

The Plainfield Co-op Good Spirits

Fall 2011



Hours: *Monday-Saturday 9a.m.-8p.m. Sunday 9a.m.-6p.m.*
Phone: 454-8579 **Website:** www.PlainfieldCoop.com



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Newsletter Advertising Specifications

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Fresh Organic Pies

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About This Newsletter

In the face of uncertain and troubling news from the world around us, our Co-op has much to celebrate. Fundraising and renovations are (for now at least) completed, the new garden in front of the store blooms more beautifully than ever, our finances are sound, local foods abound, and good spirits seem to prevail. For details, read on

The artwork in this issue is by Doni Cain, designer also of the tee shirts hanging behind the counter in the Co-op store. Doni has worn several hats around the Co-op--currently as Community Center contact person and as a regular staff member. His gnome happily floating in the wine glass on the cover reflects the several dimensions

of our "Good Spirits" theme--local wines and brews, herbs for lifting our spirits, and the energy created through our co-operative efforts (perhaps abetted by our harmony with spirits unseen).

Thanks to all who made this newsletter possible. We welcome contributions of both words and art from our community.

The Newsletter Committee:

Glenda Bissex, co-ordinator and editor
Doug Davenport, design & layout
Joseph Gainza, Board Liaison and editing
Debra Stoleroff, editing
Alan Taplow, advertising and distribution

The Cooperative Economy Elicits Good Spirits

by Les Snow, Treasurer

I don't know about you, but traumas such as the Great Recession and the battle over the federal government's debt ceiling give me the feeling that there are some basic problems with our economic system. Some of those working in the system advocate for more government involvement and others for cutting government down to a shadow of itself. Regardless of the outcome of that battle, it's clear cooperatives have been a silver lining of the recent economic cloud.

In February 2009, in the midst of the recession, the International Cooperative Alliance reported a downturn for construction cooperatives in some countries, but otherwise cooperatives were doing well, especially cooperative banks. While our tax dollars were bailing out financial institutions that had been focused on avoiding regulation in order to practice unsustainable and unethical lending schemes, the cooperative banking system was quite healthy, thank you. These diametrically opposed outcomes were the result of two fundamentally different economic models. The first based on

maximizing profits for investors and the second on providing service to owner-members.

UK's Co-operative Group (a co-op with almost six million members) recently reported that there had been an 18% increase in cooperative membership in Britain since the beginning of the recession and sales had increased 21% in the three-year period. The group's general secretary noted, "The evidence we have is of remarkably stable growth across a wide array of co-operative businesses. The values of shared ownership, shared wealth and democratic control appear to provide resilience in the face of economic adversities."

Plainfield Co-op sales have increased 14% and we've made important building and facility improvements since the beginning of the recession, showing that our little piece of the cooperative economy is vibrant and full of good spirits.

Up with cooperatives! Down with bailouts! ♦

Plainfield Community Center Report *by Doni Cain*

The Community Center is working on bringing free, community-based classes, workshops and events to the Center. We are calling these Community Center Sponsored Events. Anyone can apply to put on a free class or event, both a one time or ongoing classes. The criteria the Co-op looks for is that the person or people putting on the class do it for free for the public and that the event has a community aspect. There is form at the checkout counter in the Co-op to apply to put on a Community Center Sponsored Event.

We have many classes and events coming up this fall. All classes take place at the Community Center, are free and are open to the general public.

Community Pot-lucks Last Friday of the month 7:00 pm - 10:00

The last Friday of every month there is a Pot-luck and open mic(less) performances. There is a sink for washing dishes and counter space for preparing food.

People bring a variety of dishes and drinks. Everyone is encouraged to tell stories, play and sing songs or tell jokes. There is an intimate atmosphere at the pot-lucks.

The Plainfield Improvisational Troupe Saturdays 2:00 pm - 4:30

These gatherings consist of experimental improv acting and games reminiscent of "Whose Line is it Anyway?" Our direction is steered by a different member each week where the chosen director or "emcee" can choose the games and guide the actors to try different things within any given game. This is a marvelous opportunity to explore your own boundaries and expand your comfort zone in a supportive theatrical environment. Due to possible mature content, recommended age range is 16 and up. No experience is necessary and we welcome anyone who is interested to join in the fun. Check out our Facebook group "The Plainfield Improvisational Troupe" for weekly info about our gatherings.

a few good thespians

will be holding open auditions for two one-act plays to be presented in November at the Plainfield Community Center, to coincide with a cheese and wine tasting event. Specific dates for both the auditions and the performances will be announced shortly, and any questions or interest in participating as a cast or crew member can be directed to Dawn Rose at dawnrosekearn@gmail.com

Fermenting Workshop
Saturday, September 17th 10:00 am - 12:00

Come learn the ins and outs of fermenting with local fermenting genius Chris Jackson. This two hour class will cover everything from how to make honey wine to making Kim-chi. You will learn all the basics principles behind fermenting that will open the doors to unlimited fermenting options. The class will also cover the basics of post fermentation process, including storing, bottling and flavoring. There will be free kombucha mothers for people attending the class.

