

The Plainfield Co-op Newsletter

Spring 2016



Hours: 7 days a week 9AM–8PM

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When your copy is submitted, send a check made out to **Plainfield Co-op** to:

Dawn Fancher

Plainfield Co-op

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Fresh Organic Pies

Katuah Retreat

Horse Drawn Rides

Firewood For Sale

Massage Therapy



About This Newsletter

Vegetables can get a bad rap, as in calling someone a vegetable, meaning lazy or mindless. Kids have a reputation for not liking

vegetables and are admonished to "Eat your vegetables--they're good for you." On the other hand, many of us love vegetables not only to eat but to grow and to forage for. Much of this newsletter is dedicated to us. Learn about regionally grown and frozen veggies to eat now, vegetables to forage for and to grow in your garden soon, and yummy recipes with all kinds of vegetables.

Celebrate spring by helping the Co-op grow (details in this newsletter):

- Respond to the survey
- Volunteer for the Building Committee

- Run for the Board
- Come out for the Annual Meeting April 16

Each issue of the newsletter is the product of a brainstorming session with all the members of our committee:

Glenda Bissex, co-ordinator (songboat@vtlink.net)

Sarah Albert, design and layout (sarah@vtlink.net)

Joseph Gainza, board liaison (jgainza@vtlink.net)

Lorraine Checchi, distribution and advertising (lsmick@comcast.net)

Karen Starr, staff liaison (ravenbadger@gmail.com)

Debra Stoleroff, recipes (debra@vtlink.net) ♦



President's Report

by Gail Falk

Winter greetings! It's been a busy time at the Co-op. Here are highlights.

Strategic Planning

Last fall the Board appointed a Strategic Planning Task Force to study and come up with plans for four long-range goals:

- Increase member involvement
- Address food insecurity in our community
- Bring more nonmembers into the store
- Develop a master plan for the building.

In March you will receive a survey developed by the Strategic Planning Task Force. Please take the time to complete it. We want and need your input.

Coming up with a master plan for the building starts with looking at what we have and thinking about how we want to grow. We have been considering many ideas, such as making the entrance more inviting, building out the back of the store to provide more shopping and shelf space, and adding a café/deli. We are also looking at the best design and uses for the second floor. To protect our options, we have submitted an application for a building permit to expand the north side (river side) of the store. Although we are high above the

river, our location in a potential inundation zone means our building design and placement must take careful account of the potential for future floods.

The Strategic Planning Task Force is made up of two members at large, two members of the Management Collective, and three members of the Board. We will be reporting on the results of the survey at Annual Meeting and hope to get more member input then. This year's annual meeting is at Twin Valley Senior Center. Meeting there provides us convenient parking, a handicap accessible location, and ample meeting, kitchen and eating space. The Senior Center is offering us the space gratis as part of our on-going partnership with TVSC.

Our Annual Meeting will have a full agenda. Besides the Strategic Planning reports, there will be live music, a presentation about Energy Independent Vermont, a report on the member dividend, and staff and officers' reports. We will be filling three Board vacancies. We already have one great candidate (Giordano Checchi) and are seeking two more. If you are interested, please contact me (802 777-0528).

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Plainfield Cooperative Annual Meeting
Saturday, April 16
Twin Valley Senior Center
3 – 5 pm, potluck following
Music, talk, business, old friends and new

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The Board will be asking the membership to approve a small change to our by-laws to allow another cooperative to be a member of our cooperative. The purpose of this change is to be able to pay a reciprocal dividend to any other co-op with which we have a reciprocity agreement (currently Hunger Mountain, St. J., Buffalo Mountain, and Adamant).

Working Members

The Co-op has strengthened our working member program in two ways. Staff member Chloe Budnick is now coordinating the working member program, connecting volunteers with jobs and committees. And we have purchased a limited insurance policy to cover members when they are working. We always need and welcome working members. Working members receive a 3 - 7% discount on store purchases.

Other News

We are in the midst of a financial review by a local accounting firm. The Board set this up proactively – not because we suspect problems, but in order to have an objective, outside review of our financial systems.

The Building Committee and the Management Collective are completing upgrades to comply with the expectations of a Fire Marshal inspection earlier this winter.

We hope you are enjoying the new monthly electronic sales flyer. Thanks to the Communications Committee and new member Lorraine Checchi for starting this terrific method of telling members about new products, sales, and other store news.

