

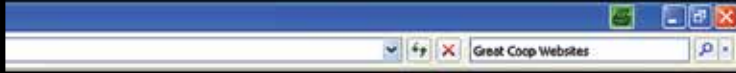
CO-OP NEWS



NORTH ELEVATION
NOT TO SCALE

Elevations have been flattened at this point





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what's **inside**

On the Cover

If you have been following *Co-op News* reports by General Manager Terry Appleby, you know that the Co-op has replaced our former convenience store on Lyme Road in Hanover with more than just a new building. UK Architects of Hanover have worked with the Co-op to design a new Community Market that is environmentally friendly and features a much broader product line. By the time you read this issue of the *Co-op News*, the new Community Market will be very close to opening or may be opened already. Stop by, take a tour, and look for more information in the January/February issue of the *Co-op News*.

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The *Co-op News*

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<http://www.coopfoodstore.coop>

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Treasurer: Richard Schramm
Secretary: Peter Betts
Ed Howes, Kay Litten, Tricia Groff,
Diane MacDonald, Mike Yacovone
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Statement of Cooperative Identity

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

Values

Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity. In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility, and caring for others.

Principles

The cooperative principles are guidelines by which cooperatives put their values into practice.

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training, and Information
6. Cooperation Among Cooperatives
7. Concern for Community

Editorial Staff

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Flying Squirrel Graphics

Confidentiality

The Co-op protects the confidentiality of information collected for membership purposes. Questions and concerns about the application of this policy should be directed to the Co-op's general manager.

Your Mailing Address

Please notify us if your mailing address has changed. This saves us money and enables your mail to be delivered promptly.

Store Hours

Hanover: 8 a.m.–8 p.m. daily
Lebanon: 7 a.m.–9 p.m. daily

Service Center Hours

Gas: 6 a.m.–8 p.m. daily
Mechanics: Mon-Fri: 8 a.m.–4:30 p.m.

Phone Numbers

Hanover Co-op Food Store: 643-2667
Lebanon Co-op Food Store: 643-4889
Park Street Service Center: 643-6650

Email Address

comment@coopfoodstore.com

Neighbor Co-ops have a Big Impact



*General Manager's Report
by Terry Appleby*

This past March we were among a group of food co-ops from our region of New England that commissioned a study of the economic impacts co-ops have on our communities. Seventeen co-ops from western Massachusetts, Vermont, and New Hampshire participated, and the results are both surprising and encouraging. We hope to use the results of the study to help identify where we are today and where we might be in the future if we can leverage the power of our organizations. The following is a summary of the study.

The Economic and Fiscal Impacts of Food Cooperatives in Northwestern New England

Using survey data from 17 food cooperatives in Vermont, New Hampshire, Massachusetts, and Connecticut, we estimated their impact on the regional economy. The results are impressive. Note: Although the co-ops are legally separate entities, they are linked by a shared vision, as well as organizational and governance structures that empower workers and members. They are also committed to buying and selling locally produced goods and services.

Direct Impacts

Members: 64,000, which is more than 7 percent of the total population of their host counties.

Sales: Aggregate sales = \$161 million last year, equal to ~ 8 percent of sales for supermarkets in those counties.

Employees: The co-ops employ 1,240 workers; 62 percent work full-time, compared to 43 percent in supermarkets.

The Vermont total is 623, which would make those ten co-ops one of the top 25 employers in the state.

Wages: Total annual wages were \$28.6 million and the

average wage is \$23,049, which is 18 percent higher than the average for food and beverage stores in the same states.

Buying Local: The co-ops bought \$33 million in local products: \$10m for fresh farm products (fruit, eggs, vegetables, and meat), \$18m for processed foods (bread, cheese, sauces, etc.), and \$5m for other local products.

State & Local Taxes

Indirect (sales, excise, and other taxes paid during normal operations): \$7.3 million.

Personal income: The 1,240 co-op employees paid approximately \$434,000 in state income taxes.

Property: 11 of the 17 co-ops own their stores and paid almost \$500,000 in property taxes last year.

The multiplier effects of circulating money in the local economy are significant. The co-ops buy from wholesalers, farmers, and service providers who spend some of the money locally for payroll, equipment, supplies, utilities,

and taxes ("indirect" effects). Some of the wages paid to co-op employees and to workers down the supply chains are spent locally too ("induced" effects).

