



**FREE!**

# The Beet

The Putney Food Co-op • PO Box 730 Putney, VT 05346 • 802-387-5866

April 2012

## Unearth Your Passion! Putney Earth Day 2012

The Putney School is hosting a community Earth Day on April 22nd, 2012 in collaboration with the Putney Co-op to celebrate the earth and raise awareness of the environmental movement. There will be numerous workshops on a variety of topics taught by members of the community including vermiposting, compost bin-building, bike maintenance, nature walks, bird banding, foraging for wild foods, permaculture, wool spinning, energy education, net-zero building tours, writing letters to our Representatives, grass-roots organizing and meditation. There will also be workshops geared for children and families, including gardening, environmental games, art and music, bird songs and making birdfeeders, ecology, ocean ecosystems

and kite making. A pamphlet outlining all of the workshops will be made available by mid-April. Additionally, the Co-op will be hosting an area to highlight local farms and their services and will organize a seed swap. The festival will also feature local vendors who will provide us with food, crafts and information. There will be music and speakers throughout the day, including our keynote speaker, Tom Wessels. The day will wrap up with an uplifting sing. There is a check-in time in the morning for those who'd like to stay the whole day, or participants are encouraged to stop in at their leisure to join a workshop, meet a farmer, listen to some music, or peruse the many booths that will be set up. Please spread the word!

*(See schedule back cover)*



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## Transition Putney 2011 (Year Two)

Transition Putney is part of a global Transition Town movement whose purpose is to address the triple challenges of oil depletion, climate change and economic instability in a way that builds strong, vibrant, resilient, localized and connected communities.

The heart of Transition Putney is the network of working groups created by community members. In 2011, Transition Putney working groups addressed a wide variety of projects, including issues of food and food security (Putney Farmers Market, Putney Community Garden, Putney Central School Garden, Localvore Potlucks, Neighborhood Greenhouse project), the local economy (Local Currency, Local Investment Fund project, two Economic Summits),

aging in Putney (“One Call Does it All”), mapping Putney’s assets (Asset Mapping project), building strong neighborhoods (Neighborhood Resilience project), education (twice monthly Reskilling Workshops, on-going Film and Speakers Series about Transition topics), school-based community service initiatives (Putney Service Corps project — an integrated student community service initiative of Putney’s five schools), health (Health and Wellness group), transportation (Ride Share projects), energy (with the Putney Energy Committee), homesteading (Homesteading group) and art (Artist-in-Residence program). In addition Transition Putney held forums and open space events, pub nights and book discussion groups, hosting more than 170 events in total.

Transition Putney is a grassroots organization made possible by the initiative taken by Putney community members. Local residents and interns contributed over 6,000 volunteer hours to support Transition Putney projects and events in 2011. We are thankful to all in Putney who contribute their time and energy to help make our community a strong, resilient and connected one!

In Transition Towns, it is customary that the initial leadership group set the foundation for their local transition movement. Once the foundation is set, leadership is transferred to representatives of the Transition Town working groups. We look forward to this transition occurring this spring.

—Paul LeVasseur

## Food Co-ops in Focus

Kevin Gillespie, celebrity chef from the Woodfire Grill in Atlanta and sixth season *Top Chef* finalist, has been traveling around the country exploring farm fields and grocery aisles as part of this year’s celebration of the United Nations International Year of Cooperatives. The 2012 International Year of Cooperatives allows us to shine the spotlight on the role co-ops and delicious food can play in bringing communities together.

One of the ways we are honoring the year is by filming Kevin’s discoveries on the road. Kevin has gone from city to city exploring organic farms, community gardens and food co-ops. We are thrilled to present this 13-episode online video series showcasing what he’s uncovered about the amazing food that co-ops offer and ways co-ops bring farmers, producers and shoppers together.

First stop, Minneapolis. Minneapolis is a mecca for cooperation, where a dozen food co-ops are going strong. Kevin learns exactly how deep the heartland’s roots go by visiting these unique urban and rural communities and how they are transforming how people eat and shop for food.

