



FREE!

The Beet

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

November 2011

Membership

Cue Barry Manilow cause, “Looks like we made it!” We got our 1000th member in true Putney Co-op fashion one hour before the Anniversary dinner on September 30th. Obviously, we wanted to get our 1000th member by our Anniversary, but I didn’t think it was possible. Going into that last week we were still 15 memberships shy of our goal, but wow! all of a sudden, the memberships started pouring in, 13 in the last two days alone to bring us to the Promised Land. I couldn’t be happier, and the lucky 1000th member, Holly

Hammond, enjoyed a beautiful Putney Co-op canvas tote filled with all sorts of locally produced goodies. Thank you to everyone who has gotten us to this point; let’s look towards our next goal.....1500 members! Congratulations to all the new members.

—Front End Coordinator
Adrienne Loughlin

Welcome New Member-Owners:

Lynn Barrett
Michael Billingsley

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Hurricane Irene Cooperative Recovery Fund

The Putney Food Co-op was able to donate \$540 to the Cooperative Development Fund's (CDF) "Hurricane Irene Cooperative Recovery Fund." Thank you to all who donated to this wonderful cause. Donations made to the fund will be directed specifically to individuals and cooperative businesses along the East Coast and throughout New England who have experienced loss. The fund will also seek to assist organic farmers who are prime suppliers to food cooperatives.

The National Cooperative Grocers Association (NCGA), on behalf of its 122 member and associate food co-ops nationwide, has contributed \$5,000 to the Hurricane Irene Cooperative Recovery Fund, established by the (CDF).

In making the fund's initial donations along with the National Consumer Cooperative Bank, which also contributed \$5,000, NCGA seeks to help in the recovery of the cooperative community that was in the path of Hurricane Irene. They are also

encouraging others who can to make a donation at www.cdf.coop.

The fund will direct tax-deductible contributions to individuals who are co-op members or staff, farmers who supply food co-ops and cooperative businesses in impacted areas who have experienced losses.

The fund welcomes contributions from the general public as well as from the cooperative business community; contributions to the fund are tax deductible.

"Regions throughout the United States have been hit by a devastating series of storms, tornadoes, floods and wildfires. In the latest major storm, Hurricane Irene, the victims again include co-ops and their members, and we want to help," said CDF Executive Director, Liz Bailey. "The Cooperative Development Foundation (CDF) applauds the resiliency of the people affected and the extraordinary work being done by government response teams and disaster relief agencies. We encourage your

support for relief efforts that are providing invaluable support for victims."

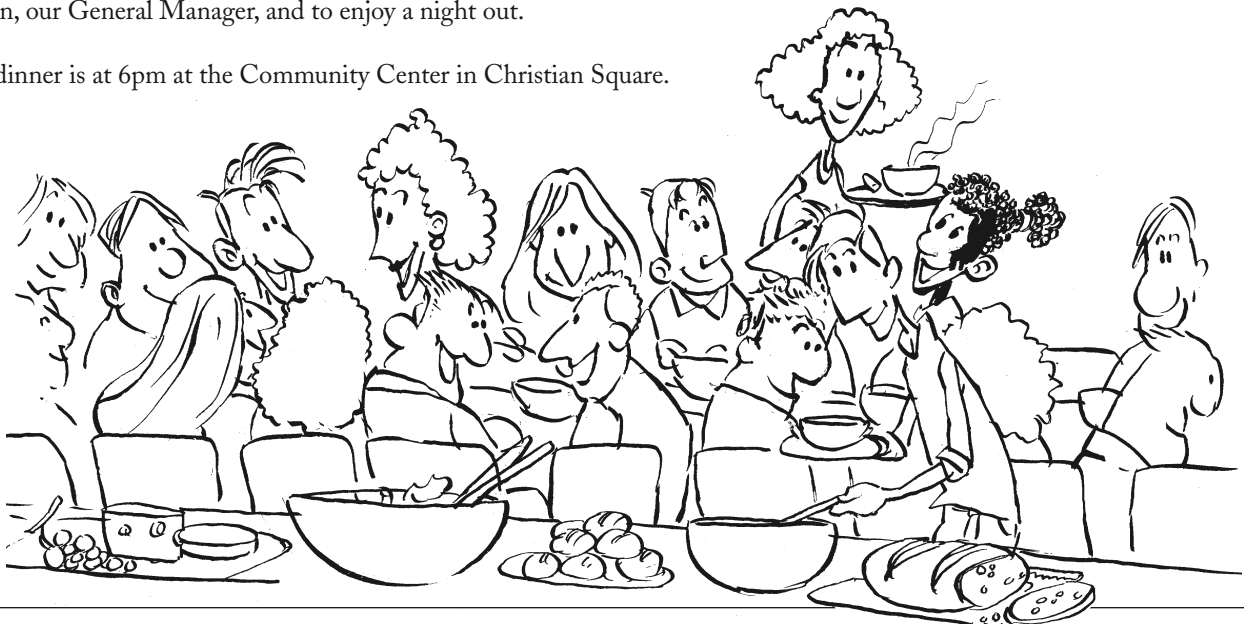
"Two of the seven cooperative principles are 'Concern for the Community' and 'Cooperation Among Cooperatives,'" said Robynn Shrader, CEO for NCGA. "These two principles intersect in the case of this relief fund. Many of the farmers who support our co-ops along the East Coast have been deeply affected by Hurricane Irene. So have cooperative businesses. This is an opportunity for other co-ops and individuals to take part in their recovery."

