

The Buffalo Bullsheet

Hardwick, VT



Food For People Not For Profit

Spring 2012

FREE

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Buffalo Mountain Food Coop Celebrates International Year of Co-operatives in 2012

We have joined 25 other food co-ops in the Neighboring Food Co-op Association to celebrate and promote co-operatives and credit unions during the International Year of Co-operatives. In his announcement of the Year, UN Secretary-General Ban Ki-moon stated, "Cooperatives are a reminder to the international community that it is possible to pursue both economic viability and social responsibility." The theme for the celebration is "Co-operative Enterprises Build a Better World."

Co-operatives are businesses that are owned and democratically controlled by their members—the people who use the co-op's products or services, or are employed by the business. Cooperatives promote the fullest possible participation in the economic and social development of all people, and are united by a shared set of principles and values that guide business decisions based on member need and community benefit.

Around the world, an estimated 1 billion people are members of co-ops. According to the National Cooperative Business Association (NCBA), co-ops

have a dramatic impact on the national level:

- There are nearly 30,000 co-ops in the U.S., serving more than 1 in every 4 Americans;

- Co-ops operate in every industry of the economy, from food co-ops to farmer co-ops, worker co-ops to credit unions, housing co-ops to healthcare, and insurance to energy and utilities;

- Co-ops in the United States operate 73,000 establishments that provide over 2 million jobs.

Co-ops are also important to local economies. For example, the Neighboring Food Co-op Association includes more than 25 food co-ops and start-ups with over 90,000 members and \$185 million in annual revenue. Together, these co-ops employ over 1,400 people and food co-ops in Vermont, taken together, would be among the top 25 employers in the state. An independent study found that the members of the NFCA purchased more than \$33 million in local products annually (2007).

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CO-OPERATIVE ENTERPRISES BUILD A BETTER WORLD





5 Paper Tips: Think Before You Print

1. Use both sides of the paper
2. Go digital – read, send and store digital documents
3. Be selective about what you print
4. Reach for the right paper
5. Recycle

Did you know that issues of The Bullsheet & Learning Exchange are available electronically?

- **Website:** www.buffalountaincoop.org
(current and back issues available)
- **Via e-mail:** sign up for our mailing list at our website or at the register
- **Facebook & Twitter:** "like" or "follow" us and receive links to the current issue

The Joy of Dry Beans

By Rachel Davey

First of all, using dry beans is an easy way to save money; 1# dry black beans costs \$1.29/# and will get you approximately 3 small cans worth of canned black beans which would have cost you \$7.38!

Basic Tips

1. NEVER COOK OR SOAK YOUR BEANS WITH **SALT**
2. Soak the beans overnight or for a few days before you think you'll use them.
3. Discard the soaking water -this gets rid of the indigestible and "farty" materials that inhibit your body's absorption of the vitamins.
4. When you are ready to cook them add fresh water and put them on the wood stove or kitchen stove. Bring them to a boil and then simmer until they're tender. If you've only ever used canned beans, you will notice the difference!

Advanced Tips

- Soak and cook with Kombu or 1T cumin seeds
- "Fake soak" method: Put dry beans in a pot of water and bring to a boil, allow beans to sit for a couple hours, drain soak water, add fresh water and cook the beans as described above.
- Just before you cook the beans sauté some onions, garlic and seasonings (ex. cumin, chili powder) NO SALT in a separate pot or slow cooker then add the beans with fresh water and simmer until tender. If you added too much water you could add rice or veggies - it would be a shame to toss the seasoned cooking water.

May

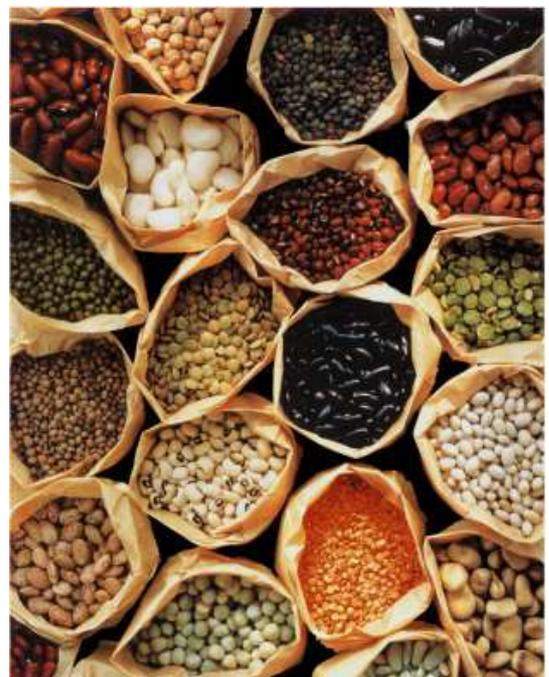
by Phyllis Rachel Carabee

*Forget-me-nots turn the tender green edges
of the woods blue
this spring traveling further
to the nonchalant garden of dandelions
and trout lilies
to our house*

Will the for-get-me-nots survive tonight's hard frost?

