



**FREE!**

# The Beet

The Putney Food Co-op • PO Box 730 Putney, VT 05346 • 802-387-5866 June 2012

## Putney Farmers' Market Opens for Season



The Putney Farmers' Market opened on May 27th, blessed with great weather and eager crowds of shoppers. There are lots of new vendors this year, and their offerings are both delightful and impressive! The 2012 full season farms are:

- Dwight Miller and Son Orchards
- Green Meadow Farm (every other week)
- Harmony Circle Farm
- High Meadows Farm
- Lost Barn Farm

(Several other farms have signed up as "occasional" vendors, including Country Roads Farm, Sowing Peace Farm, and West West Farm.)

We have a truly international set of offerings for lunch this year! Your taste buds can travel the world each Sunday with:

- Aew Ladd Thai Cuisine
- Cai's Dim Sum Teahouse
- Pizza Hippo
- Taco Barn

## Membership

Membership at the Co-op has been slow but steady this year. It's understandable, the economy is in tough shape and everyone has had to tighten their belts another notch. I'm still getting new members though and for that I want to thank you. Membership at the Co-op could be considered a luxury, but I'd like to think of it more as an insurance for our community. With all the wonderful programs the Co-op supports and all the community outreach we're involved with, membership is more important than ever. Membership connects us to the Co-op as more than a customer, it makes us an owner, and as an owner we want our store to succeed and we take responsibility for its future. I'd like to thank all our member-owners and I look forward to our future together.

### Welcome:

Pete Bernhard, Emily Bragonier, Ashlyn Bristle, Nancy Clegghorn, Beth Kiendl, Luanne Kloster, Barbara Langman, Susan McDormand, Bruce Rosow, Ken Russell, and Eric Shenholm. ■

*Adrienne Loughlin,  
Front End Co-ordinator*



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Jes the Baker offers gluten-free baked goodies that are truly scrumptious! Hollyhock Farm is back with fresh Chevre and those to-die-for cinnamon rolls. Adrienne DeGuevara will be back in June and July offering Thai Foot Massage and Bhakti Studios greeting cards. Jane Collister will be there each week doing Polarity Therapy, and her booth mate sells funky, handmade clocks! Also on the crafts scene, wplk Sculpted is unveiling lots of new items this year, including marionettes and handcrafted flatware. Each week will

*Continued page 4*

## Chats and Tats with Kim

Hello my fellow co-op lovers! This month, I thought I'd do something a little different. I'm presenting information to you about various companies whose products we carry. Maybe you've never heard of them before, or maybe you've been buying their products for years. We carry a variety of products from both of these wonderful companies. It's nice to know what your purchases support. That said, I hope you enjoy this information like I did.

### Once Again Nut Butters

Once Again Nut Butter started as an employee-owned business in 1976, with only three workers. Today, they are 30 employees strong and produce millions of pounds of nut butters.

Once Again is a Fair Labor certified company. They ensure our domestic and international farmer-partners receive a living wage. They purchase from Fair Trade and Fair Labor suppliers in Latin America and the United States. Their proactive fair price policy provides reasonable prices and healthy choices for you. Their projects include local fair trade activities and cooperative development for sesame seed, peanut, and honey farming. Once Again has had a long standing relationship with Jubilee House, a non-profit agency empowering Nicaraguans through sewing and agricultural cooperatives while providing the community with medical care.

They address issues of poverty by paying fair prices for commodities, in addition to developing and starting farm co-ops in developing economies.

A healthy food pioneer, they helped develop the organic peanut growing standards in the United States and are



currently supporting regional beekeepers from family farms and assisting United States organic sunflower growers with crop development.

### Lotus Rice

Since 1995, they have pioneered the introduction of exotic rice handcrafted on small family farms in remote areas of the world such as Bhutan, Bangladesh, and China, into the US market. Lotus Foods was founded with the intent and vision to support sustainable global agriculture by promoting production of traditional heirloom rice varieties, many of which may otherwise have become extinct, while enabling the small family rice farmer to earn an honorable living. Many of their rice's are grown in remote regions on pristine lands using no chemical inputs. A number of these rice's are already certified organic, while others are in the process of becoming certified, and still others are in countries where a certifying program is in development.

While they fully endorse the "Buy Local" trend in the US, they also believe that sustainability is a global issue and responsibility. Providing market incentives for smallholder farmers who are conserving biodiversity and growing their rice in environmentally friendly ways is an important way to promote local food security and effect positive change. In low-income countries, agriculture still dominates economies and societies. It accounts for the bulk of national production, employs more people than any other sector, supplies basic food and represents a major source of foreign exchange. Agriculture is a critical stimulus for growth and income generation. This means that eradicating poverty and promoting social and economic justice has to start with agriculture and it has to be accomplished in a way that protects and restores the natural resources on which all life depends. At the crux of this challenge is rice, which provides a source of living to two billion people, most, earning less than \$200 a year.

The trading partnership between the small family farmers that grow rice and Lotus Foods is based on a dialog of respect and transparency that seeks to provide a means of economic support through access to a global and sustainable marketplace. Lotus Foods are committed to supporting the rights and livelihoods of smallholder farmers and ethical sourcing.