NCGA and CDF have partnered on this fund drive with their colleagues in the cooperative community. CDF will take no administrative fee for funds raised, to assure that 100% of the funds donated reach the people and organizations that need help. CDF's primary points of contact in the affected area will be the Cooperative Fund of New England and the Neighboring Food Co-op Association which will assist in identifying and dispersing funds to those with the greatest needs.
—NCGA.coop

Putney Food Co-op Annual Dinner

The Putney Food Co-op Annual Dinner is Thursday November 17th. Please join us in our 70th year for a delicious dinner of soup, salad, bread, cheese and desserts. It's a time to get to know your fellow members, talk directly to the Board of Directors and Robyn, our General Manager, and to enjoy a night out.

The dinner is at 6pm at the Community Center in Christian Square.



Managers Report—November 2011

Wow, where to begin?! So much has happened since the September Newsletter!

Early in September, I travelled to Boston to join managers from 120 Food Co-ops across the country at the annual National Cooperative Grocers Association (NCGA) General Assembly.

Since our formation in 2004, we have grown from 88 member co-ops to 120 and have had some involvement in the start up of many new stores. This is a big improvement from our beginnings, when the number of food co-ops was dwindling; seems the cooperative business model is making sense in today's world! To bolster that statement, the financial report of the organization is improving overall, with sales growth of 7.5% and improvements in operational efficiencies and profitability growing as well. The conference is structured to provide opportunities to collaborate, brainstorm and to learn. Ari Weinzeig, from Zingerman's Deli in Ann Arbor, Michigan, was the keynote address speaker. He is an inspiring leader in achieving the "triple bottom line" that food co-ops work so hard for. His new book, "The Lapsed Anarchist's Guide to Growing a Great Business" is proving to

be a fantastic read, with plenty of fodder for great ideas for our little store!

Next up, celebrating our 70th and NOFA's 40th Anniversary!

What a great weekend! Starting with Friday, we hosted an extravagant night of Movie, Dinner and Dancing. The movie, "The Fish Belong to the People" drew about 45 viewers to the Next Stage Theater. We came away having learned about the plight of small scale fishing on the Maine coast and how complicated it is to earn a living and steward the environment at the same time. We have donated this movie to the Putney Library, so please watch it and learn for yourselves.

We sold 95 of 100 tickets for the fabulous dinner featuring Port Clyde Fresh Catch Hake and Jonah Crab. Thanks go to the amazing deli staff for creating and serving this meal! Everyone enjoyed themselves and the crowd was ready when Planet Zydeco took the stage and immediately got the house rockin'! It was wonderful to see so many of you dancing and partying! Definitely a night to remember! (We have received so much good feedback on this event that we are planning to do it again!)

Saturday brought a torrential downpour that drove our long planned outdoor extravaganza inside. Rain dampened the numbers but not the spirits of those who attended our daylong celebration. From the 11am performance by Eric and Inez Bass from Sandglass Theater to the music and speakers, and a close with great music by Simba, everyone had a lot of fun. It was heartwarming to share the day with our community and with representatives from the Northeast Organic Farming Association, the National Cooperative Grocers Association, the Neighboring Food Cooperative Association, and managers and Board Members from other Food Co-ops in our region. Senator Sanders and Governor Shumlin sent letters of congratulations and thanks to the Putney Food Co-op for being leaders in supporting local food and economic sustainability in our community. Truly something Putney can be proud of. Thanks to all of you who came out to celebrate with us, you made it very special.

With 70 years under our belts providing groceries and building community in Putney, we have learned so much; just think of what we can do in the next 70!

—General Manager Robyn O'Brien

Welcome New Member-Owners *continued from page 1*

Harry Brauser	Gibbs LaMotte
Candace Brown	Buffy Lavoie
Rich Carter	Collin Leach
Michelle Clarke	John Mackay
Catherine Joyce Davis	Tara Meinhard
Elizabeth Demers	Eli Miller
Linda Evans	Thomas Miller
Stephen Falk	Patrick Noyes
Lisa Ford	Sean O'Reilly
Gilles Gerard	Philip Ranney
Carol Greenhouse	Jonathan Riseling
Nancy Groff	David Shaw
Betsy Guenther	Molly Stoner
Noralee Hall	Kathy Thatcher
Holly Hammond	
Bruce Howlett	
Elliott Hunnewell	
Betsy Jaffe	
Kevin Keith	



On Wednesday
November 16th, there will be a table set up in the Co-op for the
Annual Putney Prayer Flag event.

Come down to the Co-op and write and design your own prayer on a flag for free. The flags will be displayed around the town of Putney.

