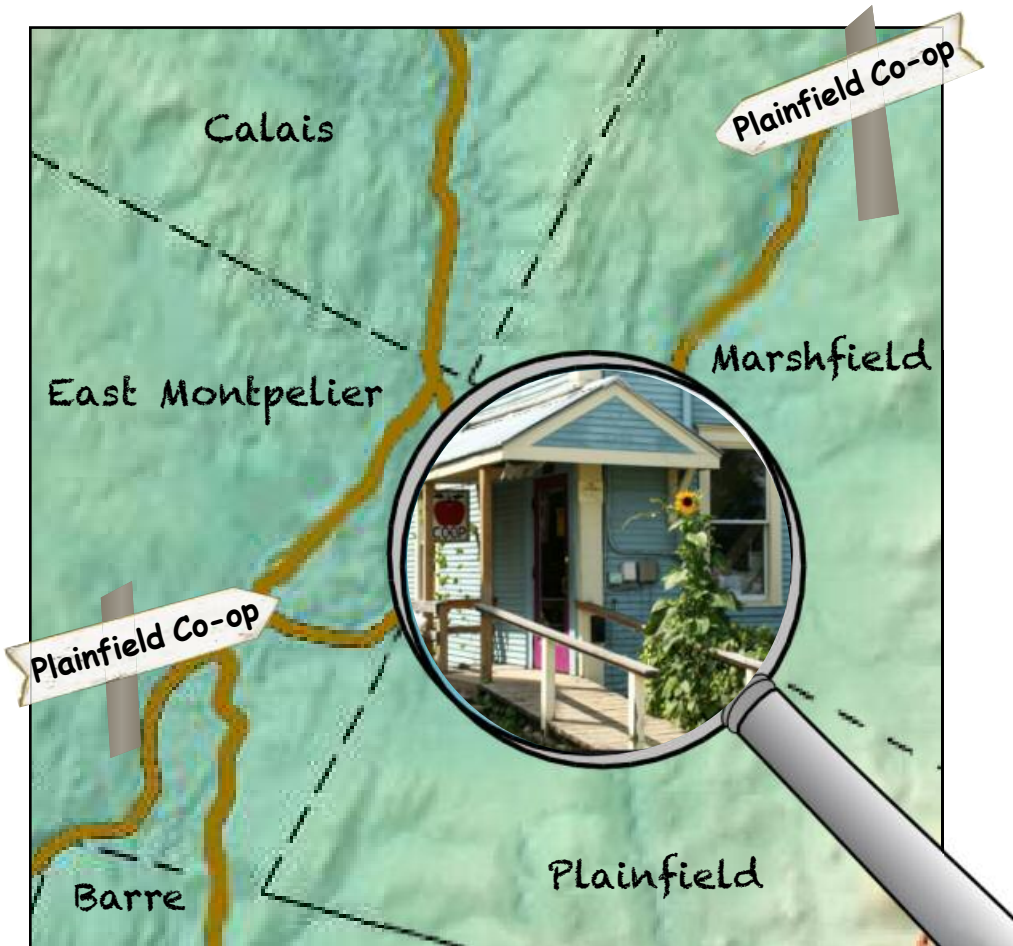


The Plainfield Co-op

Fall 2014

Local Matters



Hours: 7 days a week 9AM–8PM

Phone: 454-8579 **Website:** www.PlainfieldCoop.com

Email: info@planfieldcoop.com

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Jeannine DeWald
Jessi Robinson
Karen Starr
Kathleen Hayes
Margie Yoder
Mike Peabody
Nancy Ellen

Stephen Bosserman

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Electronic graphics files preferred, but we are able to work with any clear copy.

Questions: 802-476-0526 or sarah@vtlink.net

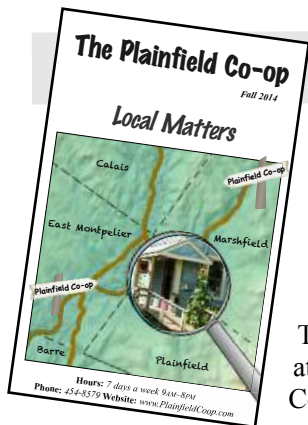


Fresh Organic Pies

Horse Drawn Rides

Firewood For Sale

Massage Therapy



About This Newsletter

LOCAL AFFORDABLE POSSIBLE?