When Kevin goes east to Vermont, our very own Putney Food Co-op is in the spot light! Kevin interviewed a group of our members who were here from the very early days. The vitality of this community really shines through the conversation. Vermont governor Peter Shumlin, Putney Co-op member, just happened to stop by to buy some fruit and he and Kevin talk about Peter fighting the good fight for locally grown food. Shumlin’s dedication to doing the right thing is truly refreshing and impressive. David Major of Patch Farm and Jon Wright of Taylor Farm, two of our favorite cheese producers, made

deliveries and we quickly set up a sampling for Kevin. He was so impressed that he visited the Vermont Shepherd cheese cave the following day and got a tour with Yesenia Major. The film crew fell in love with our little Co-op and the Putney community! They left saying this was the best shoot yet and the final results prove it!

About the journey, Kevin said, “Everybody has to eat, but you get to choose where you go to get your food. People shop at the co-op because they want to be a part of this community.” In connection with the videos, food co-ops around the country will host a variety of events to commemorate the 2012 International Year of Cooperatives. These videos will be viewable throughout the year at [www.strongertogether.coop](http://www.strongertogether.coop).

*www.StrongerTogether.coop with additional comments by Robyn O’Brien*

## The Joy of Superfoods

Hello again all my fellow Coop members, shoppers, and employees! It's that time again, time for a new issue of *The Beet*. Keeping with the same theme as my last article (nutrient dense cacao), this month I bring you... Superfoods!

**What is a superfood?** A superfood is any food containing high levels of nutrients with proven health benefits. There are many superfoods, some of which are more well-known than others. In this article I'd like to talk about three superfood berries that have recently come to the Coop: Goji berries, Golden berries, and Mulberries. These amazing treats can be found in our cookie and cracker aisle.

The **Goji Berry** is quickly becoming a household name. Loaded with antioxidants, 18 amino acids, and trace minerals and vitamins, it's no surprise that this tasty red berry is gaining popularity! Goji berries are a good source of Beta-carotene, Vitamin C, and Iron and to put things in perspective on just how powerful the little goji berry is,

ounce per ounce it contains more vitamin C than oranges, more beta carotene than carrots, and more iron than soybeans or spinach. Goji berries are a truly remarkable food. They have been an integral part in many eastern cultures for years, being credited by some as the reason for longevity and good health.

**Golden berries** (aka Incan Berries) are a tart, yet satisfying treat. Fantastic eaten straight out of the bag, Golden berries inherent complex flavor makes them an excellent pairing food for artisan edibles such as chocolate or wine. Their flavor is similar to a cherry, with a tangy bite. They have high levels of carotene and bioflavonoids, which are anti-inflammatory nutrients. Golden berries are a great source of Vitamins A and C, and Iron. They also contain smaller amounts of dietary fiber and protein.

**Mulberries** are one of the few fruits to contain high levels of protein. An excellent source of vitamin C, Iron, and Calcium, mulberries are a sweet treat with benefits! Mulberries also contain a



high concentration of Resveratrol, an antioxidant compound that combats free-radical damage. Recent studies have shown that regular consumption of this special antioxidant helps promote a healthy heart and longevity. They have a sweet, fig like flavor and a soft crunch, making them a delicious and satisfying snack.

All three of these berries are a smart addition to any diet. You can eat them alone by the handfuls, or throw them into your favorite trail mix, oatmeal, salad or smoothies. For more information on these berries (and more!) please visit [www.navitasnaturals.com](http://www.navitasnaturals.com)  
—Kim Lefebvre, Assistant Grocery Manager

## Vermatzah — Homemade Wood-fired Matzah from Vermont

Matzah, an ancient round unleavened bread is a symbol of freedom, simplicity and the return of spring — a metaphor for getting back to the basics. Eating sustainably made Vermatzah at your Passover Seder is, in the words of Wendell Berry, “an agricultural act. It provides inspiration for making the kind of food choices that lead to a more sustainable lifestyle and a healthy working landscape.”

Passover is the festival of Spring and of freedom — symbolizing the renewal of nature and of the human heart. This holiday is a wonderful time to reconnect with the land, to observe the rebirth of nature, to sow the seeds of spring and to partake in the renewed sprouting of the body, the mind and the landscape. Following the journey of our ancestors from the desert to the Green Mountain hills of Vermont, we strive to re-connect the food we eat with the story of where



Available through Passover at the Co-op

it comes from. At Naga Bakehouse we follow the path of our Vermont grown grain from the field to the harvest to the

baking, meticulously guarding the entire process. We then infuse the 5,000 year old tradition of baking matzah by the open fire in small, handmade batches ensuring the freshest quality.