See you on April 16 at Annual Meeting! ♦

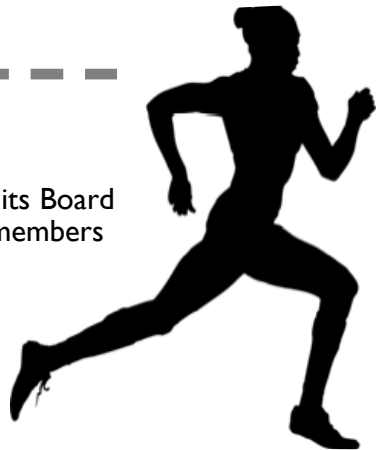
RUN FOR THE BOARD

The Plainfield Co-op will have 3 openings on its Board in April. Board members are elected by the members at Annual Meeting.

As a Board member, you can influence the Co-op's future and assure that we remain a strong, co-operative organization.

The Board meets once a month. Training is provided. Board members qualify for a working member discount.

For information, call Board president Gail Falk (802 777-0528) or talk to any current member of the Board: Art Chickering, Bob Fancher, Joseph Gainza, Scott Harris, Karla Haas-Moskowitz.



2015 Annual Financial Report

by Bob Fancher, Treasurer

Still Growing

2015 was another year of growth for the Plainfield Co-op. Our sales grew 3.7% from 2014. Even after adjusting for inflation, the sales grew 2.3%. We have been in a pattern of steady sales growth for several years now. And, our other financial indicators are staying at good, solid levels as we grow.

There was a lot of other good news too. We paid off our last remaining debt in 2015. We were able to give our staff raises. We were able to increase the number of people in the Management Collective (MC). Now, more time can be spent on projects to manage and continue our growth.

All of these things were done in a year that had its share of challenges, too. Staff turnover in the MC caused a shifting of responsibilities. The new MC members had to be trained and integrated into the decision making process. In 2015, we had a robbery of the Co-op. All of the staff were unharmed, but it forced us to take another look at our security. All of these pushed the labor hours up. Despite these and other issues, the MC kept the Co-op growing. Our thanks to them.

Despite the growth, there were some troubling numbers in 2015. Even though our sales went up 3.7%, the cost of the goods (COGS) we purchased went up faster at 4.4%. That means we make less on our sales dol-

lars to cover our other costs. Also, the changes in the MC added extra labor hours, which increased wages. Both the higher COGS and higher wages affected the bottom line. The net profit went down by 70% from 2014. That leaves us with less money to pay out Member dividends. We do not know the dividend numbers yet, but we will have them by the annual meeting on April 16. The MC is working hard to overcome these issues and we are looking forward to 2016 and beyond.

Looking Forward

In 2015, the Board of Directors established the Strategic Planning Task Force to take an in-depth look at where the Co-op is headed in the future.

Input from our members is vital to this process. Please take the time to complete a Strategic Planning survey. There is a paper copy included in this newsletter, there are also copies available at the Co-op or you can complete the survey online at PlainfieldCoop.com.

When the committee has completed their work and shared it with the members, there will be some financial implications. There may be large, long term financial commitments. We will be keeping you informed as we proceed. Please let us know your ideas and how you think we are doing.

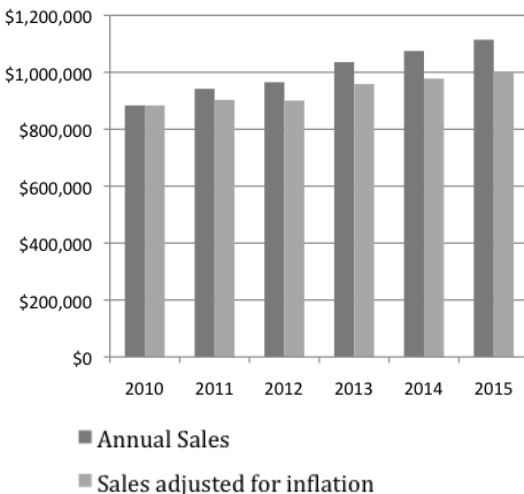
As always, thanks to all our members and other customers for their continuing support.