CAVE TO CO-OP CHEESE FOR NOVEMBER

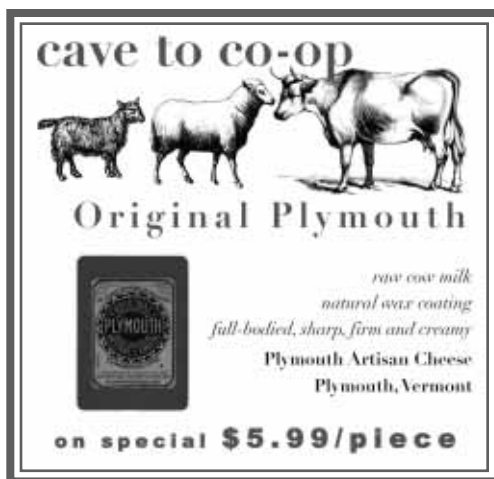
Original Plymouth Raw cow milk cheese Plymouth Artisan Cheese

Plymouth, Vermont—Jesse Werner, cheesemaker

This is the signature cheese from Plymouth Artisan Cheese. It is a full-bodied mature cheese with extremely well developed flavors that has been aged to bring out its full potential. It is a sharp cheese with notes of butter, fruit and nuts.

John Coolidge, the father of Calvin Coolidge, the 30th President of the United States, opened the Plymouth Cheese Factory in 1890. Plymouth Cheese is an American heritage cheese with its own unique characteristics and a fine reputation. The Plymouth Cheese Factory in Plymouth, Vermont, is one of the oldest cheese operations in America.

Plymouth Artisan Cheese is a traditional granular curd cheese. The art of achieving the rich, open bodied texture of granular curd cheese comes about through the skillful cutting and continuous stirring of the curds, both mechanically and manually. This process takes hours and is still utilized today to produce this authentic classic American cheese. The recipe for what became Plymouth Cheese arrived with the first European settlers to the New World and has been modified over time to become what it is now.



Although granular curd cheeses were widely made throughout the colonies this practice slowly died out over time and was replaced by the factory process. When John Coolidge sited his cheese factory in Plymouth, Vermont, Plymouth Cheese as we know it today was born. The Plymouth Cheese Factory operated until 1934 when the factory was closed due to a milk shortage caused by the Great Depression. Plymouth Cheese disappeared from the American landscape until 1962 when John Coolidge, the sole surviving child of

President Calvin Coolidge, decided to return to Vermont and revive the Plymouth Cheese Factory. From 1962–1998 John Coolidge re-introduced Plymouth Cheese, and at the age of 92 sold the cheese factory to the State of Vermont where it now sits at the center of the President Calvin Coolidge State Historic Site.

In July of 2009, Jesse Werner took over the Plymouth Cheese Factory and started making Plymouth Cheese to the same exacting standards that such a pedigreed American heritage cheese demands. Jesse is an artisanal cheesemaker and all of his cheeses are produced in small batches and aged on site. All of the cheeses are handmade from raw cow's milk received from a single local herd that is continually monitored for quality. All of the milk for Plymouth Cheese comes from a farm that engages in the best dairy practices and humane treatment of their livestock. Only the finest and freshest milk goes into the cheeses. Granular curd cheese is very rare and Plymouth Artisan Cheese may be the only cheese factory that still produces this distinctive American heritage cheese. ■

Fall Harvest Salad

Courtesy General Manager Robyn O'Brien

Ingredients:

2 cups leafy salad greens
1 cup finely chopped red cabbage
1 or 2 large julienned golden beets
4 minced or slivered sundried tomato halves
1 large grated carrot
½–1 cup maple nuts (recipe to follow)
Dried cranberries as a garnish

Serve with your favorite salad dressing. Add bleu cheese and crumbled bacon for a full meal.

Maple Nuts

Courtesy General Manager Robyn O'Brien

Ingredients:

1 TBS butter
1 cup nuts (any kind)
2 TBS maple syrup

In a heavy sauté pan (cast iron is best) melt one tablespoon of butter and cook 1 cup nuts (any kind) over low heat for a few minutes. Add 3 tablespoons maple syrup and cook for a couple of minutes stirring constantly. Take off heat and let cool, sprinkle with good coarse salt (smoked salt is best) Serve as a delicious snack or great salad topping!

Original Plymouth Bread Pudding with Squash and Kale

Serves 4 as main course and up to 8 as a side

pre-heat oven to 400° F

Ingredients:

4 cups peeled and seeded winter squash cut into 1 inch chunks
1 TBS olive oil
1 tsp salt

Toss the squash with the oil and salt and roast on a rimmed baking sheet for about 20 minutes, until tender. Set aside.

6 large eggs
2 cups of half and half
2 tsp of Dijon mustard
1 tsp salt
8 cups of day old bread, torn into 1 inch pieces
2 TBS olive oil
4 shallots, chopped
1 bunch of kale, stripped from stems and coarsely chopped
8 oz Original Plymouth, grated

Whisk eggs in a large bowl and add the half and half, mustard and salt. Add the pieces of bread and stir to mix. Let the bread soak in the egg for 30 minutes, stirring halfway through. While the bread is soaking, heat 2 table-spoon of oil in a large sauté pan over medium high heat. Sauté the shallots until soft then add the kale and cover the pan. Cook for 5 to 7 minutes, stirring occasionally, until the kale is wilted. Turn off the heat.