This issue looks at many of the Co-op's LOCAL suppliers. It

explains how bulk ordering can make your purchases much more AFFORDABLE. And the recipes show how both LOCAL and AFFORDABLE can be POSSIBLE--and delicious.

The Newsletter Committee:

Glenda Bissex, co-ordinator (454-7895)
Sarah Albert, design and layout (476-0526)

Joseph Gainza, board liaison and editing (522-2376)

Karen Starr, staff liaison and writer (249-2301)

Debra Stoleroff, editing and recipes (476-3154)

Our thanks to Erika Farnham for her help in getting our printed newsletters ready to go into the mail. ♦



- Mark Your Calendar -

Plainfield Co-op Annual Meeting

Sunday, November 16, 3 pm

Potluck following

LittleWood Farm
Plainfield, Vt.
802-454-8466

*Providing organic produce
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New Bulk Order Process Offers Savings

by Gail Falk, Board President

The Co-op is starting a new system for bulk orders and special orders. This is one of the best ways we can offer our members affordable prices on healthy food and other products.

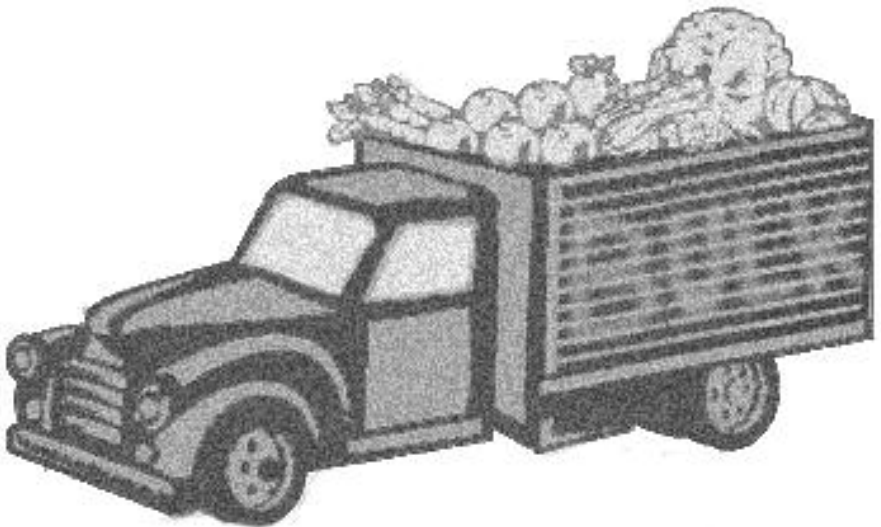
With the new process, members select the items they want from our distributors' catalogs and fill out a simple order form. Look for the order forms, catalogs, and instructions on the orange counter next to the fruit bins.

Working members can buy special orders at a 15% mark-up from the wholesale price. Standard (non-working) members may purchase bulk items at 30% above wholesale. Both these rates result in substantial savings, compared with the in-store mark-up of 45 to 65% (the mark-up depends upon the department). Members can save even more by purchasing items when they are on sale through our distributors.

When you leaf through the catalogs, you're likely to see items you hadn't thought about ordering. You are not limited to products we sell at the Co-op: you can special order anything that our distributors include in the catalogs. Most orders are delivered within a week after you place your order.

Want to use the bulk order process, but don't need the large quantities that offer big savings? Maybe you don't want a whole case of canned goods or a whole bag of grain. Share a bulk order with a friend or neighbor.

We are looking for one or two members to put out the word online and in-store about "best deals this month," to coordinate shared orders, and to communicate to the membership how they can benefit from bulk purchasing. This job would qualify you for a working member discount. If interested, contact Jeannine DeWald. ♦



Good-looking Numbers: the Treasurer's Report

by Bob Faneher

The numbers are in for the first half of 2014 and they look great!

Both Total Income (how much we take in at the register) and the Gross Profit (the Total Income minus the Cost of Goods Sold) went up about 5% from 2013. That means we are selling more than last year while keeping the cost of our products under control. Our Total Expense (the non-product related expenses) is down almost 9% from last year. Those expenses cover the cost of running the Co-op including utilities, labor costs, insurance and fees.