2015 Profit & Loss Comparison

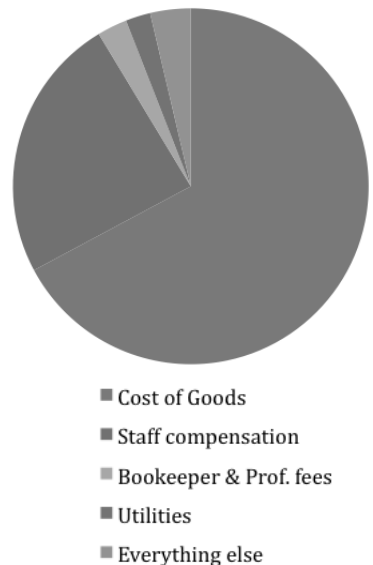
	2015	2014	% change
Ordinary Income/Expense			
Sales	\$1,114,509	\$1,074,878	3.7%
Cost of Goods Sold	745,346	713,958	4.4%
Gross Profit	369,162	360,919	2.3%
Operating Expenses			
Personnel	268,059	242,687	10.5%
Administrative	43,754	41,191	6.2%
Building	31,017	28,953	7.1%
Operating	21,2789	23,242	-8.5%
Total Operating Expense	364,109	336,074	8.3%
Net income From Operations	5,053	24,845	-79.7%
Other Income	5,277	11,868	-55.5%
Other Expenses	4,588	10011	-54.2%
Net Income (before depreciation)	5,742	19,685	-70.8%

Some items are not available until later in the year and are not included in the above numbers. The items are dividends paid to our members and depreciation expense.

Sales



2015 Expenses



Report of the Building Committee

by Allen Banbury, chair

As has been the case for some time, the Building Committee's list of items needing attention has been greatly reduced by the presence of Co-op staff and Management Collective member Kathleen Hayes, whose insight and skills as a superb fixit person have been essential for the smooth physical operation of the Co-op. Much of her work is not visible as in the installation of a 26 foot long laminated beam under the sagging floor in front of the veggie coolers, or her excursions under the floor of the Co-op to clear the gravel from the drain in the vegetable preparation and mop sink in the back store, or arranging for the installation of snow retention to control the ice and snow that come off the roof to the peril of items and people below. She is also heading up the effort to build up the sagging floor in front of the dairy cooler, and is working on converting the overhead lighting in the store to efficient LED units. Presently she, as a licensed commercial pilot, is training with American Airlines in Texas and flies back when she can to continue her ministrations to the building that she has taken a commitment to.

In addition to the ongoing minutia that keep an old building functioning, convenient and safe, two major agenda items have occupied our attention. One is the invited visit of the Fire Marshall to critique our facility and our response to that evaluation. The second is the Board's ongoing search for ways that we can make more necessary space available for our Co-op's continuing growth.

The first has resulted in an evaluation of the security system in the building, with a code compliant fire alarm system. Estimates are currently being sought for the upgrade of our current system. In response to that evaluation we have reworked the emergency stairs from the Community Center, provided better access to our main circuit panel in the store, and Suburban Propane has placed a concrete protective barrier in front of their propane tank next to the drive that we use for deliveries.

The second has the Building Committee and the Board looking at the possibilities for physically expanding the building to the North near the cemetery on our ground near the compressors. There are state and town concerns brought on by our proximity to the Winooski. Hopefully we will have a clear picture by the summer.

The Building Committee is always seeking fresh insights, talents and skills, and if you are inclined to get involved, please leave a note with a staff member and I will pick it up and be in touch. ♦



Communication Committee Report

by Karen Starr

The Communication Committee met in February to discuss where we are headed and decided, among other things, to have an information table at both the Marshfield and Plainfield town meetings. Adrienne Allison will put the finishing touches on the new cart in time for the first Tuesday in March.

We also discussed the upcoming Member Meeting on Saturday, April 16th. This year the meeting and potluck is at the Twin Valley Senior Center. We plan on a little music and entertainment in addition to business and good company. So, come join us and celebrate!

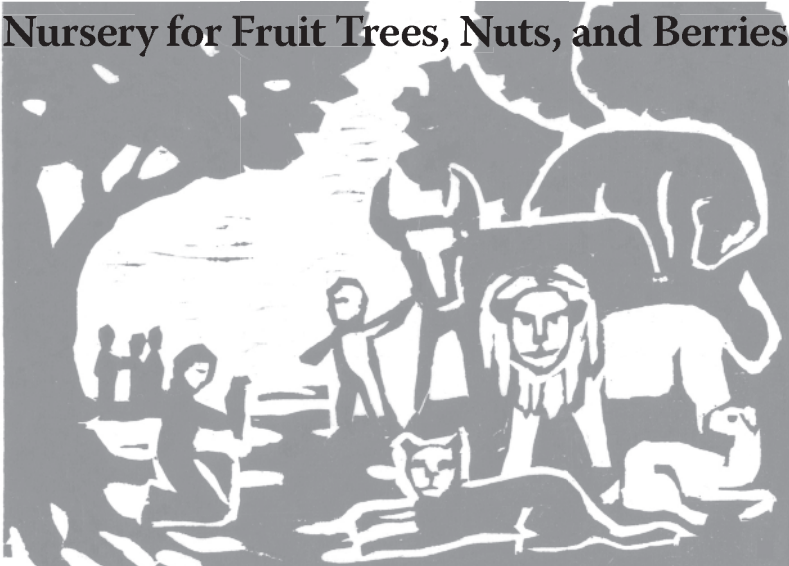
The Media subcommittee has the monthly electronic sales flyer up and running and the store's new website is functioning well. As most of their planned work is done for the moment, Media will be meeting on an ad hoc basis going forward.

