



**RUTLAND AREA
Food Co-op**

“WHERE ORGANIC
AND LOCAL FOOD
COMES NATURALLY”

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MONDAY - SATURDAY 9AM - 7PM
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The Co-op's mission is to provide affordable access to natural, whole foods and products to the Rutland Area Community; to provide a market for local and regional producers of natural, minimally processed products; to provide a community-building and educational center where people can work, shop, and learn together; and to support and work cooperatively with other individuals and organizations whose purposes are similar to those of the Co-op.

SPRING *at* LAST



Photo courtesy of
Gildrien Farm, Leicester, VT

RAFC offers staff members deeply subsidized CSA shares of luscious produce from Gildrien Farm. It's just one of the many creative ways the CoOp supports the health and wellness of its employees!

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~Well Wishes, Thank Yous and Welcomes~

We bid a fond farewell and best wishes to Laura Daubenspeck, Janet Kennedy-Farmer, Anya Volz and Daniel Colton, and thank them for all of their contributions to Rutland Area Food CoOp.

Laura has moved onto a new career after 6 years of employment here at RAFC. Laura has offered myriad talents to the CoOp over the years and although we are very happy for her to pursue new endeavors, she is missed! Thank you Laura - we are very happy to see you when you stop in!

Janet has been our Newsletter Editor for 14 wonderful years!! Janet has brought her creative eye, good organization, and sense of style to the CoOp newsletter. We are happy that her business is growing, yet we're sad to see her go! Thank you Janet - it has been a pleasure to work together and always great to see you in the store!

Anya Volz and Dan Colton had been greeting and smiling with customers at the register for various lengths of time but have both moved on to follow their dreams and career paths. Best wishes to you both as you journey into your passions, and thank you for bringing your selves and smiles to RAFC for the time that you did!

We warmly welcome Barbara Richardson, Katlin Dow, Dan Kelly and Kris Harmelink to RAFC staff! Barbara joins us part-time as a cashier and part-time in a new position, Marketing & Outreach Coordinator! We are very excited that this new position is ready to take flight! Barbara brings her experience, great spirit and talents to communicating with our members and customers. In addition to editing our newsletter, Barbara will keep our new website, Facebook page and other announcements updated. Welcome Barbara! Thank you for joining us!

Katlin has returned to the CoOp staff and has enthusiastically stepped into the Bulk Department Manager position! Katlin is already hard at work redesigning the Bulk area and bringing her creativity back to the store. Katlin is also continuing to keep our front window well dressed and attractive too! Thank you, Katlin, for all you

do, and welcome back!

Dan Kelly has been with us since late August assisting in the Bulk, Herbs and Produce Departments, and is growing into the position of Coffee Buyer. Dan is thoughtful, collaborative and a talented team member – a true asset to the CoOp! Thank you Dan!


Kris Harmelink joined our team in late October, and has taken the Produce Department Manager position. Kris is a woman of many talents, and we are grateful to have her creative eye and expansive knowledge in the department! Thank you Kris!

These people are just part of the picture of our dynamic, talented team, joining Julie, Caitlin, Jenna, Caitlyn, Steve, Andrew, Camille, Jackie, Evan, Hideo, Kelly, Jesse, Taylor, Noah, Meghan, Sean, & Shawn; thank you for all that you do, your good spirits, laughter, collaboration and fantastic teamwork!

It's a pleasure to work together in our colorful CoOp~

Sincerely,


Leah Csiszar | GM



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MEMBER VOLUNTEER UPDATE

Our Member Volunteer program is evolving to meet the needs of our growing Co-Op, and we're looking for folks who wish to share their energy, talent, skills and enthusiasm to help the organization thrive!