*Kim Lefebvre,  
Assistant Grocery Manager &  
excerpted from Lotus Foods website and  
Once Again Nut Butter website.*

**Want to advertise in *The Beet*? Contact Adrienne or Kristina at [thebeet@sover.net](mailto:thebeet@sover.net). The Putney Co-op puts out six issues of *The Beet* a year and we are received in over 900 local households with many more issues being picked up in our store. Get your name out there in Putney and beyond!**



## Oh for the Love of 'Shrooms!

Next time you're perusing our small yet wildly vibrant produce corner wondering what to throw together for your next meal, consider the mighty mushroom!

Portabella, crimini, shiitake, even the seemingly bland button mushroom—these adventures in fungus are a power quartet in medicinal and nutritional health. The vitamin/mineral/antioxidant list that follows around each of the mushrooms we stock at the co-op is exhaustive... and stupefying. How does all of that fit into those spore-born enigmas? Well, at least I know what to eat for lunch!

### Buttons

What I was shocked to discover, however, was the unassuming button mushroom's power-infused level of Vitamin D and polyphenols, which enhance maturation of bone-marrow derived dendritic cells and their antigen presenting functions. They also suppress aromatase, an enzyme guilty for causing certain cancers. Aromatase is also connected to excess levels of estrogen and testosterone, so eating the little button mushrooms also help to counteract these imbalances.

### Shiitake

The shiitake mushroom is prized around the world for its medicinal properties. It is one of the most popular sources of protein in China, Japan and the rest of Asia. Its popularity is not only due to its ample protein but also its delicious flavor and other medicinal attributes.

Shiitake mushrooms have a strong antiviral effect which is believed to be caused by the amount of interferons inherent in the mushroom. Interferons are natural proteins that are typically created in vertebrates which create them as a reaction to viruses, bacteria, cancerous cells and parasites. They help to inhibit the replication of these pathogens and therefore the existence of them in shiitake mushrooms boosts the immune system of the consumer.

It has also been discovered that the consumption of shiitake mushrooms lowers blood cholesterol levels by up to 40-45%.

The results were most apparent in the studies when Shiitakes were simultaneously consumed with high cholesterol foods. Because it contains no cholesterol itself but is an excellent substitute for cholesterol heavy meats, it is the perfect choice for someone who needs to cut back on their red meat intake.

Japan has developed an extract from Shiitakes known as Lentinan. The extract is used with patients undergoing traditional cancer therapy. In fact, in Japan, mushroom extracts have become the leading prescription treatment for cancer. Lentinan may also prevent chromosomal damage induced by anti-cancer drugs. In experiments in Japan, mice treated with Lentinan prior to chemotherapy completely protected them from a reduction in white blood cell counts.

As a food source, Shiitake contains all eight of the essential amino acids in a better ratio than meat, milk, eggs or soy beans. Not to mention they contain an excellent combination of vitamins and minerals including A, B, B12, C and D. In addition, Shiitake's produce a fat-absorbing compound which is perfect for those wanting to lose weight. It's no wonder why the shiitake is also known as the "miracle mushroom".

### Portabella

The B vitamins found in portabella mushrooms, including riboflavin, niacin and pantothenic acid, are beneficial because they help your body transform food into energy. They also help your nervous system to function properly. The fiber found in mushrooms is good for weight management because it helps you feel satiated after a meal. The copper found in portabella mushrooms is important because it helps transfer oxygen in your body. Potassium helps regulate blood pressure and nerve and muscle function.

The selenium in portobello mushrooms operates in DNA repair in the body and also helps the body produce its own antioxidants. The iron and copper in portobello mushrooms aid in hemoglobin synthesis, which is needed for the trans-



portation of oxygen through the blood. The high level of riboflavin in portobello mushrooms contributes to cellular energy production and the pantothenic acid provided by these mushrooms aids adrenal gland function. Zinc, also found at high levels in portobello mushrooms, plays a role in immune function, wound healing and cell division. The consumption of niacin, found in high amounts in portobello mushrooms, has been linked to a reduced risk of Alzheimer's disease.

### Crimini

Continuous research on the health benefits of crimini mushrooms has indicated that their regular consumption acts as a barrier against the development of Alzheimer's disease and certain age-related cognitive disorders. Their intake has been also shown to reduce the rate of cognitive decline associated with advancing age. Criminis are also very popular for their radical scavenging functions and are an excellent source of nutrition, as part of a healthy, regular diet.

The mushroom has a very high content of zinc, which has a prime role in a number of fundamental processes in the body. This includes the stabilization of the blood sugar levels and the metabolic rate in the body, reduction of the excruciating pain that occurs in RA (Rheumatoid Arthritis) and prevention of the blood vessel damage that occurs in atherosclerosis.

Not to mention... adding a bit of mushroom power to your meal can be effortless! While I'm sitting here thinking of things to eat for dinner (salad, soup, pasta, meat, stir-fry) I can imagine a place for mushrooms in anything! Cooking with mushrooms also makes me feel like I know how to cook, because they always come out delicious!

—Tricia Hartland,  
Putney Co-op wunderkid

## Aloha from Hawaii

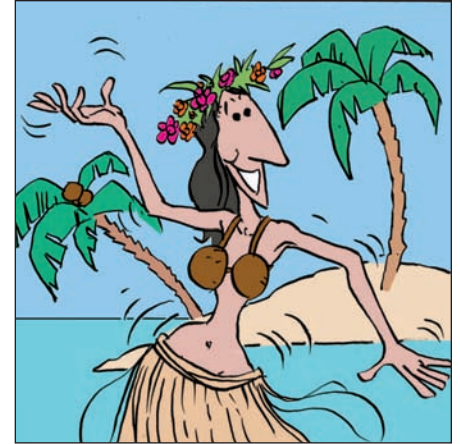
“Where in the world is Cara?” — a question I’ve become quite accustomed to hearing over the years. And it’s no wonder due to my gypsy lifestyle.

