

## CO-OP AIMS

To make available wholesome natural foods and products as inexpensively as possible with consideration given to the political, social and ecological effects of products being marketed

To support and encourage local growing and fresh organic foods

To create a community-based, member-owned consumer buying service

**BOARD MEETINGS EVERY  
4TH THURSDAY 6PM @  
SPRINGFIELD AIRPORT**

(CHECK WITH US FIRST)

## CO-OP STAFF

Cindy Phillips—  
Manager

Ron Hoffman

Angie Bushway

Rebecca Snow

Robin Russell

## MANAGER'S CIRCLE BY CINDY PHILLIPS

The Co-op is embracing the warm ending of Spring with its first offering of local greens, tomatoes and strawberries. Westminster Organics, Long Wind Farm, Mile Hill Farm and Happy Valley are local growers that are supplying the Co-op with the freshest produce daily.

Summer is BBQ season and the Co-op is quick one-stop shopping for your summer needs. Local offerings for your BBQ in addition to veggies include Black Watch grass-fed beef and free-range Misty Knoll chicken and turkey. And for the next few weeks...don't forget about the strawberries!

The Co-op is very committed to supporting local producers and farmers.



I am excited to work with our new and returning board members to move the Co-op even farther ahead. They bring together a wide variety of experience and expertise that will be an asset to the Co-op.

Wishing you a sunny Summer!

— Cindy

## Customer

### Appreciation Day

Sunday June 24th,  
11-3 p.m

To thank our loyal members and customers we will offer delicious local strawberry shortcake with all the trimmings, **FREE**, in appreciation of your dedicated support of the Co-op.

There will also be a free raffle for door prizes, special items on sale, and 5% discount on all items for all Co-op members.

Stop by and be appreciated!

## MESSAGE FROM THE BOARD OF DIRECTORS

Thanks to **Springfield Fence Company** for their generous help with our sign post.

Thanks to **Crown Point Aviation** for allowing us to meet in the Airport terminal building.

**Raven Mueller** designed and built our beautiful new swinging doors.

Many Thanks!!

### New 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 Cooperative Principles and Values, and with our Purposes and Aims”

### Welcome to our newest Board members

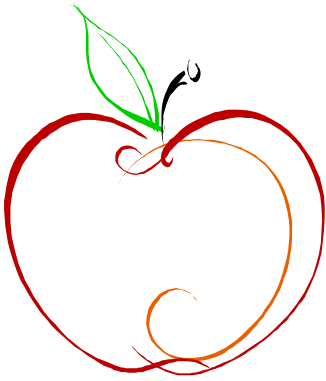
*Judi Becker*

*Richard Leavy*

*Raven Mueller*

*Christine Speidel*

## WELLNESS CORNER BY DAWN GREENWOOD



**Nutrition is extremely important for your body, the planet and the local food market.**

Are you driving on all four wheels? Just like your automobile, your body needs all four wheels working in balance for optimum health and fitness. If you concentrate on the balancing your body's "wheels" there is no reasonable goal you can not attain and maintain. The four wheels are: Aerobic training, resistance training, nutrition, and rest and recovery.

Aerobic training refers to any activity that increases your heart rate into its training zone for at least 20 minutes and done a minimum of 3 times per week. This "wheel" burns fat and strengthens your heart and lungs.

Resistance training is any force that challenges your muscles to become stronger and more functional. Research has shown that strength training at three times per week can reduce levels of LDL cholesterol and help reduce the risk of developing a number of health conditions, including diabetes, osteoporosis, and some forms of cancer.

Nutrition is extremely important for your body, for the planet and for our local food market. I strongly believe every body is different and therefore one "diet" does not fit all and individuals should seek professional advice.

Rest and relaxation sounds like the easiest "wheel" of the four to drive on, but it's actually that one that frequently gets either too much or too little use. Adding practices like breathing exercises, massages, yoga, tai chi, meditation, and polarity to your daily routines can help keep the wheel touching the ground.

*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.*

### OF THE MONTH: STRAWBERRY SOMETHINGS

#### STRAWBERRY SPINACH SALAD

- 1/2 C. olive or canola oil
- 1/4 C. red wine vinegar
- 1/8 C. sugar, or more to taste
- 1 tsp minced fresh ginger
- 1 lb. fresh spinach
- 2 C. sliced strawberries
- 1 C. grated cheddar

Blend oil, vinegar, ginger and sugar. Toss dressing with spinach, strawberries and cheese. Serve immediately. Serves 6.

#### FRESH STRAWBERRY PIE

- 1 baked 9-inch pie crust;
- 1 qt. strawberries, hulled;
- 1/2 C. sugar; Tbsp cornstarch;
- 1/2 C. water.

Mash enough strawberries to make one-half cup; Blend sugar and cornstarch in a saucepan, add water and crushed strawberries; cook stirring constantly until mixture thickens and boils; continue for one minute than cool. Lightly toss the remaining strawberries with the cooled cooked mixture. Pour into baked pie crust and refrigerate for two hours.

Serve with whipped cream.