Other Benefits

Livable wages: Part-time work is a choice for some, but most people need full-time jobs. Full-time hours plus higher than average wages means that

experienced workers in the lowest paid jobs earn a livable wage.

Workplace democracy: Some co-ops are managed collectively, while others encourage workers to participate in key business decisions. This provides workers with opportunities to gain valuable skills.

Buying local is a powerful economic development strategy and an important tool for protecting the health and productive value of open land. It helps existing farmers seeking to diversify and those who want to enter this challenging field. In the end, it's about building community and increasing self-reliance.

Economic and Fiscal Impacts			
	Direct	Indirect & Induced	Totals
Output	\$161,026,662	\$118,281,350	\$279,308,012
Employment	1,214	1,049	2,263
Compensation	\$34,339,587	\$40,669,446	\$75,009,033
Other Property Income	\$4,929,074	\$23,757,307	\$28,686,381
Indirect state taxes	\$7,318,935	\$6,377,947	\$13,696,882
Direct state taxes	\$433,938	\$402,895	\$836,843

Co-op to be Smoke-Free by 2010



The Board Report
by Don Kreis, Board President

There is currently only one member of the National Cooperative Grocers Association that sells cigarettes— and, as of January 1, 2009, there will be none. At its August meeting, the Board of your cooperative voted to end the sale of tobacco products and, perhaps more significantly, to make the facilities of the Co-op entirely smoke-free by 2010.

Writing about these changes presents a particular challenge for me as president. I personally favor making the Co-op smoke-free, but the Board overall was quite divided on the subject. Five board members voted “yes,” three voted “no,” and one abstained. If non-unanimous decision-making is a sign of thriving democracy, then the Co-op’s governance is certainly vibrant at present.

Having participated in the Board’s discussions, I can report that two aspects of this subject were especially challenging for our organization’s elected leaders.

The first was the Co-op’s longstanding tradition of educating customers about products rather than limiting their availability. Arguments about boycotts have contributed to the demise of other food co-ops; ours has a policy of not going there. I personally see boycotts as unrelated to the products themselves but, rather, as an effort to influence or express disapproval of their producers. A famous example is the grape boycotts led by labor activist Cesar Chavez in the 1970s to improve the lot of farm workers. Unlike grapes, tobacco accounts for one in ten deaths worldwide and, unlike wine or fatty foods, cannot be enjoyed harmlessly in moderation.

The second issue with which the Board wrestled was even more difficult. The “smoke-free” initiative is modeled after a similar program recently adopted by Dartmouth-Hitchcock Medical Center (DHMC), which does not permit smoking anywhere on its property and is committed to offering its employees meaningful assistance with smoking cessation. Our policy makes that commitment both to

employees and members generally.

But, as the *Valley News* pointed out in its editorial urging us not to go smoke-free, DHMC is a healthcare provider and thus discouraging the use of tobacco is central to its mission. The connection to the Co-op’s purposes, while real, is somewhat more attenuated. We know that a significant minority of the Co-op’s employees use tobacco and, in a state famous for libertarian inclinations, the freedom-of-choice argument loomed large. At the most practical level, our employees are the key to our success and so we don’t want any of them to decide they must either quit smoking or quit the Co-op.

As medical ethicist Allan Brandt of Harvard Medical School notes in his 2007 book *The Cigarette Century*, which traces the history of the product, when even the tobacco companies could no longer plausibly claim that the deadly effects of their product were in dispute, they shifted their strategy to fomenting public controversy about freedom of choice. The irony, as Brandt points out, is that cigarettes were specifically designed to addict their users and thus prevent them from choosing *not* to smoke.

I believe I can speak for the entire Board in saying that our intention is not to limit anyone’s choices. We want to educate members and employees about the health effects of tobacco, we want to help them choose to stop smoking if they would like, and we want to use the next 13 months to make the difficult transition from an organization that facilitates smoking to one that does not.

As is appropriate for a policymaking body, we consign to the Co-op’s competent and principled management team the challenging task of implementing the new tobacco policy. Like the Board, they, too, are divided on the merits of the change. But, at every level of our organization, when we move forward on a controversial question in a publicly accountable way, while treating each other tenderly, we show the world what the “cooperative difference” truly is. May that be the touchstone as the longstanding connection between the Co-op and tobacco draws to a close.

at the

Co-op

Sign Up for the Digital Co-op News!