*Usually I let wild flowers fend for themselves
in the embrace of new grasses
seasoned to May's changes
thinking them wiser about their own lives than I.*

*But tonight I will cover some anyway
feeling that in these times
even hardy plants might need a quilt
a little more love.*



Community Dinner: Work Opportunity and a Feel-Good Meal

by Deb Wilson

If you find yourself hungry on a Thursday mid-day, there is an option in town beyond our local restaurants. Head to the Hardwick United Church on South Main St for the weekly Community Dinner, served from 12-1 p.m. For a suggested donation of \$1-2 per person (more is always welcomed), you can fill up on home-made soup, salad, cake and a casserole of some sort. There are generally vegetarian options and often meat-based choices if meat is available.

Community Dinner began in April 1992 at the impetus of a Rural VT workshop in Hardwick regarding the need to use unsaleable food and feed people in need. It has been steadily growing as community members, local farm workers, young families and more join in. The dinner is sponsored by: Robin Cappuccino and Wheelock Mountain Farm, Buffalo Mountain Coop, Heartbeet Lifesharing Community, Riverside Farm, and the United Church. According to the Community Dinner pamphlet, the meals "are based on the age-old notion that the community that eats together stays together." Robin is usually the 'head chef' or

coordinator of the meal; however, when he travels to India to complete his Child Haven International work, a rotating group of volunteers fill in for him.

From India right now, Robin writes, " I like to point out that when I am helping to cook, the food is always interesting and sometimes tastes good - we also are a proof that while many hands might spoil the broth, they make a mighty fine stew - John Clarke has been there helping from the very beginning - we also have had many

"...the community that eats together, stays together."

senior citizens help cook over the years, whose vegetable peeling, and cheerful demeanor and company live on in our memory and imaginings of heavenly cookery - Heartbeet is a backbone of the crew in recent years, as are so many people who come in for their co-op shift or when they feel the inspiration."

Whoever is coordinating for the day generally starts their day at about 8:30 at the coop, picking up the boxes of dry goods and cans that are stored here, getting any produce provided for the dinner, and purchasing whatever else is



needed. They then head to the church, where John Clarke leads the setting up of tables and chairs while the chef organizes the food. Helpers from Heartbeet almost always arrive shortly thereafter and frequently make the cake and the salad. Anyone else is welcome to come in and help whenever they can, and can earn working member hours for their time. There is of-ten a big need for washing and cutting produce, or possibly grating cheese or prepping meat. Volunteers after the meal, assisting with dishes and cleanup, are especially appreciated.

The Vermont Food Bank provides a large portion of the food incorporated into the lunch. Riverside Farm often donates some potatoes and onions and other vegetables, and Judy Jarvis is a frequent fill-in chef for Robin. The coop also donates food if we have something that was delivered erroneously or is near expiration date. Other farms and home gardeners will also donate what they have in abundance. The remainder is bought at the coop, incurring a bill of \$40.00 to \$100.00 each week. Donations offset this cost, including the majority of the tips received in the coop cafe.

Community Dinner often draws close to 100 people gathering together to share a meal. Won't you join us?



Co-op Spotlight on:

Excerpt of *Growing Co-operation*
by Micha Josephy

Founded in 1978 to sell seeds to food co-ops and buying clubs in Maine, FEDCO has grown to now offer trees, bulbs, potatoes and other gardening supplies to over 21,000 individual consumers, farmers and retailers across the country. While FEDCO was established as a consumer co-op, in 1985 they incorporated workers into their ownership structure. Now, workers and consumers split board seats and profits. Like other worker co-ops, FEDCO builds financial and personal investment in the business from the newest part-time workers to the most seasoned managers. "It means when people work at FEDCO for the first time they feel like they are working for themselves, not management," says worker-owner John Bunker, Coordinator of FEDCO's tree division. "It changes workplace dynamics because we're all in this together."

Consumer ownership brings additional benefits to FEDCO. According to CR Lawn, FEDCO founder, "our customers, and especially those committed enough to join our co-operative, have always provided us with helpful advice that has pinpointed where we need to improve our operations and shown the way to enhancing our selections and products." For instance, consumers introduce FEDCO to rare plant breeds for propagation and sale, including genetically and historically significant breeds. "Unlike paintings, plants don't need to be in a museum," says Bunker, "you can



propagate and reintroduce them."