There are two categories of volunteer projects: ongoing and one-time tasks. We're currently developing "job descriptions" for long-term projects that require weekly or monthly commitment (including our summer garden project and entering recipes on the Co-Op website). Then, there are tasks that can be completed in a few hours (helping clean up the warehouse and staffing outreach events). Volunteers with on-going projects receive a 10% discount on Co-Op purchases for the duration of their commitment. For one-time projects, volunteers receive gift certificates for use at the Co-Op.

If you're interested, you'll find the member volunteer application and more details on volunteer projects at the Co-Op Website, www.rutlandcoop.com, and at the store.

If you have questions or would like more information, please contact Barbara at outreach@rutlandcoop.com.

We look forward to hearing from you!

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SIMPLE SPRING CLEANING

5 ways to brighten your days and lighten your load

By *Gianna Skates*, RAFC Board Member and Manager of the Kula Cooperative

1 – Practice Breathing Deeply

Giving yourself a chance to take a deep breath brings the mind and body together as you cleanse the deepest areas of your lungs. Breathe in for a count of 6, hold the breath for a count of 3, and then exhale completely for a count of at least 6. Continue for 10 or more breath cycles. Allowing yourself to completely exhale helps rid the body of toxins that are being held in the cardiovascular system. Being fully aware of your breath gives you a chance to be present in the moment. Best of all, breath work is available to you at any time and you can practice discretely.

2 – Clean Out a Closet

Yes, we all have that closet or cabinet or drawer or room. Give yourself the time to go through and clean out what no longer is needed. Not only does this process allow you to have more space in your home, it gives you more space in your body and mind, for how we do anything is how we do everything. Donating gently used items to a local charity helps the local economy, and repurposing items lightens the load on the earth and invites you to be more creative.

3 – Lemon Oil Cleaner

Fill a quart spray bottle with 8 parts water, 1 part vinegar, add 30 drops of Lemon Essential Oil and – voilà! – you have a disinfectant cleaner that removes oil and smells lovely. Use this spray on all surfaces: It's an excellent de-greaser for the stovetop and back splash, and cleans mirrors, sinks and counter tops efficiently. Use is as a linen spray, and brighten a room by spraying the curtains. You can find Lemon Essential Oil in the Households section of RAFC.

4 – Baking Soda Refresher

Take a clean quart yogurt container, poke holes in the lid, fill two-thirds full with baking soda, add 10 drops of cedar oil and you've created a carpet and upholstery cleaner that aids in breathing! Cedar oil is known to help open the sinus and bronchial passages; and because it has anti-inflammatory properties when inhaled it is used to treat asthma and seasonal allergies. Sprinkle this baking soda refresher on carpets and upholstery, pat it into the fibers, and let it set for 20 minutes before vacuuming. Baking soda is great for deodorizing rugs and carpets in your home carpets and car. Extra tip: Put a couple of drops of cedar oil on cotton balls, and place in closets to deter moths. You can find Baking Soda in the bulk section of RAFC and Cedar Oil in the Households section.

5 – Eat your Greens

Give extra attention to what vegetables sprout up first, and eat these sprouts raw to receive the highest nutritional benefit. (Our family favorites are pea shoots and sunflower sprouts.) Make baby kale and spinach smoothies with frozen blueberries, a bit of lemon juice and your favorite milk or kefir. Chop and sauté Swiss chard for an omelet or stir-fry. Add greens to all your salads and sandwiches, and use them to garnish any dish. Greens aid digestion, and have anti-inflammatory properties, and help cleanse the blood, kidneys, liver and intestines. You can find local and organic greens in the produce section of RAFC. I invite you to try sprouting your own seeds and perhaps even starting a garden this spring.



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It's that time of year again!! Hooray for gardens and local organic seeds!!



New! One Hope Pinot Noir ~ half of the profits are donated to support pet adoption!



