

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 AIRPORT

(CHECK WITH US FIRST)

AGENDA AVAILABLE AT
THE CO-OP

CO-OP STAFF

Cindy Phillips—
Manager

Ron Hoffman

Angie Bushway

Rebecca Snow

Debby Surdel

Deirdre Doran

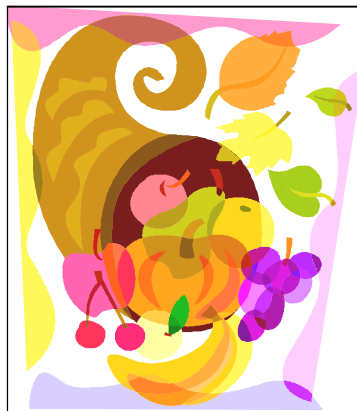
Tanya Milano

Ramlah Lauritsen

MANAGER'S CIRCLE BY CINDY PHILLIPS

This year why not have a Localvore Thanksgiving? An all-natural and local Misty Knoll Turkey can be the centerpiece. All the fixings are also available locally, including potatoes, squash, carrots, onions, greens, cranberries, apples and more!! Don't forget to use maple syrup or boiled cider as your sweetener. You are welcome to stop by the Co-op and peruse our collection of cookbooks and nutritional guides for inspiration.

The August Localvore Challenge was a great success. The endeavor brought people together to discuss the importance of eating locally grown food. The project successfully enlightened and challenged the individuals involved.



The Localvore Challenge is in line with the Co-op's Purposes and Aims; that being *"to purchase and purvey, whenever feasible, the goods or services of local and regional growers and producers."* We were thrilled to be able to support all who participated!

See you soon. Happy Fall! --Cindy

New Expanded Hours at the Co-op

We have expanded our hours to **open earlier** in the mornings...**Beginning November 1st.** New hours:

Monday-Friday: 8am —6pm

Thursdays: open until 7pm

Saturdays: 8 am—5 pm

Sundays: 10 am—4 pm

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

Co-op Web Site Near Completion

Be sure to visit our new website, scheduled to come fully on-line by December:

SPRINGFIELDFOODCOOP.COM

MESSAGE FROM THE BOARD OF DIRECTORS

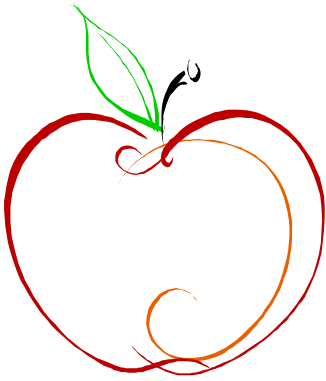
Exciting News! The Board of Directors has been investigating the feasibility of purchasing a space on the 2nd floor above the Co-op for expanded administrative and training purposes, as well as a meeting and community space.

This acquisition would be financed with funds that were carried over from our initial renovation at the new location on River Street. Should the purchase go

forward, the Co-op will still maintain a very acceptable level of financial reserves. If we can negotiate favorable terms with the current owner, the Board will go ahead with this purchase in the near future.

If you have questions or concerns please contact Board President Susan Dunning, through the Co-op, at 802-885-3363.

WELLNESS CORNER BY DAWN GREENWOOD



**The chores of
Fall...putting our gar-
dens to bed, raking
leaves, weatherizing...**

As everyone is aware Fall weather is here and along with the weather comes the chores of Fall; putting our gardens to bed, raking leaves, weatherizing the house. I would like to talk about raking and the "right" way it should be done. Really we should all hire the neighborhood kid and be done, but I don't know about you but I no longer can find a kid who is willing. So, now that we know we are the ones who have to do the job, let's break it into many little jobs. It is much better for your body and spirits to do 20 - 30 minutes each night after work then to use your whole weekend.

Make sure while raking to rake using both sides (I realize this is not the most efficient way, but it's best for your body). In a perfect world we should use both sides 50/50, but in my world even 30/70 is a great start. If you are unable to do your work in small bouts or forget to switch sides every so often you will more than likely end up with a few sore muscles. If you have a hot tub, hop! If you don't, try a hot bath with herbal salts, my favorite is *Crystal Garden Herbs* bath salts. I like to use warming creams like *Tiger Balm* and *Hemp Muscle Rub Stick* for

sore muscles. *Biron's Arinca Cream* also works great. And always stretch whenever you finish any activity. These guidelines also will work well for when the white stuff needs to be shoveled. Please always remember to enjoy the beautiful leaves and the changing of the seasons...We are very lucky to be in New England!

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: SPICED PUMPKIN LAYER CAKE



3 cups all purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
1 tablespoon ground cinnamon
2 teaspoons ground ginger
1 3/4 teaspoons ground allspice
1 teaspoon salt
1/2 teaspoon ground nutmeg
1 1/2 cups sugar
1 cup (packed) golden brown sugar
1 cup canola oil
4 large eggs
1 15-ounce can pure pumpkin

1 tablespoon vanilla extract
1 tablespoon grated orange peel
3/4 cup raisins
3/4 cup sweetened flaked coconut plus additional for garnish
—
Preheat oven to 350°. Butter two 9" cake pans. Line pans with parchment paper; dust with flour. Sift 3 cups flour and next 7 ingredients into medium bowl. Beat both sugars and oil in large bowl until combined. Add

eggs 1 at a time, until well blended. Add pumpkin, vanilla, and orange peel; beat until well blended. Add flour mixture; beat just until incorporated. Stir in raisins and 3/4 cup coconut. Divide batter between prepared pans. Smooth tops. —

Bake cakes about 1 hour. Cool cakes completely in pans on rack. **Cream Cheese Frosting** complements this cake well!