We all know that co-ops often celebrate tradition, keeping the best alive in an ever-changing world. Our co-op, for example, insists on things like a meat counter that's run like an old-fashioned butcher shop. And employees who are knowledgeable about the products they sell. And the availability of nutritious, delicious foods and providing support for the quality family farms that grow them.

But we're not above being cutting-edge when it counts, and our co-op is embracing the digital world in which we live. Sustainability is an important part of the work we do, and moving away from printed material as much as possible—saving ink, toner, and paper in the process—makes sense for our cooperative and for the world. But we can only do it with your help.

The *Co-op News* has been on-line for years and can be

delivered to you via email just as easily as it is posted to the website. If you would like to receive your copy electronically, just let us know! Send an email to comment@coopfoodstore.com, and we'll put you on the subscription list. We won't use your email address for unsolicited marketing purposes and, of course, will keep it confidential and never sell or release it to a third party.

Want to see more consumer news online? There's plenty of it available. Because important information doesn't stop between issues of the *Co-op News*, our staff also writes consumer news and information articles on a wide variety of topics and publishes these directly to the Co-op website.

www.coopfoodstore.coop/news

Come Celebrate With Us!

Join us for our 2008 Thanksgiving and Taste of Tradition sampling parties! They've become a yearly tradition beloved by customers and staff alike. In fact, our Taste of Tradition samplings are so popular that we have expanded them to all-day events held over several days in December. Stay tuned to our website for the complete schedule of events planned for each day. We'll have free food, music, a festive atmosphere, and plenty of experts on hand to help you plan out all your holiday entertaining—whether it's for your home or the office.

Thanksgiving Sampling Party

Thursday, November 13, 4-6 p.m., Hanover and Lebanon food stores

Taste of Tradition Sampling Parties

Wednesday, December 3—Friday, December 5, Hanover food store

Thursday, December 4—Saturday, December 6, Lebanon food store

www.coopfoodstore.coop/calendar



We're Looking for a **Few Good Board Members**

Three seats on the Co-op's nine-member Board of Directors will be up for election in April, 2009. All three seats are for three-year terms that will begin in May.

Co-op members who are interested in running for the Board of Directors should contact Kay Litten, Chair of the Nominating Committee, at larry.litten@valley.net or 603-643-1859 as soon as possible. Interested individuals will be sent information about being on the Board and what they need to submit for consideration by the Nominating Committee. The submitted information is due in to the Committee by the end of December.

In early January, the Nominating Committee will select individuals from the pool of interested candidates for a slate of nominees. This selection will be based on the current board composition and its needs for complementary skills and experience and for future board leadership. Individuals not selected for the slate may run as

independent candidates. This requires submission of a petition signed by fifty members of the Co-op. This petition would need to be received by the Nominating Committee by the end of January. The election will be held in April.

Candidates should be prepared to attend monthly meetings; participate in committees outside of monthly meetings; be willing to learn and work within the Policy Governance model; be able to participate thoughtfully and assertively in deliberation; and have a preference for long-term, strategic, and conceptual thinking. For more information on Policy Governance and Co-op Board policies, visit our web site.

[www.coopfoodstore.coop/
members](http://www.coopfoodstore.coop/members)

Members, It's Fedco Seed Season!

It takes special seeds to grow well in northern New England and special companies to know which ones are best. Fedco Seed Company—a cooperative business located in Waterville, Maine—sells a wide range of vegetable, herb, and flower seeds at very competitive prices and offers 20 percent group discounts to Co-op members. Co-op membership has many benefits, and participating in the Fedco Seed discount is one of the most popular!

Fedco is a member of the Safe Seed Pledge, meaning that it will not knowingly sell genetically engineered seeds. For gardeners interested in growing heirloom varieties, saving seed, or buying seeds raised by local organic farmers, Fedco carries many enticing options, in addition to standard hybrid varieties. The Organic Grower's Supply division of Fedco offers books, tools, cover crop seeds, compost starter, fertilizers, and more. These items can also be ordered at a discount through the Co-op's group order.

Fedco catalogs and order information for members will be available at the Hanover and Lebanon Food Stores in early December. Look for signs in the front of each store announcing their arrival.