Tree Planting and Maintenance Workshop
Wednesday, September 28th 5:00 pm - 7:00

Come learn some great ways to plant and maintain a wide range of trees and shrubs. Nicko Rubin from East Hill Tree Farm will cover the basics of where to plant depending on sun/shade, soil, and micro climate variations. You will learn how to plant trees as well as soil amending and tree feeding. There will be a demonstration planting, which will start

with deciding the best placement of the tree, go through the planting process and describe short and long term maintenance needs of the tree or shrub. All participants in the workshop will receive 20% off any plant at East Hill Tree Farm.

Screen Printing Workshop
Friday, October 7th 5:00 pm - 7:00

This workshop, taught by Doni Cain, will teach people the basics of screen printing. You will learn the historic process of screen printing, which is used in printing both fabric and paper. There are no chemicals used, and everyone will be able to do it from basic materials found around the house or at thrift shops. Everyone will be able to create their own image and print it onto a piece of fabric supplied at the workshop or participants can bring their own piece of clothing to print on. All ages are welcome, though young kids need to attend with an adult.

The Great Turning from the Homocentric to the Cosmocentric WorldView Multi-Media Performance-Oriented Climate Justice/Social Justice Installation hung last month at City

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PLAINFIELD COMMUNITY CENTER

Space available for your:



Classes

Meetings

Parties

Workshops



Art Gallery Exhibitions & Special Events

\$9/hr. for Co-op Members, \$15/hr. for Non-Members

Events: \$35 for Members, \$50 for Non-Members

Scheduling Book at Co-op Register

More Information? Call Doni Cain, 454-1478

Using the Community Center benefits The Plainfield Co-op

Center in Montpelier is currently housed in the Plainfield Community Center until early October, when we are planning a Group Show based upon the same theme. Jerome Lipani and Brian Tokar as co-director/facilitators intend to create media of various kinds to be disseminated via web, TV, newspapers, magazines, etc. of visually-oriented work exploring the process of interiorization of totalistic ecological principles and their inevitable expression and effect in one's personal life. The working title for Living Theatre Workshops on this theme to be held throughout September is *The Dreamtime Opera*.

Actors, Dancers, Painters, Writers, Musicians are needed, including children. TheatreArtsTechnical TrainingsWorkshops/ Collective Script Development can be held on Mondays for 5 to 8 hours from the afternoon through evenings, dress rehearsals Thursday evenings at 7, and performances scheduled either for Friday evening potlucks or for Saturday evenings, depending upon other weekend use of the PCC. Please contact Jerome at 802 223 6805, or, better, by email at jerome@vtlink.net. Please take a look upstairs from the Co-op and tell me what you think! -Jerome Lipani ◆

Produce Report *by Mike Peabody*



Fall is my favorite of all the seasons, for no other reason than that it best represents transition and the shift from accomplishment to rest. The early celebrants of Samhain

thought that this time, concluding with the end of autumn in early November and the final harvests, brought the world closer to the realms of the departed and other mysterious forces. I think of it as being sort of a day-cycle “phantom limb”; we just can't bring ourselves to accept that the long days are gone and we complete our dances in the dark, still oblivious to the sun's waning power.

When I wake up in the morning, now, it's cold outside. I've enjoy that part. Those first heavy dew mornings in August and the Tinkerbell frosts of September are like little seasons of their own. I love the way that it stays 7 am for three hours, each day, the mornings

becoming less and less like the racetrack of a punishing, high-speed sun and more like a slow dawn setup of a small-town coffeehouse. The stillness and its components, the cool and the dark, are almost like an extension of the night with just improved visibility. These are the times when I watch Ozzie sleep, wearing a blanket for the first time in months, and I can pretend he's not growing up, at all. He is as quiet and still as the morning, with just slow breaths and nothing to do but to rest. Ozzie will be one year old, in just a few weeks, and I hardly know what has become of the time since he was born, in this season. His is the morning of life, with a day's length still ahead of him, waiting to be filled with dreams and plans, and their inevitable rewards and consequences. He can't see the past with the clarity I have and every milestone he reaches is as much cause for my grief as my joy. I wish he would stop, maybe just for my sake, so I could have him be little a little longer.

