supplement industry's first organic manufacturer to produce vitamins and minerals certified to be made with organic ingredients.

New Chapter is committed to sustainability on every level of commerce and a member of *Vermont Businesses for Social Responsibility*. They embrace the challenge to fulfill their responsibilities to consumers – who happily value their products and demand more and more of them! – while at the same time honoring environmentally sound business practices.

Growth and sustainability: *New Chapter* is dedicated to proving that they are compatible. Their farm in Costa Rica is a model in sustainable agriculture and a recipient of the Demeter certification for biodynamic farming. Their products are made without the use of harsh chemical solvents and their manufacturing, packaging and printing choices withstand an ongoing scrutiny for sound environmental choices. *New Chapter* is an employee driven company with a deep respect for individual creativity and well-being. Finally, *New Chapter* has chosen to reach their consumers through the many inspiring retailers who make up the vibrant natural products industry.

CELEBRATING OUR LOCAL FOOD PRODUCERS



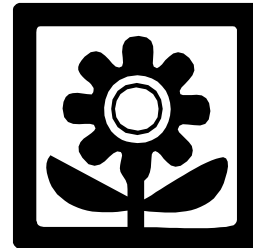
Vermont Soy by Todd Pinkham

Todd Pinkham and Andrew Meyer, co-owners of *Vermont Soy* in Hardwick, began selling fresh organic soymilk in 2007. *Vermont Soy's* product line has since diversified to include artisan tofu, with more local and organic soy foods soon to come.

Todd Pinkham cultivated an interest in value-added agricultural products specific to Vermont as an undergraduate at Johnson State College. With market demand for soy foods steadily increasing, Todd furthered his studies at the University of Vermont with food functional scientist Dr. Guo. Dr. Guo, who came to teach at UVM from China, taught Todd how to craft authentic tasting soy foods. These time honored and traditional processing techniques, combined with Todd's passion for premium-quality, fresh, organic, and local ingredients, is the essence of *Vermont Soy's* product line.

Andrew Meyer, who grew up on a Hardwick dairy farm, believes in creating healthy food systems that support local economies and sustainable agriculture. Andrew furthered his passion and dedication to family farms as an undergraduate at the University of Vermont, as well as through his work on agricultural policy with U.S. Senator James Jeffords. Old friends with a new vision, Todd and Andrew decided to join forces. They created *Vermont Soy*, a business dedicated to buying organic non-GMO beans locally, and processing these beans into healthy, authentic tasting soy foods.

In collaboration with the University of Vermont Extensions Program and The Center for an Agricultural Economy, *Vermont Soy* continues to embrace a healthy food system.



A Healthier Generation?

by Cindy Hill

In October 2009 the West Babylon Long Island School District banned homemade baked goods from the school, and mandated that all snack foods be pre-packaged, marked with nutritional information, and meet the nutrition guidelines established by the *Alliance for a Healthier Generation* (a joint project of the *American Heart Association* and the *Clinton Foundation*). No more box-mix cupcakes with frosting-in-a-can. But no more fresh whole wheat bread, carrot cake, or strawberry-rhubarb muffins either.

Granted, many children's diets could stand improvement, especially with an increase in fresh fruits and vegetables. But the *Alliance for a Healthier Generation* does not advocate for local produce and whole-grain, homemade and locally prepared foods. Rather, they list as approved products items manufactured by their "Participating Companies" – which include *Pepsi, Coke, Kraft Foods, Mars, and McCain Foods USA*.

Small packages of *Chips Ahoy* and *Oreo* cookies are approved items, while home baked chocolate chip cookie are not. Banana muffins and blueberry mini-loafs are approved – but only if they come from the commercial school vending-machine supply company *Have Your Cake and Eat It Too*, not if they are made at home.

Admittedly, boxed commercial cake mixes and canned frosting are not exemplary health foods. But in banning all homemade baked goods, the West Babylon School District threw the baby out with the bathwater. These kids will learn the lesson that food is something that comes in a plastic package with its chemical components written on the side, rather than produced by loving hands at home or by friends and neighbors in the local community. Given that the same children's breakfast, lunch, and dinner could come from *McDonald's*, the school administrators have also utterly missed attaining their purpose of encouraging healthier eating.