SHOPPING

Sustainably



Little Green Steps
by Emily Neuman
Sustainability Coordinator

When it comes to living lightly on the earth, it's often how we shop—not just what we buy—that makes a difference.

As You Shop, Take Little Steps

Change is not easy for anyone. Even simple things—like remembering to bring reusable bags to the store—is challenging at the outset. But ultimately, the way we shop is simply a set of habits that, if we succeed in changing, will become routine.

Buy Products, Not Packaging

A liquid dish soap bottle can far outlast the soap that it originally contained. Why buy a new bottle when all you need is new soap? At the Co-op you can buy dish soap and laundry soap in bulk. We also sell bulk spices, cooking oils, honey, grains, beans, and much more.

The green part of bulk shopping is using your own containers. Rigid, wide-mouth containers with a secure lid are ideal. Start with just one item, like rice or pasta, that you buy weekly. Commit to buying it in bulk using your own container. When you empty the container at home, wash it and put it straight into your reusable shopping bags so that it is with you the next time you shop.

Outside the Bulk department, products vary greatly in how much packaging is used. Consider your regular grocery list, and identify the most packaging-intensive items. Where would you be willing to make a change?

If You Don't Need a Bag, Don't Take One

It sounds simple, but many people are in the habit of taking a bag for every item that they buy in the Produce department when, in fact, many items may be purchased loose.

When a bag *is* needed, you are welcome to use your own. If you use your own bag, please be ready to help your cashier identify the items inside.

Shoppers have asked whether the plastic courtesy bags in our Produce department may be reused. The answer is yes, but we leave it to your discretion. Our heavier, unprinted bags may be easier to wash and reuse than the thin, printed bags.

Consider investing in bags of your own. We recently added Vermont-made cloth bags designed for use in both the Produce and Bulk sections. As with rigid containers, the weight of the bag is deducted at the register.

Think Ahead

When deciding what to buy, consider whether or not you will be able to recycle the packaging when you're done. If you'd like to be able to recycle packaging in the future, keep the market for recycled packaging strong by buying products made from recycled materials. The handles on Recycline toothbrushes, for example, are made from recycled yogurt cups.

Bring Your Own Shopping Bags

We've said it before, and we'll say it again: We encourage you to bring your own bags for carrying groceries home! We'll give you five cents for every bag. One family could easily save 400 bags/year by bringing its own instead of taking new bags every week.

If you forget your bags, we have cardboard boxes available at the front of the store. You are also welcome to take boxes home for storage, moving, or shipping.

Little Green Steps

- Add changes week by week, rather than all at once.
- Remember: You don't have to take a bag!

Sustainable consumer **NEWS**

Can You Recycle at the Co-op? Yes ... and No.

The Co-op provides its shoppers with the opportunity to recycle items purchased at our stores that are not easily recycled through the programs offered by local towns. We also provide container recycling for beverages consumed on-site.

Item	How to Identify
Co-op brand plastic shopping bags	Co-op logo; tan color
EcoPak containers	EcoPak logo embossed on lid
Compact Fluorescent Light (CFL) bulbs	"Hg" on the base

Do not bring your household beverage containers to the Co-op for recycling. They should be recycled through your Solid Waste District or town. We cannot recycle any plastic bag other than our own tan Co-op bag. Please refrain from placing other plastic bags in our recycling bin.

Remember Reusable Batteries *at the* Holidays

According to the EPA, rechargeable batteries may be more expensive than single-use batteries, but the up-front costs are often outweighed by the long-term cost savings and environmental benefits of rechargeables. Each rechargeable battery may substitute for hundreds of single-use batteries over its lifetime. The Co-op sells rechargeable batteries at a very low mark-up in order to encourage consumers to make the switch from single-use to re-usable batteries.

For more than ten years, alkaline batteries have been safe to throw in the landfill. But many people still wonder what to do with their batteries after they wear out. If the batteries are alkaline, throw them out. If the batteries are rechargeable, recycle them.

The Co-op collects rechargeable batteries for recycling. In Hanover, take them to the Service Desk. In Lebanon, drop them in the recycling box near the battery display.

Help Keep Food *OUT of the Landfill*

When you're planning a party or a big holiday meal for family, it's tempting to overbuy so that you don't run out of food. Before you do, please understand that for food safety reasons, we must throw away all frozen and refrigerated items that are returned to the stores, even if the product has not been opened. We also throw away all returned produce, bulk, or opened items.

