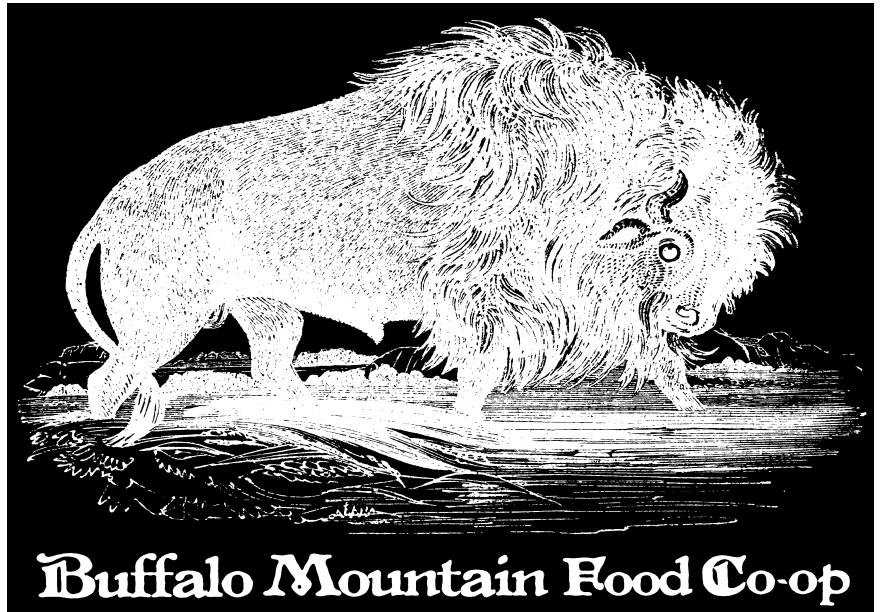


Buffalo Bullsheet Winter 2007



And Café

P.O. Box 336, Hardwick, VT
05843

Phone: 802-472-6020

Fax: 802-472-8203

E-Mail: Buffalo1@vtlink.net

Web-site

www.Buffalomountaincoop.org

Co-op Hours

Monday thru Friday; 9am to 7pm

Saturday; 9am to 6pm and

Sunday; 10am to 4pm

Member Renewal Time!

As you most probably remember, January is dues paying month, when all our members have the opportunity to re-join for the year ahead. Dues are \$12 per adult in your household per year. We will be trying a new procedure this year for filling out membership cards. Instead of filling out new cards for everyone, we will simply place a sticker over the box where we keep track of member dues, and make any changes or additions to the card with a red pen. For working members we will also place a sticker over the filled-in member work record section, so we can keep track

again for the year with very thanks

From The Co-op Board

Greetings Members and Friends! As you may know, the board has been focused on the plans for the possible expansion. We are still in negotiations with the folks from the Bemis Block regarding terms of the lease and options to purchase the space. We are also looking into possible design scenarios for connecting the two buildings and layout plans for the new space. Please make your opinions known regarding what products you would like to see if the expansion happens. I would also like to say a word about our prices. I would like to reassure our members that, even if the expansion goes through, our focus is on keeping prices as low as we can. As a board, we feel it is our mission to stay focused on the goal of "Food for People. Not for Profit". If you have any questions or concerns, feel free to contact us. Thanks. -

Michael Lew-Smith, for the Co-op Board

Could We Please See Your Card?

OK, we've asked before, and it's fallen by the way-side, but this time ... It is becoming more and more impossible to maintain our member work, and member pricing system if we don't utilize member cards each and every time we shop. With more and more members, more and more people running the register, and member status changing constantly, the simple act of showing cards is unavoidable if we are to maintain an equitable and responsible member discount system. Beginning on January 1st, if you are entitled to a discount, please carry your card with you and show it when you shop. If you forget your card, the index card size member cards will be available for you to pull out at the front register. Not only will this practice ensure that work credit goes to people who really have put their time in, it will also ensure that all members, who wish to, renew their membership on time. Bear with us...it may be a challenge at first, but it will doubtless make our co-operative function more effectively and well.