Why Round? For the past 5,000 years, matzah was hand shaped, irregular. It wasn't until modern mechanization in the late 1800's that matzah became uniform and square with a recognizable pattern. Vermatzah is a return to the past. Our wood-fired ancient round unleavened bread is a symbol of simplicity — a metaphor for getting back to the basics. Vermatzah is eco-kosher, connecting modern ecology with ancient dietary laws and ethical standards about food production, preparation and eating. From the Green Mountain State, Vermatzah offers foodies and localvores interested in healthy eating and sustainable agriculture a tasty alternative! ■

## CAVE TO CO-OP CHEESE FOR APRIL

### Cloud Nine — Cow milk cheese Woodcock Farm, Weston, Vermont Mark and Gari Fischer, cheesemakers

Mark Fischer was one of the first apprentices to work with David Major at Vermont Shepherd in Putney, Vermont. Transplants from New York City, the Fischers came to Vermont to raise their family and plant roots in a kinder more rural world than that of the Bowery. They eventually bought land in Weston, acquired a herd of sheep and built a house, barn and small cheese making facility of a similar design to that at Major Farm.

Today, the Fischers have one of the 5 sheep dairies that produce cheese in Vermont. At Woodcock Farm they make a number of delicious sheep and cow milk cheese. They source their cow milk from neighboring dairy farms. During the fall and winter months when the



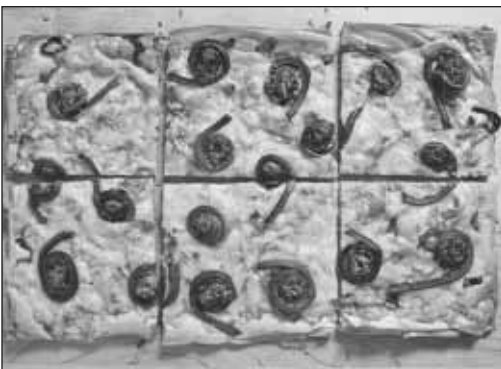
Fischer's sheep do not produce milk, Mark makes a number of cow milk cheeses. Cloud Nine is a little beauty of a bloomy rind, with a thin white outside which protects and nurtures its creamy golden/ivory colored interior. It is a classic

and rich soft ripened cheese, somewhat reminiscent of French Camembert, with a smooth, slightly nutty, grassy flavor and a fluffy ethereal texture.

Cloud Nine is most delicious on its own, but there are a few pairings that bring out the best in its distinctive flavor profile. Serving a few toasted pecans or caramelized walnuts on the side can bring out the suggestion of nuttiness in the cheese. A drizzle of local honey emphasizes the natural sweetness of the cheese and fresh fruit of any kind, with its hint of acidity, provides a delicious contrast to the richness of the paste. And if you are hosting an especially festive occasion, serving a glass of Prosecco or other sparkling white wine will supply the cream on the tart! ■

## SPRING COOKING

Just after the snow melts, but long before the last frost, hardy New Englanders take to moist meadows and muddy riverbanks in search of an early but fleeting sign of spring: the furred baby fern, or fiddlehead. It looks like the scrolled top of a violin and tastes a little like asparagus. Early spring is when you can find fiddleheads, so whether you strap on your mud boots or just walk into the produce department at the Co-op, happy hunting!



## Fiddlehead and Gruyere Tart

A fiddlehead and leek tart covered in melted gruyere on a light and flaky, golden brown phyllo crust.

### Ingredients

- 1 tablespoon olive oil
- 1 leek, trimmed, cleaned and sliced thinly
- 1 clove garlic, chopped
- 1/2 lemon, juice
- 3 sheets phyllo dough, thawed as directed on package and cut in half lengthwise
- olive oil
- salt and pepper to taste
- 1 cup gruyere, grated
- 1/2 pound fiddleheads, well cleaned and blanched for 3 minutes

### Preparation

1. Heat the oil in a pan over medium heat.
2. Add the leek and cook until tender, about 3–5 minutes.
3. Add the garlic and cook until fragrant, about a minute.
4. Remove from heat, mix in the lemon juice and season with salt and pepper.
5. Place a sheet of the phyllo dough on a greased baking sheet and brush it with oil. Repeat with the remaining sheets each on top of the last.
6. Sprinkle the leeks over the phyllo followed by the cheese and finally the fiddleheads.
7. Bake in a preheated 375F oven until the phyllo dough is golden brown, about 20–30 minutes.