1. Buy only what you need.
2. If you're worried about running out of food, buy non-perishables, like crackers, as a back-up.
3. Shop carefully, particularly for refrigerated foods. If you accidentally buy the wrong product, consider saving it for another use or giving it to a friend or neighbor. They may appreciate the gift! If you return it to the Co-op, it will be thrown away and wasted.

www.coopfoodstore.coop/news

Shopping Smart *and Eating Well*



Nutrition With An Attitude

by Mary Saucier Choate,

M.S., R.D., L.D.

Food and Nutrition Educator

Eating healthier does not have to cost more—really! This may fly in the face of what lots of people seem to think, but those eating a plant-rich diet know differently. Omnivores with plant-rich diets, vegetarians, and vegans realize—and USDA research confirms—that you can eat a nutritious diet “on the cheap.”

The USDA’s Low-Cost Food Plan contains fewer sweets and less sugar, along with more fruits, vegetables, and milk products than the average household consumes. (www.cnnpp.usda.gov/Publications/FoodPlans/Misc-Pubs/FoodPlansRecipeBook.pdf)

Compare your buying habits with the tips below to learn strategies that may keep your food budget and your healthy eating plans on target.

Snack Swap

Swap processed snacks for fruits, veggies, whole grains, and dairy. Instead of spending about \$2.25 for chips and a soda—a salty, sugary, and fatty snack choice—consider one or two of these:

- A 1-cup size crisp local apple (64 cents) or a sweet 8-inch banana (45 cents) will also fulfill half of your daily recommended servings of fruit.
- A container of yogurt (80 cents) provides important calcium.
- Sugar snap peas (85 cents for a one-cup serving) provide nearly half of your recommended 2½ cups of vegetables for the day.
- Five whole grain crackers and two tablespoons of hummus will cost you only 90 cents, fill you up with

fiber protein and important nutrients, and get some of those all-important legumes into your diet.

Dump Your Drink

Switch soda, bottled tea, or bottled water to tap water or tea made with your own teabag:

If you make the minimal investment in an easy-to-clean travel mug for water, you can save a dollar or more each time you fill it up rather than purchasing bottled water in a plastic bottle. Tap water is virtually free; a 20-ounce bottled water costs between 99 cents and \$1.39 or more.

If you prefer a flavored beverage, making your own cup of tea is the smartest way to save from 80 to 99 percent over buying a bottled tea, since a tea bag costs only 6 to 26 cents a bag while a 16-ounce bottled tea costs \$1.29-\$1.99 or more.

Are you trying to wean yourself off soda? That’s a money-saver. A 20-ounce soda costs \$1.39 and provides you with 240 calories and 16 teaspoons of sugar. Instead, try a homemade juice sparkler. Mix one half cup 100 percent juice (orange or grape works well) with 12 ounces of plain or flavored seltzer. This refreshing mix costs less than 50 cents, contains fewer than 80 calories, and provides one-half cup of fruit toward the recommended two cups per day.

Eat In

You don’t have to make bread from scratch or culture your own yogurt to save money on food (although those are excellent ways to save), but making your meals from “semi-scratch” can save you a bundle.

A restaurant burrito will set you back five to seven dollars, while you can make eight homemade burritos (tortilla, canned beans, cheese, spices) for under seven dollars.

You can go out for an oily, cheese-heavy pizza at \$12-\$14 or you can just as quickly make one with a pre-made shell, jarred sauce, lots of veggies, and the right amount of shredded cheese for fewer than five dollars.

Move Meat to the Sidelines

Think of meat—one of the most expensive items in your grocery basket—as an ingredient, not the main feature of the meal, and “beef up” these dishes with healthy vegetables! Consider the savings when you move the animal protein to a “contributing” instead of “starring” role:

A six-serving pot of beef stew (beef, carrots, potatoes, onions) costs \$10.49 (\$1.75 per serving). To serve six people a modest four-ounce portion of an inexpensive cut of steak (\$6.59/lb.) would cost nearly \$10 before you even add in the rest of the meal items.