FEDCO's catalogs are famous for their commentary and content on food policy and agriculture issues. Recently they joined a lawsuit against Monsanto, resisting the contamination of open pollinated and organic seed by genetically engineered varieties.

The wider co-op community has been central to FEDCO's success over the years. Food co-ops have been key customers and the Cooperative Fund of New England has financed many expansions over the years. The co-op continues to grow in response to demand for organic, heir-loom & non-GMO seeds and farming supplies, and in 2011 increased its warehouse and office space and purchased land to support further expansion.

FEDCO has recently launched its first membership campaign to grow membership among consumers, farms and food co-ops. "By supporting FEDCO," says Bunker, "you are growing a community-owned business that prioritizes the needs of its workers, consumers and the broader community over profit."

To learn more about FEDCO and how you can become a member, visit www.fedcoseeds.com.

Micha Josephy is Program Manager for the Cooperative Fund of New England, www.coopfund.coop.

Where the Buffalo Roam Photo Project

Here's a fun project for the family.

Next time you are traveling to a fun location (close-to-home or far away), bring your Buffalo Mountain bag, shirt, mug, etc with you. Feature the item in a group photo or by itself. Alternatively you can take a picture of a buffalo-related site. Send your best pictures to us at: buffalo@buffalomountaincoop.org and we will post them on our website in the "Where the Buffalo Roam" slideshow



Help out with the
Coop's float in the
Memorial Day Parade
titled:



Technology and Children: A New Report

Submitted by Rose Friedman

Wireless and high-speed internet have arrived in our corner of the world; a neighbor rumbles down our muddy dirt road on his cell phone; digital media is an inseparable part of the way most of us communicate, shop, and are entertained. As adults in our increasingly tech-savvy and gadget-obsessed culture, it is still somewhat possible to make personal choices: some choose to set limits to their own use of the internet, some accept a cell phone as useful but an iPhone as unnecessary; a few choose not to use a computer at all. However, for children growing up today, it is nearly impossible to have an experience of life without the presence of digital media.

Last October, the American Association of Pediatrics (AAP) published a policy on the effects of screen viewing for children under age 2. One study found that 90 percent of parents of children under age 2 said their children watched some form of media—whether a TV show or an iPhone app. Between televisions, computers, smartphones, and iPads, some houses may have 10 or more screens in daily use.

The report set out to answer two questions:

Do video and televised programs have any educational value for children under 2?

Is there any harm in children this age watching these programs?

The key findings include:

- Many video programs for infants and toddlers are marketed as “educational,” yet evidence does not support this. Quality programs are educational for children only if they understand the content and context of the video. Studies consistently find that children over 2 typically have this understanding.
- Unstructured playtime is more valuable for the developing brain than electronic media. Children learn to think creatively, problem solve, and develop reasoning and motor skills at early ages through unstructured, unplugged play. Free play also teaches them how to entertain themselves.
- Young children learn best from—and need—interaction with humans, not screens.
- Parents who watch TV or videos with their child may add to the child's understanding, but children learn more from live presentations than from televised ones.
- When parents are watching their own programs, this is “background media” for their children. It distracts the

parent and decreases parent-child interaction. Its presence may also interfere with a young child's learning from play and activities.

- Television viewing around bedtime can cause poor sleep habits and irregular sleep schedules, which can adversely affect mood, behavior and learning.
- Young children with heavy media use are at risk for delays in language development once they start school, but more research is needed as to the reasons.

The report recommends that parents and caregivers:

- Set media limits for their children before age 2, bearing in mind that the AAP discourages media use for this age group.
- Instead of screens, opt for supervised independent play for infants and young children during times that a parent cannot sit down and actively engage in play with the child. For example, have the child play with nesting cups on the floor nearby while a parent prepares dinner.
- Avoid placing a television set in the child's bedroom;
- Recognize that their own media use can have a negative effect on children.

Technology has developed at such a rapid pace that our culture has not had a chance to develop an appropriate etiquette. The general trend of our culture is one that says technology can do no wrong, and indeed it provides many conveniences that just a few years ago seemed far-fetched. However, the pros and cons of any new advancement should be weighed, and we must recognize that adults are able to make choices and set limits, but kids can't. I hope that the finding of this report will encourage people to be more aware of the use of technology in public spaces, especially in proximity to young children.

Sources:

"Parents Urged Again To Limit TV For Youngest" by Benedict Carey, October 19, 2011, *New York Times*.

"Babies and Toddlers Should Learn from Play Not Screens", October 18, 2011, *American Association of Pediatrics*.