The West Babylon homemade baked goods ban is a public policy which sits at a 180 degree opposite pole from the philosophy embraced by Middlebury Natural Food Co-op as well as all our neighbors who grow their own food for sale at the Farmer's Market and Co-op, who believe that food should be real, not sealed. If I still lived in West Babylon this would be the straw that broke the camel's back, and I'd be looking for someplace like Addison County, with our blessed abundance of real-food options.

Since we aren't residents of the West Babylon School District, I can't think of an effective way to vocalize how profoundly distressed I am by this act of food tyranny. The only thing for it, really, is to bake cupcakes.

Cindy Hill is a member of Middlebury Co-op and a frequent contributor to our Newsletter

Cooking Classes

We invite you to attend our Co-op sponsored Cooking Classes at the Hannaford Career Center, next to Middlebury Union High School. Learn how to prepare delicious soups and sauces; gain expertise in cooking with beans, grains, and tofu. Or would you rather like to learn to bake wholesome bread?



Please call Denise at the Hannaford Career Center to sign up (382-1004). Price per class is \$25, or \$140 for the entire set of classes.*

All ingredients provided by the Middlebury Natural Foods Co-op.

Schedule of Classes:

Wednesday, February 3 (5:30-7:30 pm – eating/social time until 8 pm):

Chicken Soup From Scratch

The tastiest homemade cure for the body and soul is at your fingertips! This class covers chicken soup from making stock to seasoning and garnish variations. Also includes a review of general stock-making directions for various soup bases, and instruction on how to incorporate vegetables and grains into clear soups.



Wednesday, February 17 (5:30-7:30 pm – eating/social time until 8 pm):

Basic Bread Baking



Never buy bread, again! This class covers baking of yeast breads (white, wheat, and rye), from flour selection, keeping yeast, and kneading techniques to tips on rising, baking and storage.

Wednesday, March 3 (5:30-7:30 pm – eating/social time until 8 pm):

Introduction to Grains

Have you ever admired all those tall, shiny pillars of grains in the Bulk department at the Co-op, but didn't know how to cook them? This class will teach basic cooking techniques for white and brown rice, barley, couscous, and quinoa. It will include take-home information for cooking other grains, plus recipe ideas.



Wednesday, March 17 (5:30-8 pm – eating/social time until 8 pm):

Basic Sauce Making



Are you tired of relying on instant seasoning packets and canned gravy to season your meals? This class will teach you the basics of sauce cooking, from white sauces for macaroni and cheese and scalloped potatoes, to gravy for meat and poultry roasts, and basic beurre blanc for seafood dishes.

Wednesday, March 31 (5:30-7:30 pm – eating/social time until 8 pm):

Introduction to Beans:

Do you love all those colorful dried bean displays at the Co-op, but feel like cooking them is too time consuming or simply a mystery? This class will teach you how to make friends with beans, one of the most nutritious and affordable foods on the planet. We will review everything from selecting, sorting, washing and soaking beans, to cooking directions and recipe ideas. A take home packet will include cooking directions and recipe ideas for various beans, peas, and lentils.



Wednesday, April 7 (5:30-7:30 pm – eating/social time until 8 pm):

Cooking with Tofu



Want to eat less meat, or just hoping to try out some Asian cooking? This class will review the basics of Tofu, from *what it's made of* to types, uses, cooking techniques and recipes. Find out how easy to use and versatile this great source of vegetable protein really is! Take home a complementary sample of tofu for your own use at home!

**If you have are currently enrolled in the EBT program, please call Karen Haury at CVOEO (802)388-2285 or Jeanne Montrose at HOPE (802)388-3608 to sign up for free!*

*Cooking is like love. It should be
entered into with abandon
or not at all.*



Harriet Van Horne





Radical Simplicity: Small Footprints On A Finite Earth

by Kristin Bolton

What if you were first in a buffet line with people from every country in the world behind you? Everyone's hungry, and there's a finite amount of food. How much would you take? How would you think about how much to take? The implications posed by this scenario were at the heart of Jim Merkel's public presentation to the MNFC Board at the Ilseley Library on November 11. The Board has been exploring ways that the Co-op can achieve its goal of greater energy efficiency and environmental sustainability. We've been looking into what the Co-op has already done to reduce its carbon footprint, and what we could do. Environmental activist and author of *Radical Simplicity*, Jim Merkel looks at the *Ecological Footprint*, which provides a bigger picture than the carbon footprint. With an engineer's precision about data and an environmentalist's passion for life, Jim Merkel talked with the Board about his model of ecological footprinting and how the MNFC could take that approach in its work to be more environmentally sustainable. Here's a summary of what he discussed with us, first an outline of his model from his book, *Radical Simplicity*, and then how the MNFC could start looking at a more sustainable approach long term:

Merkel believes that if we all were actually seated at that buffet table with people from China, India, Somalia, and Afghanistan, we would not take most of the food; we would share it fairly with everyone. He uses that metaphor as a way to think about all the resources we use from the earth. The U.S. is first in line at this global buffet, not just in terms of food, but all the resources including water, minerals, forests, oil, etc. From our position at the head of the line, we in the wealthiest 20% of people, take 250 times more than the poorest 20%. (If you sure don't feel like you're in the wealthiest 20%, the average income per capita around the globe is about \$5,000/year.) The trouble is, we're using too many of the earth's resources, too fast. (A former weapons engineer, Merkel himself had a wakeup call while watching the *Exxon Valdez* accident on TV while traveling for work in Europe; he realized he had burned about as much oil, in his international travel, as the Valdez was spilling.) The average person in the US uses 24 acres of land to support his or her lifestyle. The earth can't support that for much longer; it's not even sustainable now. Merkel ap-

plied his engineering mind to the question of how can we live sustainably on the earth in fairness to all the people currently living, as well as to future generations, and all the living species we share the earth with.

In his book *Radical Simplicity*, Merkel outlines three tools for living more sustainably.:

Ecological Footprinting tracks the many flows of nature that support our daily life. If your bag of life's goodies comes from around the world, the footprint adds up to your share of the oil rigs, roads, coffee plantations, wheat fields and forests that go into those goodies.

Your Money or Your Life is a book by Vicki Robinson and Joe Dominguez which outlines techniques to track flows of money and time into and out of our lives. Through these techniques, you might manage to solve the mystery "where did all that money go?" And in the process, you'll learn more about what you value, and what it's worth to you. (Merkel himself used this process to transform his own life to match his values; he has spent the last 20 years living on \$5,000 a year, doing volunteer work that he believes in.)

Learning from Nature. The tools discussed up to this point can *help* us, but nature will *inspire* us. By spending more time in nature, 'courting the wild,' we are touched by a beautiful and powerful force that moves us to live according to our values.

Ecological Footprinting and the Co-op. How does this apply to the MNFC? Merkel suggested that the Co-op's success in reducing its ecological footprint would be more successful if it could build community and resilience, garner member support, have sufficient administrative capacity, establish leadership to carry on projects and truly make an impact in terms of reduction of energy use and waste. Merkel has worked with some institutions to explore ways to increase environmental sustainability and create reductions. His most recent work was at Dartmouth College, where he helped assess different strategies for reducing waste, making sustainable choices, and think creatively about how to educate and involve others in the effort. To create waste-free dining halls, for example, Merkel suggested Dartmouth College provide every student with a place setting, including cloth napkins. The trash reduction can be seen in the slides available from the presentation. Some of the work he suggested involves traditional carbon reduction strategies, such as doing energy assessments to determine and then minimize areas of waste. (For homeowners, this is like the advice to make sure the house is well-insulated before putting solar panels on the roof.) He advises not making "bad deals," such as trading habitat (e.g., biofuels/biomass plants) for independence from



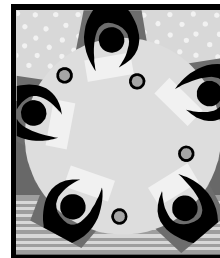
foreign fuel or trading toxicity (e.g., nuclear energy) for lower carbon. He also advises against repeating the plunder of nature (e.g., horse and buggy, wood heat and energy). These strategies still deplete the earth's resources at an alarming rate. Forests, for example, are one of the most valuable ecosystems, in that they clean water, absorb carbon, provide habitat, etc. It doesn't make sense to destroy them. Instead, he suggests people look for "quantum reductions" to reduce waste and energy use. For example, if you commute to a job, you can halve that fuel use by sharing a ride — and halve that fuel use with a more fuel-efficient vehicle. Now you're using less than a quarter of the fuel you once did to commute to your job. Using quantum reductions you can see great savings as you cut your energy use by factors of two or more.

