

CO-OP Mission

The Springfield Food Co-op operates as a member-owned store that provides healthy natural foods, emphasizing local and organic products, in keeping with the International Cooperative Principles and Values, and with our Purposes and Aims.

**BOARD MEETINGS EVERY
4TH THURSDAY 6PM @
SPRINGFIELD S&L**

(CONFIRM WITH US FIRST)

**AGENDA AVAILABLE AT
THE CO-OP**

MANAGER'S CIRCLE BY CINDY PHILLIPS

Winter is the perfect season to consider cooking as an art or a hobby and a source of fulfillment. Imagine the transformation that would occur—in our lifestyles, our communities, and the earth—if we changed our relationship with food, if we focused on food as physical and spiritual nourishment? This mindfulness is at the core of the Slow Food Movement, which embraces a love of food and a respect for the environment.

The Slow Food Movement is a back-to-the-kitchen movement that extends to global issues. It includes the person taking the time to knead dough or simmer a homemade soup in their home as well as the one frequenting a restaurant featuring local food (Weathersfield Inn) and the lobbyist fighting for the rights of

local farmers. The Co-op mission and values has always aligned with the Slow Food Movement.

Important issues to both the Co-op and the Slow Food Movement include:

- **Environmental sustainability.** The Slow Food Movement underlines the risks of agribusiness, factory farms, genetic engineering, monoculture, and pesticides—risks like depletion of the soil, pollution of the air and water, and the loss of small farms and rural communities.
- **Good food.** Industrial food production does not yield the most nutritious, delicious, or life-enhancing foods. The Slow Food Movement celebrates artisan foods (like beautifully

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MESSAGE FROM THE BOARD OF DIRECTORS

The Springfield Food Co-op continues to thrive and grow, and we want your help in making this organization the best it can be.

Would you be interested in becoming a Working Member? You'll meet new people, support the Co-op, and earn **discounts of 5 to 10% off** all Co-op purchases!

In addition to our regular in-store Working Members, we're currently looking for a few good souls to join our Board of Directors and several committees.

Do you have a background in business or financial management? Interested in seeing close-up how a successful cooperative business is run? If so, please consider standing for election to our **Board of Directors** at the annual meeting in May. You're welcome to come sit in on our monthly meeting to see how it works.

We are also looking for members to join the following committees.

Personnel: This committee is an important resource for management and

staff. Responsibilities may include consulting on personnel issues, helping to draft changes to policy, and hearing grievances.

Membership: This newly forming committee will be responsible for organizing the Annual Meeting, membership drives, mailings and the membership list.

Finance: These wonderful people assist the Treasurer and the Board in keeping a close eye on the Co-op's finances.

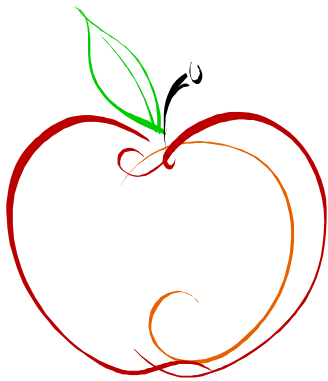
Website: This committee keeps our website up-to-date and professional looking.

Promotion: This committee helps organize advertising and community outreach projects; writes press releases; and is also responsible for our beautiful quarterly newsletter.

Does one of these look like a good fit for you?

For more information or to sign up, please contact Anne Nordstrom, Board President, at nordstro@aol.com or Pam Goldman, Nominations Chair, at Mountaingirl1069@hotmail.com.

Thank You once again to the **Springfield Printing Corporation** for printing our beautiful newsletter. Owners Mark and Bruce Sander-son are very supportive of local businesses, so please support them!



The Co-op carries many of the supplements that help you stay healthy and fight off colds, including probiotics.

WELLNESS CORNER

Well, winter is here in all its glory, beautiful white snow blanketing the pine trees and glistening icicles hanging from the roofs. It's also here with its vengeance: the colds, flu and lack of warm sunshine.

I guess we have decided to live in New England so let's enjoy its beauty and protect ourselves from its vengeance.

Let's start with an old time remedy that's been passed down in my family for generations, honey and vinegar. I think most Vermonters have heard of this, but in case you haven't...try drinking 1 Tbsp

BY DAWN GREENWOOD

Apple cider vinegar with 1 Tsp honey in hot water a few times a day. If nothing else it warms your heart and soul to make you feel better.

On to vitamin C... my favorite way is with Emergen-C (any flavor is good). I think everyone has heard of Echinacea at the first sign of a cold to boost your immunity...the Coop has many forms of this herb, from tinctures to pills to provide for most people's needs. And last but not least on my list is zinc, proven in many studies to shorten the length of a cold if taken at the first signs. I

really like the lozenges for zinc, they taste great and you can eat them anywhere.

So let's all stay healthy and if we do get that strong bug we just can't kill, rest, drink plenty of fluids and if needed seek your health care provider's advice.

Dawn Greenwood practices at the Springfield Holistic Health Center. She is a Massage Therapist, ACE Certified Personal Trainer, and has taught group fitness classes since 1985.

We love the maple-nut flavor combination of this heart-healthy granola, but feel free to substitute your favorite nuts or dried fruit for your own custom blend.

WINTER RECIPE: Maple Granola

Makes 10 cups

- 5 cups organic rolled oats
- 1 cup unsweetened coconut flakes
- 1/2 cup almonds
- 1/2 cup coarsely chopped pecans
- 1/2 cup light brown sugar (optional)
- 1/3 cup unsalted pumpkin seeds
- 1/3 cup unsalted sunflower seeds
- 1/2 cup pure maple syrup
- 1/2 cup water
- 1/4 cup canola or coconut oil
- 1/2 cup dried cranberries
- 1/2 cup raisins

Nutritional Information: Per 1/2-cup serving: 255 calories; 12 g fat (3 g sat, 4 g mono); 0 mg cholesterol; 32 g carbohydrate; 6 g protein; 4 g fiber; 15 mg sodium; 92 mg potassium.