Reduce the oven to 350° F. Butter a 13x9 inch baking pan. Using a slotted spoon, transfer about half the soaked bread mixture to the pan spreading it evenly. Spoon half the kale and half the squash over the bread. Sprinkle with half the cheese and repeat with the rest of the bread, vegetables and cheese. Pour whatever egg mixture is left over the cheese. Cover the pan loosely with foil and bake for 20 minutes, Remove the foil and bake for another 20 minutes, until the custard is set and the top is golden brown. Remove from oven and cool for 10 minutes before serving.

Creamy Pumpkin Pie Soup

Courtesy Co-op Chef Jim Rice

Ingredients:

1 15oz can pureed pumpkin (not pumpkin pie filling)
1 can vegetable stock (use the pumpkin can to measure)
1 can half and half
½ tsp. cinnamon
¼ tsp. nutmeg
¼ cup or to taste maple syrup
Salt and white pepper to taste

Add pureed pumpkin to a heavy, large pot over low heat, slowly add the vegetable stock and half and half, using less liquid if you like a thicker soup. Whisk soup and add cinnamon and nutmeg. Add maple syrup, salt and white pepper to taste. Heat through.

Can be topped with roasted pumpkin seeds and/or whipped crème fraiche.

Serves 4 as a main course and 8 as an appetizer.

The Holidays

are fast approaching and the Putney

Co-op would like to make your food

shopping a little more enjoyable. We will

be having food demos from 9–5pm every

Thursday in November and December

(except Dec. 1st) to give you a taste of

some of the special things we'll be offering

for the holidays.

Cheers!

The Putney Food Co-op Board of Directors is looking for New Members!

The Putney Food Co-op (PFC) Board of Directors (BOD) is the governing body for the members of the Putney Food Co-op. All participants of the Putney Food Co-op Board of Directors are first approved by the BOD and then presented to membership at the annual meeting for electoral confirmation. The terms of Directorship are 3 years with re-election required every 3 years to continue on the Board. The Board is responsible for ensuring organizational performance on behalf of all of Putney Food Co-op members.

Directors must be Putney Food Co-op members in good standing without a substantial conflict of interest resulting from an affiliation with any enterprise that is in competition with the Co-op. As for personal qualifications, board experience is helpful, but not a prerequisite for directorship. More important are: willingness to work closely and cooperatively with the other PFC Directors; commitment to providing the time and energy necessary to accomplish the Board's objectives;

fulfill the required term; the ability to learn quickly; and organizational skills.

If you are interested in serving on the Putney Co-op Board of Directors, please contact Angela Battisto—angela@buildinggreen.com or Kirsten Jeppesen—KirstenHJeppesen@gmail.com to obtain a Putney Co-op Board Candidate Application and to find out more about board member duties and responsibilities. ■

Just Label It!

Unlike most other developed countries—such as the 15 nations in the European Union, Japan, Australia, Brazil, Russia and even China—the U.S. has no laws requiring labeling of genetically engineered foods. Yet polls have repeatedly shown that the vast majority of Americans,—over 90% in most studies—believe GE foods should be labeled. As ABC News stated, “Such near-unanimity in public opinion is rare.”

- 93% believe GE foods should be labeled (10/10, Thomson Reuters PULSE™ Healthcare Survey, “National Survey of Healthcare Consumers: Genetically Engineered Food”)
- 96% believe genetically modified foods should be labeled (6/11, MSNBC)
- 95% of consumers believe GE foods should be labeled (11/08, Consumers Union, “Food-Labeling Poll: 2008” p. 13)
- 94% believe genetically modified food should be labeled (9/10, *Washington Post*)
- 93% of the American public wants the federal government to require mandatory labeling of genetically engineered foods (6/11, ABC News)

There are many reasons why Americans want labeling of genetically engineered foods. For some it is due to health, safety



or environmental concerns. For others, it is due to religious considerations. Still others believe that the right to know is a core American value.

So why has the FDA not acted?

The Federal Food, Drug, and Cosmetic Act requires the FDA to prevent consumer deception by clarifying that a food label is misleading if it omits significant, “material” information. In 1992 however, the FDA issued a policy statement that defined “material” by the ability to be sensed by taste, smell, or other senses. The FDA determined that GE Foods were “substantially equivalent” to conventionally produced foods, so there was no material difference—and no labeling was required. After almost 20 years, this policy is still in effect today.

For example, a salmon that is genetically engineered to produce hormones throughout the year is not, according to the FDA, materially different from a

non-genetically engineered salmon because it does not taste, smell or feel different. And without a label to tell us differently, when eating salmon, we would not know if what we were consuming had been genetically altered. Note: As of this writing, a decision to deregulate GE salmon and make it commercially available is pending.

People today want more information than ever. Yet, this decade's old and out of touch FDA policy prevents us from knowing about our food.