The Outreach subcommittee will be gearing up to make a showing at the Plainfield farmers' market and the Jacquith Library's concerts and events this summer.

Karen will remain on the Communication Committee, but will step down as coordinator. Joseph Gainza has kindly agreed to take on that role. Thank you, Joseph. ♦

EAST HILL TREE FARM

Nursery for Fruit Trees, Nuts, and Berries



3499 East Hill Rd. Plainfield, VT
Check: www.easthilltreefarm.com

Management Report February 2016

by Karen Starr

Well, as I'm writing this, we are getting our first real cold snap of the Winter. It's long overdue, but the lack of snow on the ground makes it hard on humans and critters. However, the days are getting a little longer and the owls and foxes are thinking about mating, so life goes on even with the crazy weather we're having.

You may have noticed a new label showing up on our shelves. One of our primary suppliers recently bought out the Cadia label and decided to keep that branding. The distributor, Tree of Life, has added Cadia products and will eventually switch their own products to the Cadia label. Please be sure to tell us how you like the new items.

As many of you may know, the Co-op was recently robbed, one of a number of robberies in the area. The Management Collective has beefed up the outside lighting and staffing to make us a little less attractive for this kind of attention.

The Co-op invited a fire inspection

recently and as a result, we moved a couple of freezers to make the electric breaker panel more accessible and made some modifications to the fire escape leading from the community center. We will also be upgrading our fire and security system this Summer. Overall, the inspector was happy with the building.

We have a new, beautiful member brochure, which was very kindly designed by Cindy Wyckoff. It includes photos by a number of community members, but the main photo that graces the cover was taken by Bram Towbin. Many thanks to both of them!

Megan Conley and Jezebel Crow are now regular staff. Elan has moved on. Charlotte Domino and Aedan Scribner are spanking new substitutes.

Kathleen Hayes is still in Texas retraining to fly commercial jets, but she has blown into town a couple times and spent several days at the store making needed repairs and catching up with routine maintenance. We miss her and hope she comes back soon. Also, Spring can come anytime now. ♦

LittleWood Farm

Plainfield, Vt.

802-454-8466

*Spring Greenhouse Sale
begins May 7th*



Herb Gardening

by Dorothy Wallace

In the cold, deep, dark of winter, seeds sit dormant, the soil rests, and the earth turns to gather more light. Next, our windowsills are filled with little containers of green sprouts. And then, out to the garden, our hands in the warm dirt, marveling at the colors, smells, and shapes of the plants. Finally, the harvest is hung from the rafters, laid on racks to dry; or infused into tinctures and syrups. That is the cycle of the herb garden.

There are thousands of books, articles, websites, and friendly gardeners willing to share their know-how. The heart of herb gardening is your vision, working with your environment, and deciding what to grow.

An herb garden can be a couple of pots set on the porch, companions to vegetables and flowers, a separate potager (kitchen) garden, a tangle of a cottage garden, an intricate knot garden, a geometric monastic-inspired affair, sweeping farm fields, or whatever you can dream up. Start where you are: apartment, little back yard, wooded lot... There are herbs for every environment: shady, sunny, hot, or cool. Some thrive in a pot. Some need elbow room.

Herbs can be seasoning, tea, medicine, dye, cosmetics, or simply pleasing. If your family loves Italian food, grow a spaghetti herb garden: oregano, basil, parsley, and garlic. If you want to avoid commercial cosmetics, grow a pampering garden: calendula, chamomile,

roses, and lavender. If you are tea aficionado, grow a mint garden: peppermint, spearmint, chocolate mint, pineapple mint, apple mint, and on and on.



Art: Janice Walrafen

You may have noticed that several basic herbs are not sold at the Co-op, such as tarragon, savory, and marjoram. All have been offered but the sales did not justify their space on the shelf. Presumably, that is because they are running rampant in area gardens. Of course there are many other, easy-to-grow herbs available at the Co-op that are worth consideration for your garden. As wonderful as dried, organically grown, affordable herbs are, it is a pleasure to gather and use fresh sage or dandelions.