BLESSING FOR EQUILIBRIUM

by John O'Donohue

*Like the joy of the sea coming home to shore,
May the relief of laughter rinse through your soul.*

*As the wind loves to call things to dance,
May your gravity be lightened by grace.*

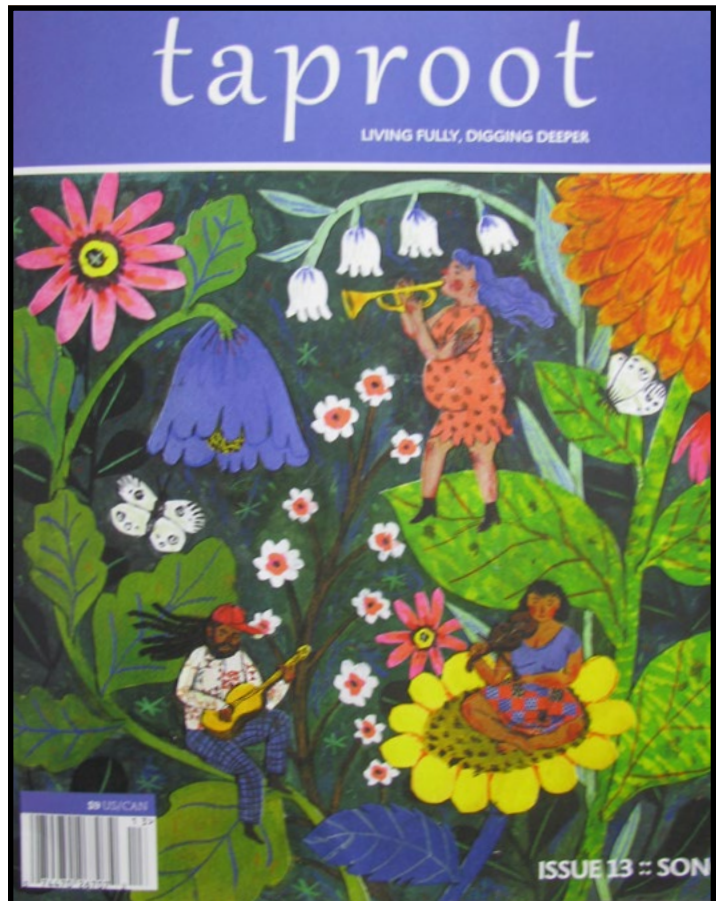
*Like the dignity of moonlight restoring the earth,
May your thoughts incline with reverence and respect.*

*As water takes whatever shape it is in,
So free may you be about who you become.*

*As silence smiles on the other side of what's said,
May your sense of irony bring perspective.*

*As time remains free of all that it frames,
May your mind stay clear of all its names.*

*May your prayer of listening deepen enough
To hear in the depths the laughter of God.*



Pick up an issue of a wonderful Vermont magazine, Taproot. Full of beautiful photos, great articles and inspiring ideas!

Is Non GMO hurting organic?

Some natural food retailers have concerns about non-GMO label but say it's necessary for consumer choice

By Ken Roseboro

Reprinted from the Organic & Non-GMO Report, Published February 26, 2015; <http://www.non-gmoreport.com/>

While some natural food retailers are concerned about the impact of Non-GMO Project verified products on sales of organic foods, most believe that—without mandatory labeling of genetically modified foods—the non-GMO label is needed to give consumers a choice in the marketplace.

Non-GMO could hurt organic sales

Organic foods prohibit the use of genetically modified ingredients, but many consumers don't know that and are turning to Non-GMO Project verified products. Is this hurting organic food sales? Some organic industry members think this may be the case. (The Organic & Non-GMO Report, June 2013)

Some market data backs these concerns. Research by marketing firm Mambo Sprouts found that 56% of consumers say that non-GMO was key to brand buying compared to 52% who cited organic.

Is this true in natural food retailers stores and cooperatives?

It could be, says Jimbo Someck, owner of Jimbo's...Naturally, based in San Diego, CA. "There is good and bad in this situation," he says. "Putting another label on a product can create confusion. Customers are looking for non-GMO but may not know that organic is non-GMO. But the demand for non-GMO speaks strongly to the fact that consumers want to know what's in their food."