My most recent trip was to the Big Island of Hawai’i where I went with the purpose of studying vocal improvisation with master musician Rhiannon (a regular collaborator of Bobby McFerrin’s). I got a grant to finance the course, had a free plane ticket and everything seemed to fall perfectly into place for a three-month adventure to the Big Island.

One of the biggest teachings that I learned from Hawaiian culture was the concept of “following the flow”, literally watching the flow of the ocean currents and also watching energy and omens (known as “ho’ai lona”) to determine how to move through your life, what choices to make, etc. In Hawai’i it’s all about The Flow. I learned the practice of watching waves for a while before entering the water; to study how the sets of waves roll in and learn when is a good time to enter, going with instead of against the currents. Hawaii makes you pay attention — there’s something inherent in the land. There is much lore of people, particularly foreigners, not paying attention and forcing their agenda in the ocean or at the volcano. Needless to say, nature put them in their place every time.

As a native northeast coaster, I had to constantly check my agenda; following The Flow became the major theme of my trip. For example, my housing situation fell through my first morning on the island. When I freaked out and called USAirways to change my ticket, my island friends assured me to trust that I was meant to be there. Follow The Flow. A few days later I found myself helping out at a conference where 15 native elders from the mainland of the U.S. and Polynesia were dialoguing and working on a document to send to the federal government about climate change from an indigenous perspective. If only to have been at that gathering and to have heard the potent conversations of those elders, my trip would have been complete and totally worth it. Those conversations changed my life.

Powerful teacher of The Flow, Pele was the other big reason I wanted to return to the Big Island. Known as the fierce goddess of the volcano, she is deeply revered by those who live on the islands. And if you don’t show respect for Her, watch out. She’ll mess you up. I witnessed that first hand when a women’s empowerment workshop leader didn’t make an appropriate offering to Pele. Defying the laws of science and logic, I watched a piece of pie levitate and land on her head! Seriously, don’t mess with Pele!



I have never experienced a culture with as much respect for women as in Hawaii. There is an inherent, embodied reverence for the feminine that I’ve never experienced anywhere else in the world. More than a great tan, being on that land for three months changed me at a cellular level — the raw, wild, primal energy of that island gave me greater strength and clarity in my own walk. And for that, I am deeply grateful.

I love traveling because it forces me out of my comfort zone, challenges me to question my belief systems, and pushes me to find my own truth. Even though my trip didn’t unfold at all in the ways I had imagined, the lessons were perfect and forced me to grow in the most unexpected and brilliant ways. So, my advice...Follow the Flow... ■

*Cara Trezise, Putney  
Co-op gypsy entertainer*

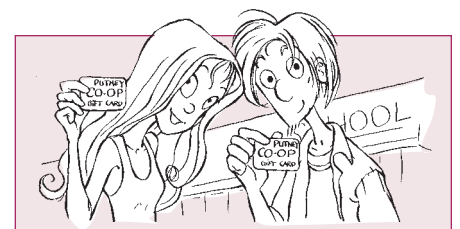
*Putney Farmers’ Market continued from page 1*

contain new surprises, so shop often and don’t miss out on the best seasonal deals!

Chef Ismail Samad will host “Shop with the Chef,” each Sunday through June 24th. He and Liz Ehrenberg will be onsite to promote The Gleanery, their community supported restaurant that’s due to open in August 2012. On opening day, Ismail created tiny nettle and Chevre fritters, and served them with fresh strawberries and a vinaigrette that was out of this world. If you’re interested in The Gleanery, and want to preview the food, now is your chance!



STRING BAND opened the season with their sweet, quirky harmonies and excellent down-home playing. Jackson and Sam will be back on June 17th—come out and listen to them over lunch and buy one of their new albums (for only \$10)! To find out who’s playing at market each week, check out the calendar on our website, [putneyfarmersmarket.org](http://putneyfarmersmarket.org). ■



### Putney Food Co-op Gift Cards

Hey, want a great gift idea for local grads and dads? How about a Putney Co-op Gift Card? They’re always the right size and color and they never expire!

## Veggie Tales

The produce room at the Co-op is a mysterious and wonderful place. Mysterious because I can't tell mesclun from arugula and wonderful because there's no other spot I can think of where a young lass hungry for a snack can have all sorts of fantastic things to munch on from just a few miles up the road! I love the big wooden bins of apples from Green Mountain Orchard and the mouth-puckering early strawberries from Harlow's are the very best. The produce shelves are always overwhelming with bountiful, good, green things to bring home; lately I've been carting home little bundles of rhubarb from Walnut Ridge Farm as often as I can since I'm a fiend of both rhubarb and pies. But besides those lovely, tart stalks, there's an incredible array of goodies over there to be had and whenever possible it's from our great farmer friends who live near us.