Unfortunately, as always, this time of year is a bit of a drag on the produce department. We've entered a strange twilight realm of extreme opulence with little demand. Maybe we're all burned out from summer's grace. Between now and November, there is never more local produce offered and yet I can never make a go of it. Vermont apples, potatoes, berries, greens, onions, and umpteen more options just come in and have a seat like a tired tour bus spilling out on the sidewalk. I'm not really trying to complain, since I assume that what people don't purchase they have provided for themselves; resilient communities, and all that stuff. But it just bums me out to see it unloved in my store, to not see people as overtly enthused about our current season as I am. And no small part of that anticipation comes from the chance to participate in the ritual of the last harvest, a tradition which still exists for us, despite most of the population not being subsistence farmers. Much of what we eat isn't just a happy mistake; it's eons of practiced, focused, future-oriented thinking on the part of our ancestors (and other people's ancestors) who, like Aesop's ants, decided discretion was the better part of valor, or something. Anyway, just remember that every time you see a fruit or vegetable, and especially if you are inclined to try an heirloom variety, you are actually looking at, smelling, touching, and tasting a culinary snapshot of a time long past. It's like finding your grandmother's confirmation dress or an old photo of horses and men in hats, tucked into a dusty box at an estate sale, except that it plays on so many more senses and not necessarily as many emotions. What you have is an artifact from a civilization so similar and yet so different than yours that it could

just as well have been you passing down this food through the long hallways of time, to have it finally come to rest in the hands of a person who, like a child, loves the gift and does not see how it could be more. Western and B-Movie director Barney Sarecky said, "All houses are haunted. All persons are haunted. Throngs of spirits follow us everywhere. We are never alone." Be mindful of the ghosts you bear with you on your journeys.

If anyone should be interested in offering their best wishes, Ozzie's first birthday will be at the Community Center on September 10th, from two o'clock until he gets so cranky he can't enjoy his own party. Please don't feel you have to bring or do anything. He is still little enough that just seeing people having a good time is quite a treat for him. Also, you can carry him around, as I'm sure that would be a lovely time, too. ♦



The Good Spirits of the Co-op *by Chris Jackson*

As we come into the harvest season, the board continues to work with the membership and the Management Collective on ensuring the desires of the community and the fruits of our labors are realized.

Some of you may have bumped into Les, Gail, or Sue at the Friday night Farmer's markets or outside the Co-op on the weekend asking questions about what the Co-op means to you and what is important to you as a member. This has been part of an ongoing effort in reaching out to the membership to make sure your voices are heard.

We would most like to know how you feel about the overall mission and ultimate goal of the Co-op, or to use policy government language, the "Ends."

The current Ends policy states:

Our community will have

- *A market for the distribution of healthy food and other goods.*
- *An outlet for local producers and growers that supports the local and regional economy.*
- *Opportunities to build a sense of community in the village of Plainfield and surrounding areas.*
- *More awareness of the quality and source of our food.*

The Management Collective reports to us on this policy annually, and as far as we can tell, they are doing an excellent job. We would love to know what you, the members, think. Are these Ends being met? Does this policy speak to you? Is there anything that you would add?



Aside from the tabling that we have been doing this summer, we plan on organizing events this fall and winter to keep an ongoing conversation and to make sure that there are forums where your voices can be heard.

As always, our meetings are open to the membership. They typically fall on the first Monday of the month, but that does change from time to time. You can find meeting times, locations, and the agenda posted on the wall to the right of the entrance.

Finally, the Co-op annual meeting is set for Sunday October 30th. We plan to do most of our business between 3pm and 5pm. There will be a potluck afterwards and we are working on having some live entertainment. Be on the lookout for further information. There is a 3 year board seat up for grabs. Call me at 802-595-3623 for more information

Thank you for all your continued support and we look forward to hearing more from all of you. ♦

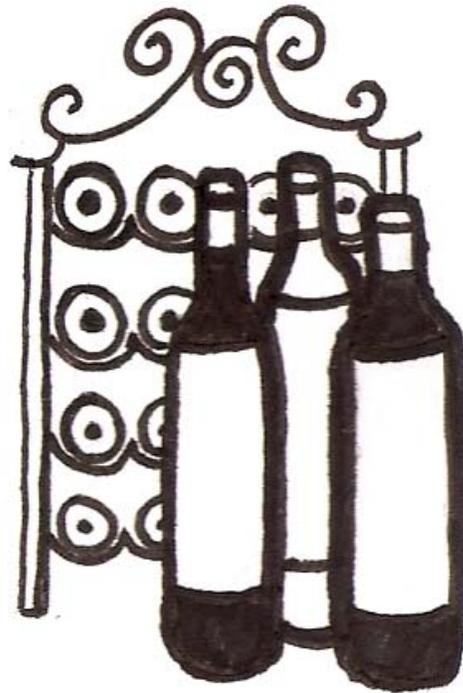
Think Globally, Drink Locally *by Nancy Ellen*

I think most of us realize we are all lucky to live in a state that is blessed with great local food from innumerable small farmers, growers, bakers, cheese makers, and producers of all types. We are no less blessed when it comes to great local beers and wines from small breweries and wineries.