Two pounds of boneless chicken breast costs eight dollars and will yield 8 four-ounce portions (before cooking). Add in the costs of a side vegetable and starch and you can see why a recipe such as Chicken and Broccoli Bake casserole is a better choice. The casserole contains the rice and vegetable for a complete meal for eight for \$6.94 (87 cents per serving).

The stew and casserole provide protein along with some of the vegetable servings needed for good health, at a cost that is hard to beat.

Do You Want to Find Money-Saving Recipes Easily?

Try the USDA Recipe Finder database: <http://recipefinder.nal.usda.gov>.

Search by the main ingredient you have on hand or by cost, menu item (soup, side dish, main dish, etc.), audience (older adults, parents of young children, Hispanic, etc.), cooking equipment needed, and cooking/preparation time. You can electronically print out a shopping list for the recipes you select. Nutrition information is included for each recipe as well. The money-saving recipes will give you lots of ideas to stretch your food dollars while providing good nutrition.

More Money-Saving Resources

Books:

The Complete Tightwad Gazette: Promoting Thrift As a Viable Alternative Lifestyle by Amy Dacyczyn

Frozen Assets: How to Cook for a Day and Eat for a Month and *Frozen Assets Lite and Easy: How to Cook for a Day and Eat for a Month* by Deborah Taylor Hough

Online:

“Five Dinners Under Five Dollars”

<http://familyfun.go.com/recipes/family/feature/dony38fivedollar/dony38fivedollar.html>

“Labeled for Savings – Get More From Your Dollars at the Supermarket” from UNH Cooperative Extension. Put this address in your browser: <http://www.extension.unh.edu/pubs/PubsFN/Labeled.pdf>.

www.coopfoodstore.coop/nutrition

Liven UP the winter blahs! Sign up for a *Co-op* *Class*

This fall, the Co-op expanded its ever-popular roster of Co-op Classes to create one of our most diverse and informative class sessions yet. The trend continues this winter, and we’d love to see you there.

If you love to cook, or eat, or learn something new, then we have a class for you. A cooking class is a great chance to learn new skills, sample delicious food, enjoy the company of fellow Co-op shoppers—and you don’t have to do the dishes! You will meet and work with professional chefs and prepare recipes scaled for family use. And of course, all ingredients are available in the Co-op Food Stores. We build in plenty of time for questions and enjoying the food you produce!

For more
information
including class
descriptions and
registration
information, inquire
at either food store
or visit us online at
www.coopfoodstore.com/class.

BRUSSELS SPROUTS

Seasonal Fare with a Flare



by Victoria Hicks

Brussels sprouts are said to have been cultivated in 16th-century Belgium—hence their name. Resembling cute little cabbages, these cruciferous vegetables develop in rows along the stalk of the plant and achieve their best flavor after being exposed to a frost. They are high in vitamins A and C and are a fair source of iron.

Brussels sprouts may be served raw if tiny, tender, and crisp, or sautéed, steamed, or roasted. They go well with beef dishes, lamb, fried or roasted chicken, duck, and roast pork. They should not be served with delicately sauced dishes.

When correctly cooked, Brussels sprouts possess a delicate nutty flavor. Cooked sprouts should be bright green, fresh-tasting, and have the slightest suggestion of crunch at the core. Avoid overcooking, as they will become yellowish, mushy, and develop a stale flavor.

One pound of sprouts will serve four persons. Choose firm, healthy, fresh, rounded heads all of the same size with bright green leaves. As with most vegetables, the smallest are the best. Avoid soft-headed sprouts which are over-mature and will cook into a pulp.

Store unwashed sprouts in an airtight plastic bag in the refrigerator up to three days. When preparing, wash well after trimming off the stems and any discolored leaves.

Brussels Sprouts Browned with Cheese

Serves 6

These cheese-coated Brussels sprouts are good with steaks and chops.

1½ quarts Brussels sprouts
½ cup grated Swiss cheese mixed with ½ cup grated
Parmesan cheese
2 Tbs. melted butter
Salt and pepper

Preheat oven to 400°F. Blanch the Brussels sprouts in boiling salted water for 6-8 minutes, or until almost tender. Sprinkle 2 to 3 tablespoons of cheese in a casserole or baking dish to coat the bottom. Place the Brussels sprouts in the dish, spreading the rest of the cheese over each layer. Pour on the melted butter, and sprinkle lightly with salt and pepper. Place, uncovered, in oven for 15-20 minutes, to brown the cheese nicely.