Make Ahead Tip: Store in an airtight container for up to 2 weeks.

1. Preheat oven to 275° F.
2. Combine oats, coconut, almonds, pecans, brown sugar, pumpkin seeds and sunflower seeds in a large bowl. Combine syrup, water and oil in a medium bowl or large measuring cup and pour over the oat mixture; stir until well combined. Spread the mixture into a large (12-by-15-inch) roasting pan or large rimmed baking sheet.
3. Bake for 45 minutes. Remove from the oven, stir, and continue baking until golden brown and beginning to crisp, about 45 minutes more. Stir in cranberries and raisins. Let cool completely before storing.

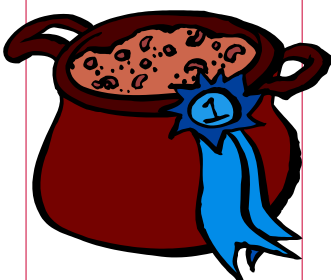
Call for Contestants and Judges!

The Co-op is sponsoring a **Chili Cook-off** on **Saturday, 2/14**, Valentines day. Anyone can enter—just bring a 16oz. sample to the Co-op at 12:00 noon for judging. Categories are chicken/turkey, beef, and vegetarian.

Customers will be the judges, and a Co-op gift certificate will be awarded to the winner in each category.

The Co-op will also be offering a variety of tasty cornbread samples for your enjoyment. Don't miss it!

Upcoming Event!



MANAGER’S CIRCLE...CONTINUED FROM PAGE 1

crafted breads and farmstead cheeses) the culinary arts (how to cook, not quickly, but skillfully), and seasonal celebrations of local foods and traditions (like an autumn harvest community potluck and the sharing of heirloom varieties of produce).

- **Local foods.** Local is the heart of the Co-op. Foods that don't travel a long distance from farm to plate are more nutritious and delicious than those that are shipped across the country to the grocer's shelves and our tables. Eating locally produced food respects and supports our communities, the small family farm, traditional ways of growing food, and the concept of seasonal availability.
- **Fair food.** When we think about how the food that we eat has been produced, we learn to care about fair wages and good living conditions for the farmer and farm workers. Ensuring that no one was exploited in the production of our food is a crucial component to the responsible enjoyment of it. Look for the universal Fair Trade logo on these products at the Co-op

If you are interested here are a few simple ways to become part of the movement:

- Support your local food cooperative, where you'll find healthful choices as well as opportunities to explore food issues.
- Teach your children—and/or neighborhood children—to cook.
- Look into the history of the food you eat; make sure all the people involved in producing it were treated fairly.
- Try something new like sprouting, canning or fermenting.
- Learn more about the Slow Food Movement. Visit: www.SlowFood.com
- Commit to at least one leisurely, enjoyable meal each day—whether it's at the family dinner table or a community potluck. Eat thoughtfully and appreciatively.

Do you have a skill to share?

The Co-op is planning Sustainable Living Workshops for the spring and summer.

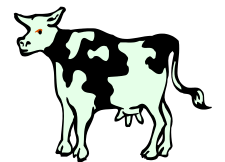
• Topics may include gardening; making a cold frame, saving seeds, cooking; bread making, soup making as well as canning, preserving, fermenting, etc.

• If you're interested in leading a workshop, either singly or as part of a team, contact Cindy Phillips at sfc@vermontel.net or 885-3363.



MEMBER PROFILE: ROBERT O'BRIEN

You may know Rob O'Brien as an acclaimed watercolor artist from Perkinsville. Rob is also a long-time Co-op member and a believer in local, organic, and sustainable food. He has supported the Springfield Food Co-op since its inception in the early nineties. When the new store was being constructed, Rob donated his carpentry skills and hours of hard work. He still volunteers occasionally as a working member. Co-op General Manger Cindy Phillips says, "the Co-op greatly appreciates the support Rob has provided over the years. We want to recognize him as a member who has contributed a lot to the success of the Co-op."



Rob supports the Co-op because he believes in it as a resource, and because he believes in the strong community it fosters. He appreciates the new store, and does 95% of his shopping there. Rob notes that the new store "says a lot about this community." He sees volunteering as "doing his share," but he also gets something out of the experience: meaningful interactions and connections with the people who shop and work at the co-op. And of course, the extra discount is always nice.

Check out Rob's website at: www.robertjobrien.com for details on his upcoming art exhibits.



Springfield Food Co-op
 335 River St. Springfield,
 Vermont 05156
 802-885-3363
 Springfieldfoodcoop.com

Large Enough to Meet Your
 Needs~ Small Enough to Meet
 Your Neighbors

Minutes and agendas:
 Available at the Co-op, and online at
<http://www.springfieldfoodcoop.com>.



Co-op Hours

Monday — Saturday:
 8am — 6pm

Thursdays: open until 7pm

Sundays: 10 am — 5 pm



Event Alert!

Chili Cook-off

Saturday,
 February 14

Judging at 12:00
 noon — See page 2
 for details.

HELP US CONSERVE RESOURCES - SIGN UP FOR E-MAIL NEWSLETTER DELIVERY!

Just email springfieldcoop@yahoo.com with “electronic newsletter”
 in the subject line. It’s that easy!

Co-ops with Reciprocal Member Discounts:

Brattleboro (VT)

Buffalo Mountain (VT)

Kingdom County (VT)

Plainfield (VT)

Rutland (VT)

Greenfield (MA)

Wild Oats (MA)

Belfast (ME)

Honest Weight (NY)