Capitalism Collapse Disorder: 'Burt's Bees'



Disappears into Clorox's Balance Sheet

By Zbigniew Zingh - The Smirking Chimp, November 11, 2007

In October 2007, Clorox Company, the multi-billion dollar manufacturer of plastic bags, bathroom cleaners and laundry bleach, announced that it was acquiring natural cosmetics maker, Burt's Bees for \$925 million.

Of course, Burt's Bees is no longer the tiny honey and beeswax candle business that Burt Shavitz and Roxanne Quimby founded in Maine in 1984. In fact, since 1993, the bearded Burt has not even owned the business that markets his face and his bees. More to the point, in 2004, 80% of Burt's Bees was acquired by an investment group and by 2006 the company had grown into a professionally managed \$250 million business selling lipstick, toothpaste and hand cream in grocery store chains throughout the United States and around the world. Thus, like the Cheshire Cat's smile, the brand will survive the Clorox acquisition even though the small cottage industry Burt's once was will have disappeared like so many honeybee colonies around the world.

Burt's Bees is just the latest example of the typical fate of "alternative" local businesses that make the big time. Ben & Jerry's Ice Cream, once the Vermont poster child of all things good and natural, was purchased by Unilever, the multinational conglomerate, in 2000. In 2001, Coca Cola purchased the California fruit juice company, Odwalla, for \$181 million. You simply cannot tell from the package who really profits when you buy what you think is a small, natural, local or organically produced product.

In fact, according to the research of Associate Professor Phillip H. Howard at Michigan State University, a vast number of (apparently) small brand name packaged products - including organic dairy products, chocolate, soup, vegetarian packaged foods, soy products, beverages, cereals, tea, soaps, and condiments - are owned, directly or through holding companies, by the likes of Coke, Pepsi-Cola, Dean Foods, Heinz, Kraft, Nestle, and General Mills. Notwithstanding the comforting names of Horizon, Health Valley, Cascadian Farm, Celestial Seasonings, Naked Juice, Bearitos, TofuTown and others that line the shelves of your local "natural" food stores, behind these brands might lurk some very large, very profit-oriented enterprises, some of whom, for social or political reasons, a person might not wish to patronize. Even "organic" farm produce is often now grown on an industrial scale using petroleum based technology, financed by the usual channels of capital, and shipped all over the world using petroleum based transport.

Burt's Bees could not resist the capitalist system that swallowed it. Nor can anything or anyone resist for too long without a theory as powerful as the capitalism that would consume it. It is imperative to concentrate time and energy on the development of a new, viable, alternative theory of social and economic organization before capitalism collapse disorder occurs.

Editor's note – another good reason to help create a strong and vital local economy – an important and vital part of our co-op mission. You can read the full article at http://www.organicconsumers.org/articles/article_8274.cfm

Here's A soup recipe we've mangled creatively for Community Dinner...

South Indian Pumpkin Soup, a Seasonal Favorite - Megan Murphy

Pumpkin is a good source of vitamins C, K and E, along with the minerals magnesium, potassium and iron. If you are getting your pumpkin "from scratch," rather than from a can, you can save the seeds found within the pumpkin, blanch them and roast them. The seeds have been shown in some studies to have an anti-inflammatory effect in the body. Lowering the amount of inflammation tends to help lower risk of heart disease, cancer and perhaps some other chronic conditions as well.

Pumpkin is what dietitians call nutrient dense, meaning there is a lot of good nutrition in proportion to the calories. Like many vegetables, pumpkin is very low in calories and is high in fiber.

Pumpkins can be kept for months in a cool, dry place. So you could buy a couple of pumpkins now, while they are in season, and keep them for use down the road. In this recipe, feel free to add more cayenne pepper or a bit more curry powder if you like. The level of spiciness is really up to you.

South Indian Pumpkin Soup

1 tsp. vegetable oil
1 clove garlic, minced
1-inch piece of ginger, peeled and minced
2 tsp. curry powder
2 cups reduced-sodium vegetable stock
cup reduced-fat coconut milk
1 can (15 oz.) pumpkin puree
1/3 cup calcium-fortified orange juice
tsp. kosher or sea salt
1/8 tsp. ground nutmeg
1/8 tsp. cayenne pepper
Toasted pumpkin seeds for garnish (optional)



In a heavy saucepan, heat oil over medium-low heat. Stir in garlic, ginger and curry powder and cook for 1 minute, until fragrant. Add vegetable stock and coconut milk and turn heat to medium. Stir in pumpkin puree and orange juice, breaking up any clumps with a long-handled spoon.