No matter how grand or simple, useful or whimsical, your garden is, in the end it comes down to that single herb: the wondrous geometry, the sensual treat, and the miracle of seed, sprout, and plant. ♦

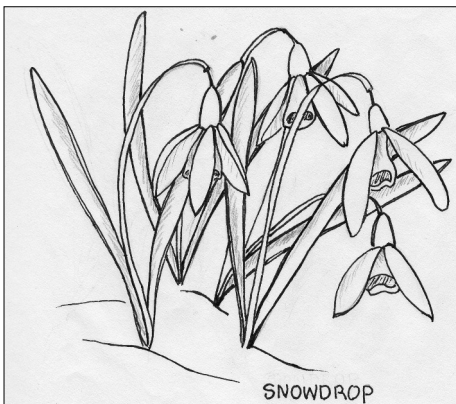
How Does Your Garden Grow?

by Glenda Bissex

Gardens come in all sizes, from containers to acres. Anyone can have a garden. This article is for those who'd like a little encouragement.

First comes the soil—well, actually, the seed catalogs come first, while the soil is still too frozen or too soggy for planting. You can get a wealth of information about how to grow different vegetables (and flowers) from some seed catalogs, especially Fedco (a co-op) and Johnny's (employee-owned), both out of Maine. The Fedco catalog is available at our Co-op or visit fedcoseeds.com. The print catalog is whimsically illustrated and is both informative and enjoyable reading. Their prices are the most reasonable. To request a Johnny's catalog or to order online visit johnnyseeds.com. Our Co-op carries a selection of organic seeds from High Mowing up the road in Wolcott.

Another great source of information is your neighbors—not just because lots of us have gardens and love to talk



Art: Janice Walrafen

about gardening, but because growing conditions can be very local: a clayey soil in my garden but sandy a few miles away, limey or acid, wet or dry, exposed to early frosts or protected from them. These conditions make a difference in what varieties will grow well and what fertilizers might be helpful. Compost always is.

Another fount of information is Alan LePage's call-in radio program "The Curse of the Golden Turnip" on WGDR (91.1 fm) Sunday mornings from 6–9 a.m.

Gardening books tend to fly off library shelves in the spring. Do not continue to read any that overwhelm or intimidate you. You CAN grow many veggies (and flowers) without a huge amount of fuss; it's in the nature of seeds and plants to grow. If you get conflicting advice about how to grow something, don't worry—it means there's more than one way to grow a tomato (or whatever). The same is true for raised beds, mulched rows or bare ground gardening—they all work. Just get out there and dig!

A modest sized plot is best if you're starting out. Gardener Henry Homeyer claims that a 10' x 12' plot is manageable with 15 minutes of work a day, assuming the ground is well prepared to begin with. After spading to a depth of about 10", pull out all weeds and grass, including roots, shaking the soil from them. If, when you pinch a bit of

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soil between your fingers, it sticks together, you have something approaching clay, which most veggies find stifling. So dig in a few bags of Vermont Compost from the Co-op. That's a good idea for enrichment purposes, even if your soil isn't clayey.

No space for a garden plot? You can grow many veggies in containers--tomatoes, cukes, peppers, all kinds of greens, and more, as well as herbs and flowers, of course.

Cabot gardener Ed Smith can help you with his book *Incredible Vegetables from Self-Watering Containers*.

Lettuce, spinach and carrots can be planted as soon as the ground has thawed in March or April. Peas and kale as well if the ground isn't soggy. Many of us buy broccoli and cabbage seedlings to transplant in early May, which is easier than direct seeding. Beans, squashes and cucumbers must wait until after the last frost, usually later in May. Tomato and pepper plants, being very sensitive to cold, get transplanted last of all. Grow what you love to eat but be aware that some veggies, corn and cauliflower, for instance, can be very demanding.

A good selection of plants, along with friendly gardening advice, are available from Littlewood Farm in Plainfield. Cate Farm in East Montpelier sells massive amounts of seedlings, usually for 3 weekends in May. Watch for signs along Route 2. Plainfield and Hunger Mountain Co-ops also sell plants.

Enemies in the garden: weeds, insects, and critters. The garden soil you have

so beautifully cleared actually harbors weed seeds that, now released, will joyfully sprout and grow faster than your little veggies, overwhelming them in June if you aren't vigilant. Weeds are any plant that competes with your garden plants for nutrients from soil, water and sun. Weeds include veggie seedlings that have germinated too thickly. Unless they're thinned, you'll have small, unhappy veggies.