The scientific debate about the benefits and risks of GE crops will continue for a long time. Meanwhile, an entire generation will have grown up consuming them. We should all have a choice about whether we want to participate in this grand experiment with our bodies and our environment. We have a right to know what's in our food.

Isn't it time genetically engineered foods were labeled in the U.S.?

The NCGA supports the work of the Just Label It campaign. To add your voice to the issue, go to <http://justlabelit.org/takeaction> to sign the petition. Tell the FDA the choice should be ours as consumers—we have a right to know when we purchase genetically modified foods! ■

Putney Co-op Board of Directors Candidate Statement Kirsten Jeppesen—Co-op Member since 1992

I have been an enthusiastic member of the Putney Co-op for many years, and I am very interested to serve on the board of directors. I have a passionate desire to be more involved in the creation of greater health, wellbeing and sustainability in our communities via local food production and distribution. I believe that supporting the Co-op helps to support this cause.

My intention in serving on the board is to bring a creative mind, powerful listening skills, additional perspective, and an ability to work with others to create win/win outcomes for the Co-op and the Community it serves. Being part of the group that is instrumental in creating a strong future vision for the Co-op is inspirational to me and I would be honored to be a part of this process. I believe that my background in



management and my training as a coach have provided me with skills that will be of great benefit to the group dynamic of the board.

In serving on the Putney Co-op Board of directors, I hope to gain greater

understanding of the oversight and organizational processes of the board. I hope to gain greater clarity of the Co-op's mission/vision and its impact in the community. I want to be part of the process that continues and expands upon that vision.

I have a varied employment background in Environmental Consulting/Project Management, Television Production Management, and Massage therapy. In 2010 I went through an intensive Life Coach Training Program to expand and evolve my skills in working with people and organizations. I now have my own life coaching practice working with people to create greater health, integration and balance in their lives while providing accountability and motivation to move them forward into the future they desire. ■

Lulu on the Street for *The Beet*



Jim Rice



Question: What is your favorite part of your families Thanksgiving meal?

Jim Rice: I love the whole thing, but especially the chestnut stuffing!

Kim Lefebvre: This year my husband and I are going to a couples retreat for Thanksgiving—we're really looking forward to getting to have Thanksgiving dinner with a group of other couples that we haven't even met yet!

Lynn Hildebrand: Leftover turkey sandwiches!

Shawna Davignon: Homemade apple sauce with raisins, walnuts and cinnamon; it's to die for

Emily McAdoo: The very best is pumpkin pie with whipped cream



Lynn Hildebrand



Shawna Davignon



Emily McAdoo



Kim Lefebvre

Shopping at the Co-op

Someone asked me recently, “Would you still shop here if you didn’t work here?” Without hesitation my answer was an honest “Yes.” I’ve worked at the Putney Co-op for almost 4 years, and when I first started, I was a 22 year old who didn’t care what I ate. Most of my grocery shopping was done at conventional stores because it was so cheap, and that was the only deciding factor.

You see, today many people care more about the dollars in their pockets, than the state of their health. Sure, for less than \$5 you can get a bag of chips, an apple shrink-wrapped from half-way around the world, and a 2 liter of soda, but what is that really doing for you? It wasn’t until I started feeling sick & sluggish that I learned not all foods are created equal.

It didn’t take me long to learn that I should care what I put into my body: pesticides, preservatives, and chemicals I

can’t even begin to pronounce. Sprays used to kill weeds, insects, and fungus were being absorbed by my hungry body. My husband and I both started to educate ourselves about what is in (and on) our food. Dozens of documentaries and internet articles later, we had an awakening.

Organic foods are made without the use of nasty chemicals. A simple concept: don’t put things on your food that you don’t want in your body. Why don’t you want chemicals and pesticides in your body? A simple internet search will easily answer that question. Possible links to cancers, nerve damage, birth defects; things most people try to avoid.

Not only did we start buying organic, but local. Why buy produce that traveled across the country when you can get the same product fresher from your local farmers? The fresher the produce, the better it tastes, and the better it is for you.

It started with just the fruits and veggies, and then moved into all the other areas.

While discovering the joys of organic foods, I figured out that I am lactose intolerant. The Co-op has many alternatives for me, another reason it is my grocery store of choice. Milk alternatives, cheese alternatives, and non-dairy yogurts have become some of my favorite staples. On a side note, if you’re also lactose intolerant, please feel free to ask me for product suggestions.

While some people will say “I don’t buy organic/local because it’s too expensive” (and believe me, I understand), it is better for your body and for our local economy. I feel so much better now than I did a year ago. I sleep better, I’m happier, and my energy levels are much higher. It feels good to know that when I eat, I’m nourishing my body.

—Assistant Grocery Manager
Kim Lefebvre

United Nations to Launch International Year of Co-ops

As you probably know, the United Nations (UN) has designated 2012 as the International Year of Co-ops. This will be an incredible opportunity for us to celebrate our co-ops, to grow the co-operative economy, and to make the benefits of co-operation available to people who are hungry for a different way of doing business. It will be an opportunity to build on the extraordinary efforts of generations of co-operators as we address new challenges and opportunities to advance our vision of a thriving regional economy, rooted in a healthy, just and sustainable food system and a vibrant community of co-operative enterprise. And it will be our chance to demonstrate how “Co-operative Enterprise Build a Better World.”