It's no secret to most that Vermont is a pretty fabulous state to live in if you enjoy high quality microbrews — in fact, Vermont has more craft breweries per capita than any other state, a number of fine brewpubs, and a tremendous asset in the Three Penny Taproom in Montpelier. We, at the Plainfield Co-op, are pleased to carry beers from Otter Creek, Wolaver's, Rock Art, Shed, and occasionally Trout River. There are many more brewers operating on a much smaller scale within the state who make excellent beers but do not have bottling facilities or sell to retail establishments — Hill Farmstead, Trapp Family Brewery, Lawson's Finest Liquids, Switchback — and thanks to the Three Penny Taproom, we can actually taste their products and they have a ready market for them. This is a good thing (in and of itself) but also because it contributes to 'ferment' (if you will), a culture of artisan brewing that is constantly growing and changing for the better.

Wine in Vermont has been a wee bit slower to catch on. Many of us remember a time when the only Vermont wines available were fruit wines, unsurprising

since, although our climate is suitable for growing many types of fruit, wine grapes aren't one of them! Vermonters, though, undaunted by the challenge, have been working hard over the last decade or so to find cold-hardy wine grapes that will survive our brutal winters and inconsistent weather and still make wonderful wines — frontenac, la crescent, marquette, and cayuga — to name a few. As the wine buyer for the Co-op and a wine lover myself, I admit that I too was a bit skeptical at first — how good can these wines really be? Well — very good, in point of fact. Although I cannot personally taste every single kind of wine that we carry on our shelves, I do consider it a basic part of my job to do my best to make sure that the wines we do carry are good wines. Therefore, if I taste a wine on the shelf and it isn't good, I simply



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Nancy Ellen: Co-op member since 1989

stop carrying that item. The local vintners we deal with have all been enthusiastic about doing in-store tastings (hopefully you've had the chance to partake in at least one of these!) and so I do happen to know that all of the local wines we carry are excellent (though, of course tastes do vary, but the basic products are high quality). Currently we are carrying wines from Shelburne Vineyard in Shelburne, North Branch in Montpelier, Lincoln Peak in New Haven, and Putney Mountain in Putney.

Back in American colonial times, it wasn't beer that was the drink of the average Joe or Jane, and certainly it wasn't wine! At that time, almost everyone drank hard cider. Unlike the English barley and hops or wine grapes from the Old World, apple trees thrived in their new environment. But hard cider, for a number of complex reasons, was already on the wane by the time of Prohibition. Unlike the other alcoholic beverages, when Prohibition ended, hard cider never made a comeback in America, again for a number of reasons. Eventually, much later, a handful of would-be hard cider producers threw their hats into the ring,

no doubt inspired by the rousing success of the microbrew movement, but by then the secrets and traditions of making a good hard cider had largely been lost and it was really a matter of reinventing the wheel. Most of the mass-produced ciders in this country are made from dessert/eating apples, which is rather akin to making wine from table grapes — you can do it, but you won't get a great wine. England and France were untouched by the hand of Prohibition and so, maintained their traditions of making fine ciders, but newer, small producers in this country are scrambling to catch up. One of these producers is Farnum Hill Ciders, just across the Connecticut River in Lebanon, New Hampshire. Farnum Hill is making truly fine hard cider from heirloom cider apples in their own orchards. These are not the usual overly sweet, cloying hard ciders that most folks have come to associate with the term, but generally dry, tannic, light but complex quaffs — as good in their own right as a fine wine or craft beer. Currently, ciders of this quality are not easy to come by, though I am hoping to introduce some offerings from Flag Hill Farm in Vershire soon.

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Strafford Organic Creamery

53 Rock Bottom Road,

Strafford, VT 05072

(802) 765-4180

info@straffordcreamery.com

http://www.straffordcreamery.com

Delivery to the Plainfield Co-op every Friday

Another archaic beverage that has seen resurgence in recent years is mead. Although mead never had a heyday in this country, it is one of the most ancient of spirits. Made from honey, mead can vary widely, like wine, from sweet to bone dry, from still to effervescent. As of now, the Co-op is carrying blueberry and black currant meads from Honey Gardens. Unfortunately their supply of still and sparkling meads has run out for the moment — this year's batch is aging and waiting for bottling. We also hear that these folks will soon have elderberry mead to add to their offerings — very good news, indeed! Besides Honey Gardens, we also have Artesano Mead from Groton, the new kid on the block. This is an exceptionally small company that puts out a lovely product. In addition to their traditional mead, they have spice mead which is very delicate in flavor. As the seasons progress, there will also be various fruit meads from this company — my recent favorite was the raspberry mead. And— last minute update: this year's new batch of raspberry mead from Artesano is now in the Co-op! Woo hoo!