Various insects and critters will want to share your garden. Inspect it frequently for damage. The *Gardens Alive* catalog and website (GardensAlive.com) is one source of help in identifying tiny culprits and organically discouraging them. Deer also enjoy some of the same veggies you do, especially brassicas (broccoli, Brussels sprouts, etc.).

A garden is to enjoy and not just to monitor and toil in. It offers the miracle of tiny seeds unfolding into leafy plants, and blossoms swelling into edible pods and fruit. It offers the delectable joy of munching on sweet, tender peas, and baby beans, and warm, juicy tomatoes that you and nature have grown. Enjoy the gift of a garden. ♦

Keep the moose out!



Art: Sally Weinstein

Wild Foraging

by *Angella Gibbons*

Are you excited about harvesting Spring wild edibles? I am, and I want to share a few local favorites, and how you might develop the skills to find, safely identify and ethically harvest wild foods. If you are brand new to this, I might suggest you find a plant-smart friend and go out on the land to learn together. And if you are fairly plant-smart, it would be great for you to share your skills with others. At EarthWalk, a nature-connection school in Plainfield, we work predominantly with children and the kids sure love to snack along the trail!

We encourage the kids, and encourage us all to develop the skills and awareness by asking and answering 5 key questions (see illustration) before we pick a plant and pop it in our mouth.

1. **Where** does it grow?
2. **How** does it grow?
3. **What** type of plant is it?
4. **Why** do you want to pick it?
5. **How much** is growing?

The reasons for the questions are to be intentional and mindful when we take a living being from the earth, and of course properly identify and have a deeper understanding of the plants. Lastly, we want to have the attitude of gratitude so we give thanks. This feels very important in the reciprocity of things.

We can find the right learning style that suits us to answer the questions. Have some fun with this! Do this with your kids and/or your friends. Create nature-journal pages; write a song; act out the likeness of the plant; peruse field guides as a practice and of course be with others who know their stuff. This learning takes time. Hopefully, you might just find another reason to spend more time outside harvesting and eating plants growing in your backyard, or the nearby forest. And we all know being in nature is good for the soul.

Happy foraging!

See the illustration for:

Some favorite trailside snacks: wood sorrel, sheep sorrel, young dandelion leaves, wild leeks, cattail shoots, trout lily and chickweeds.

Some edibles that need cooking: ostrich fern fiddleheads, cattail flower heads, and both stinging and wood nettles.

Some favorite resources: Peterson's *Wild Edible Plants*; Samuel Thayer's *Forager's Harvest* and *Nature's Garden* and Wild Man Steve Brill's *Identifying and Harvesting Edible and Medicinal Plants*. ♦

SPRING WILD EDIBLES

EPDK 2016

FIDDLE HEADS

EAT only the Fiddlehead

of the
ostrich
fern.
Look for
deep groove
in stem.
Boil 'em
up, pour
off water



Wood Sorrel

Leaf and Flower



SHEEP SORREL

* EAT sparingly.
Large amounts
mildly toxic

CHICKWEED

MOUSE
EAR
AND
COMMON

LEAF
AND
FLOWER
RAW
OR
cooked



Dandelion

Leaf esp.
early
Leaf heads,
FLOWERS,
Buds,
Roots
(TRY ROASTED
FOR TEA)



WILD Leek

RAMPS,
WILD ONION,
WINDOOS...
Red or white
stem, smells
like onion.
Leaf ≠ Bulb.
* do not confuse
with Lily of the
valley: toxic!
only eat if
smells strong
of onion.



CAT TAIL

young shoots
tender
and
good

* do
not
CONFUSE
w/ IRIS,
Lily or
calamus



The Wild Forager's 5 Key Questions

1. WHERE DOES IT GROW?
FOREST, FIELD, SWAMP, IS AREA POLLUTED?
WHERE DID THIS PLANT COME FROM?

2. HOW DOES IT GROW?
BRANCHING PATTERN, LEAF SHAPE, COLOR, STYLE,
SMELL, FLOWER, FLOWER SHAPE, #'S, PERSONALITY?

3. WHAT TYPE OF PLANT IS IT?
HAVE YOU CHECKED A FIELD GUIDE AND ASKED
A PLANT SMART ADULT? ARE YOU SURE?

4. WHY DO YOU WANT TO PICK IT?
MEDICINAL OR EDIBLE? ARE YOU SURE?
WHO ELSE DEPENDS ON THIS PLANT?

5. HOW MUCH
HOW ABUNDANT IS THIS PLANT?
TAKE NO MORE THAN A THIRD.

+ 6. GIVE THANKS ♥

STINGING + WOODS NETTLE

EARLY
Spring leaves
and shoots very good.
Cooking removes sting.