News from the Association of Teachers, Parents, and Children.

by Timothy Forest

Another winter is passing, however sluggishly, over to spring. And what joy it is to hear and see the grossbeaks, warblers, and other songbirds returning to the area. Syrup makers are scurrying about, collecting buckets of sap to boil, gardeners are busily starting flats of seeds on the window sills and greenhouses to get a jump on the season as the sun rises ever higher and higher, stronger and stronger, in the sky. Meanwhile, timothy continues to build the learning space creating desks and benches while finishing the trim work and cabinets. With the completion of the indoor space, the time is drawing near to order supplies and schedule some spring events to help spread the word. To begin our year, we will be coming together to dye, paint, and decorate Easter eggs, share stories and sing songs. What better time to celebrate life and the cosmic forces behind the sun streaming through our community and us. Sunday April 1, 2012 on the Keeler Pond Road site at 2:00 pm Please call in advance to let us know you're coming.

April is going to be a month to spread the word, and share in the Rudolf Steiner's inspired initiative to freely associate and build our learning community

beginning with the six to seven year old child. Sunday April 15th at 2:00 we will experience the power of imagination through story transpired through the will with a peek through the window into this magical world created in our learning space. Following this there will be lively discussions about how we can create this for our children in the practical realm while our children are led on a walk through the woods of hope, creation, and inspiration.

On earth day Sunday April 22 at 2:00 pm, we will gather once again through story of the earth beings while engaging the will in some practical spring is sprung activities. Please feel free to call me anytime with your quest-ions, interest, and hopes for our association. I look for-ward to hearing from you. Blessing and peace... Timothy Forest 802-917-3206

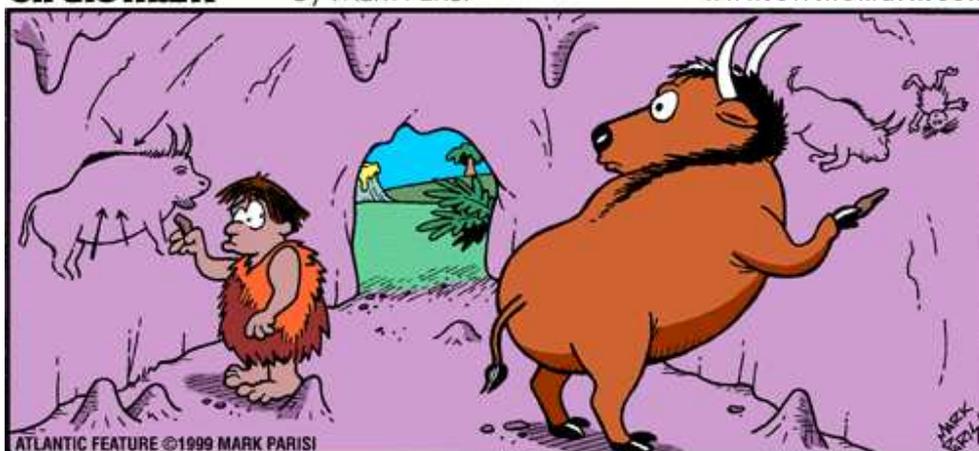
If any of you have skills, space, watercolor paper, beeswax block crayon or other craft material, and or teaching expertise and wish to contribute to the association please feel free to call also.

Timothy would also like to begin an evening study group reading 'The Childs Changing Consciousness' (eight lectures given by Rudolf Steiner) to be held on eight sequential Wednesday evenings beginning at 7:00 to begin in April. We could rotate the meeting place to spread the travel time.

off the mark

by Mark Parisi

www.offthemark.com



Learning Exchange

Raw Chocolate Truffles

Chocolate is actually full of healthy anti-oxidants and other nutrients. Really! These qualities are greatly diminished when cacao (chocolate in it's original form) is cooked. Come learn how to make different sorts of chocolate delicacies that taste great and are actually good for you! Various sweeteners will be used to accommodate every palette. (If you don't eat them all, you can take some home.) A great gift for Easter or Equinox!

When: Sun, March 31st 3-5pm

Where: Co-op Café

Who: Kate Arnold- 472-3844

How Much: \$15

Conversation Francaise

Back by popular demand! Hoping to form a new group of francophiles, all levels. Come discuss "en français"

When: Let me know when you'd like to meet (It was Wed, 5pm).

Where: TBD

Who: Paule Bezaire is a French quebecker living "in exile" since 2000. She has been living in the Hardwick area since 2005.