Sean Balsley, general manager at Nature's Food Patch in Clearwater, FL, also cites a lack of consumer knowledge. "People are not educated about standards for organic—that organic foods by definition do not contain GMOs," says Balsley, whose store has committed to full GMO transparency.

In fact, a survey by the Hartman Group found that only 8% of core organic consumers understand that certified organic products cannot contain GM ingredients.

Melanie Bettehausen, marketing and membership director, North Coast Co-op in Arcata, CA, also sees more consumer focus on non-GMO. "What we noticed in our shoppers was a shift away from organic and toward non-GMO, which was concerning because the focus was no longer on sustainable practices, but rather on individual health," she says.

Non-GMO complements organic

But at Whole Foods Market, non-GMO and organic are complementary labels that "are necessary for each other," says Errol Schweizer, the company's executive global grocery coordinator. "We see customer preference for both labels."

This is backed by Whole Foods' sales data, which shows that products that are organic, Non-GMO Project verified, and products that have both labels are all exceeding sales of other products sold in the company's stores.

"That indicates to us there is no conflict," Schweizer says. "There is a huge customer preference for (GMO) transparency and for the multiple attributes that organic products provide such as no pesticides and sustainable practices."

Several other retailers also don't see a problem. "Non-GMO Project verified products aren't taking market share from organic products," says John Wood, co-owner of Green Grocer, Portsmouth, RI. "There is a complement there, and consumers enjoy seeing that choice."

The same is true at Everybody's Whole Foods Market in Fairfield, IA, according to co-owner Nathan Garnet. "I don't think the Non-GMO Project label is hurting sales of organic. Our customers really want and appreciate (the non-GMO label)," he says.

Claudia David-Roscoe, owner of Health Foods by Claudia, in Toledo, OH says the issue comes down to different customer types. "Our older customer base gets that the organic label already means 'no GMOs'; for them the Non-GMO Project label is not an issue," she says. "But the newer customers don't have that knowledge."

In her store David-Roscoe doesn't see a conflict between the two labels. "It's because we are educating our customers about the difference," she says.

At Dean's Natural Foods in Ocean, NJ, customers prefer organic products, says store owner Dean Nelson. "They acknowledge that organic is the gold standard. Non-GMO adds an extra boost," he says.

According to market research firm SPINS, about 50% of all Non-GMO Project verified products are also certified organic.

Non-GMO Project focus solely on GMO avoidance

A big concern among organic supporters is that consumers will perceive more value in the non-GMO label than in the certified organic seal.

"The Non-GMO Project logo identifies products that lack ingredients produced in agricultural systems that depend on glyphosate and artificially mutated seed genomes. That's all it does," says Alan Lewis, director of special projects at Colorado-based Natural Grocers. "It does not attempt to address critical issues associated with industrial farming, chemical fertilizers and pesticides, or the vertically integrated control of processing and marketing."

Supporters of the Non-GMO Project say it was launched by natural food retailers and organic food industry leaders solely to address concerns about the GMO contamination threat to organic foods.

The non-GMO label's sole focus may be why it is so successful. "The reason the Non-GMO Project label is so appealing is because there is only one, it is easy to identify, and it means one thing: no GMOs," Bettehausen says.

Another concern is that consumers may think that products that don't have the label will contain GMOs. "My concern is that the non-GMO label muddies the water, giving the impression that that label ensures everything good about the product," says Balsley.

"The label implies that anything without the label has GMOs, which isn't the case, especially if it is organic," Bettehausen says. "Most consumers don't know the difference between all of the certified organic labels either. Food labeling in general is confusing."

Consumer education important

Retailers say that consumer education is needed on differences between the two labels. "The onus is on the retailer to educate consumers on what the label means," Someck says.

"The industry needs to articulate and strengthen the message that how food is grown matters," Lewis says.