Leaf & root
* eat sparingly
esp. raw
mildly toxic
in large
amounts

TROUT LILY



Illustration by Erik Gillard

Spring Menu

from Wild Bee Farm by Daniel Marcus and Amba Connors

Moroccan Chick Peas
Mixed Olives
Crepes with Early Spinach, Goat
Cheese and Pears
Potatoes and Crimoli Mushrooms
Baked in Cream
Early Greens Salad with Honey
Mustard dressing
Tuscan Orange Cornmeal Cake

Moroccan Chick Peas

1 large can chick peas (garbanzos)
drained and rinsed. Pat dry.
2 T. olive oil
Zest of one lemon
3/4 t. cumin
3/4 t. paprika
1 t. salt (or more to taste) (so says Mr.
Salty.)
1/2 t. pepper
1/4 t. ground ginger
1/8 t. cayenne pepper
1/2 C. chopped almonds
1/2 C. dried apricots, those sticky
organic ones from Turkey are best.°

Preheat oven to 400

Toss chickpeas, oil, zest and spices in a
bowl.

Spread mixture on baking sheet, put-
ting bowl aside. Mix nuts in bowl,
picking up excess oil and spices.

Bake chickpeas for 30 to 40 minutes,
shaking occasionally. Make sure that
they aren't burning. Add nuts and mix,
then bake for 5 minutes more. Let cool.

Mix with apricots.

Crepes with Early Spinach

Seriously, you can make crepes with
any 7" pan but it's much easier and
enjoyable with a proper crepe pan. I
got mine at Capitol Kitchen in
Montpelier where I get most of my
cooking equipment because they
always have what I need and I really
like the good people who work there.

Crepes:

1/2 C. organic whole wheat pastry
flour
1/2 C. organic buckwheat flour
1 C. milk
2 eggs
1/2 t. salt
butter

Blend at low speed and store at least an
hour. Overnight is best.

Heat crepe pan. When hot, swirl the
end of a stick of butter around the pan.

Pour 1/4 C. of the batter into the hot
pan, tilting to make sure the batter cov-
ers the bottom of the pan.

Brown the bottom of the crepe lightly,
turn and brown the top. Place on a
platter in a warm oven. Repeat. Add
milk in small amounts if you think the
batter is too thick. (It often is.)

Crepe Filling:

1/2 lb. or more of early Spring spinach
cleaned and chopped
2 small red onions diced
2 ripe pears diced
1 small pkg. of Vermont Creamery
Chevre
butter

Melt a Tbsp of butter in good size pan.

Sauté onions until transparent on low flame.

Once onions are transparent add pears and cook till soft.

Add chopped spinach and sauté.

Once spinach is wilted and nearly cooked crumble the Chevre and add to pan.

Mix all ingredients well and when Chevre is melted, spoon mixture onto crepe and roll up, nicest side outward, seam down. I put the finished crepe back into the oven to stay warm till all of them are done.

Potatoes and Crimoli Mushrooms Baked in Cream

Any good mushroom, especially wild, will do. Chanterelles are sublime.

2 lbs. Carola Gold potatoes, peeled and sliced into 1/2 inch rounds

1 lb. mushrooms

2 T. butter

1 clove garlic, chopped fine

1 1/2 C. heavy cream. You can also use half and half, but....

Pepper

Preheat oven to 375°

Clean and slice mushrooms 1/4 inch thick. Heat butter in a heavy pan and add mushrooms and garlic. Cook for about 5 minutes.

Lightly butter a baking dish. Layer half the potatoes and season with salt and pepper.

Add the mushrooms. Cover with the rest of the potatoes. Season again.

Pour the cream over the top and bake for 40 minutes or until the cream is absorbed and there is a golden crust.

Tuscan Orange Cornmeal Cake

An Italian cake made with olive oil instead of butter. We served it this time with powdered sugar and whipped cream but drizzling the cake slices with a sweetened orange juice reduction is both traditional and wonderful.

1/2 C. olive oil

2 large eggs

1 C. sugar

Juice of 1 orange (remove the zest first), add lemon juice to make 1/2 C.

1 1/4 C. flour

1/2 C. cornmeal

2 t. baking powder

zest of above orange and zest of another orange too

Preheat oven to 375°

Line bottom of an 8" cake pan with parchment paper and brush with oil.