## Easter Ricotta Cake

### *Pastiera With Strawberry Sauce*

Around Easter, many Neapolitan bakeries display the traditional *pastiera*, or Easter “pie,” which is actually a type of cheesecake. Though no two recipes are alike, all contain ricotta cheese and a sweetened grain (usually rice or wheat berries), symbolizing spring’s fertility.

An enduring tradition, legend has it that the seven ingredients of Pastiera were offered by seven maidens to the Siren Parthenope.

#### Ingredients

1 quart whole milk  
 3/4 cup Arborio rice  
 1 tsp ground cinnamon  
 1/2 tsp coarse salt  
 1 vanilla bean (split lengthwise)  
 1 1/4 cups granulated sugar  
 unsalted butter (pan)  
 all-purpose flour (pan)  
 3 lbs ricotta cheese (fresh, drained 3 hours preferably over night through cheesecloth)  
 3 large eggs  
 3 large egg yolks (lightly beaten)  
 sugar (confectioners, dusting)

#### Sauce:

1 pint strawberries  
 2 TBS sugar  
 2 tsp fresh lemon juice

#### Preparation

1. Bring milk to a boil in a large sauce pan over medium high heat.
2. Stir in rice, cinnamon, salt and vanilla bean.
3. Reduce heat to medium low, cook, stirring occasionally with

Flour and grain — the fruits of the earth, eggs signifying the renewal of life, ricotta cheese in homage to the shepherds, orange water, candies and sugar, the perfumes and sweetness of spring. A more recent story tells it that Pastiera was invented by a nun from the Convent of San Gregorio Armeno in Naples as a symbol of the resurrection. The significance of the ingredients is pretty much the same, with special emphasis on the eggs for rebirth.

- a wooden spoon, until rice is very tender and has absorbed all liquid, about 30 minutes.
4. Remove pan from heat, stir in 3/4 cup granulated sugar, cover, let cool, stirring occasionally.
5. Discard vanilla bean.
6. Preheat oven to 350°F degrees.
7. Butter and flour an 8-inch springform pan.
8. In a large bowl, fold together, the rice mixture, ricotta, whole eggs and egg yolks and remaining 1/2 cup sugar, very carefully using a rubber spatula.
9. Pour into prepared pan.
10. Bake until golden, 65 to 70 minutes, cover with foil if starting to brown too much.
11. Transfer pan to cooling rack.
12. When cake has cooled completely, run a knife around edge to loosen.
13. Gently remove ring; transfer cake to a serving plate.
14. Sprinkle with confectioners' sugar, and serve at room temperature with sauce.

#### Sauce:

15. Combine all ingredients in a medium non-reactive saucepan.
16. Cook over medium low heat, stirring occasionally, until berries are soft, 5 to 7 minutes.
17. Serve warm or at room temperature.

## Haroseth

### *Dried Fruit and Nut Paste*

The traditional Passover meal usually includes haroseth, a dried fruit and nut paste that symbolizes the mortar used by Israelite slaves in Egypt. It denotes the hardship of slavery, but it is also a tasty delicacy and captures the sweetness of the taste of freedom. So, it brings together the duality of the Seder experience, from slavery to freedom.

Recipes can vary greatly, depending on the country of origin. Haroseth is used as a condiment — almost like chutney — and would be good with many kinds of roasted meat or poultry. This spicy version is based on a recipe from Yemen.

#### Ingredients

2/3 cup dried Mission figs (6 oz)  
 2/3 cup dried apricots (6 oz)

1/3 cup pitted dates (4 oz)  
 1 1/3 cups walnuts (4 oz), finely chopped, toasted, and cooled  
 1/4 cup sweet red wine such as Manischewitz Extra Heavy Malaga or sherry  
 1/4 teaspoon cinnamon  
 1/4 teaspoon cayenne  
 1/8 teaspoon ground ginger

#### Preparation

Pulse together figs, apricots, and dates in a food processor until finely chopped, then transfer to a bowl and stir in walnuts and wine. Sprinkle spices evenly over mixture and stir until combined well.

## A Cooking Oil Primer

Wading through the plethora of cooking oils available can overwhelm even the savviest of chefs. It is a world both stupendous and confounding. Not to mention, it's a wonder what they can squeeze oil out of these days!