Last but not least, I want to touch on a few of the craft distilleries that have sprung up lately hereabouts (or are about to do so!). Although obviously Vermont state law prevents us from selling distilled spirits at the Co-op, this is an exciting development happening across the country and beginning to make inroads here in the Green Mountains. Like the reappearance of hard cider and mead, craft distilleries are, at heart, a further manifestation of the microbrew movement. Todd Hardie of Honey Gardens has started a new venture of this type called Caledonia Spirits in Hardwick. They will be producing an elderberry cordial, and a gin and a vodka made from honey — wow!! In addition, the Honey Gardens meads will eventually come under the Caledonia label as well — in this case, the Caledonia Winery. Flag Hill produces not only hard ciders, but also their own pomme de vie (clear apple brandy). Boyden Valley Winery, whose wines we have carried in the past (and probably will again) has come out with an apple crème liqueur that is incredibly delicious. Contact or visit these distilleries to sample their excellent products.

Happy (and safe) tippling! ♦

NEW STAFF MEMBER

Introducing Anji (Ahn-ji) Kowalewicz



I came a thousand miles to work here at this Co-op. I really believe in co-ops because they give us the power to make choices. I'm interested in good food and feeding it to my family.

Plainfield Co-op Annual Meeting

Sunday October 30th

3pm till 5pm, potluck and entertainment to follow

Community Center
One 3-year board seat open.

BLACKBERRY ICE

Adapted from Sliver Palate Cookbook by Julee Rosso and Sheila Lukins

- 6 cups ripe blackberries
- 1/2 cup granulated sugar
- juice of 2 lemons
- 3/4 cup Creme de Casis (black currant liqueur)

Combine all ingredients in a heavy saucepan and set over medium heat. Cook, stirring frequently until all berries have burst (maybe 20 minutes)

Cool mixture slightly and force through a food mill or sieve. Cool the puree completely.

Pour cooled mixture into a shallow cake tin and set in the freezer until puree is half frozen (about 2-3 hours).

Scrape the blackberry ice out of the pan into a bowl.

Beat with a wire whisk until soft and icy parts are completely mixed.

Either serve now, or return to the pan and the freezer and thaw for 15 minutes when ready to serve.



Plainfield Co-op Financial Summary, 2007-2011

Profit & Loss Statements, 2007-2011

	2007	2008	2009	2010	Jan-Jun 2011
Sales	701,489	804,805	803,121	883,455	454,969
Cost of Goods Sold	511,709	547,849	545,612	600,990	314,945
Gross Profit	189,780	256,956	257,509	282,465	140,024
Operating Expenses	213,577	250,337	267,150	268,138	144,586
Net Operating Income	-23,797	6,619	-9,641	14,327	-4,562
Other Income/Expenses					
Other Income	21,708	14,821	14,285	12,256	13,809
Other Expenses	8,632	10,925	2,100	2,082	2,128
Net Other Income	13,076	3,896	12,185	10,174	11,681
Net Income	-10,721	10,515	2,544	24,501	7,119

Plainfield Co-op Balance Sheets, 2007-2011

ASSETS	12/31/2007	12/31/2008	12/31/2009	12/31/2010	6/30/2011
Current Assets					
Checking/Savings	4,187	41,982	23,359	45,002	21,077
Accounts Receivable	1,112	153	520	0	33
Other Current Assets	45,800	50,380	51,080	51,002	53,775
Total Current Assets	51,099	92,515	74,959	96,004	74,885
Fixed Assets	59,518	80,384	84,846	100,364	100,019
Accumulated Depreciation	-45,681	-49,793	-49,793	-63,881	-63,881
Cap. Imp. Deferred Revenue	0	0	-24,282	-15,851	-18,004
Other Assets	0	0	44,095	26,239	55,100
TOTAL ASSETS	64,936	123,106	129,825	142,875	148,119
LIABILITIES & EQUITY					
Liabilities					
Current Liabilities					
Accounts Payable	35,797	37,623	46,527	48,558	52,964
Other Current Liabilities	-2,427	3,134	3,280	4,664	4,906
Total Current Liabilities	33,370	40,757	49,807	53,222	57,870
Long Term Liabilities	0	43,755	36,182	28,115	24,060
Total Liabilities	33,370	84,512	85,989	81,337	81,930
Equity					
Common Stock	5,972	5,972	5,972	5,972	5,972
Retained Earnings	36,306	22,107	35,320	30,967	53,098
Net Income	-10,712	10,515	2,544	24,599	7,119
Total Equity	31,566	38,594	43,836	61,538	66,189
TOTAL LIABILITIES & EQUITY	64,936	123,106	129,825	142,875	148,119

Good Herbs for Good Spirits *by Dorothy Wallace*

Wine and beer are not the only Co-op items that promise good spirits. Used in culinary pursuits, as health and beauty aids, medicinally, or simply as tea, herbs are sure to lift your spirits. If you are feeling achy, sick, or blue, your spirit needs some TLC.