On Monday, 31st October 2011—the last day of Co-op Month—the UN will officially launch 2012 as the International Year of Co-ops with ceremonies at their headquarters in New York City. It will be a great way to close out Co-op Month and to begin thinking big about what we can accomplish together in the next year.

Spreading the Word

The NFCA has been working all year to promote the International Year of Co-operatives as an opportunity to raise the profile of our food co-ops, to reach out to other co-op sectors such as agricultural co-ops, credit unions and worker co-ops on how we can work together to grow the co-operative

economy, and present the co-operative business model as a way to strengthen the regional economy. Examples include:

- A resolution on the International Year of Co-ops. To date, the New England Farmers Union, Cooperative Fund of New England, Valley Alliance of Worker Co-ops, Agri-Mark and Franklin Community Co-op have passed similar resolutions. If your co-op has not yet approved a resolution, please consider downloading a copy from the “Resources” section of our website and adapting it to your co-op for approval by your board or at an annual meeting: <http://nfca.coop/resources>.
- Our ad campaign in Green Living Journal featuring the IYC (<http://www.greenlivingjournal.com>),
- An article and ad in Green Energy Times (<http://s.coop/7h32>)
- An article with the New England Farmers Union in Farming Magazine (to be published in January),
- An article on the launch of the International Year on the NFCA website at <http://www.nfca.coop/iyc>, and
- Supporting the launch of new cross-sector co-op organizations such as the Valley Co-operative Business Association (<http://www.vcba2012.coop>). Among our initial activities are a Facebook page (<http://www.facebook.com/pages/Valley-Co-operative-Business-Association>) and a full page ad in the Valley Advocate featuring most of the co-op businesses and credit unions in the valley of Western Massachusetts and Southern Vermont.

—Executive Director NFCA Erbin Crowell

The After School Cooking Report

Our class of mostly 5th graders has been fortunate this semester to welcome two accomplished food entrepreneurs into the kitchen. Shital Kinkhabwala sells Indian food at the Brattleboro Farmers' Market. She and her daughter, Ashna, have been cooking together since Ashna was old enough to hold a spoon. Together they demonstrated for us the way to make Aloo Palak, a potato and spinach curry with coconut milk; mint raita, a cooling yogurt sauce used as a condiment at meals; and mint roti, the unleavened flatbreads ubiquitous throughout India and much of Asia (though known by many names). Shital and Ashna brought their own special roti boards and rolling pins, which are more the thickness of a dowel than what most of us would imagine a rolling pin to be. Ashna deftly demonstrated how to roll the dough into disks, using techniques she'd begun to learn as a toddler. The curry bubbled happily while Ashna then cooked the rotis in a hot, almost dry pan. The garlicy, highly scented flatbreads



Conner expertly chops walnuts;
Sal watches intently.

were so tender and savory dipped in raita, and were a huge hit with the kids.

Aew Ladd sells Thai food at the Putney Farmers' Market, and for our class she

made coconut chicken soup and shredded carrot salad. Aew started the class with pictures of the special ingredients used in Thai cooking: kaffir lime leaves, lemongrass, galangal root, tamarind. The biggest learning experience for some students may have been that of tastes; one student was so enthralled when she tasted the soup, she paced the kitchen exclaiming, "It's really good! It's sour and sweet and, I don't know, something else... I really like it!" For my own part, the carrot salad was a revelation; I hadn't tasted anything remotely like it since I was in Thailand. Food as time travel—I wonder if Jules Verne ever thought of that?

Our future forays into international cuisine will include Chinese dim sum, Mexican tamales and tortillas, and homemade Italian pasta. You can keep track of what's happening after school by visiting putneyfoodcoop.blogspot.com, where we usually post recipes and photos from the class. *Community Outreach & Education Kristina Israel*

Holiday Shopping at the Co-op

This year we are really going all out to be sure we have everything you need to make the Holidays sparkle! Every department will be stocked with the finest, freshest and most beautiful choices. From meats and breads to wines and gorgeous veggies (and yes, still some local offerings there!) to our own pies and cakes, we are here to help you create beautiful meals or fun snacks. And when you are just done and need to have someone else do the cooking—stop in for a great sandwich or warming bowl of delicious soup. We've got you covered! We have recipes and tips to inspire great meals and a knowledgeable staff eager to help.

Be sure to check out the lovely selection of gifts, Lynn always brings in the most unique and fun items. Don't forget about our gift cards either! Our Co-op gift cards can be used in any participating co-op across the country! If you know someone attending one of our schools, this is the perfect solution for gift giving for students and faculty alike!

Remember, shop your local Co-op, support you local economy!