Old Athens Farm has been merrily plying us with glorious Napa cabbages, loose spinach and vibrant chard by the case-full! I've also happily noticed the recent addition of both peaches and plums to those wildly tempting fruit displays, which makes me very happy since both are just the thing for a hot summer afternoon in the Green Mountains. And our tireless produce employees have been unloading all kinds of delicious things in just the past few weeks like watermelons, artichokes, cantaloupes and big bags of red and green grapes.

Each piece of produce is lovingly trimmed and prettified for its appearance in the coolers and then tended to throughout the

day by our dear Cara, Kurt, Tricia, Sylvia or Jeanette, who all make sure that everything stays cool and nice and fresh. Whenever I work as a sub in the produce room I get a little wild with the water sprayer, so I just wanted to deeply apologize to anyone who got extra soggy lettuce last week. It's hard to know when to stop.

Besides all the gorgeous veggies and fruit, we also have a really great selection of plants from High Meadows Farm, so that you can grow your own fantastic tomatoes and broccoli rabe. But don't grow too much or then you won't come in to the Co-Op and we'll miss you. Out on our sunny porch we have a big display of pansies, daisies and lots of veggie plants, as well as some very robust hanging flower pots. I'm very fond of them and I hope you'll bring some of them home with you because they're a little on the heavy side and when I tried to bring them in the other night I dropped one and broke it. The guilt is horrible. You've got to take some of them away for me to prevent further carnage on my part.

Just inside the door we also have two big displays of seeds, from High Mowing. Release the urges of your inner green thumb and try your hand at getting baby watermelons to grow! There's a wonderful variety available and I'm starting some of them at home this month, though as you



now know, plants and I don't always work out very well.

But please do come down and browse through the beautiful rows of cucumbers, salad mixes, sprouts and beets. There's always something new and tremendously exciting going onto the shelves. Summertime in Vermont is just about sheer heaven for a lass or lad who loves amazing, fresh vegetables or fruit and just about everything under the sun ends up for sale and enthusiastically hosed down by me or one of the other wonderful produce workers. Come in and see the splendor for yourself!

And please oh please help me figure out what to do with all that rhubarb!

*Lulu Lovering, Putney Co-op employee extraordinaire and produce super soaker*

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Contact Adrienne or Kristina at [thebeet@sover.net](mailto:thebeet@sover.net).

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## Power to the Farmers: Reaffirming Our Commitment to Authentic Fair Trade

“We need to be clear: ...fair trade came from the south, most specifically from one co-op (UCIRI) in southern Oaxaca, Mexico. The idea was not to give control of the fair trade system to European non-profits, or bureaucrats, or multi-national companies or to plantations; but that is exactly what is happening.”

*Equal Exchange co-founder  
Rink Dickinson, in his November  
presentation to the InterReligious  
Task Force on Central America*

Co-op members' commitment to small farmer co-operatives and Fair Trade, over the past 25 years, has helped trading co-ops like Equal Exchange build and strengthen small farmer co-operative supply chains. Because consumers are willing to buy Fair Trade, small farmer organizations across the world have achieved the level of success they currently enjoy.

Unfortunately, this success and all our advances are now in jeopardy.

Deep controversies in the Fair Trade movement have been simmering over the past decade. Today, the situation has reached a boiling point and concrete actions must be taken or we risk losing everything we have collectively built.

Rink Dickinson, co-founder and president of Equal Exchange, writes about the state of Fair Trade in the tea industry:

“The area we (EE) work most closely with in tea is Darjeeling in India. A tremendous number of estates there are fair trade. Those estates do not need access to markets. They already sell to tea companies and brokers throughout Europe and the U.S. For them fair trade is simply another aspect of their product that they offer to consumers that want it. To an extremely large extent nothing really changed for those plantations in becoming fair trade. They simply allowed their workers (some of whom

were already in unions) to create a committee shared with management to disburse some modest premium dollars to a development fund. In return, they had this extra “product attribute” to offer to Twinings or Bigelow, or Celestial or Stash. Perhaps more importantly, the northern certifiers such as TransFair got to offer more products, take more market share in their competition with other social responsibility programs, and make additional income.

Making this situation more ironic, the plantation tea workers who are weak players in this system are legally bonded to the land. They are tied to the plantations in a feudal manner. How can the people who pick the tea be bonded and the product be considered fair trade?”

How indeed can modern serfdom be part of Fair Trade?

### How did this happen?

Fair Trade USA (formerly TransFair USA) has slowly but steadily chipped away at our principles and values, only recently taking the final steps in building their strategy. They have taken the name Fair Trade USA, then proceeded to leave the international Fair Trade System (FLO International/FairTrade International), lower standards, eliminate farmers from their governance model, and invite large-scale plantations into coffee and all other commodities.

This is not Fair Trade and we are asking you to join with us in differentiating TransFair's model from the authentic small farmer Fair Trade that we are collectively building.

### Our Model: Authentic Fair Trade

In 1986, Equal Exchange (EE) was founded to challenge the existing trade model. EE supports small farmers and connects consumers and producers through information, education and the exchange of products in the marketplace. At its founding, EE joined a growing movement of small farmers, alternative traders (ATOs), religious organizations,

and non-profits throughout the world who shared similar principles and objectives. The U.S. consumer co-op movement has been an integral part of this movement.

Equal Exchange believes that only through organization can small farmers survive and thrive. The cooperative model has been essential for building this model of change.