Contact: 802.917.3442

lasmalabirth@gmail.com

Community Contra Dances

A potluck supper precedes lively dance-floor action, with calling by Michael Travis and a house band dishing out the tunes. Bring your own instrument if you want to sit in with the band. (Contact Alana for a tune list.) Feel free to bring your own utensils for the meal.

When: 2nd Saturdays of the month 5:30 potluck 6:30 family dancin'

Where: Hazen Union Cafeteria

Coop Workshops

Inflammation: Beyond the Joints

Come learn about safe, researched, and effective herbal approaches for a healthy inflammation response.

Attendees will be eligible for 25% off New Chapter products that night.

When: Thurs April 5th. 6:30-7:30

Where: Coop Cafe

Who: New Chapter educator and expert Kent Kuusinen - call Kate or Kathy to sign-up 472-6020

How Much: free

Spring Detox Class

Feel the need to do some spring-cleaning from the inside out? Come and learn about using certain foods and herbs to help the body gently cleanse. We will discuss the benefits of a detoxifying diet, how to safely complete a fast and all the wonderful plants that help our bodies eliminate toxins. We will share samples and recipes on how to utilize this ancient practice.

When: Sat April 28th @ 1pm

Where: Buffalo Mtn Café

How Much: free

Who: Sarah Zettelmeyer has taught community classes in the Burlington area for over ten years. She has studied with Rosemary Gladstar, Susan Weed, David Hoffman, and Caroline Gagnon

Hike up Buffalo Mountain

Join us for a hike up our namesake this spring! It will be a mild to moderate hike, great for all ages and abilities. Bring raingear, a water bottle and nature guides.

When: April 29th 10am

Where: Meet at Atkin's Field

Who: Rachel, Coop Outreach Coord.

How Much: free

Spring Ephemeral Walk

Let's wander the land around Hardwick taking in the little things we walk by daily. A wild medicine/ food walkabout, getting familiar with what the earth is offering us for our health. We will discuss identification techniques, medicinal constituents and edibility, sustainable and conscious harvesting. This will be a beginners flower walk and a mild to moderate hike, please wear sturdy shoes and bring rain gear if necessary.

When: May 19th at 9am

Where: Hardwick Trails

Who: Sarah Zettelmeyer has taught community classes in the Burlington area for over ten years. She has studied with Rosemary Gladstar, Susan Weed, David Hoffman, and Caroline Gagnon

How much: free

Who: Alana at 472-5584

Cost: Suggested donation \$5 per person, \$10 per family

Quaker Meeting

Join us in Meeting where Friends gather in an hour of un-programmed silence. Quakerism is an experience-based religion meaning that everyone can have a direct encounter with the Divine. We have no

ministers because each of us shares in the responsibility of ministry; we are all equally teachers and learners.

When: Starting April, Sun 9-10am

Where: Wellspring - 39 Church St in Hardwick

Who: Hardwick Quaker Friends contact Emma Podolin for more info 443-223-1773

How Much: By donation

Community Yoga Club

Join us to share or develop your yoga practice. We come together to share inspiration, alignment support, and relaxation. All levels truly encouraged. Guidance for beginners provided, and more advanced postures is given as options.

Iza Titus, frequent yoga club asana guide, has studied many forms of yoga and incorporates kundalini, vinyasa, music, and more.

When: Sundays 5pm

Where: Open Space

Who: various

How Much: donation

Origami

Looking to start a monthly get together for paper folders of any abilities. I've got lots of paper and lots of folds that I'd love to share. Any ages are welcome, but please if you're under 12 bring along a mom or dad to help out. Please give me a call to reserve a spot.

When: Sun. April 22nd 3-5 p.m.

Where: Co-op Cafe

Who: Miya Cline 563-3260

How Much: Free

Film - The Other Side of the Water -

Part carnival, part vodou ceremony, and part grassroots protest, Haitian "Rara" is one of the most breathtaking and contested forms of music in the Americas. "The Other Side of the Water" follows a group of young immigrants who take this ancient music from the hills of Haiti and reinvent it on the streets of Brooklyn. The documentary tells the dramatic story of an unlikely band that comes to speak for a larger community, and a music that manages to create a new meaning

of home in the Diaspora.

When: Friday, May 4, 7:30pm

Where: Jeudevine Library.

Who: Jeudevine Music School.

More Info: 472-5913.

How Much: FREE.

Film - Béla Fleck in Throw Down Your Heart

Béla Fleck journeys to Uganda, Tanzania, Gambia, and Mali, where he jams on his banjo with a variety of musicians, with consistently liting and joyous results. Fleck is appropriately deferential in all instances, and the interaction between the musicians is natural and intuitive.

When: Friday, May 18, 7:30pm

Where: Jeudevine Library.