St. John's Wort is an antidote for the blues. If you are down, it can be effectively taken as a tincture, tea, or in capsules. Caution is advised as it can cause photosensitivity in some people. At your coop, it is available as a convenient boxed tea, *Blues Away*, from Yogi; in bulk from Bee's Dance Medicinal Herbs (Hyde Park); or as a tincture from Samhain Herbs, concocted by Co-op staffer and certified herbalist Jill Frink.

Other herbs known to improve temper and raise disposition are the adaptogens. These work subtly, giving energy when needed or calming the jitters. To relieve



stress, yet retain good, serene energy, try gotu kola, holy basil (Tulsi), or ashwaganda from the bulk section. The Ayurvedic tradition holds that the latter works especially well with milk.

Decoct the herb in milk, add a little cinnamon or nutmeg and some maple syrup for a delicious, rather peanut-buttery drink, good as-is or on cereal. Also available are nettle and milky oats, often added to de-stress formulas. Ginseng is

another good candidate to improve your spirit and energy level. Find it with the boxed teas as *Ginseng Vitality* (Yogi) or as the blend *Ginger Mountain Ginseng*, from locally owned Love & Tea, packaged in a beautiful, reusable, cardboard tube.

To be in good spirits we must be healthy. Our bulk herbs, teas, and vitamins sections are full of cures for the aches and pains that ail us. Echinacea, elderberries and flowers, and astragalus are stars

NEW STAFF MEMBER

Introducing Karen Starr



Karen recently moved back to Vermont from Albany, NY. While in Albany, she was a staff member of the produce department at Honest Weight Food Co-op for five years. She also staffed at the Onion River Food Co-op in Burlington for several years in the late 90's. Karen has a B.S. from Burlington College and an M.A. from SUNY Albany. She currently lives in East Montpelier where, in addition to working at the Plainfield Co-op, she pursues interests in gardening, herbalism, permaculture, and agricultural history and policy. Although she misses friends in Albany, she is happy to be back in Vermont and delighted to be working at a small, neighborhood co-op.

among the immune-boosters. Comfrey, St. John's Wort, yarrow, milky oats, and calendula can soothe our outer aches and irritations. To see what our amazing array of local, medicinal herbs might do for you, pick up the flyer *Local Bulk Herbs Properties & Uses*. For more specific information, Jill is open to questions at jillfrink@gmail.com.

To energize the spirit, turn to the teas (bulk and boxed) yerba mate or rooibus, or (in bulk herbs) the mints, lemon balm, or catnip. Share the latter with your feline friends for a good, old-fashioned de-stress through laughter. Countless herbal blends can be brewed hot and steaming or refreshingly iced to share with human friends or as a treat for one. Fun flavors include any of the mints, hibiscus, licorice, anise hyssop (coming to the coop this fall). Lavender, rose, or holy basil set an elegant tone. Include spices such as cinnamon, cloves, nutmeg, or even a bit of peppercorn for a cozy, mellow mood. Try these already blended in our various bulk and boxed chais.

Raise your spirits by raising a glass, or a mug, and by taking good care of yourself and those around you. ♦

GAZPACHO

*Adapted from the Moosewood Cookbook
by Mollie Katzen*

6 servings

6 cups freshly diced tomatoes
1 small, well minced onion
1 cup minced green or red pepper
1 tsp. honey
1 clove crushed garlic (or more depending on your taste)
1 de-seeded diced cucumber
2 chopped scallions
juice of 1/2 lemon
juice of 1 lime
1 tsp. tarragon
1 tsp. basil
dash of ground cumin
1/4 cup freshly chopped parsley
2 tbs. olive oil
salt and pepper to taste
tomato juice or water (amount for desired thickness)

Combine all ingredients in a food processor or blender. While pureeing, add small amounts of water or tomato juice to desired thickness. Chill until cold before serving