In the 1990s, Equal Exchange joined with a number of other organizations to create the certifying agency, TransFair USA. The goal was to create a mechanism to ensure that a company's products were providing social, economic and environmental impact for the small farmer organizations that grew them. Third party certification for Fair Trade was similar to certification for organic products, in that it provides consumers with confidence in their purchases. This turned out to be good business and TransFair grew as a result.

### The certifiers have their own ideas... and interests

As time passed, TransFair began to take on a life of its own. Rather than confine itself to its purpose as a certifying agency, collecting fees from industries that used its seal and monitoring them to ensure that Fair Trade practices were being met, TransFair soon developed its own vision. “Quantity over Quality,” “Breadth over Depth,” and other qualifiers came to be used to describe TransFair's vision of a world in which vast numbers of products throughout the grocery store could be certified Fair Trade, in as fast a manner as possible.

Their problem was supply. Working with small farmer organizations can be challenging and time-consuming. These organizations don't have the same access to market, credit, infrastructure and technology that large plantations generally do. Over the opposition of the ATOs, farmer organizations and a host of other Fair Trade advocates, TransFair and its umbrella organization FairTrade Labeling Organization (FLO) began certifying

plantation tea, bananas, cut flowers and other products with a set of different, less rigorous standards than those elaborated for small farmer organizations.

Soon, large corporations began to see value in certification as well. They discovered that consumers would respect all of their products, even if only one or two were certified as Fair Trade. TransFair rapidly began courting big businesses into the Fair Trade “family”, such as Chiquita, Dole and Nestle. The Fair Trade advocates protested, to no avail. Big business profits grew and, as more volume got certified, TransFair continued to grow as well.

### Current happenings

These actions, and many others throughout the years, have created large-scale opposition against the certifiers and bad feelings have mounted about the lack of transparency, accountability, openness and representation on the boards and within the committees of FLO International and TransFair USA. Little has changed, until this year, when the growing rift finally reached a head.

It is time to withdraw support from TransFair USA/FairTrade USA products. They do not represent Fair Trade.

### What are we asking?

At this time, EE is asking you to inform and educate staff and consumers. Eventually, we hope to enter into dialogue with the companies who are using the TransFair seal on their products in order to explain to them that authentic Fair Trade means support for small farmers, not plantations and corporations. These conversations will ultimately affect what certification will look like and how consumer/citizens think about fair trade and the future economic, social, and political prospects of small farmers.

For more information on Equal Exchange’s perspective on the differences between Authentic Fair Trade and what TransFair USA is doing, please go to [www.SmallFarmerBigChange](http://www.SmallFarmerBigChange).

*Phyllis Robinson,  
Education & Campaigns  
Manager, Equal Exchange*

## We are a proud sponsor of the 10th Annual “Twilight on the Tavern Lawn Concert Series”

Join the local music scene every other Friday starting June 1st at 6:30pm on the Tavern lawn for an awesome mix of rock, jazz, Zydeco, swing and bluegrass music. The concerts are free but donations are accepted. Here is this summer’s line-up:

**Friday, June 1 KEITH MURPHY, BECKY TRACY & MARK ROBERTS** — Celtic Tour de Force with fiddle, flute, banjo, foot percussion, guitar and French bombarde

**Friday, June 15 DARLINGSIDE and JAMIE KENT & THE OPTIONS** — String rock quintet with an exhilarating sound at the intersection of rock, classical and folk music, plus folk/pop singer/songwriter Kent’s trio

**Friday, June 29 ELECTRIC FENCE** — Southern Vermont acoustic/electric quartet that takes down the barriers between musical styles

**Friday, July 13 SLIPPERY SNEAKERS** — High energy, traditional and contemporary Cajun/Zydeco roots music

**Friday, July 27 SAMIRAH EVANS AND HER HANDSOME DEVILS** — Swampy, sultry, soulful jazz and blues sprinkled with a little New Orleans spice

**Friday, August 10 SIMBA** — Eight member funk and world beat band featuring blazing horns and scorching percussion

**Friday, August 24 HOUSETOP** — Lively, quirky, swingy, bluesy, old time American music with Vermont’s four-part harmony singin’, swingin’ string band



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## Ed's Grapevine — Vinho Verde

The spring has brought mixed weather to southern Vermont this year, but hasn't seemed to slow down our sales of white wines. This year I decided to get my hands on as many well priced great tasting Vinho Verde's (\$7 to \$12) as I could (The 90 degree days in April definitely played a part in this)

If you're not familiar with Vinho Verde here are the basics. It is a wine, named not for its color but for its youth. It is meant to be drunk within a year of bottling. To confuse matters more, where it is grown is along the Costa Verde or 'green coast' in Portugal. Most of the grapes in the lower priced sector are indigenous grapes of Portugal and are only found in Vinho Verde.

The Vinho Verdes we feature at the Co-op all have varying degrees of carbonation which make them ideal for



summer days, as does their low alcohol levels, usually 8.5–11%.

On the palate, you can expect tropical flavors, stone fruit, citrus, lemon and even pear. This year we are even featuring, for the first time, a Vinho Verde rosé from Artisanal Cellars called Las Lilas. (There are Vinho Verde Red

wines as well, but I have yet to see them offered in VT) As rosés go, it is on the sweeter side, but still full bodied, and would pair well with any style of Asian food. Las Lilas also makes a delicious straight Vinho Verde that is one of my favorites for its beautiful acidity on the finish. Other favorites of mine include the Broadbent, Pavao and Casal Garcia. In the next few weeks we will also be getting a couple of cases of another stand-out called Famega, be sure to look for it, at \$7.99 a bottle it won't be around long.

