

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 @
CHITTENDEN BANK

(CHECK WITH US FIRST)

AGENDA AVAILABLE AT
THE CO-OP



MANAGER'S CIRCLE BY CINDY PHILLIPS

Local Bounty

Living in the lush Connecticut River Valley we are already beginning to see the first local produce appear at the Co-op. We are enjoying lettuces from **Westminster Organics**, spinach and French Breakfast radishes from **Mile Hill Farm** (Springfield) and now strawberries!! Between your special visits to the farmer's markets, consider the Co-op your everyday farmer's market! We've got local connections.

Aside from being delicious, local food is good on many levels. Consuming locally produced food:

- Supports the local economy, translates...your neighbors, friends, rela-

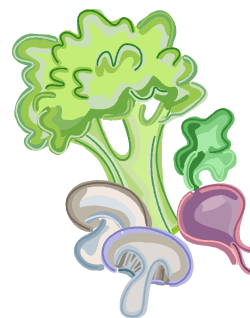
tives, town.

- Offers peace of mind in knowing the source of your food.
- Preserves the land that surrounds you.
- Brings you the FRESH-EST food!

In addition to produce, please consider taking the local choice a step further. Local food that has been raised in a free range, grass-fed way is nutritionally superior to that produced in commercial feedlot facilities. Choosing **Blackwatch Farm** (Weathersfield) beef and eggs and **Misty Knoll Farm** (New Haven, VT) chicken and turkey are better choices for your health. One way to measure is by the data below.

(continued on page 3)

A very big thank-you to the **Springfield Printing Corporation** for printing our beautiful newsletter in March, and this June newsletter as well. Owners Mark and Bruce Sanderson are very supportive of local businesses, so please support them!



MESSAGE FROM THE BOARD OF DIRECTORS

Debit or Credit? Check, Please!

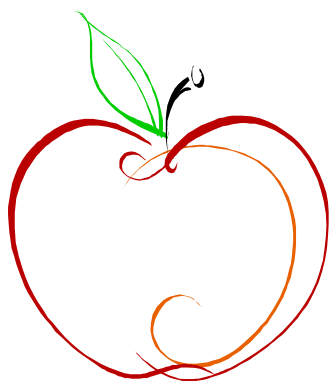
We would really rather have a check! No pressure ~ no worries, we will gladly accept any legal tender that you offer. Although we have shopped around for lower credit/debit processing fees, they still cost the Co-op a lot of money every month. We pay the highest fees on rewards cards from commercial banks. So in an effort to reduce overhead costs we are asking for your help. Thanks!

In April we finished up another successful year at the Co-op. The second year in our new location has brought us great sales growth and great new staff, and all systems are working well. The General Manager and Board of Directors have renewed their commitment to work together in fulfilling the Co-op's larger mission of providing services and activities that will enrich the life

of the community and promoting nutritional and sustainable local and regional foods. We look forward to another healthy year, and the Directors welcome any and all co-op members to come to board meetings and contribute their thoughts.

Welcome to our newest Board member: Peter Hingston!

WELLNESS CORNER BY DAWN GREENWOOD



**Think globally...
EAT Locally!**

Where's the Silver Lining?

I am a "glass is half full" kind of girl, so with that in mind let's do a little brainstorming to find the silver lining with these gas and oil prices through the roof.

The first thing that comes to my mind is:

Healthier people. If we all commit to walking or riding our bikes to work or to do errands a few times a week we would decrease our blood pressure, lower our cholesterol, and help decrease the rate of type II diabetes (an epidemic in this country). We could walk or ride our bikes to the gym as our warm-up instead of driving there. With just these few easy-to-do suggestions, maybe we could even save more than just the money on gas and oil. We could save on our health care as well.

Second, we can **help build a better, stronger community**, by supporting businesses that sell local produce and products from Vermont and New England. This will help decrease the use of fuel for both our driving and for companies delivering the goods. Let people know that you are buying local and how easy it is and (usually) less expensive to support your community. Spread the word about our Coop to anyone who will listen. We can make positive changes one person at a time.

And last but not least...The increase in price of fuels has us all thinking how can we **conserve energy**, and how can we harness the energy from our sun, wind and waterways? Let's try to make the small effort to turn out lights we

are not using, turn down the heat in our house and on our water heaters, and use the air conditioner less or not at all (this is northern New England, how much do we really NEED it?). Take the time to investigate alternative ways to heat and cool and do a few of the small things we can do to conserve, it all adds up! Most importantly support the local businesses that are on the same page as we are!

After all this brain storming, I think my glass is more than 1/2 full. Let's keep positive and find alternatives!

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.

SUMMER RECIPE: CALABACITAS (ZUCCHINI WITH FRESH CORN, PEPPERS, AND TOMATOES)

This recipe is fantastic in late summer, when fresh corn, tomatoes, and summer squash are all locally available and delicious!

You can add lima beans for protein, or serve this as a side dish.

Ingredients

- 2 tablespoons olive or vegetable oil
- 3 long, slender zucchini
- salt
- 1 teaspoon dried, or 1 Tbsp fresh oregano
- 1 teaspoon ground cumin
- Kernels from 2 ears fresh corn
- 2 to 3 Poblano peppers, roasted (see note)
- 3 large tomatoes, diced
- freshly ground black pepper to taste
- 1 1/2 cups shredded cheese (cheddar or jack)
- 3 tablespoons chopped fresh cilantro

Trim the zucchini. Cut into quarters lengthwise and slice 1/2 inch thick. Peel, seed and dice the peppers.