Who: Jeudevine Music School. more info: 472-5913.

How Much: FREE

Trust Birth Initiative

Join our monthly meetings as we discuss the childbearing year[s]. We know that how we come into the world has a lifelong effect on us; discussing birth and changing our cultural fear of birth makes an impact on who we are as a society. This support group meets to hold discussions, always in a Talk about birth, hear success stories, contemplate your choices, and be empowered in your own birth.

When: 4th Wed of the month

Where: TBA

Who: Paule Bezaire 917.3442
lasmalabirth@gmail.com

Hardwick Area Ride-Share Network

Be part of the solution to our climate crisis! After a somewhat dormant winter, the Hardwick Ride-share Network is ready to gear up again. This next meeting will include

follow-up info about our recent Vermont Transportation Authority grant, as well as an action plan for many of our recent ideas - including a community ride board, rideshare "info-drop", local out-reach, and efforts to get a bus-line happening that connects the Hardwick area to Montpelier, St. J, and Morrisville.

When: Mon, April 2, 7-8:30pm.

Where: Hardwick Memorial Bldg

Contact: 472-5913

B-Boys / B-Girls - Breakdance!

Learn the moves from award winning teenage break dance performer, Palmer Jordon.

When: Sunday 4-5pm, starts 3/25

Where: Open Space, Hardwick Centennial Bldg.

Fee: \$70 for 8-week session.

Pre-registration required

Who: Palmer Jordan 472-5913

Jeudevine Steelband Spring Festival Parade

This all-ages steel band class will culminate with our annual performance in the Hardwick Spring Festival Parade. The class combines rhythmic, melodic, and harmonic knowledge with just plain fun!

When: Tuesdays (3:45 -5pm), beginning March 27 plus extra rehearsal before parade.

Where: Jeudevine Music School

Fee: \$150 for 10 sessions inc.

instrument use fee. Barbers considered.

Pre-registration required

Emily Lanxner at 472-5913.

New Orleans "2nd-Line" Drumming

Combine snare drum skills in a gumbo-filé, with street parades, rabble-raising, and plenty of pepper sauce!

When: Tuesdays 6-7pm

Where: Jeudevine Music School

Who: Emily Lanxner 472-5913.

Biochar group – Hardwick

Join us to bring community-scale biochar production and use mainstream. Join a group order of affordable Quebec char. Door prize raffle each night of 20lb. bag of Quebec char and flat of biochar/ compost "soil" cubes for Spring starts.

When: Mondays in April & May 7pm

Where: Judevine Library, Hardwick

Who: Nancy Kellogg

Coffee Corner

High Test Coffee: Isn't Always What You Think!

By Coffee Buyer, Kate Arnold

Working in the food service industry for most of my adult life, I've poured a few hundred thousand cups of coffee- REALLY! Family restaurants, diners, finer dining establishments, hippy cafés, and for the past several years, the Buffalo Mountain Coop Café are all places I've been very closely involved with the serving, selling and debating surrounding coffee. I'll admit, it was several years before I became educated about the caffeine content in lighter roast coffees vs. darker roast coffees.

Because of the bolder (some call it burnt) taste of French roast, most people have assumed and convinced themselves that it has higher caffeine content than the lighter coffees. According to my sources, caffeine per bean is higher in a lighter roasted coffee bean than in darker roasted beans. During the roasting process coffee beans puff up, somewhat the same way that popcorn does, but to a lesser degree. A small amount of the caffeine is also burned off. This complicates the equation involving volume and weight, which brings us back to the caffeine per bean.

To confuse matters even more, and the coffee drinker's taste buds, many people tend to brew a lighter roast coffee a bit stronger to achieve a more robust, "thicker" flavor, requiring more volume and weight, thus increasing the level of caffeine. In the Buffalo Mountain Coop Café, the ground French Roast weighs less per pot than the medium roasts, so it is safe to claim that our French Roast coffee has less caffeine.

One more point to include here is the comparison between the acidity of different coffees. Acidity occurs both in the taste and in the effect on the digestive system. According to Erik Olsen, a trained barista and proprietor of our most local coffee roaster, Baristas Beans in Hyde Park, "darker roasted coffees almost always have lower acidity than lighter roasts. The easiest way to avoid an upset stomach from coffee is to use FRESHLY roasted ground and brewed coffee. The staler it gets the more it affects your stomach PH. Also, leaving it on a burner is bad, bad, bad!!"

Because the darkest roasted coffees are more carbonized, their flavor may be confusing. This, I surmise, is largely responsible for the sense that the darker roasts are "stronger". Coffee has a naturally acidic element to its flavor. Discriminating coffee tasters and baristas can taste many layers and notes of the various coffees and, like wines; acidity is just one measure of a "good" coffee.