## 1ST ANNUAL SPRINGFIELD FARM AND GARDEN TOUR— AUGUST 4TH

The First Annual Springfield Farm and Garden Tour will start at 10 am on Saturday August 4th.

We'll gather at the Co-op with our cameras, notebooks, brown bag lunches and carpool (to reduce fuel use, reduce parking needs at the farms and get to know each other better).

Then we're off to visit Lilliebrook Farm, the Yoder garden (where we'll have lunch),

the Eldredge garden, Alex and Bridget's Moonlight Farm and Rich and Rebecca's Muddy Paws Organic Veggies farm.

Take advantage of this wonderful opportunity to socialize with your fellow Co-op members and personally meet some of the many people who supply us with our food and products.

This is what the Co-op is all about!

(Rain date is Sunday the 5th).

Questions? Call Sharon Mueller 885-8094

Summer 2007

## SPRINGFIELD LOCALVORE CHALLENGE AUGUST 25TH THROUGH 31ST

Localvores are people committed to eating food grown within their local foodshed. The last week of August is an abundant time of food in New England, and there are countless opportunities to eat local and eat well.

The Localvore challenge means simply that you pledge to obtain as much of your food as you can from local sources. For some this is food grown by themselves or their neighbors, for others that may mean food grown within 100 or 250 miles or even grown regionally. Try it for a meal, try it for a day, try it for a week, or try it for a year.

Noted authors such as Barbara Kingsolver and Bill McKibben have written about their recent experiences with local eating, along with all of the challenges, rewards and implications.

Buying foods locally can have economic, environmental, political and health benefits. Localvores believe that every dollar spent on food is either a vote to change or maintain the status quo.

Do we want local farms to survive and continue to be a part of our landscape? Are we concerned about agribusiness dependency on the limited resources of oil and water? Do we want irradiated, waxed or genetically modified foods?

Localvores have questions about the production of their food, and eating locally helps to provide some of the answers. It also adds to our eating pleasure when we know where our food comes from and the farmer who grew it.

### More Localvore Info:

sharonm@vermontel.net

802-885-8094

### Recipes and Links:

www.uvlocalvore.com

100milediet.org

Eatlocalvt.org

www.vitalcommunities.org/agriculture/vff.htm

## SUPPLIER PROFILE: PETER AND VICKY HINGSTON - CHERRY HILL FARM

Peter and Vicky Hingston grew fruit for over twenty years in Peter's native England before coming to Vermont.

They now grow blackcurrants, raspberries and other soft fruits at their family farm in Springfield, a former dairy farm.

Their offerings include Blackcurrant jam, Redcurrant jam, Blackcurrant and

Red Raspberry jam and Redcurrant and Red Raspberry jam.

Peter and Vicky recently introduced a new locally sourced **Maple Blackcurrant Syrup**, which is absolutely delicious with pancakes or over ice cream.

Speaking of ice cream...

Cherry Hill Farm will be co-hosting an **ice-cream social** with Rural Vermont on **Thursday July 26 from 7-8:30 pm.**

Don't miss the opportunity to sample ice cream homemade with local farm fresh milk, and topped with Cherry Hill's signature **Maple Black Currant Syrup**. YUM!

In addition to glorious summer treats, the event will also feature door prizes,

local food recipes and resources, guest speaker Emmett Dunbar of Anjali Farms, and family-friendly activities. Plus, you will have a chance to pre-order Rural Vermont's brand new local foods cookbook!



Come learn about Rural Vermont and find out how you can support local farmers and local food. Anyone who becomes a member of Rural Vermont at the ice-cream social will be eligible to win an autographed copy of Barbara Kingsolver's new book *Animal, Vegetable, Mineral.*

Want to lend a hand to the ice-cream making? Please join us at Cherry Hill Farm on Sunday July 22 at 4 pm for an ice cream making

extravaganza! Call the Rural Vermont Office at 223-7222 for more details.

**Cherry Hill Farm is located at 409 Highland Rd in Springfield.**

*See you there!*

Think  
Globally...  
EAT Locally





Springfield Food Co-op  
335-1 River St.  
Springfield, Vermont  
05156

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

Phone: 802-885-3363  
E-mail: [sfc@vermontel.net](mailto:sfc@vermontel.net)  
Web page: [www.vermontel.net/~sfc](http://www.vermontel.net/~sfc)

Minutes and agendas:  
<http://personalpages.tds.net/~susandunning/>

*Open 7 Days*



**VOLUNTEER AT THE  
CO-OP!**

## WORKING MEMBERS WANTED!

If you are a member of the Springfield Food Co-op you are eligible to become a working member. The benefits are enormous! In addition to your regular member discounts, you can earn up to 10% more in discounts by working as little as 8 hours a month. Where else can you meet other co-op members and like-minded folks ?!

Please contact Hallie to schedule your volunteer time for any of these days:

*Thursdays, Saturdays and Sundays  
ANYTIME; and Monday, Tuesday,  
Wednesday, Friday MORNINGS*

## June 30th INVENTORY!

### Volunteers Needed!

Contact:

Volunteer Coordinator

**Hallie Whitcomb**

885-3376

**Starts at 5 p.m.**