Thanksgiving Turkeys

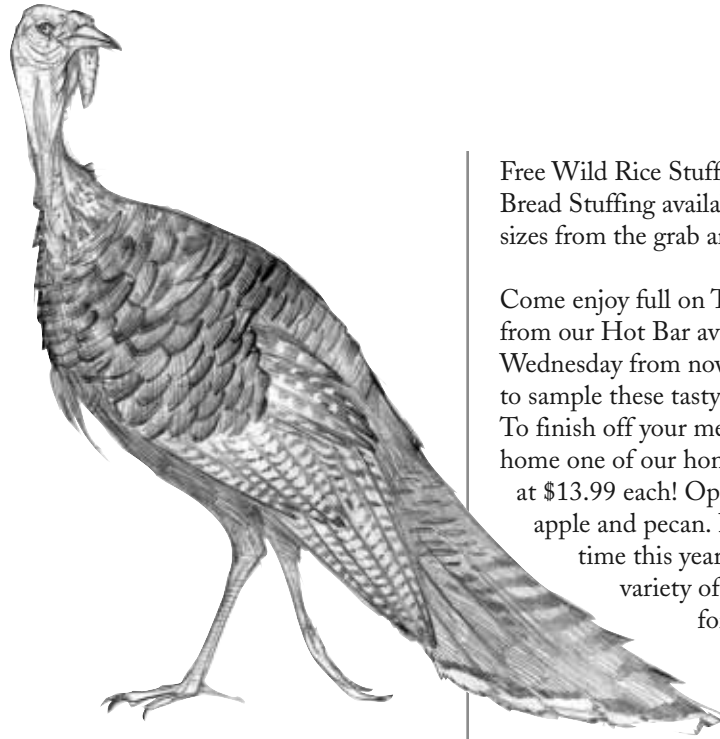
Stonewood Farms Turkeys

No nitrates, antibiotics, hormones, preservatives, artificial ingredients, "Just plenty of fresh Vermont air, cool nights, good feed, TLC and grown of our family farm." from Orwell, VT

These birds are \$2.99/lb. and weigh from 13–30 lbs. Pre order has already started and will end November 13th. Pick up will be from the 21st to the 23rd. These turkeys are raised in open sided barns so they get plenty of fresh air and sunlight. The signup sheet is at the deli counter. Be sure to order early to get the size you want. A limited number of Stonewood birds will be available in the meat case from the 21st to the 23rd.

Jaindl Farms Turkeys

Nestled in the beautiful hills of Lehigh Valley, Pennsylvania Jaindl Farms was established in the early 1930's by John L. Jaindl. Corn and soybeans, the main ingredients in our freshly mixed turkey feed are grown on our 10,000 acres of farm land. Jaindl Farms is a fully integrated turkey farm, breeding, hatching, growing, processing and marketing our premium turkeys. Jaindl farms feeds its turkeys the grains, including corn and soybean meal, which are grown on 10,000 acres of prime farmland owned by the Jaindl family. They also grow the



soybeans that are processed on the farm into bio-fuel which heats the farm buildings and powers the farm equipment.

These birds are \$2.99/ lb and weigh from 8–15 lbs. They will be sold out of the meat case from Nov. 21st through the 23rd.

You can top off your special dinner with sides from our kitchen: Pan Gravy, Putney Co-op Cranberry Relish, Gluten

Free Wild Rice Stuffing, and Traditional Bread Stuffing available in pint and quart sizes from the grab and go deli case.

Come enjoy full on Turkey Dinners from our Hot Bar available every Wednesday from now 'till Thanksgiving to sample these tasty offerings. To finish off your meal in style, take home one of our homemade pies for sale at \$13.99 each! Options are: pumpkin, apple and pecan. For the very first time this year, we will offer a variety of homemade cakes for \$17.99!

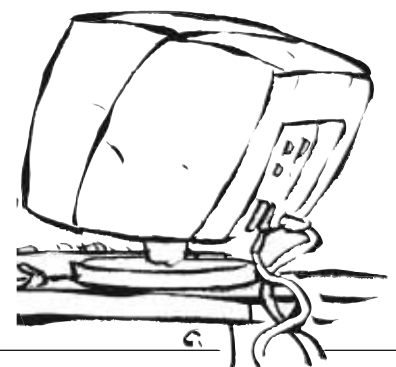
Holiday Selections in our Deli Case will include Smoked Seafood Platters from Ducktrap River, specialty cheeses like Fruit Stilton and a Porter Ale Cheddar, semi boneless quail from Cavendish Farms, Corando Hams and many other delicacies.

We want to help you make your Holiday Meals a super success!

Watch for Holiday Foods Samplings and Cheese Tastings featuring local and regional foods and cheeses throughout the Holiday Season! ■



We are pleased to announce that we are now offering **free Wi-Fi in our Café.** Please be respectful of the size of our Café and try to limit your computer time during our busy lunches.