If this is all confusing to you, I'm not surprised. The basic question, "Which had more caffeine, darker or lighter roasted coffee?" has a pretty unsatisfactory answer..... It depends!

Next issue, I'll attempt to shed some light on the decaf question.

*By Way of Explanation
By Phyllis Rachel Carabee*

*The anemone was the flower
of Astarte
in the Near East
when she resigned supremely
in the minds of all.*

*And women were builders
and brewers and creators
beyond children.*

*But Astarte was dragged West
when cattle became wealth
They changed her names to Venus
and said*

"Now you're just a pin-up girl."

Confessions of a Recovering Environmentalist

by Paul Kingsnorth

I became an "environmentalist" because of a strong emotional reaction to wild places and the other-than-human world: that such things are precious for their own sake, that they are food for the human soul, and that they need people to speak for them to, and defend them from, other people, because they cannot speak our language and we have forgotten how to speak theirs. And because we are killing them to feed ourselves and we know it and we care about it, some-times, but we do it anyway because we are hungry, or we have persuaded ourselves that we are.

We are environmentalists now in order to promote something called "sustainability." What does this curious, plastic word mean? It does not mean defending the nonhuman world from the ever-expanding empire of Homo sapiens sapiens, though some of its adherents like to pretend it does, even to themselves. It means sustaining human civilization at the comfort level that the world's rich people, us, feel is their right, without destroying the "natural capital" or the "resource base" that is needed to do so.

It is, in other words, an entirely human-centered piece of politicking, disguised as concern for "the planet." In a very short time—just over a decade—this worldview has become all-pervasive. It is voiced by the president of the USA and the president of Anglo-Dutch Shell and many people in between. The success of environmentalism has been total—at the price of its soul.

Let me offer up just one example of how this pact has worked. If "sustainability" is about anything, it is about carbon. Carbon and climate change. To listen to most environmentalists today, you would think that these were the only things in the world worth talking about. The business of "sustainability" is the business of preventing carbon emissions. Carbon emissions threaten a

potentially massive downgrading of our prospects for material advancement as a species. They threaten to unacceptably erode our resource base and put at risk our vital hoards of natural capital. If we cannot sort this out quickly, we are going to end up darning our socks again and growing our own carrots and other such unthinkable things. All of the horrors our grandparents left behind will return like deathless legends...

What this adds up to should be clear enough, yet many people who

*"..the mass
destruction of the
world's remaining
wild places in
order to feed
the human economy"*

should know better choose not to see it. This is business-as-usual: the expansive, colonizing, progressive human narrative, shorn only of the carbon. It is the latest phase of our careless, self-absorbed, ambition-addled destruction of the wild, the unpolluted, and the nonhuman. It is the mass destruction of the world's remaining wild places in order to feed the human economy. And without any sense of irony, people are calling this "environmentalism."

A while back I wrote an article in a newspaper highlighting the impact of industrial wind power stations (which are usually referred to, in a nice Orwellian touch, as wind "farms") on the uplands of Britain. I was e-mailed

the next day by an environmentalist friend who told me he hoped I was feeling ashamed of myself. I was wrong; worse, I was dangerous. What was I doing giving succor to the fossil fuel industry? Didn't I know that climate change would do far more damage to upland landscapes than turbines? Didn't I know that this was the only way to meet our urgent carbon targets? Didn't I see how beautiful turbines were? So much more beautiful than nuclear power stations. I might think that a "view" was more important than the future of the entire world, but this was because I was a middle-class escapist who needed to get real.

It became apparent at that point that what I saw as the next phase of the human attack on the nonhuman world a lot of my environmentalist friends saw as "progressive," "sustainable," and "green." What I called destruction they called "large-scale solutions." This stuff was realistic, necessarily urgent. It went with the grain of human nature and the market, which as we now know are the same thing. We didn't have time to "romanticize" the woods and the hills. There were emissions to reduce, and the end justified the means...

People I had thought were on my side were arguing aggressively for the industrializing of wild places in the name of human desire. This was the same rootless, distant destruction that had led me to the top of Twyford Down. Only now there seemed to be some kind of crude equation at work that allowed them to believe this was something entirely different. Motorway through downland: bad. Wind power station on downland: good. Container port wiping out estuary mudflats: bad. Renewable hydropower barrage wiping out estuary mudflats: good. Destruction minus carbon equals sustainability.