Littlewood Farm



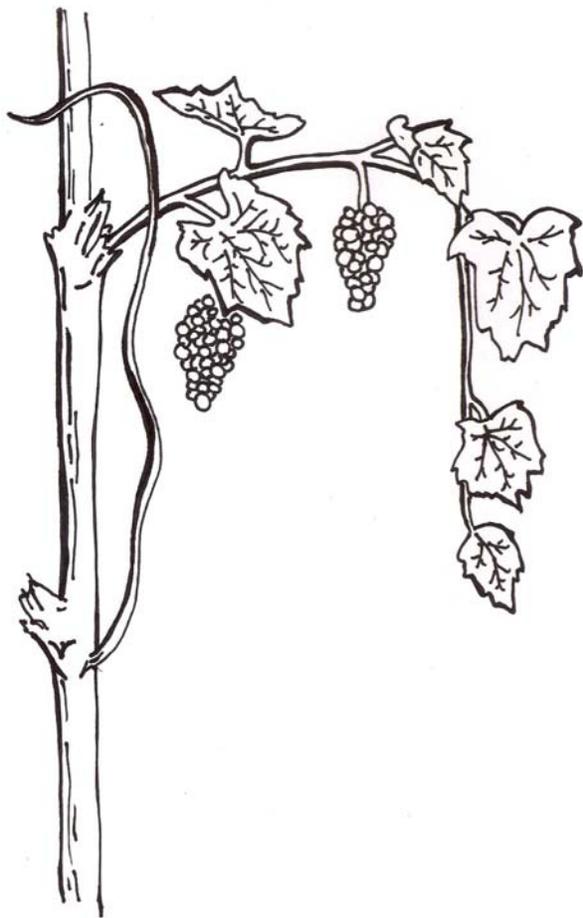
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Making Wine at Home *by Jeff Swift*



Making wine at home is simple. It may seem like magic or sound very complicated when you hear others talk about fermentation, but the good news is that stuff ferments – all the time, whether you want it to or not! So is it as simple as squashing some fruit and letting it sit out to ferment? Possibly, though you're just as apt to make mold or vinegar that way. But with some simple precautions and a few inexpensive pieces of equipment you can easily and predictably make your own wines.

I began home brewing after discovering a recipe for beet wine in my grandmother's old cooking binders. It was archaic, involving ground black pepper and floating pieces of toast spread with yeast cake. There were also recipes for dandelion and rhubarb wine that were more straightforward though lacking in some important details. The dandelion recipe, for example, stated that the flowers should be gathered in the morning (I can't tell you why) and steeped in hot water for an hour. What the recipe failed to tell me was that the green calyx on the back of the flower petals must not be included. Resultantly, I made a funky bitter wine that no one, except I, would drink.

The next place I turned for advice was the home brew shop. At the time, the nearest one was in Winooski. There I found a shelf of books, all telling me to sulphite the wine at various stages so as not to spoil the brew. My grandmother never sulphited her wines and she seemed to have no trouble making wines that "knocked the sox" off of my grandpa and great uncles. "Might it be an unnecessary process?", I wondered. It turned out so. Over the next several years I made wine from choke cherries, bananas, ginger, honey, carrots, apples, and anything that I happened to have in abundance. The only spoiled batches were a gallon of apple cider that turned into the best cider vinegar I've ever had, and a crab apple wine that just wouldn't finish up and was syrupy sweet.



Sue Chickering: Co-op member since 1972



So how do you make homemade wine? Like this:

Get a large, non reactive, food grade container to start the fermentation in. I use old stoneware crocks or the big plastic bucket I bought at the home brew shop. No aluminum or iron because the acid in

your fruit will react with the metals. Stainless steel is fine.

Chop your fruit or whatever you're going to ferment, and put it into your container. Usually it takes about 2lbs. per gallon of wine.

Pour a little less boiling water than the quantity of wine you're aiming to make onto the fruit. When it begins to cool stir in about 2lbs of sugar per gallon.

When that's dissolved and the brew is about body temperature add a packet of wine yeast (less than a dollar at the home brew shop). Cover loosely with a lid or a towel.

Give the brew a good stir with a clean, non-reactive spoon every day for several days, until the bubbles seem to decrease some. Then with a bit of hose (cheaply bought at the home brew shop or hardware store) siphon the brew off of the fruit and into a jug or carboy (big glass jug that can be bought at the home brew shop) and stopper it up with a cork fitted with a bubbler (less than \$2 at the home brew shop). I used to collect glass gallon jugs at the recycle depot for the job.

Sit back and watch your wine ferment. Some people siphon the liquid off of the sediment that accumulates on the bottom often. Others do it less frequently, if at all. Many bottle their wine. After it stops bubbling you can bottle it or just tap into the jug as needed. Have fun! ♦

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height!*

Fruit

Apples – Paula Red and Gingergold
Blackberries
Black Walnuts
Blueberries
Cantaloupe
Ground Cherries
Watermelon