Stir soup occasionally until heated through, about 5 minutes. Take soup off the heat and stir in salt, nutmeg and red pepper; taste for seasoning.

Garnish bowls of soup with toasted pumpkin seeds (optional). Makes four servings.

- Source: Nutrition for the Active Woman, Oxygen Collector's issue, Fall 2007

CO-OP EXPANSION MEMBER SURVEY

The non-binding survey of member opinion on a possible expansion into the Bemis Block was over-whelmingly supportive (by a 3 to 1 margin). There was also some very heart-felt and well-expressed opposition to the proposition. The co-op board is taking into consideration this strong member mandate, as well as the objections raised as it continues to gather facts and pursue the wisdom of opening the wall between our storefront and the Bemis Block. Discussions are on going with the owners of the building, construction estimates are being developed, and financial pros and cons examined. As part of this continuing investigation we are conducting a further survey of member opinion on, if we do expand, how we should re-order the store, what we should we carry more of and any other inspiration that may be out there for us to consider. So here it is. Please fill out this questionnaire and place it in the box across from the front register - Thanks!

1) What would you like to see more of at our co-op?

2) What would you like to see less of?

3) What would make shopping here easier for you that could be figured into an expansion plan?

4) Do you have any other layout type suggestions for us?

5) Any other general thoughts as we continue to assess our options?

Why Wild Planet?

You may have noticed the new canned tuna fish selections, from the company Wild Planet. You may also have noticed the significant price differences between them and Natural Sea tuna (the brand we've been carrying for many years now). You may be wondering "Why should I pay so much more per can for Wild Planet tuna?"

Actually, there are a number of reasons why. Wild Planet is independently co-owned by: the founder of the company, William Carvalho (who grew up helping his mom and grandma fish, and can their catches), Bill McCarthy, who, with William have a combined 35 years experience in the global seafood business. And Dave Weston, who worked for the FDA and the California Health Department (over 30 years experience in the food business). Together, they personally select every fishery they do business with, ensuring top quality and integrity in the fishing practices.

Many fishing companies use nets, which have a high number of by-catch (animals that are caught which were not the ones wanted), and are very dangerous to the animals, as well as damaging the surrounding environment. Long-line fishing is also used by many companies. This is also a dangerous means of fishing, as it also results in large numbers of by-catch, which cannot be quickly or easily released. Wild Planet uses the trolling method, which is very safe and very low impact. Any by-catch caught using this method can quickly and easily be released. (For more information, go to: <http://www.mbayaq.org/>, or do a search for Monterey Bay Aquarium, or Seafood Watch)

Most tuna fish companies fish off the coast of Thailand, where the breeding stock live. The fish are older and larger, meaning they've had more time to accumulate mercury in their bodies. Also, 1 pair of breeding fish can hatch hundreds of babies a year. Obviously, if they're not around to reproduce, there will quickly be less fish.

However, Wild Planet **does not** fish off the coast of Thailand, they fish off the coast of Washington and Oregon, USA. The stock they fish from are the younger stock, meaning they are smaller, and have had less time to accumulate mercury in their bodies. The smaller, younger fish go into their "minimal mercury" line, while the slightly older fish are for the "low mercury" line. These fish are also not yet at the reproducing age.

Not only are they fishing closer to home, but they're also fishing from healthier fish, using environmentally friendly fishing methods.

If that's not enough to convince you, check this out: other cans of tuna fish contain approximately 4 ounces of fish, and 2 ounces of water or oil. Wild Planet contains 6 ounces of fish, cooked and canned in it's own natural juices. *And*, they also offer fish canned the old fashioned way, in jars. Cans are lined with a thin layer of plastic, whereas the jars are not, for the ultimate in healthy fish eating experience. ~Enjoy! - Beth Cate - Meat Dept Coordinator

Hardwick Food Pantry Update

Ruth Gaillard

Food banks are in the news a lot lately, and for good reason. Both The Hardwick Gazette and The New York Times have printed front page articles recently reporting on the crisis facing the nation's food shelves. There is much less food available and a lot more need.