After attempting to make scrumptious brownies with olive oil, only to discover that instead of brownies I had created...something else... I decided to do a little research! Here's what I found:

### Coconut Oil

According to most sources, this is the one I should have used for my decadent brownies. Not only is it suitable for high-heat cooking (fried chicken, anyone!?!), but it has been reported to do everything from alleviating Alzheimer's symptoms to fight bacterial infections and boost your metabolism. It is slow to spoil, with a shelf life of two years, and for most people easy to digest. My vote is definitely for coconut oil!

### Avocado Oil

This is another exceptional choice. It's great for searing meat, has a deliciously nutty flavor, and its 50% monounsaturated fat make-up supports its reputation for heart health and weight management. It is no enemy of high heat, so don't be afraid to use it in stir-fries... unless of course you're trying to save money! From what I've seen, avocado isn't the cheapest of oils, but health critics would agree that it's worth the extra dollar.

### Sunflower/Safflower Oil

While these possess many similarities with respect to heat tolerance and nutritional value, many purport that sunflower oil takes the lead in flavor. Both choices are great all-around cooking oils, but prefer a medium heat. To use sunflower or safflower oil to their most potential, try them in sautés. I also recommend sunflower oil for salads—it's delicious!

### Grapeseed Oil

This is a beautiful, versatile alternative to the common vegetable oil. I'm in love



with the idea of extracting oil from those little seeds. It's great for use in dips and salads, and maintains its integrity over high heat.

### Olive Oil

There's no denying — olive oil is the most popular kid on the block. And it deserves the title. Healthy and abundant with flavor, bread has never met a better dipping match. But don't try using it over high heat! I've made this mistake innumerable times, and the outcome is never pleasing... in fact, according to a litany of studies, it was very unhealthy.

### Canola Oil

After reading piles of mixed reviews about canola oil I cannot, in good conscience, condone or praise its cooking suitability. Some sources claim that it is indigestible, while others claim that its low levels of saturated fat make it an ideal, heart-healthy alternative. It's even a relative of cabbage! It seems great for stir-fries and popcorn given its non-existent flavor and high heat tolerance. But if it really causes a Vitamin E deficiency in the consumer, as the University of Florida claims, it's not worth the convenience. So you're on your own with this one!

### What about refined oils?

All of the above oils are available as either refined or unrefined. Refined oils are great for cooking with high heat. And they last relatively longer than unrefined oils. The downside is found in their diminished flavor and far more modest level of nutrients. But if you love to stir-fry and bake, refined oils should definitely have a place in your kitchen.

And, hey, you vegetarians! Be sure to incorporate some of these great oils into your diet. They're rich in omegas and fatty-acids, especially avocado and coconut oil.

—Tricia Hartland, *Front End*

### EASTER IN THE DELI

The Deli will be carrying Garrett County Hams for Easter for \$5.99lb and 3lb boneless leg of lamb for \$9.99 (with mint sauce, of course!). All Taylor Farm Gouda and Grafton cloth bound Cheddar will be on sale Easter week; April 1st–April 8th.

## Membership

Become a member!! Sometimes it's not always apparent how many benefits there are to membership at the Putney Co-op, here's a reminder of why you joined or why you should join.

- 1) Patronage dividend based on purchases
- 2) Voting privileges at the annual meeting, held in November
- 3) 10% discount on pre-orders of bulk or full case items and 10% discount on vitamins and health and beauty products
- 4) Free Putney Co-op canvas tote with original Co-op store cartoon by Gildas Chatal
- 5) \$30 cash back on checks
- 6) Special "Members Only" quarterly pricing on select items
- 7) Support of a socially responsible local business where your shopping dollars benefit the community.

### Did you know?

#### The Putney Food Co-op:

- Supports over 120 local vendors
- Spends over half a million dollars a year locally
- Is a supporter of the Community Supper, Twilight on the Tavern Lawn music series, the Community Round-Up Fund, the Putney Community Garden, the Putney Farmers Market, Transition Town Putney, the Putney Central School Healthy Snack Program, the Putney Central School Jr. Iron Chef tournament and contributes to numerous local organizations.
- Exists to serve its members and rather than reward outside investors with its profits, returns surplus revenue to the community and its members.
- Has reduced its garbage waste by over half with responsible recycling and composting.

- Offers steady employment with fair wages and benefits to over 40 employees.