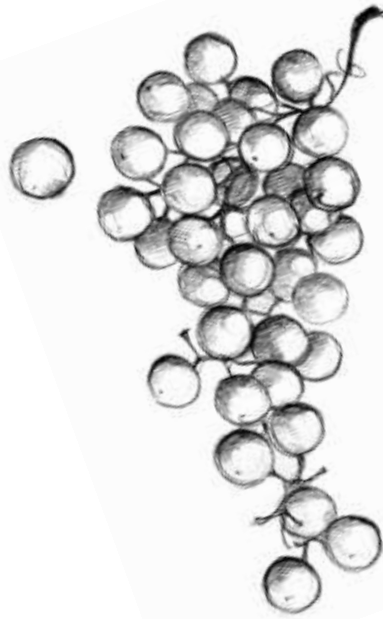


Wines for the Holidays

With the holiday season almost upon us Ed and I have started to discuss what wines we enjoy as we sit around the table with family and friends. Pairing wines with the diverse dishes that we prepare at this time of year is challenging and fun at the same time. Below are five wines that we chose to compliment your holiday gatherings. They will be featured on a rack in the front of the Co-op next to the bread display.

The holidays are not complete without some bubbles so the first wine I recommend is the **2009 Cabernet Sekt, Rose, Steininger Family Kamptal, Austria—\$27.99**. Austrians call sparkling wines Sekt and the Steiningers produce some of the finest in the country. This wine is Methode Traditionelle meaning it is produced in the same manner as Champagne using 100% Cabernet Sauvignon. This dry sekt offers fresh fruit and berries with a very lively, animating finish. The wine will pair well with ham, salmon or turkey, as well as on its own.

One other Austrian wine that I love and enjoyed last year for Thanksgiving is the **2009 Tegernseerhof, Riesling 'Terrassen' Wachau, Austria—\$19.99**. Riesling is one of the most misunderstood grape varieties, yet it is also one of the most food friendly wines. The Terrassen, referring to the terraces overlooking the Danube where the vines grow, is a dry, fuller bodied wine that will pair perfectly with turkey and all the trimmings, pork, and semi-soft and mild cheeses.



Moving to the world of red wine Gamay is a fantastic grape for this time of year. The **2009 Guillot-Broux Macon—Cruzille Rouge, Burgundy, France—\$19.99** (organic) is a wonderful example of Gamay with fresh red fruit, vibrant acidity with a hint of spice and a judicious note of oak on the finish. I had the pleasure of visiting Emmanuel and Tess Guillot last March at their small farmhouse in Cruzille where we enjoyed one day old chevre, freshly laid eggs, and a leg of venison Emmanuel received from a hunter in the village. The family is truly living on and with the earth. The wine will pair wonderfully with grilled sausages, roast poultry, lighter cheeses (we had it with the chevre), river fish or simply by itself.

For a fuller bodied red I would recommend the **2009 Chateau Tire Pe 'Tire Pe Diem' Bordeaux—\$14.99** (organic). This Bordeaux is predominantly merlot and will cause you to reexamine your beliefs about the grape. Ripe red and black fruit dominates a palate with hints of brambles. The wine finishes with a nice boost from the wine's natural acidity and light tannins. It will pair well with beef or lamb, pork loin, ham, roasted vegetables and lighter cheeses. A fantastic value for a wine from one of France's famed regions.

Finally I would like to suggest crossing the Pyrenees Mountains to Catalonia in northeastern Spain. The **2008 Vinicola del Priorat, Onix 'Classic' Priorat, Spain—\$19.99**. Vines were being grown in Priorat centuries before the Romans arrived. This region is known for their powerful, well structured wines made predominately from carinena and garnacha. The Onix Classic is an unoaked interpretation blending the two varieties equally. The 60 year old vines produce a wine with spice, minerality, and black fruits. It has a long layered finish and at the price is a fantastic value for wines of this region and quality. Enjoy this wine with braised dishes, red meats and ripe strong cheeses.

Enjoy the Holiday season!

—*Artisinal Cellars Wine Representative
Winthrop Pennock, &
Grocery Manager Ed Powers*

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Putney Food Co-op Gift Cards

Hey, want a great holiday gift idea? Give a Putney Co-op Gift Card. They come in any denomination, never expire and are always the right size and color! You'll never be at a loss for the perfect gift for anyone on your list. The Co-op Deli offers delicious breakfast sandwiches 7 days a week and a wonderful hot breakfast bar on the weekends. The Deli also offers the best sandwiches in town throughout the day and a hot lunch bar including two great soups all week long. The Co-op grocery has an amazing bulk department for staples such as herbs, spices and an assortment of grains. We also carry a large selection of vegan and gluten free alternatives. So surprise your friend with a Putney Co-op Gift Card.

www.putneyfood.coop



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Calendar

Nov 3	Demo tasting Day 9-5pm
Nov 10	Demo tasting Day 9-5pm
Nov 17	Putney Co-op Annual Dinner 6pm
Nov 24	Thanksgiving (Closed)
Nov 25-27	Putney Craft Tour
Dec 8	Demo tasting Day 9-5pm
Dec 12	Hanukkah Begins
Dec 15	Demo tasting Day 9-5pm
Dec 17	Landmark College Graduation
Dec 22	Demo tasting Day 9-5pm
Dec 24	Christmas Eve (Close at 6pm)
Dec 25	Christmas Day (Closed)
Decr 26	Kwanzaa
Dec 31	New Years Eve
Jan 1	New Years Day (Open at 11am)

ADDRESS SERVICE REQUESTED

The Putney Co-op
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