All of these wines pair well with traditional summer foods such as chicken salad, arugula salad, seared salmon, asparagus and grilled shrimp. Stop on by and let me know what you think.

— Ed Powers,  
Wine buyer and very  
minor radio personality.

## Strolling of the Heifers 2012

For those of our readers who made it to the 10th Annual Strolling of the Heifers parade and Live Green Expo in Brattleboro on Saturday, June 2nd, we have only one question — have you dried-out yet?

Even more miraculous than the fact that it poured buckets for the Strolling (something it hasn't done in years now), is the fact that the crowds came out anyway! The SOTH is the biggest event in our region, and this year's was no different. In fact, the preamble to the parade has become just as much an attraction as the heifers themselves (no offense, ladies), with several days' worth of lectures at the Slow Living Summit and the SOTH Small Business Plan Competition, leading up to Friday night Gallery Walk activities and street fair.

The Strolling is a lot of work for area businesses, as they add staff and increase hours to accommodate tourist traffic and capture dollars. The Putney Co-op has co-sponsored the ever-popular Cheese Village with Brattleboro Co-op and



Grafton Village Cheese for 4 years now, and each summer this free-for-all cheese tasting provides us with months of planning, ending in a crush of hungry parade-goers, ready to sample a dizzying array of cheeses from all over this great state.

This year was no different, and even though we were sure the rain would keep the crowds away, folks lined up just like they do every year to pass through the line, taste cheese, talk about cheese, ask questions about cheese, and generally stuff themselves full of cheese.

We receive great support from the Vermont Cheese Council for purchasing cheese samples from smaller producers, which can give new creameries increased exposure in areas where their products might not yet even be available. One example from this year was Boston Post Dairy, a farmstead cheesemaker in Enosburg Falls, VT, that milks a mixed herd of 60 dairy goats and 70 cows. Two of their aged goat cheeses, award-winning "Eleven Brothers," and "Très Bonne," were completely new to the cheese-counter employees from Brattleboro, and both received great responses from the crowd. Who knows, now maybe this small creamery will have new accounts in Southern Vermont?

New at the Cheese Village this year — cheese coupons! If you picked up one of these bright orange coupons, they're good for cheese purchases at both co-ops and Grafton Village Cheese. So search through those rain coats, dig through your pockets, and come try something new. And we'll see you next year, under the big tent, for another cheesy good time! ■



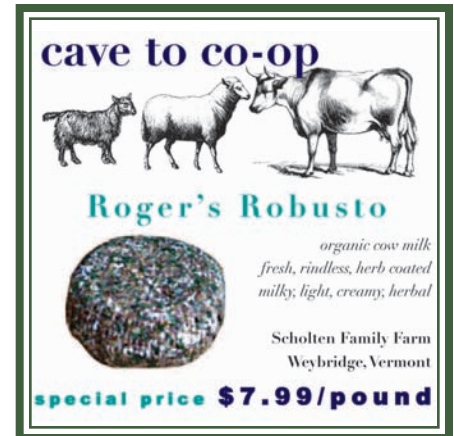
## CAVE TO CO-OP CHEESE FOR JUNE

### Roger's Robusto Organic Dutch Belt and Holstein cow milk Scholten Family Farm, Weybridge, Vermont

The mission statement of the Scholten Family Farm is to produce and provide from our family farm, the highest quality products for our consumers in an environmentally and socially responsible way for future generations. The Scholten Family consists of Patti and Roger — the namesake of Roger's Robusto — and their 4 children. The farm rests on 400 certified organic acres on the outskirts of Middlebury. The idea of making farmstead cheese came about as the Scholtens sought ways to make the family farm sustainable and to create opportunities for their whole family to participate. Scholten Family Farm promotes farming in a manner that improves and sustains

the environment, practices good animal husbandry, and upholds personal values where family comes first. In addition to Roger's Robusto, Patti makes Weybridge, a bloomy rind organic cow milk cheese that is aged at the Cellars at Jasper Hill.

Roger's Robusto is a fresh cheese made with organic cow milk and coated with a mixture of dried herbs with a touch of hot pepper. It is a perfect cheese for summer: light, uncomplicated and filled with the taste of fresh Vermont milk. Serve it alone with some crusty bread or marinate it in your best olive oil for a day or two. Great crumbled on salad or pasta, much as you would use feta. Here are a few very simple



recipes that highlight its flavor and make for a fast supper on a lovely June evening. ■

#### Quick Summer Pasta with Roger's Robusto, Cherry Tomatoes and Peas

serves 4

##### Ingredients

12 ounces of pasta — a shape like penne works well  
1 pint of cherry tomatoes, washed and quartered  
1 pound of fresh peas, shelled  
1 Roger's Robusto, crumbled  
½ cup extra virgin olive oil  
small bunch fresh basil leaves or arugula leaves, torn into pieces  
salt and pepper to taste

##### Preparation

Gently mix the tomatoes, the crumbled Roger's Robusto and olive oil in a medium serving bowl. Cook the pasta in a large pot of salted, boiling water. Two minutes before the pasta is ready, add the peas. Drain and add to the tomato mixture.