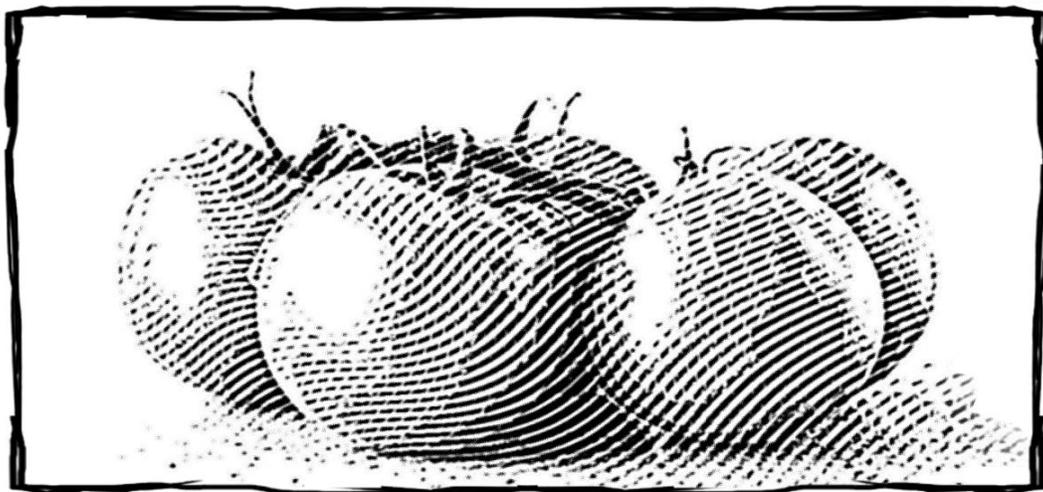
Vegetables

Beans – Green and Yellow
Beets
Broccoli
Cabbage - Napa
Carrots
Cauliflower
Celery
Chard

Cilantro
Collards
Corn (Sweet, fresh)
Cucumbers
Daikon
Dill
Eggplant
Escarole
Fennel
Frisee
Garlic
Jalapenos
Kale – Lacinato and Russian
Lettuce – Romaine, Red, Green leaf
Mushrooms – Chanterelle
Onions
Parsley
Peppers - Red, Green, Purple, Sweet and
Hot
Potatoes – Red and Gold
Scallions
Spinach
Summer squash – Yellow, Zucchini, and
Crookneck

And, last and best,

Tomatoes – Green, Yellow, Heirloom,
Cherry, and Big, Fat Red Ones ◆



CHEESE DEPARTMENT REPORT *by Dawn Rose Karn*

Let me begin by saying how much I love being a part of this co-op. Since taking on the cheese department, I have enjoyed learning the tastes of our many wonderful patrons and I am eager to learn more! In the coming months it is my goal to provide you all with affordable fall/winter cheeses to help us all stay cheery through the chill of autumn and the glorious, snowy winter. So, I would love to hear what you would like to have available during the cold season.

A Question for Our Customers:

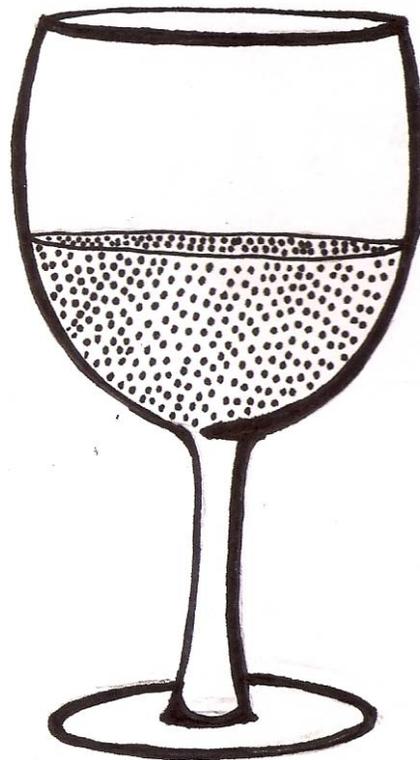
I have been buying the *wonderful* Maple Brook Ciliegine (cherry-sized mozzarella) in pre-packed containers and I was wondering how you feel about a bulk set-up similar to the tofu, where patrons may fill their own container with however much they choose. This would not only save on plastic waste, but would also be more affordable.

Changes We Are Currently Making

As some of you may have read in the Times Argus, Cabot Creamery was mislabeling some of their products that may contain milk with Bovine Growth Hormones (rBGH). Due to this new information it has come to my attention that many of our domestic cheeses (largely cheese makers outside of Vermont) use milk from cows injected with rBGH. For the sake of our health and to support the humane treatment of animals, I am phasing out most (if not

all) cheeses that are in question. This will include Cabot Pepper Jack & Monterey Jack, Stella Asiago, and others which I am still researching. I realize that some of our patrons may not have a preference with regards to rBGH, and so if I receive many requests to continue providing some of these cheeses, I will make sure that they are noted on the cheese cooler door. My goal is to keep everyone well informed and pleased with the selection. I welcome any comments or questions; feel free to leave a note in my box.

Cheers to a lovely Autumn! ♦



Rebecca Armell: Co-op member since 1999



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