MISTY KNOLL TURKEYS AND GRANDMA MILLER'S PIES FOR THE HOLIDAYS!

The deadline for ordering your delicious, local, natural, free-range, happy and healthy **Holiday Turkey from Misty Knoll Farms** is **November 10th**. Misty Knoll Farms has been providing birds throughout New England since 1984. They value and practice sustainable farming and their birds are raised without animal by-products or antibiotics. They are family-owned and operated and located in New Haven, Vermont.

Pick-up day for Turkeys is Tuesday, November 20th. Sign up for your Holiday turkey at the Co-op or call us.

An amazing assortment of fresh and delicious pies for the holidays are available from **Grandma Miller's Pies and Pastries**: Apple, Blueberry, Pumpkin, Chocolate Cream, Mincemeat and all of your other favorite pies. Since 1994 Grandma Miller's of Londonderry, Vermont has been providing tasty pies and pastries baked from scratch with King Arthur's flour.

Order your pie for the holidays from the Co-op by **November 17th**.



Fall 2007

MY WEEK AS A LOCALVORE: THRIVING THROUGH THE CHALLENGE

Well, I thought to myself at the beginning of my week of eating only (almost!) local food, how hard could this be? I eat a lot of local food most of the time anyway. What would be different?

Leftovers were part of my plan. Beans and cornbread, fresh cucumbers and tomatoes from the garden made a great lunch at work. Evening menus were variations on that theme, rounded out with a variety of vegetables. Wednesday's company had an all-local meal of Misty Knoll chicken, fresh corn on the cob, sliced tomatoes and cucumbers, even a strawberry-rhubarb crisp! The fruit was from my freezer, the flour from Great River Farm in Windsor, and local butter!

The week was over before I knew it. What had I noticed? It was a continual feast, in quality, flavor, and freshness. My cupboard was now full of locally sourced ingredients, like flour and oil, so it

was easy to keep eating that way. (Of course it helped that it was the peak of gardening season!) And there was much less trash in my garbage can. Think about it- if you buy in bulk, grow it yourself, purchase at a farmers market, there is little or no waste packaging. What a bonus from a week of gourmet eating.

I also realized that, while we defined the week with a start and end time, it's not that simple to put this experience in a box. It had beginnings in our planning meetings, in the farm and garden tour, in the visits to farmers markets, conversations, daydreams, in the friendships made and deepened. And, now that it's over, I realize I've been tricked! This experience never ends, no, not really. *That* feels good!

—Sharon Mueller

"If every family in America ate one meal a week that was totally locally grown, we would save 1.1 billion barrels of oil a week...Out of every \$1 spent on grocery items at a supermarket...only about 15 cents goes to the producer..."

From:

Animal, Vegetable, Miracle
by Barbara Kingsolver

ORGANIC AND LOCAL IS TOO EXPENSIVE... **NOT!**

How many times have you heard it: "Of course I'd love to buy organic, but it costs too much..."

Next time you hear this, ask your friends some questions that might help them take a longer view of the cheap price of grocery store foods; products that are heavy with "costs" not usually measured:

How far does a typical food item in a grocery store travel from farm to plate?

How much oil is used to grow conventional foods, using petroleum-based fertilizers?

How much water is used?

How many fungicides, herbicides and pesticides are in the foods we eat?

How many days can freshly picked vegetables maintain their nutritional value?

How much protein does a typical adult really require?

What types of foods are most strongly and consistently associated with all kinds of cancers, diabetes, heart disease and high blood pressure?

Do you *really* know where your food comes from, how it got to you, and what's in it?

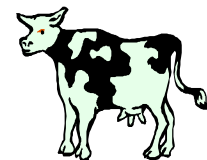
Buying Organic and Local is not just about putting good food into your body. It's also about having less negative environmental impact on the earth and contributing to the economic survival of small scale farms and communities.

Themes of environmental health, conservation, humane animal treatment and human health are all reasons to buy local and/or organic. Not to mention that it helps to keep our neighbors in business and our regional economies thriving. Not to mention that it takes time to get the food and prepare it, forcing us to slow down and spend time with our dinner mates. Not to mention fresh food tastes better!

There *is* one legitimate objection to buying organic: There's not enough of it around. If you want more variety and more access, use your voice and create a demand! Consumers who ask for what they want tend to get what they want. Don't ask for cheap food, ask for real food.

Got F.L.O.P.?

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



—Anne Nordstrom



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

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

Phone: 802-885-3363
 E-mail: sfc@vermontel.net
 Web page: www.vermontel.net/~sfc

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

Open 7 Days

Holiday Gifts
 and Co-op Gift
 Certificates
 are here now
 to help you
 celebrate the
 season with
 style!



SAMPLE SATURDAY IS BACK!

Sample Saturday is a wonderful monthly event where friends and neighbors can stop by the Co-op to taste delicious new recipes and seasonal products from local suppliers and farms, and also shop for a wide variety of items ranging from organic spices and bulk grains to artisan cheeses and meats. This is a great opportunity to expand your taste buds and get to know your local suppliers of seasonal offerings.

November 17th	11-2
December 15th	11-2

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)