—Adapted from *Mastering the Art of French Cooking*
by Julia Child

A California Recipe for Brussels Sprouts

Serves 4

1 pound Brussels sprouts
6 Tbs. olive oil
2 small garlic cloves, chopped
2 Tbs. lemon juice
½ tsp. freshly ground black pepper
3 Tbs. grated Parmesan cheese

Boil or steam the sprouts in salted water till they are barely cooked through and are still very crisp. Drain, and dry over the heat for a moment. Sauté the garlic in the olive oil till just wilted. Add to the sprouts and shake the pan well. Add the lemon juice and pepper and shake again. Spoon into a heated serving dish and sprinkle with grated Parmesan cheese. Serve.

Cook's Note: For an interesting variation, add about 1 cup shredded boiled ham, baked ham, or prosciutto to this dish.

—Adapted from James Beard's *American Cookery*

Sautéed Brussels Sprouts with Bread Crumbs

Serves 8

This is a nice autumnal side dish frequently used at Thanksgiving time.

2 lbs. Brussels sprouts, trimmed
4 Tbs. butter
1 clove garlic, peeled and crushed
¼ cup dry bread crumbs
2 Tbs. fresh lemon juice
Salt and freshly ground black pepper

Bring a large pot of salted water to a boil over high heat. Add Brussels sprouts and boil until just about cooked through, 3-5 minutes. Drain in a colander and rinse under cold running water to stop them from cooking any further. Cut Brussels sprouts in half length-wise and set aside.

Melt butter in a large heavy-bottomed skillet over medium heat. Add garlic and cook until edges begin to brown, about 2 minutes; then remove and discard. Add Brussels sprouts to skillet, increase heat to high, and cook, stirring often, until sprouts are well-browned in places, about 5 minutes. Sprinkle bread crumbs over sprouts and stir well, then add lemon juice. Season to taste with salt and pepper.

—Adapted from *Saveur* magazine

Buttered Brussels Sprouts

Serves 4

These are good with broiled or roast meats.

1 quart Brussels sprouts, trimmed
4 Tbs. butter
½ tsp. freshly ground black pepper
1 lemon

for more Brussels sprouts recipes:
www.coopfoodstore.coop/recipes

Put sprouts in a 2-quart saucepan with enough boiling salted water to come one-third of the way up the pan, bring to a boil, and blanch, covered, for 5 minutes, until barely cooked through. Drain well.

Melt the butter in another pan, add the sprouts, and cook, covered, shaking the pan well, for 3 to 4 minutes. Season with the pepper and lemon juice.

Variations

1. Sauté ½ cup thinly sliced almonds in 2 Tbs. butter and add to the sprouts.
2. Combine sprouts with an equal quantity of whole, cooked, peeled chestnuts, or 1 can whole chestnuts, and a few pieces of crumbled crisp bacon. This goes well with turkey or goose for Thanksgiving or Christmas.

—Adapted from *James Beard's Theory and Practice of Good Cooking*

Roasted Brussels Sprouts

Serves 6

The flavors caramelize under the high temperature of the oven and the outsides of the sprouts get crisp.

1½ pounds Brussels sprouts, trimmed
3 Tbs. olive oil
¾ tsp. kosher or sea salt
½ tsp. freshly ground black pepper

Preheat oven to 400° F. Mix all ingredients in a bowl. Pour onto a sheet pan and roast for 35 to 40 minutes, until crisp on the outside and tender on the inside. Shake the pan from time to time to brown the sprouts evenly. Sprinkle with more kosher salt and serve.