Steve Koch and the staff at the MNFC have plucked much of the "low hanging fruit" to increase energy efficiency at the Co-op, and continue to look for creative ways to use less. The Co-op Board will also continue to shape a vision for the future of the Co-op's environmental sustainability. Member-owners are welcome at every meeting. The particular strength of *Radical Simplicity* itself is a potent combination of the values and vision of an environmentalist, and the practical, data-based solutions of an engineer. The book is available most anywhere in paperback; use your Co-op card at the Vermont Book Shop and receive a 10% discount. You can also download an electronic version of his presentation by visiting the board page of the MNFC website, www.middleburycoop.com.



Kristin Bolton is a member of the MNFC Board of Directors

Local environmental activist **Bill McKibben** will join the MNFC Board of Directors at their **January 27th** Board meeting for a discussion on the local food economy and the Co-op's carbon footprint. The Board meeting will be held at the Ilsley Library Meeting Room at 6:30 pm. It will be open to the public.



You must be the change you wish to see in the world.

— Mahatma Gandhi

Middlebury Co-op Buying Criteria Committee

The Middlebury Natural Foods Co-op Buying Criteria Committee (BCC) is looking for a few dedicated members. Farmer Sam (Uncle Sam's distant cousin) wants you to help the BCC educate itself and review ideas from members about potential changes to the criteria. We are proud that MNFC has some of the strongest buying criteria in the co-op world. These criteria, which have been established over many years, allow member-owners to shop without worry that undesirable food additives could show up in their shopping baskets and on their dinner tables at home.

The Buying Criteria Committee is currently gathering and reviewing members' ideas for potential changes to the current criteria. The committee is responsible for researching concerns and reporting our findings to the Co-op Board of Directors. The committee is comprised of Board members, staff, and interested member-owners (perhaps you?). We meet approximately four times a year. Our next meeting will be **February 1, from 1:30-2:30**. Possible topics for consideration include:

- ◆ Should the Co-op sell genetically modified products?
- ◆ Should the Co-op sell products containing high fructose corn syrup?
- ◆ Should the Co-op sell products with excessive packaging?

If you have a suggestions or would like to join the committee please contact

Ross Conrad at dancingbeegardens@hotmail.com, or
Michelle McCauley at windswept_farm@hotmail.com

MNFC Buying Criteria

MNFC selects products with an emphasis on local and organic foods. MNFC will not knowingly sell:

- ◆ Irradiated foods
- ◆ Foods containing artificial preservatives, colors, or flavors
- ◆ Meat products from animals raised with hormones or antibiotics
- ◆ Fluid milk, ice cream, frozen yogurt, or dairy products containing the Bovine Growth Hormone (rBST)
- ◆ Foods containing hydrogenated oils or trans fats
- ◆ Products tested on animals



Despite this policy, MNFC cannot guarantee that all of its products meet all of these criteria. If we discover that any of our products do not meet these criteria, we will make reasonable efforts to inform members and customers.



Wendy's Cheese Corner

Raclette

Raclette is a great cheese to warm body and soul during the winter months. Dating back to the Middle Ages, it was first produced in the Valais region of Switzerland. It's a true mountain cheese — very fashionable in snow covered ski resorts...

The name Raclette is derived from a French word meaning *to scrape*. It is made from either raw or pasteurized cow's milk and aged at least for two months. The wheels are 3 inches high and weigh from 13 to 24 pounds. Raclette has a natural rind, which is dark reddish brown. This semi-hard cheese is supple and firm with a white to light yellow pate. The flavor is full and milky with a complex fruity, nutty, and mushroomy taste.

Raclette is a beautiful melting cheese, it seems to melt in your mouth even without prior heating. It is also good with sliced ham. The traditional way to eat Raclette is either on dark bread or with potatoes and cornichon pickles and onions. Below is a recipe I think you will find not only delicious, but also fun to serve and enjoy...

- ◆ Boil **2 pounds** potatoes (thin-skinned, 1" to 1½" wide) until tender.
- ◆ Slice **1 red onion** into thin slices and mix with 1 tablespoon lemon juice.
- ◆ Slice **1 pound Raclette** and arrange in 8" x 11" casserole and broil until melted (about 5 minutes).
- ◆ Heap potatoes, onions, and **cornichon pickles** on dinner plate and spoon hot cheese over the potatoes, a few bites at a time. Voilà!



Protesters' sign at the Environmental Conference in Copenhagen:

There is no Planet B.

This is the only one we've got. Let's take care of it.