All of those numbers mean we are getting financially healthier. We are selling MORE great food and products AND it is costing us LESS to do it. Thanks to the Management Collective and the staff for their continuing outstanding efforts.

We are still working to reduce the amount we owe our suppliers. We have

reduced the total by a lot and continue to whittle the backlog down.

We are financially strong enough now to begin making some much needed repairs to the Co-op building. The Board of Directors approved \$10,000 for repairs to the building structure, wiring, plumbing and other repairs. Many of these won't be seen by members since they are under the floor or in the back room. But you may have seen our newly renovated children's play area. The play area is safer and a lot more fun now. Thanks to Kathleen Hayes for a great job. And, thanks to Allen Banbury, Sam Clark and the rest of the Building Committee for all their work on prioritizing the repairs.

We are half way through the year and we are doing really well. As always, thanks to all our members for their continuing support. ♦

It's Your Co-op – Join the Board

Would you like to learn more about how the Co-op works and be a real part of deciding its future?

At the November annual meeting, we will have a vacancy for at least one new Board member.

The Board meets once a month, and Board members usually serve on one working committee. We provide you with training and orientation. Board members qualify for a working member discount.

If you are interested, call Board President, Gail Falk.

802-777-0528

Management Collective Report

by Karen Starr

It's been a gorgeous summer with a perfect balance of rain and sun for gardeners. The Co-op's little garden has hit its stride and is absolutely beautiful thanks to Laura Ziegler's kind care. Thank you, Laura! The back remains a bit of a jungle, but it has been weed whacked and there is a picnic table by the river down the boat access path. It's a great place to sit with a morning cup of coffee or to eat lunch. (If anyone is interested in taking on clearing the path periodically for member work credit, please stop by the store to talk about details.)

Kathleen Hayes, our maintenance person, and the Building Committee are working on a plan to replace the ramp into the store. Look for that to be happening soon. John Draper was contracted to replace a bunch of electrical wiring in the Community Center that was getting old, and he is almost finished. There are also plans to paint the Community Center. So we are slowly working away at cleaning up some backlog of small but necessary projects before winter. Many thanks to all who have worked on this, especially the Building Committee and Kathleen.

We understand there is significant interest in making the Co-op accessible; we are working to understand what resources are available to us and what the requirements would be according to

statutes, etc. We will keep the membership updated as we continue to work on this with the Board. Meanwhile, the Management Collective has finalized a revision of the personnel policies and is working to update the store's long range operational plan, which will then be used to help us prepare the budget for 2015.

The MC wants to remind members that the annual membership meeting is coming up on Sunday, November 16, so please do mark your calendars and plan on coming! There is a potluck afterwards, and we promise the business part of the meeting will not be painful. Come hear what's going on, hang out with friends, and meet some new ones! All are welcome, but only members in good standing are eligible to vote. That means if you've paid your \$20 share for 2014 by the meeting, you are good to go.

We do our absolute best to stay as competitive as possible with our prices. And the more you shop with us, the more purchasing leverage you give department heads. We try to have pretty much everything you need, and if we don't have it on the shelves, please ask. We'll do our best to special order it or trial it on our shelves. We hope you enjoy the rest of your summer and look forward to seeing you in the store!! ♦



Climate Change and Co-ops

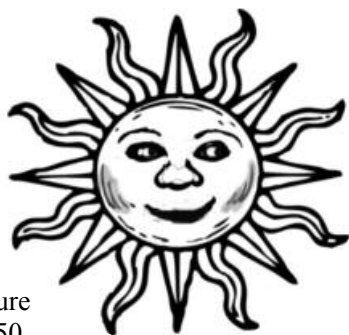
Joseph Gainza

Minimizing the effects of climate change and global warming will take many actions across broad spectra of our society and economy. There are many actions we can take to do our part; not all, perhaps not even a majority, need be negative (such as driving less). One of the more positive, even pleasurable things we can do to lower the carbon emissions that are driving climate change is to shop at our food cooperatives; specifically, for readers of this newsletter, the Plainfield Food Co-op.