"We realized that we needed to be clearer in our messaging that non-GMO does not inherently indicate sustainable practices, as does organic, and that we can't lose focus on the benefits of organic on the health of the planet," Bettehausen says.

Bettehausen recommends that organic companies focus on non-GMO as the primary message. "Hook them with GMO-free and then regale them with all of the other amazing benefits of organic," she says.

The Organic Trade Association has promoted organic as "non-GMO and much more."

The National Co-op Grocers also emphasizes that the organic seal is "the gold standard" to help consumers avoid GMOs.

"I think we can all come together as an industry to help educate the public," David-Roscoe says.

Without GMO labeling, non-GMO label necessary

Despite concerns about the Non-GMO Project label, natural food retailers agree that it is needed to give US consumers non-GMO choices especially without mandatory GMO labeling in the United States.

"It absolutely has value," Someck says. "It really speaks to a potentially different consumer and has raised awareness about the GMO issue."

"Yes, it's helpful to customers—it's a good intention," says Balsley.

"We still don't have a GMO labeling mandate from our government," Bettehausen says. "Until we do, the Non-GMO Project label will be needed."

Schweizer thinks the industry should focus on bigger issues. "Creating a division between non-GMO and organic takes us away from the discussion about GMO transparency and from the need to transition non-GMO farmers to organic," he says.

- See more at: <http://www.non-gmoreport.com/articles/march-2015/is-non-gmo-hurting-organic.php#sthash.KsJyXTfA.dpuf>

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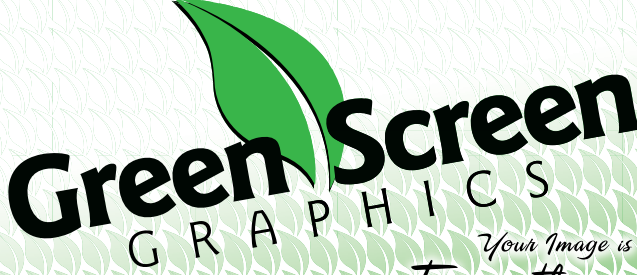
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Make Your Own super simple FRUIT-NUT CANDY!

Visit the Rutland Area Food CoOp's bulk section to buy your ingredients to make this simple and delicious treat. This could be a great homemade gift for Mother's Day, too!

INGREDIENTS:

- 1 cup raisins
- 1 cup walnuts
- 1 tablespoon coconut oil (optional)
- 1 cup of chopped almonds or flaked coconut (or a combo of both!)

- Combine the walnuts and raisins in a food processor until they form a sticky ball, but not so long that it turns pasty - you want chunks of nuts and raisins to be visible. If you mix it too much it will get oily and not taste as good.
- Roll the mixture into balls the size of a large marble. You may need to coat your hands with coconut oil so the mixture doesn't stick to you!
- Finally, roll the balls in the chopped almonds or coconut. Place in a covered container lined with waxed paper, and refrigerate - they taste even better after refrigeration. You can store them up to 3 days in the fridge - if they last that long!



JOKES!

Q: What do you get when you cross a cow with a trampoline?

A: A milkshake!

Q: Why do toadstools grow so close together?

A: Because they don't need "mushroom".

Q: When is a baseball player like a spider?

A: When he catches a fly!

Q: How do you fix a broken vegetable?

A: With tomato paste!

Q: How do chickens get in shape?

A: They egg-cersize!

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\$.75 off 4-packs from Groennfell Meadery
One per customer, can only be combined with 2% member discount; offer expires 6/30/15



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\$.50 off any Co-Op made sandwich or wrap
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Show card to redeem coupon

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Member-Owner Coupon

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\$.50 off any Vermont Fresh Pasta
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Member-Owner Coupon

Show card to redeem coupon

\$.50 off any Nature's Path cold cereal Eco-pack or boxes. (excludes hot cereals & sale items)
One per customer, can only be combined with 2% member discount; offer expires 6/30/15



Member-Owner Coupon

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\$.50 off any apple tote
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C O L O R

~THE STRESS AWAY~

by **Julie Zaloudek**,
RAFC Assistant Store Manager

Think back to when you were a young child, when all you needed to be happy and content was a big box of crayons and your favorite coloring book. Remember choosing the picture and then the colors...focusing on staying in the lines – or not...coloring the entire page or just the picture itself...showing off the finished product by hanging it on the fridge or gifting it to a loved one. When did you stop coloring, and why (maybe you never did!). Are you thinking about it? Do you remember? How do you feel when you do?

