

CO-OP Values

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity. In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.

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

Our Mission Statement

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 Co-operative Principles and Values, and with our Purposes and Aims. For more information about our mission, please visit our website: <http://www.springfieldfoodcoop.com/Mission.Statement.aspx>.

This is our purpose every-day. Every day we con-

sider your health, your wallet, your values, and your tastes. Every day we consider our farmers, our community and our environment. We want the best for your health and will continue to strive to meet your expectations.

I want to sincerely thank those of you who have had a chance to respond to our recent survey. Your input into operations is a very valuable tool to help us better serve you. If you did not receive an invitation to the survey

electronically, paper copies are available at the Co-op to fill out. Also, you can find a link to the survey through our website at <http://www.springfieldfoodcoop.com/Events.aspx>.

Most of all, I want to wish you a very Happy Thanksgiving and good health.

With gratitude,

Cindy Phillips

General Manager of...
Your Co-op

MESSAGE FROM THE BOARD OF DIRECTORS

Despite the cold and rainy growing season, we've seen an abundance of local food, friends and fun at our wonderful co-op.

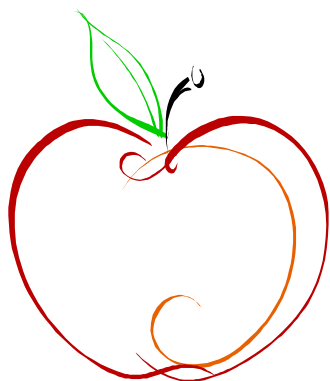
To everyone who attended our Annual Member Meeting in May, wasn't the *music* fantastic? And the *food* was delicious and healthy. Thanks to the What Are We Doing This Four barbershop quartet and everyone who contributed. We reviewed our accomplishments for the year and shared our dreams and goals for the upcoming year, we said goodbye to some board members and thanked our officers. A great time was had by everyone.

We welcome Susan Hall, of Springfield, as our newest director, and congratulate

Anne Nordstrom and Frank Manafort who have each signed on for another term. Our board of directors is in great shape; tight-knit, professional, highly functional and a fine group of folks committed to the mission of building community through food.

It's not too soon to think about applying to be on the board of directors! If you're interested in finding out what we're about, come to any meeting, the fourth Thursday of every month, and see for yourself.

Meanwhile, thanks to all of you who are members, volunteers and shoppers; it's you who help the co-op remain strong, profitable and able to support local agriculture and producers.



NUTRITION AND EMOTIONAL WELL-BEING BY JUDY EDWARDS

I have a question for all of you readers:
What did you eat for breakfast?

This is a question I began asking my therapy clients who appeared before noon, complaining of being tired, listless, hopeless, depressed. Their body language spoke volumes – they would have much rather gone to sleep on my couch than deal with life or psychological issues. Hence the question: What did you eat for breakfast?

“Oh, I didn’t have any, I was in a hurry.”
“Oh, a cup of coffee and a doughnut.” Or two doughnuts, two coffees and no doughnuts... sweet cereal, last night’s pizza... Bingo! I’d be depressed too! Did it ever occur to you that your body is telling you something? Maybe, that you aren’t eating right? Particularly, you’re getting no protein for the first meal of the day.

I can’t stress how important protein is first thing in the morning. Why? When we wake up, our blood sugar is at a resting, fasting, level. It’s low. If you eat something sweet, your blood sugar rises above the fasting blood sugar level, *but by noon it has sunk*

back down, BELOW the fasting blood sugar level.

We get hungry when our blood sugar level is low! So, well before lunch, we crave something sweet. Poor breakfast habits lead to cravings and weight gain, as well as making you miserable. However, if you have protein in the morning, your blood sugar level doesn’t rise as high as with the sugar or carbohydrate “hit”. It also *doesn’t fall back below the fasting blood sugar level.* You can wait until lunch to eat a healthy meal!

How do you get protein in the morning – especially if you’re in a hurry? The Co-op has many options, not all of them eggs. Allergic to nuts, I can’t do peanut butter on whole grain toast, but I love sesame tahini. Tofu can be mixed in health drinks. Or sautéed – my favorite is with tomatoes. Whole grain cereal has adequate protein, as does yogurt – and any kind of fish. Grill fish one night and finish it for breakfast the next. You will have more energy, and be able to conquer sugar cravings. Try it!

Judith Edwards, LICSW, practices in Springfield, Vermont.

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

FALL RECIPE: ROASTED Beet Salad with Goat Cheese

This is an easy, tasty fall salad that can be made in small or large quantities. You can stir the goat cheese into the dressed beets to make more of a sauce if you like. This is very tasty, but be warned that the dish will turn a bright magenta if you do this.