Food cooperatives have more than financial profit as a bottom line. We also exist to support local, organic food producers, and to help develop vibrant local economies. When we shop at the Plainfield Co-op we are, in part, supporting local food producers. That means that what you purchase locally has not been transported hundreds of miles; much less fuel has been burnt to bring you that head of lettuce, or those great apples. The organic eggs I sell through the Co-op are laid by chickens living less than a mile from the store.

To produce those fresh veggies you enjoy, organic production relies more on human labor—thus increasing agricultural employment—than on energy inputs. Rather than chemical fertilizers, which usually are made from petroleum compounds, organic farmers feed the soil with compost, manure, companion planting and other low energy inputs that work with natural cycles to build a healthy and productive growing environment. Simply put: organic farming

creates a smaller carbon footprint than the farm factories which have dominated US agriculture for the last 50 years and have contributed mightily to climate change.



One of the “ends” (goals) of the Plainfield Co-op reads: “The Coop will provide the community with an outlet actively seeking local producers and supporting the local and regional economy.” When this was originally written, I suspect few people were thinking about climate change and how to mitigate it. Yet, people who give a lot of thought about how to create more resilient communities in the face of climate change, usually mention stronger local economies as one of the critical factors. The less we need to travel to acquire the things we need, the more gentle is our carbon footprint.

Needless to say, shopping at cooperatives, food and other cooperatives, will not be enough to get us to a more sustainable society and economy; the problem of climate change is huge and will take all the creative energy we can bring to it. But, stopping by your co-op, greeting friends and learning the latest local news, is a joyful way to contribute to the solution. ♦

What Am I Buying When I Shop at the Co-op?

by Glenda Bissex

More than food.

If I'm looking for something that I don't see on the shelves, I ask, "Do we have Electromix?" for example. At any other store I ask, "Do you have . . . ?" But I feel part of the Co-op. I'm a working member-owner. I do most of my food shopping here. I know the names of the staff and they know mine. They often know not only what shelf something would be on, but why we do or don't carry it. I talk with Margie about Electromix, tell her who recommended I take this supplement and why. She

thinks it might be a good product to order, especially during the summer. Now we have it. Or, Jeannine tells me we don't carry whole wheat couscous any more because not many people bought it. That's OK, too; I can appreciate how precious shelf space is in this small store.

When I shop at the Co-op, I'm buying into a store whose bottom line is not profits but healthful food that supports, as far as possible, our community--its farmers, bakers, dairies, and the like. I trust my neighbors not to poison me. The economy in this country functions for the wealthy few but malfunctions for the rest of us. I opt out of it in a small way by shopping at the Co-op. How sad that people most oppressed by the malfunctioning economy feel they cannot afford to shop at the Co-op!

I'm buying into a democratic organization at the Co-op--no top-down management, no bloated salaries, no stockholders clamoring for more profits. Here the staff collectively makes decisions on how to operate the store, and the Board has a vision and values that I share. When some prices are too high for my budget, I know it's not because anyone here is trying to exploit me. I'm putting my money where my heart is when I shop at the Co-op. ♦

Joseph Gainza

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News from the Supplements and Household Departments

by Margie Yoder

By customer request we are now carrying a small selection of supplements from New Chapter, including Bone Strength Complex, and Zyflamed for joint health. Carlson's Glucosamine with MSM, and drops for swimmer's ear are also new to our shelves. A sale on kid's vitamins in progress.

We finally found a decent locally made dog biscuit; it's natural, handmade and reasonably priced. You will also find new pet products from Natural

Chemistry to eliminate stains and odors, as well as neem flea spray for both cats and dogs.

If you're looking for cookout supplies, we have what you need, including natural fire starter and biomass fire starting cubes (made with FSC-certified wood from responsibly managed forests and non-GMO vegetable oil). And of course, paper plates and all other picnic paraphernalia. ♦



Local Bounty

by Steve Bosserman

The summer bounty of gardens, markets, and farms is upon us. This year's growing season has turned out to be one of the best in many years with just enough rain spread out at just the right times combined with very favorable temperatures (maybe a little too cool at night) to create a great bounty of fresh fruits and vegetables. The many farmers and gardeners that the Co-op works with are all in full swing:

From Littlewood Farms we are carrying Collards, Curly Kale, Lacinato Kale, Green Bell Peppers, Red and Green Cabbage and Eggplant. And the sweetest Bi-Color Corn on the planet that is grown by Joey each year.