In the midst of mid-life, I have had the most pleasurable experience of reconnecting to coloring. I color to relieve stress, to clear my mind, to find my center, to relax and to find peace. The benefits are endless. Who knew? My subject of choice? Mandalas! Why? I have always had an affinity for sacred geometrical patterns. The word mandala comes from the ancient language of Sanskrit and loosely means “circle” or “center”. Mandalas have been in existence for millennia and are used by many cultures for meditation, healing, and spiritual growth. If you look closely, you’ll see that we are surrounded by them: Snowflakes, flowers, fruits, vegetables, the nuclei of cells, even our own eyes are inspiration and reflection of mandalas...circles with no beginnings and no ends.

I invite you to give it a try. Find a quiet space, turn on some music and let go. There are no rules! Don’t stress over what colors to pick. Once you get going, the colors tend to choose



themselves. Focus on the motion of your hand, the feel of the pencil or marker on the paper. Thoughts come and thoughts go. Before you know it, you are in a deeply relaxed state of mind. Ahhhhhhhhh!

There are myriad sources for mandalas to color. Mandala coloring books are available for adults and kids, some websites provide mandalas to print. You can even be really creative and draw your own! (I am also planning to stock a few books at the CoOp!) Coloring supplies are plentiful as well: Pens, crayons, markers, colored pencils, whatever makes you happy! My personal favorites are Sharpie Ultra-Fine-tip markers.

Finished creations are truly beautiful and can be framed and displayed. I have even decoupled some to give them a nice finished look!

Enjoy!
Julie



Try one of the new local ciders that Caitlyn has brought to the shelf! Unique flavors from different regions of Vermont!

Delightfully delicious dessert from The Organic Cheesecake Company ~ located right here in Rutland! Yum!



The
Organic
Cheesecake
Company

Ingredients:
Organic Cream Cheese, Organic Whipping Cream,
Organic Sugar, Organic Tapioca Starch, Organic
Sour Cream, Organic Eggs, Organic Honey Graham
Crackers, Cabot Butter, Vanilla,
Organic Strawberries

Sugarbush Spring Chicken

From *Nine Seasons Cookbook* by Pat Haley

INGREDIENTS

-
- 1 small broiler fryer chicken, cut into pieces
 - 1/4 c. butter
 - 1 large onion, chopped
 - 2 cloves garlic, minced
 - 1/4 c. tomato paste
 - 1/3 c. cider vinegar
 - 1/4 c. maple syrup
 - 1 T. dry mustard
 - 1 t. salt
 - 1 t. ground ginger
-

METHOD

-
1. Place chicken pieces skin side up in a single layer in a large, shallow, greased baking pan.
 2. Preheat oven to 350° F.
 3. Melt butter in a saucepan over low heat.
 4. Add onions and garlic and saute 5min.
 5. Add remaining ingredients and heat to boiling
 6. Pour over chicken and bake for one hour, basting occasionally & *ENJOY!*
-

Here's a shout out to our recipe volunteers, Annabelle Williams and Sharon Nimtz, for the delicious ideas they share with Co-Op customers. You'll find printed recipes on the wall next to the ramp running between the main floor and the coolers. Thank you both for years of yummy meal inspirations!

Everyone Welcome!

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www.rutlandcoop.com

Rutland, VT 05701
77 Wales Street

**RUTLAND AREA
Food Co-op**