Co-op Calendar

NOV
DEC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <i>Day of the Dead</i>
2	3 <i>Support Twin Pines! November Community Partner of the Month!</i>	4	5	6	7	8 <i>Employee Recognition Banquet</i> All Locations Close at 5 p.m.
9	10	11	12 <i>In the Gallery: Works by Strafford Artworks Group through Nov. 23</i>	13 <i>Thanksgiving Sampling Party</i> 4-6 p.m., Hanover and Lebanon stores	14	15
16	17	18	19 <i>Board Meeting</i> 6 p.m., Hanover Boardroom	20	21	22
23	24	25	26	27 <i>Thanksgiving</i> All Locations Closed	28	29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>Support Good Neighbor/Red Logan! December Community Partner of the Month!</i>	2	3	4	5	6
			<i>Taste of Tradition Sampling Party, Hanover store</i>			
				<i>Taste of Tradition Sampling Party, Lebanon store</i>		
7	8 <i>Bodhi Day</i> <i>Eidul-Adha</i>	9	10 <i>In the Gallery: Works by Micki Colbeck through Jan. 2</i>	11	12	13
14	15	16	17 <i>Board Meeting</i> 6 p.m., Hanover Boardroom	18	19	20
21	22 <i>Hanukkah Begins</i>	23	24 <i>Christmas Eve</i> All Locations Close at 4 p.m.	25 <i>Christmas Day</i> All Locations Closed	26 <i>Kwanzaa</i>	27
28	29 <i>Muharram</i>	30	31 <i>New Year's Eve</i> All Locations Close at 6 p.m.	<i>New Year's Day</i> All Locations Closed		

Community Partners

November: Twin Pines Housing Trust

The cost of living isn't getting any cheaper, as we all know too well. Although life in the Upper Valley means many wonderful things, it includes a housing market that is one of the tightest in the nation for low-to-moderate-income families. The area's low unemployment rate means fewer vacancies, resulting in high rental and mortgage prices based on demand. Throw in New England heating bills and ever-increasing costs all around, and struggling families struggle even more.

Housing is considered affordable when the cost of rent or mortgage, insurance, and taxes is less than 30 percent of a family's gross income. That means a renter or homeowner must earn a salary of nearly three times the minimum wage in order to live in the Upper Valley. Many simply can't.

Twin Pines Housing Trust works to increase the number of safe, attractive, and efficient homes and apartments available to income-qualified residents. With central offices located in White River Junction, Vermont, Twin Pines helps meet area needs by building and renovating affordable multi-family apartments, single-family homes, and mobile home parks.

How You Can Help:

- Make a contribution when you shop at the Co-op during November.
- Volunteer your skills on small maintenance, gardening, or light office projects by calling the Twin Pines office at (802) 291-7000.
- Donate items that improve the living environment of Twin Pines' residents, such as art supplies, children's books, new plastic playground equipment, or outdoor storage sheds. Contact the office number above.

[www.coopfoodstore.coop/
about](http://www.coopfoodstore.coop/about)

December: Good Neighbor Health Clinic and Red Logan Dental Clinic

One snowy December day, a Co-op employee rode Advance Transit from his home in White River Junction, Vermont, to the Hanover Food Store. Along the way he struck up a conversation with a young woman riding the bus with her four-year-old son. She told the employee she was taking her son to a relative's house before starting her job for the day. After quitting time, she added, she would get back on the bus, pick up her son, take him to another relative's home, and walk to the job she held at night.

Welcome to a day in the life of the working poor.

As the invisible, struggling-to-survive backbone to many communities, the working poor often hold more than one low-wage job, working 40 to 60 hours per week without health or dental insurance. But the Good Neighbor Health Clinic and Red Logan Dental Clinic offer help and hope.

The two clinics provide a wide range of primary services, management of chronic disease, and preventative health care. Both clinics are housed in downtown White River Junction and are staffed by volunteer physicians, dentists, nurses, allied health personnel, medical students, and administrative staff.

In addition to medical and dental services, both clinics help match clients to other resources they may need. Since their inception more than 10 years ago, the clinics have assisted clients with housing issues, job placement, and clothing and transportation needs. The clinics also serve as a referral agency to neighboring food pantries.

How You Can Help:

- Make a contribution when you shop at the Co-op during December.
- Call to learn about volunteer opportunities. Good Neighbor Health Clinic: (802) 295-1868; Red Logan Dental Health Clinic: (802) 295-7573.
- Learn more by visiting the website of the Vermont Coalition of Clinics for the Uninsured at www.vccu.net.

HOLIDAY

SAMPLING PARTIES

Thanksgiving Sampling Party

Thursday, November 13, 4-6 p.m.
Hanover & Lebanon stores

Taste of Tradition Sampling Parties

Wednesday, December 3—Friday, December 5
Hanover food store

Thursday, December 4—Saturday, December 6
Lebanon food store

45 S. PARK ST., HANOVER / CENTERRA MARKET, LEBANON



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