Toss with the torn basil or arugula leaves and add salt and pepper to taste. That's it!

#### Grilled Chicken Breasts Stuffed w/Roger's Robusto

serves 4

##### Ingredients

4 boneless chicken breasts  
4 slices of Prosciutto  
1 Roger's Robusto, crumbled

##### Preparation

Prepare the grill for medium heat. Slice a pocket in the side of each chicken breast and stuff with Roger's Robusto. Secure the opening by wrapping a slice of prosciutto around the breasts and closing with a toothpick. Grill for about 20 to 30 minutes, turning every 5 minutes. Chicken is done when the internal temperature is 165° F. Let the chicken rest for 5 minutes before serving.

For a lovely presentation, slice each breast on the diagonal.

## The Final Word with Robyn O'Brien

Although its only been a few months since the last issue of *The Beet*, so much has transpired! I hope to capture even some of it here for you.

I am immensely lucky to work with a great Board of Directors who are really invested in seeking ways for the Putney Food Co-op to be ever more relevant to this community. One of the ways they do this is to invite your input into the work of governance. At our last Annual Meeting, they asked members to indicate areas of interest regarding the future direction of the Co-op. One topic that got a lot of attention was energy efficiency. To further explore what that could mean to us, the Board invited Thomas Simon to participate in a board discussion on the topic.

Tom Simon introduced the board to the work of Co-op Power, which originally started in the Greenfield, MA area with the intention to create an outlet for bio-diesel fuel. The primary motivation for Co-op Power is to open up a venue for local residents who are interested in helping to promote renewable energy. One of the most recent projects of Co-op Power in Southern Vermont is to help the Brattleboro Food Co-op finance and install solar array panels on the roof of their new building. One of the many benefits available to members (and one that our Board is most interested in) is a Fuel Buying Group. This particular benefit has been challenging to administrate, although Co-op Power has been able to provide certain rebates on heating fuel and propane through certain area fuel suppliers. The fundamental question from the board was: how could the Putney Co-op work together with Co-op Power to promote the goals of bringing us into a more renewable energy future?

The long-term vision of Co-op Power is to re-vitalize area energy committees to take on community projects. If there were enough Putney-based members of Co-op Power, an organizing council could be formed. The Co-op could also become a member of Co-op Power. The

benefit of working with Co-op Power is that they have an infrastructure and systems that can help! Putney Energy coordinator, Daniel Hoviss encouraged the board to make solar hot water a priority for the Co-op — this might be an area that Co-op Power could help with.

To this end, I have been working with Integrated Solar on an estimate for hot water solar for the Co-op. The ultimate payback shows it is very much worth the investment! I am exploring financing for the project. Accessing money for the installation could mean a specific member loan drive or increasing a line of credit with the Cooperative Fund of New England, please watch for further developments!

The Boards of the Brattleboro Food Co-op and Putney Food Co-op are exploring ideas around how we can create greater alignment in order to better serve our members. They have met informally to brainstorm; many good ideas have been tossed onto the table for consideration. We want to put into practice more of what we have learned and benefited from over the years, that Co-ops really are “Stronger Together”.

### Putney Co-op believes in training and education!

Staff training in the last couple months include: Alex Buron, Deli Manager, to the Rising Stars Training in Burlington; Kristina Israel, Marketing, to The Farm to School Conference in Brattleboro; Alex Buron and Lynn Hildebrand to Black River Produce Table Top show in Burlington; Sarah Smith and Bryan Struthers, deli dept., received their ServSafe Certification; Ed Powers, Emily McAdoo, Adrienne Loughlin and Robyn O'Brien attended a Loss Prevention workshop; Robyn O'Brien to NCGA All Corridor Meeting; Robyn and Kristina to CDS Strategic Co-op Seminar, along with three Board members. Four grocery staff attended the UNFI tabletop show in CT, and this summer, Lynn Hildebrand and Kim Lefebvre will attend NCGA training in Minneapolis.



### Annual Business Planning for FY2013

There is a lot to consider while working on next year's business plan; economic instability, the opening of the new Brattleboro Food Co-op, the needs of an aging building, meeting the expectations and needs of our membership, expanding our staffing infrastructure, fuel prices and many other things known and unknown. We are planning to expand our education and outreach efforts quite a bit. Kristina Israel, our Education and Outreach Coordinator, is exploring partnering with other organizations in order to offer more to our community through cooking classes, food education, special events and so on. I am working on finding funds for a hot water solar installation, a new walk in cooler/freezer and expanding the kitchen to include a much needed convection oven and steam cooker. I hope to achieve all this and more and will need the support of our members to make it all happen.