From Owl Hill Farm you can find Cilantro, Scallions, Parsley, Russian

Kale and herbs like Sage and Oregano.

Robin Taylor is currently able to supply us with all of our Lettuce needs and will soon have Orange Tomatoes and her ever-popular Cantaloupes.

Fairly new to selling to the Co-op, Friends and Neighbors Farm is supplying us with Slicing and Pickling Cucumbers as well as Cherry Tomatoes.

You can find many more local items in the produce department at this time of year, from Mesclun Mix to Chanterelle Mushrooms to stunning Blueberries. Remember, not only is buying local supporting our farmers, and helping to lower our environmental footprint--it gives us some of the best produce we'll have all year. Enjoy! ♦



Local Herbs and Teas

by Dorothy Wallace

If a person time-traveled from long, long ago to our little co-op, they might think they landed in the royal storehouse. Herbs and spices that were once available only to aristocrats and over which cultures connected and clashed are now part of our everyday fare. Salt and pepper and many once-exotic spices are available in abundance and are relatively inexpensive. Looking at the Co-op's herb cabinet, you will see a sea of Frontier Natural Foods and Mountain Rose labels. These companies offer a wonderful variety, shipped right to our door from modern day trade routes (fewer camels, more planes) that still circle the globe!

However, take a look at the other labels and you will discover a treasure-trove of local herbs. All our local vendors are Vermont Organic Certified. Closest to home is the burdock root from Cate Farm in East Montpelier. Since 1981, Richard and Sally have been farming 22 acres and seven greenhouses of flowers, vegetables, and herbs. From further up the road, in the fertile Champlain Valley, Zack Woods Herb Farm is our source for nettles, ashwaganda, milky oats, calendula, and peppermint. In business for 15 years, Melanie and Jeff promise quality and integrity in all their products. They are also committed to research, education, and the preservation of medicinal plant populations.

Also from the Valley is Bee's Dance Medicinal Herb Farm. Lyn-Laeh supplies us with catnip, chamomile, comfrey leaf and root, dandelion root, echinacea, elecampane, lemon balm, mullein, red

clover, sage, and Saint Johnswort. The herbs are grown using bio-dynamic principles set forth by Rudolf Steiner. Last year, Lyn-Laeh opened up her land and expertise to Ahki-Kawa Earth Hope Project, which is a "therapeutic community-based farm program where individuals with developmental/physical challenges have an opportunity to share their talents, inspirations, dreams and unique abilities with members of their community in a supportive environment." They provide us with the culinary and tea herbs: oregano, parsley, basil, and holy basil (tulsi).

Like the royalty of old, we are privileged to have lovely, delicious, and powerful dried herbs from exotic locales and from up the road for our health and happiness (a nod to the late, great Adele Dawson).

Honey & Herb After-Bath Splash

From *Herb Quarterly*, Winter 2013.

Uplifting, fresh scent, vinegar to restore pH balance in skin, and honey to moisturize. Yield 8 ounces.

½ cup apple cider vinegar
½ cup pure water
1 Tbls honey
1 tsp dried sage
1 tsp dried thyme
2-3 whole cloves

Mix all ingredients. Pour into clean jar with tight lid. Let sit 5 to 7 days.

Strain out solids and pour into clean squirt or spray bottle.

Splash or spray on after a bath or to freshen up anytime. ♦

Fresh and Affordable Recipes

Whether you buy them at the Co-op or a farmer's market, grow them in your garden or acquire them elsewhere there's nothing like eating fresh greens and berries! Here are a few affordable recipes with which you can experiment.

--Debra Stoleroff

Green Bean Salad with Almonds

I love green beans best just simply steamed with nothing on them. However, my next favorite ingredient to add is almonds and some tamari. Here is a recipe that enhances those flavors.