### Let's welcome all our new members:

Paula Bevilacqua  
 Leslie Cornick  
 Frank Cuomo  
 Colleen Farrell  
 Casey Garland  
 Meghan McBean  
 David Podell  
 Jen Reed  
 Tracy Rodriguez  
 Clai Lasher Sommers  
 Alison Trowbridge  
 Jane Vesper  
 Elizabeth Warner  
 Pauline Wilson

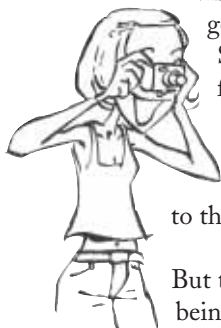


— *Adrienne Loughlin,*  
*Membership Coordinator*

## Life in the Fast Lane . . .

I've just returned from pillaging the Nantucket Nectar juices to find Cara serenading the Front End Manager with Whitney Houston through the stores intercom system. Some of the customers are even singing along and I can catch the faint strains of Adrienne laughing out back in the office.

Ah, me! Another lovely evening manning those finicky cash registers at my beloved Co-op! Somedays Terrie covers herself in the sample glitter, somedays my Yoda backpack terrifies another innocent tourist, but always I get to watch another day in the life of vibrant, laid-back Putney go whirring by.



Sometimes I even get free chocolate, and if I'm lucky I can harvest all of the good coupons before they're released to the masses.

But the very best part of being one of those vivacious

cashier ladies is that I get to greet practically the whole community every day!

Whenever I do something godawful to my hair, people will inevitably console me. I get to help people hunt through the store for batteries and occasionally the orange juice (cooler in the back, second door to the left, on the bottom). One of my favorite customers fills me in on the adorable tea parties she throws for her beloved rescued donkeys. Someone inevitably can't find the trash cans. A sweet, young person usually finds the bell that we use to call for aid when the line gets big, and ends up summoning every employee in the store. I get to watch the Farmers Market out the window and send hapless lackeys to fetch me spring rolls. And I can over-caffeinate myself for free, every day!

One would think we would grow weary or maybe even just plain bored standing for hours on end, tapping away at the screen to ring in produce or pieces of pie, but it's just about impossible. This

may seem at the very least grotesquely corny, but being a cashier at the Co-op changed my entire life! I used to be some sort of pleasant, shy, unopinionated, sheltered young girl. But no longer! The Co-op and its wild medley of community interaction has brought out my very best, mildly hyperactive side and now there's no going back!

So come in and have popsicles, leave your wallet in the bananas and forget it there, ask me where the adzuki beans are kept and which wine pairs nicely with a five year old cheddar (I have no idea!!)

The Co-op is for karaoke and chai lattes, telling jokes and saying hello every day for 365 days a year. You may as well come in because you can't get home anyway; we're in the middle of a ferocious mud season! And we have chocolate. And I'm really good at scanning things at the register. I can't wait to see you!

— *Lucinda Lovering, Front End*



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FOOD CO-OP  
SUPPORTING LOCAL FARMS SINCE 1941

## Earth Day Schedule

### Schedule:

10-10:30am	Check-in / Music
10:30-11:15am	Workshop Block 1
11:30-12:15pm	Workshop Block 2
12:30-1:30pm	Lunch/Music (Mo Ambesa)
1:30-2:15pm	Workshop Block 3
2:20-3:00pm	Speakers / Music
2:30-2:45pm	Speaker: Mike Mrowicki- VT State Representative
3:00-3:30pm	Speaker: Tom Wessels
3:30-4:00pm	SING!



<http://www.putneyschool.org/earthday2012>  
<http://www.facebook.com/PutneyEarthDayFestival>  
<http://www.earthday.org/event/putney-vermont-earth-day-2012-uneart-your-passion>

## Calendar

<b>April 6th</b>	Good Friday (Passover begins at sundown)
<b>April 8th</b>	Easter Sunday
<b>April 22nd</b>	Earth Day Celebration at The Putney School
<b>April 27-29th</b>	Putney School Family Weekend
<b>May 5th</b>	Cinco De Mayo
<b>May 12th</b>	Landmark College Commencement
<b>May 13th</b>	Mother's Day
<b>May 27th</b>	Putney Farmer's Market opens
<b>May 28th</b>	Memorial Day

[www.putneyfood.coop](http://www.putneyfood.coop)



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**Putney Farmers' Market**  
**opens Memorial Day**  
**Weekend!**  
**Sunday 12-3pm**

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