### The Putney Food Co-op and Transition Town Putney

As a member of this great community and as manager of this great Co-op, I have had the pleasure of being on the Transition Town Putney Initiating Group for the past two and a half years. I cannot tell you all how wonderful, educational, inspiring and empowering this service has been! Putney is known as a town that works at being a community,

and the list of events, work groups and initiatives that have sprung from the efforts of its citizens proves it! Following the guidelines of the Transition Handbook by Rob Hopkins, this “core” group has dissolved and the organization of Transition Town Putney has been taken on by volunteers from the myriad working groups. This new core includes Kathleen Lawrence, Tiffin Mabry, Joan Bowman, Claire Wilson and Thara Fuller. More members will step forward as needed to continue the work of Transition. I am positive that Putney will manifest even more wonderful opportunities for community growth! I do want to acknowledge the folks in the Initiating Group; Paul LeVasseur, Margaret Tarmy, Daniel Hoviss, Simon Renault, Paulina Essunger, Tim Allen, Brett Avelin, Yada Claasen, Sombat Moontha, Richard Burbridge, Annik Paul and Cait Williams. Our core member list ebbed and flowed as lives changed, but the heart and soul of the group was always in the lead. From the “collective genius” that is Putney, we now have the Community Gardens, the Putney Farmers Market, a more sustainable Food Shelf, the many working groups, exchange of skills through the Reskilling workshops, book clubs, neighborhood potlucks, new ideas and new venues for exploring and expanding our understanding of each other and this crazy world we live in. The Co-op will always have a role in the work of Transition Putney, and I am happy to have landed in the Collaborative Communication Working Group where I expect to continue to learn and share.

### **The Putney Farmers Market is open on Sundays from noon to 3:00pm!!**

Established in 2010, the Putney Farmers’ Market reflects the uniqueness of Southern Vermont and small town living. The market provides a viable outlet for local entrepreneurs, and serves as an incubator for start-up businesses. It gives our community a place to gather every Sunday during the growing season, and offers live music, special events, great food, art and adornments, with local agriculture at the center of all it does.

The Putney Farmer’s Market accepts EBT and Debit cards, as well as Farm to Family and Harvest Health Coupons. The Market is across the street from the Co-op and offers plenty of nearby parking. Dogs are not allowed at the market. For a complete guide to weekly music and special events, visit the calendar page on the website, [putneyfarmersmarket.org](http://putneyfarmersmarket.org)

*Robyn O’Brien, General Manager*

## **Welcome John Krisher, new Produce Manager!**

I first want to thank the Produce Staff for totally stepping up and so willingly taking on the full demands of the department during this time between managers!! Kudos to Kurt Weisman for being incredibly flexible with his time, so capable and uncomplaining! Jeanette Pfeiffer and Sylvia Rhomberg cheerfully took on added duties and worked with the schedule to keep things rolling. A special thanks to Casey McKenzie and Cara Trezise for filling in and adding their bright light to the mix! You guys really made it all work and you are so appreciated! Thank You! Thank You!



It has been quite a search to find the right person for the Produce Manager position and I am happy to announce the hiring of John Krisher, of Putney VT, for that job!

John comes totally qualified for the job; he was produce manager at the Brattleboro Food Co-op from 1995-2006, and has a long history of grocery store management under his belt. John was highly recommended by his previous bosses as a great team leader and all around good guy. Please make him welcome when he starts work here June 11. ■

## **The Gleanery**

Here at the Co-op, we know that what’s good for farmers is good for the local economy. And we also know that what’s good for Putney is good for local businesses.

The Gleanery hopes to be all of that, by serving as a destination restaurant that draws more people to Putney for its farm-to-fork cuisine. And that’s why the Co-op’s General Manager, Robyn O’Brien, has shown her support for this venture from the beginning.

Along with representatives from Transition Putney, UVM Extension, Next Stage, and the Putney community, Robyn joined the advisory group that hopes to realize this vision of a Community Supported Restaurant in the former Front Porch Cafe space.

The Gleanery is the work of Ismail Samad and Alice James, two chefs with a passion for local agriculture, sustainable business practices, and innovative cuisine. Right now they are collecting pledges of community support, and will sell memberships to The Gleanery starting June 1st. This does not mean that the restaurant will only cater to members; selling memberships is just how they will raise the start-up capital to get the business going.

The CSR works basically like an agricultural CSA, where customers buy a season’s worth of produce in the spring, and in return receive a weekly box of farm fresh products. It’s a great model, and one that has worked for Claire’s Restaurant in Hardwick, most famously. In this case, the CSR memberships would be redeemed via monthly credits at the restaurant, for a specified period of time.

**Congratulations to The Gleanery for placing 1st in the Farm and Food Category of the Strolling of the Heifers Business Plan Competition!!**

## Glean with the Vermont Foodbank, Volunteers Needed



The Vermont Foodbank, the state's largest hunger-relief organization, is looking for volunteers this summer to help with the Gleaning Program. Gleaning is the age old practice of harvesting produce that is otherwise unmarketable. The Vermont Foodbank Gleaning Program harvests excess produce from local farms with the help of many volunteers, making it available to our neighbors in need. In 2011 the Vermont Foodbank Gleaning Program worked with more than 100 farms and hundreds of volunteers to provide nearly 400,000 pounds of fresh, local produce to Vermonters in need of food assistance. Participating as a gleaning volunteer offers community members the chance to learn firsthand about local food production and food insecurity in the state. Come glean with us! To learn more and to volunteer at a farm near you, please contact Hannah Pick at 802-246-0993 or hpick@vtfoodbank.org.

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



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### Calendar

- Friday  
June 15  
Twilight on the Tavern  
Lawn Music Series  
featuring Darlingside and  
Jamie Kent and the  
Options
- Sunday  
June 17**  
**Father's Day & Putney  
Farmers Market 12-3pm**
- Friday  
June 29  
Twilight on the Tavern  
Lawn Music Series  
featuring Electric Fence
- Wednesday  
July 4  
Independence Day



Sundays 12-3pm

Putney  
Farmers'  
Market



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