Whisk oil, eggs, sugar and orange juice.

Add flour, corn meal, baking powder, salt and half the zest.

Pour into pan and bake 35 to 40 minutes, till sides of cake pull away from pan.

Let cool and cut into slices. Lightly dust with powdered sugar, put cake slices on dessert plates and top with a generous blob of whipped cream and sprinkle with remaining zest.

Nancy Ellen's wine pairings

What a treat to be able to enjoy Daniel's delicious menu and try out some wine pairings with it! It felt like we were having dinner at a fancy (yet very cozy!) restaurant with good friends.

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For the hors d'oeuvres, I brought a lovely, light vinho verde, the Pavao. Vinhos verdes are from Portugal, and are fresh, young wines with just a touch of effervescence. They also tend to be very reasonably priced, and the Pavao is no exception -- it's one of the Co-op's most popular wines. We all loved the way it paired with the olives and the Moroccan chickpeas.

To serve with the main meal, I brought something with a bit more body, depth, and complexity, but that still wouldn't overshadow the more delicate flavors of the crepes. The Bila Haut Cotes du Roussillon white was perfect, comparable to a chardonnay, but with a very

different flavor profile, more subtle. An excellent food wine, great with our meal, and tastes like a wine you'd spend a lot more than thirteen bucks for!

For the dessert I settled on the Castillo Perelada brut rosado cava and it turned out to be an excellent match-up. I wanted the sparkly lightness of cava, but also something with just a touch more fruit to complement the orange in the cake, so I chose the rosado (or rose) rather than the white cava. The rosado has a beautiful clear cherry color and a lush yet still elegant berry quality on the palate. Truly delicious with the superlative orange cake, and a great finish to our wonderful evening. Cheers! ♦

Being a Good Samaritan

In case you haven't noticed, a drop-off box for donations for Good Samaritan Haven in Barre (Central Vermont's only shelter for the homeless) is now located in the Co-op, under the counter in the coffee bar area. Donations of the following five most needed items are welcomed: deodorant, umbrellas, male and female underwear (new only), nail clippers, and adjustable belts (men's). The shelter can also always use socks. Many thanks to everyone who has dropped off items so far. According to the shelter, donations "are heartily received, to put it lightly. There are a lot of people who come with nothing, sometimes just the clothes on their back. And we're a small nonprofit, and donations are wonderful because then we don't incur that expense. I can't say it loud enough. Literally there are folks who come in here with absolutely nothing. Nothing is wasted." This collection was initiated by a Co-op member who is grateful to the Co-op for its generosity of spirit.

Farm to Freezer Vegetables from the Neighboring Food Co-op Association

The Farm To Freezer program supplies us with frozen vegetables from small family farms in the Northeast, packed by the Neighboring Food Co-op Association (NFCA).

"Our member food co-ops purchase an estimated \$50 million in local products annually," said Erbin Crowell, NFCA executive director. "And by working together, we can do more to grow a more healthy, sustainable and co-operative regional food system."

Our Farm to Freezer vegetables are easy to find in our freezer section - they're packed with a simple black and white label and a clear package so you can see what's inside:

- **Organic Broccoli:** Established in 1818, Hepworth Farms is a seventh-generation family farm in Milton, NY, in the Hudson Valley. Today, the farm includes 250 acres of NOFA-certified land yielding more than 400 varieties of organic vegetables.

- **Organic Green Beans:** Martin and Christa Stosiek started Markristo Farm in 1988 on the land where Martin was raised in Hillsdale, NY. Active board members of Berkshire Grown, the Stosieks are committed to healthy food systems and sustainable agriculture.

- **Organic Edamame:** New this year, our organically grown edamame is grown by Markristo Farm in Hillsdale, NY.

Sweet Corn: Our delicious, non-GMO sweet corn is grown by Altobelli Farm, a third generation farm in Columbia County, NY. John Altobelli has been farming on this land for over 30 years, using minimum tillage, drip irrigation, cover cropping, and no chemical fertilizers or pesticides.

We hope that you will try these regionally grown and processed vegetables - available exclusively at our Neighboring Food Co-ops! Please let us know what you think. ♦

PLAINFIELD COMMUNITY CENTER



Space available for your:

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\$9/hr. for Co-op Members, \$15/hr. for Non-Members

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

Scheduling Book at Co-op Register

More Information?

Contact Jonna Wissert at jonnawissert@gmail.com



Using the Community Center benefits The Plainfield Co-op



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