Ingredients

- ½ cup whole roasted almonds
- 2 tablespoons tamari
- 1½ pounds green beans, trimmed
- 2 tablespoons toasted sesame oil
- 3 tablespoons rice vinegar
- 2 cloves garlic, minced
- 2 teaspoons fresh ginger, peeled and finely chopped
- ½ cup fresh cilantro leaves, chopped roughly (optional)



Directions

- Place almonds in a small nonstick saute pan. Lightly toast over medium-high heat, about 3 minutes. Add 1 tablespoon tamari and stir until the almonds are coated evenly, about 30 seconds. Transfer to a plate and cool. OR just use ½ cup of tamari roasted almonds. Chop almonds roughly.
- In a large pot of boiling water, cook beans until crisp-tender.
- Remove green beans from heat and drain well.
- In a large bowl, combine the sesame oil, vinegar, garlic ginger, and remaining 1 tablespoon of tamari. Add the drained green beans and toss to coat. Garnish with roasted almonds and fresh cilantro (optional). Serve immediately, while warm.

Curtido: Traditional Cabbage Salad from El Salvador

I learned this delicious recipe from Yoni Torres who, with her wonderful family, stayed with us in the late 80's on their way from El Salvador to Montreal. It is a coleslaw type salad that usually accompanies papusas (a tortilla stuffed with meat, a cheese mixture or a combination of the two).

Ingredients

- ½ head green cabbage shredded
- 1 carrot, shredded
- ¼ teaspoon finely chopped habanero pepper
- ½ red onion, thinly sliced
- Salt and pepper
- Juice of ½ lime
- ½ cup white vinegar
- ¼ cup warm water



Directions

Combine all ingredients in a medium bowl and mix well. Let marinate in the refrigerator for a few hours before eating.

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Quinoa-and-Apple Salad with Curry Dressing

Adapted from marthastewart.com/314107/quinoa-and-apple-salad-with-curry-dressing

Ingredients

- ¼ cup raw whole almonds
- 1 cup quinoa
- 1 teaspoon honey or agave or other sweetener of choice
- 1 tablespoon finely chopped shallot or red onion
- 1 teaspoon curry powder
- ¼ teaspoon coarse salt
- 2 tablespoons fresh lemon juice
- freshly ground pepper
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons dried currants or dried cranberries or a combination of both
- 1 small McIntosh (or other) apple, cut into 1/8-inch-thick wedges
- ¼ cup loosely packed fresh mint leaves, coarsely chopped, plus more for garnish

Directions

1. Preheat oven to 375 degrees. Spread almonds on a rimmed baking sheet; toast in oven until lightly toasted and fragrant, about 7 minutes. Let cool; coarsely chop nuts.
2. Rinse quinoa thoroughly in a fine sieve; drain. Bring 2 cups water to a boil in a medium saucepan. Add quinoa; return to a boil. Stir quinoa; cover, and reduce heat. Simmer until quinoa is tender but still chewy, about 15 minutes. Fluff quinoa with a fork; let cool.
3. Whisk together sweetener, shallot, curry powder, salt, and lemon juice in a large bowl. Season with pepper. Whisking constantly, pour in oil in a slow, steady stream; whisk until dressing is emulsified. Add quinoa, currants, apple, mint, and nuts; toss well. Garnish with mint.



Blueberries with Lemon Cream Pudding

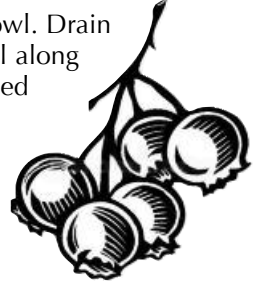
Adapted from eatingwell.com/recipes/blueberries_with_lemon_cream

Ingredients

- 4 ounces reduced-fat cream cheese (Neufchatel)
- $\frac{3}{4}$ cup low-fat vanilla yogurt
- 1 teaspoon agave (or more to taste)
- 2 teaspoons freshly grated lemon zest
- 2 cups fresh blueberries or any berry of preference

Directions

1. Using a fork, break up cream cheese in a medium bowl. Drain off any liquid from the yogurt; add yogurt to the bowl along with honey. Using an electric mixer, beat at high speed until light and creamy. Stir in lemon zest.
2. Layer the lemon cream and blueberries in dessert dishes or wineglasses. If not serving immediately, cover and refrigerate for up to 8 hours.



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Events: \$35 for Members, \$50 for Non-Members

Scheduling Book at Co-op Register

More Information? Call Mike Peabody 454-8579



Using the Community Center benefits The Plainfield Co-op