Heat the oil in a deep sauté pan over medium-high heat. Add the zucchini and 1/2 teaspoon salt and cook 5 minutes, stirring often, until the zucchini starts to soften.

Add the oregano and cumin and cook, stirring constantly, until well coated, 2 to 3 minutes longer. Lower the heat to medium and stir in the corn, peppers and tomatoes. Cook, stirring often, until all the vegetables are soft but not mushy, about 15 minutes. Add a little water to the pan if the vegetables get too dry.

Just before serving, stir in the pepper, cheese and cilantro.

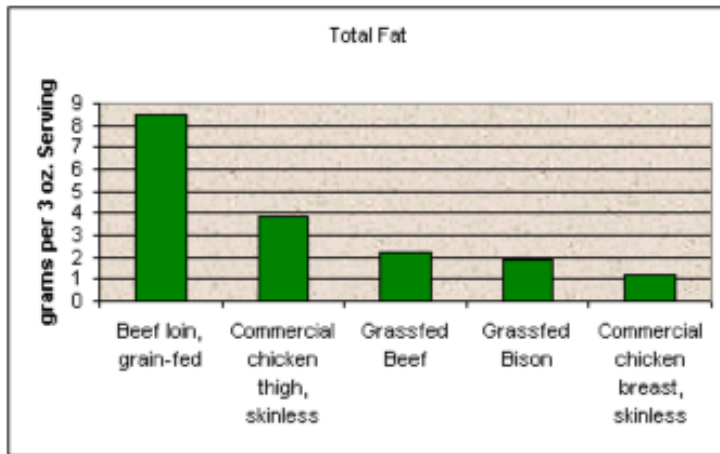
A note on peppers: Feel free to use whatever sweet or hot peppers are available locally when you make this. The dish is delicious with roasted peppers, but you can use raw diced peppers too.

— Christine Speidel



Summer 2008

MANAGER'S CIRCLE...CONTINUED FROM PAGE 1



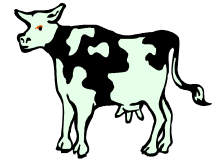
We are fortunate to be surrounded by so many productive farms that are run by farmers who have passion for what they do. Just like a farmer's market, we offer a wide range of

the best locally produced food like Vermont honey & syrup, cheeses, breads, meats, salad dressings, pesto, fresh pasta and more. We also support local craftspeople by selling their beautiful work.

Local is Fresh!

Thank you for supporting the Co-op, see you soon!

— Cindy



Got F.L.O.P.?

**Fresh Local Organic
Products are always
at the Co-op**

2ND ANNUAL MEMBER APPRECIATION DAY—FRIDAY, JULY 25TH

Mark your calendar for a fun-filled day of activities to show our appreciation for the members and customers of the Springfield Food Co-op. Members will receive a 5% discount all day on purchases, and will have the opportunity to enter a free raffle for local services and goodies, including a 1 hour massage, Co-op gift certificates, a glider ride, reusable shopping bags, and more.

Stop by the Co-op all day long for a refreshing slice of watermelon, perfect for cooling down on a hot summer day. How's your aim?? We'll have special prizes for hitting the watermelon seed target! Chair massages will be available free of charge to everyone from 3 - 6 p.m.

Co-op Member Appreciation continues into the evening from 6 p.m. to 8 p.m. with free family-friendly festivities at Cherry Hill Farm in Springfield. Cherry Hill Farm is run by our newest board member, Peter Hingston, and his wife Vicky. Join the Hingstons, the co-op staff, management and Directors in watching the sunset from the spectacular heights of the farm. The farm will offer delicious pick-your-own berries for sale (member discounts apply for this event), which are wonderful for freezing and savoring during our long winters (if you can make them last that long).

The Co-op will provide a light supper featuring Frank's Franks from Blackwatch Farm (Weathersfield) hot off the grill, and fresh local greens. Good old-fashioned fun will include music and field games like egg races, three-legged races and sack races. We'll cap it all off with the freshest raspberries and homemade ice cream in the valley, courtesy of the Hingstons at Cherry Hill Farm.

Everyone is invited to stop by the co-op, and join us at the farm to be appreciated, on **Friday, July 25th!**

Cherry Hill Farm is located at 409 Highland Road, Springfield; just follow the signs from the center of town. Check out the farm website at www.cherryhillfarmvt.com.

Co-op Hours

Monday — Saturday:
8am — 6pm

Thursdays: open until 7pm

Sundays: 10 am — 5 pm

We are now open until 6 p.m. on Saturdays and until 5 p.m. on Sundays..

Coffee and Muffins are available, so make your java stop at the Co-op!



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>.

Open 7 Days

Upcoming Event:

Customer

Appreciation Day

Friday, July 25

All day long — See
 page 3 for details.

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)

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

The Co-op is becoming more efficient and sustainable with e-mail delivery of our quarterly newsletter. Our goal is to save about 12 reams of paper per year, not to mention postage! And we hope that most people will be happy to have less paper mail to recycle.

To help us make the switch, please send a quick note to:

springfieldcoop@yahoo.com with
 "electronic newsletter" in the subject
 line. We will capture your email address
 and you will receive the next newsletter in
 your inbox!

Thanks to all who have signed up so far.