Services are in greater demand, some local food shelves having over twice as many families requesting help as just a few years ago. Driving to work, heating the house, paying the rent, health care expenses and high debt load are taking up much more of people's household budget. The price of oil continues to increase, leaving many working people strapped at the end of the month and having to make the hard choice between keeping warm and putting a proper meal on the table.

Federally subsidized commodities have been a mainstay at food shelves for years, but instead of the usual variety of foods that arrive, some recent deliveries have consisted of just canned green beans. The USDA funding allocation has been cut so much in recent years that there is less money available to purchase commodities for food banks. The agricultural economy is strong and there are few surpluses. Grocery chains run tighter inventories leaving stores with less to donate. The National Food Bank's food stocks are at almost half what they were last year.

The good news is that we can all help!

- On the counter you will see the new Food Pantry collection boxes for your loose change or larger donations.
- There are boxes near the checkout at the Co-op, Hall's Family Market and the Grand Union to receive grocery donations. While shopping, buy one or two extra of your favorite things to put in the Food Pantry box, or bring in something from home.
- Donations can also be delivered to the Food Pantry at its new building next to St John the Baptist Episcopal Church on W Church Street in Hardwick. Especially needed now are items to add to the many Holiday boxes that the Food Pantry puts together each year - stuffing, cranberry sauce, canned vegetables, gravy and the like. After the holidays the need will continue and welcome items are canned fruits, cereals, components of quick and easy to prepare meals - whatever foods you like, others will too!
- Mailed financial contributions are also always welcome. The Hardwick Area Food Pantry is a nonprofit community agency with 501C 3 tax-exempt status.
- If you have any questions call Director Laura Austin.

Thanks to all who have generously given in so many ways. Given so that we can sit down to dinner each night knowing that all our friends and neighbors in the community are doing the same, sharing the sustenance that is so important to keep our bodies and spirits healthy during the long winter.

Hardwick Area Food Pantry, Inc., PO Box 1075, Hardwick, VT 05843.

802-472-5940 Open Mon - Fri 8:30 - 11:00 am

Woodbury/Calais Food Shelf contact numbers 472-6292 and 456-7024

Hearty Vegetable Stew – Kate Arnold

Co-op Café Co-ordinator
Makes 4- 6 servings



Tempura batter

- 1 egg beaten,
- 1 cup ice water
- 1 cup flour (try mixing rice flour with whole wheat pastry flour, but all purpose flour will do)
- pinch of baking soda (optional)

Mix ice water and beaten egg thoroughly. Add flour gradually, but do not beat. Batter should still have some lumps.

Veggies:

- Root Veggies and winter squashes cut into 3/4 inch chunks (about 3 - 4 cups) Onions, parsnips, turnip, daikon, butternut squash, carrots, and burdock are a good combination. Some also like to add brussel sprouts when available.

Slowly heat about 2 inches of sesame (not toasted) or peanut oil. (340 degrees F is recommended) Be careful not to get so hot as to smoke. (If you put a drop of batter in it will sink and then come up _ way at this temp)

(Meanwhile add 2 or 3 umeboshi plums to a 6 cup pot of water, bring to a boil and simmer while frying veggies.)

Dip each piece of vegetable in the batter until coated. Work with one vegetable at a time, dropping into the hot oil and frying until crisp, but not overdone.

Test a piece and see that it's just a tiny bit underdone. Drain excess oil by using a paper bag. Continue until all veggies are cooked, adding a bit more oil if needed. (Tip* oil can be poured through a cheesecloth or fine strained when cooled and reused another time.)

When all the veggies are cooked, drop into boiling umeboshi broth. As the veggies continue to cook a bit more in the broth, the batter will create a delicious thickener with the result being a hearty, satisfying stew. It really does not require any additional seasoning, but be creative. Chopped fresh rosemary is always nice.

I found that this stew was a good transitional meal for those becoming vegetarian.