Ingredients:
Beets
Walnuts
Soft fresh goat cheese
Olive oil
Salt & pepper

Shallot vinaigrette:
1 shallot
2 Tbs red wine vinegar or lemon juice
salt and pepper
6 Tbs extra virgin olive oil

Peel beets, then chop into bite-size pieces. Toss with a little olive oil, salt, and pepper. Roast at 400° (or whatever temp is convenient) until done, about 20 min or longer,

depending on size. After 20 min, test them every 10 minutes until done.

While the beets are roasting, toast the walnuts (if desired), then roughly chop. Make the vinaigrette: Finely dice the shallot, then put it in a bowl with vinegar and a pinch of salt. Let stand for at least 15 minutes. While beets are cooling, finish the vinaigrette by gradually whisking in oil. The quantities above make about ½ cup. If making lots of beet salad, you may want to double the recipe.

Mix the warm beets with enough vinaigrette to coat. Taste, and add more lemon juice and salt if needed. Mix in as many walnuts as you like. Crumble or chop the goat cheese. Sprinkle goat cheese on top of beets. Serve on a bed of salad greens, warm or at room temperature.

— Christine Speidel

Autumn 2009

SECOND ANNUAL CO-OP SCHOLARSHIP AWARDED

This past June, Tyler Albee of Springfield was selected to receive the Co-op's second annual \$500 scholarship. The Co-op scholarship is awarded each year to a promising local student that will be pursuing higher education in the field of environmental studies or agriculture.

This fall, Tyler is a freshman at Worcester Polytechnic Institute in Worcester, Mass. He plans to study civil or environmental engineering, with a focus on energy and renewable resources. Tyler believes that the importance of energy and renewable resources will only grow in the future, and engineering is the right fit for his talents. Tyler credits his high school math and science teachers for encouraging him to pursue an engineering career.

Part of the Co-op's mission is to work for the sustainable development of our community. We believe that developing local and renewable resources is crucial to this goal, and we wish Tyler the very best of luck in his studies.

APPLE CIDER VINEGAR: GOOD FOR YOU, AND TASTY, TOO!

Apple cider is just about as Vermont as you can get. It evokes everything from home-grown apples and local Vermont processes to Yankee uses like natural cleaning products and home remedies. It even makes an awesome electrolyte balancing sports drink.

Honest To Goodness, made by Robert Machin and Joanne Liddell of Gingerbrook Farm in Vermont's South Washington, makes one of the best-tasting vinegars sold at the Co-op. It's considered "artisanal" vinegar by those in the know. Vinegar becomes artisanal by timing the aging and controlling the fermentation with special strains of acetobacter, unlike the heat processing of supermarket vinegar which destroys all the enzymes that give cider vinegar its healthful qualities and most of its rich flavor.

As a Celiac patient I use apple cider vinegar in gluten-free baking as a dough enhancer. The vinegar gives the yeast that extra help it needs to make my wheat-free bread rise well. Apple cider vinegar mixed with table salt and flour works great as a natural metal polish for copper, brass, and silver jewelry. Running a wash cycle with vinegar and ¼ cup of table salt even zapped the slimy sediment out of my dishwasher.

Dr. Deforest Jarvis wrote a book in 1958 called *Folk Medicine* extolling the virtues of apple cider vinegar in Vermont home remedies. The book is still in print and contains helpful advice on easing the pain of arthritis, preventing cancer and osteoporosis, lowering blood pressure and cholesterol, eliminating infection, aiding digestion and weight control, and (if that isn't enough) helping the memory and keeping the mind from aging. And as a sports drink, apple cider vinegar tastes great and helps balance the electrolyte salts and the acidity in your digestive tract. It's like Gatorade without the high fructose corn syrup and artificial colors. Old time Vermont farmers used "switchell" to stay hydrated while haying in the hot sun. Here's a recipe from Cooks.com:

Haymaker's Switchell : Mix ingredients thoroughly, chill and enjoy.

- 1 c. brown sugar
- ½ tsp. fresh grated ginger
- 2 qts. water
- ½ c. molasses
- ¾ c. apple cider vinegar

For the folks who are looking for something more convenient than making your own, Bragg's Organic Apple Cider Vinegar All Natural Drink sweetened with organic honey is available at the Co-op chilled in the drink cooler.

My thanks to Naomi and Derek at the Co-op for their help with this article.

— Cindy Johnson

Co-op Hours

Monday through Friday:
8am — 7pm

Saturdays: 8am — 6pm

Sundays: 9am — 5pm

*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>.



B.Y.O.B., please!

***The Co-op is doing
its part to be
sustainable by
using only re-usable
shopping bags.***

If you forget to bring
your shopping bag, don't
worry! We have bags to
lend out.

We gladly accept
donations of re-usable
bags.

**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.