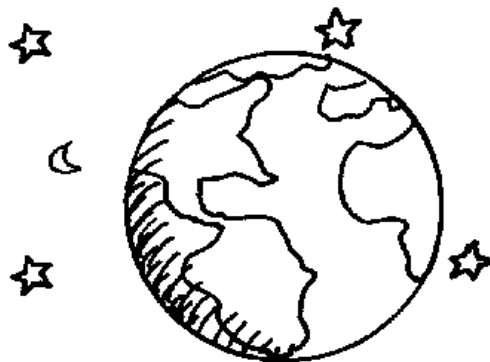
The Buffalo Mountain Coop's Third Annual Nicaraguan Dinner was a resounding success! The *Planting Hope* board extends heartfelt appreciation for the generous support of the Coop membership in hosting this evening. They were there at every turn -- providing volunteer labor, donating dinner ingredients, generating publicity, selling tickets, and, of course, **Myrna O'Neill's magical chef abilities** which enabled us to once again feed delicious food, in ample quantities, to the masses. We estimate that we fed 275 community members and volunteers. **Special thanks also goes to Karl Stein** who was willing to be **our dance instructor** when, at 7:45PM, we learned that the person we were counting on to begin instruction at 8:00 PM was not coming!

It is certainly a truism that "it takes a community to host a successful Nicaraguan Dinner". There were a total of 37 business sponsors from throughout the region, along with 10 additional farmers and vendors who donated goods. About 30 volunteers helped organize the evening. **Peoples Academy students worked diligently** in constructing colorful table "cloths" (art paper rolls) filled with facts and pictures about Nicaragua. **Stowe middle school students and Hardwick Girl Scouts made tissue paper flowers.** Norwich Academy students, who will be going down to Nicaragua with Planting Hope later this year, joined the dinner volunteer force, along with a host of Buffalo Mountain Coop helpers. **Hazen Union School opened up both the cafeteria and auditorium** for this event, free of cost.

The evening raised nearly \$2800 for *Planting Hope* – more than triple what was made at our first dinner two years ago. This money goes such a long way in Nicaragua, where the average wage is \$2 per day. The communities served by *Planting Hope* have **recently confronted devastating flooding, resulting in a severe food shortage.** *Planting Hope* is helping by serving breakfasts at the La Chispa library in Matagalpa and at the Pueblo Viejo rural school site. **These funds will help pay for this relief effort, and also for general program costs at the library.**

Some Montpelier based Planting Hope board members attended the event and marveled at the spirit of community at the dinner. **We are proud of our town. Thank you to all for creating a generous community!**

Sarah Morgan & Helen Beattie



New Local Beef Available

Sadly, beefalo is currently not available, and may not be for some time. However, we have recently gotten some Highland beef in. This is exciting news!! Highland beef is lower in fat than many other types of meat, and one of the lowest in cholesterol. Not only that, but it's born, raised and ...well... everything, right here in the Northeast Kingdom of Vermont.

Questions? Check out the "Local and Regional Meat Vendor Information" packet hanging next to the meat freezer, or ask Beth.

Buffalo Mountain Co-op Mission Statement

The mission of the Buffalo Mountain Co-op, Inc. is:

To develop within its area of influence a community-owned and operated, health-oriented, thriving enterprise;

To continually educate the community as a whole in regard to food politics, health issues, and our social-cultural activities;

To demonstrate alternative approaches to structuring our work environment so that it is more decent and compassionate;

To offer healthy, pro-active choices, and

To open our doors to, and develop all aspects of our community.

We provide food for all people, not for profit.

Co-op Staff Responsibilities

Kate Arnold – Café Coordinator

Barry Baldwin – Office Guy, Board Liaison, Building Maintenance

Robin Cappuccino – Member & Community Outreach Coordinator

Kathy Castellano – Health & Beauty Aids, Bulk Spice & Tea,
Vitamin Buyer

Beth Cate – Meat Dept Coordinator, Grocery

Alicia Feltus – Produce Coordinator

Annie Gaillard – Grocery, Dairy & Freezer Coordinator

Deborah Hartt – Pet Food, Cards, Candles, Gift Items Buyer

Lori Leff – Grocery, Bread, Eggs, Books, Music, Café Art
Coordinator

Angus Munro – Bulk Products in Bins, Coffee & Computer
Maintenance

Caitlin Strong – Cheese & Olive Specialist, Bulk Goods

Regina Troiano – Bookkeeper