So here I was again: a Luddite, a NIMBY, a reactionary, a romantic; standing in the way of progress. I realized that I was dealing with environmentalists with no attachment to any actual environment. Their talk was of parts-per-million of carbon, peer-reviewed papers, sustainable technologies, renewable supergrids, green growth, and the fifteenth conference of the parties. There were campaigns about "the planet" and "the Earth," but there was no specificity: no sign of any real, felt attachment to any small part of that Earth....

I did not believe—had never believed, I didn't think—that humans were the center of the world, that the Earth was their playground, that they had the right to do what they liked, or even that what they did was that important. I thought we were part of something bigger, which had as much right to the world as we did, and which we were stomping on for our own benefit. I had always been haunted by shameful thoughts like this....

It took a while before I started to notice what was happening, but when I did it was all around me. The eco-centrism—in simple language, the love of place, the humility, the sense of belonging, the feelings—was absent from most of the "environmentalist" talk I heard around me....

Success duly arrived. You can't open a newspaper now or visit a corporate website or listen to a politician or read the label on a packet of biscuits without being bombarded with propaganda about the importance of "saving the planet." But there is a terrible hollowness to it all, a sense that society is going through the motions without understanding why. The shift, the pact, has come at a probably fatal price.

Now that price is being paid....

Today's environmentalism is about people. It is a consolation prize for a gaggle of washed-up Trots and, at the same time, with an amusing irony, it is an adjunct to hypercapitalism: the

catalytic converter on the silver SUV of the global economy. It is an engineering challenge: a problem-solving device for people to whom the sight of a wild Pennine hilltop on a clear winter day brings not feelings of transcendence but thoughts about the wasted potential for renewable energy. It is about saving civilization from the results of its own actions: a desperate attempt to prevent Gaia from hiccupping and wiping out our coffee shops and broadband connections...

It was, perhaps, inevitable that a utilitarian society would generate a utilitarian environmentalism, and inevitable too that the greens would

*"..a desperate attempt
to prevent Gaia
from hiccupping
and wiping out our
coffee shops and
boadband connections."*

not be able to last for long outside the established political bunkers. But for me—well, this is no longer mine, that's all. I can't make my peace with people who cannibalize the land in the name of saving it. I can't speak the language of science without a corresponding poetry. I can't speak with a straight face about saving the planet when what I really mean is saving myself from what is coming.

Like all of us, I am a foot soldier of empire. It is the empire of Homo sapiens sapiens and it stretches from Tasmania to Baffin Island. Like all empires, it is built on expropriation and exploitation, and like all empires it

dresses these things up in the language of morality and duty. When we turn wilderness over to agriculture, we speak of our duty to feed the poor. When we industrialize the wild places, we speak of our duty to stop the climate from changing. When we spear whales, we speak of our duty to science. When we raze forests, we speak of our duty to develop. We alter the atmospheric makeup of the entire world: half of us pretend it's not happening, the other half immediately start looking for new machines that will reverse it. This is how empires work, particularly when they have started to decay. Denial, displacement, anger, fear.

The environment is the victim of this empire. But the "environment"—that distancing word, that empty concept—does not exist. It is the air, the waters, the creatures we make homeless or lifeless in flocks and legions, and it is us too. We are it; we are in it and of it, we make it and live it, we are fruit and soil and tree, and the things done to the roots and the leaves come back to us. We make ourselves slaves to make ourselves free, and when the shackles start to rub we confidently predict the emergence of new, more comfortable designs.

I don't have any answers, if by answers we mean political systems, better machines, means of engineering some grand shift in consciousness. All I have is a personal conviction built on those feelings, those responses, that goes back to the moors of northern England and the rivers of southern Borneo—that something big is being missed. That we are both hollow men and stuffed men, and that we will keep stuffing ourselves until the food runs out, and if outside the dining room door we have made a wasteland and called it necessity, then at least we will know we were not to blame, because we are never to blame, because we are the humans.

*published in Jan/Feb issue of Orion Mag
contributed by member Suzanna Jones*

Tales From The Barnyard, or; Falling In Love With Goats Again,

by Olive

Years ago, I left a well-paying job, a big house and a comfortable life in a fine college community. The only things I took with me were the address of the farm where I was headed, and my two goats, Violet and Happy Hooligan. I took the back seat of the car out and put in a bale of hay, and off we went across country. Once we got to Vermont and got settled in, I was able to find just the right billy goat for my nannies. Around sugaring season, kids were cavorting all over the place. Goat kids are the very essence of spring, proclaiming the pure joy of living in every bounce. How I have missed them.

When I saw a photo in the local paper of Frank Huard snuggling his kid goats, I figured I could call on him and under the guise of writing an article for the spring Bullsheets, I'd have a capitol excuse for hanging out with his herd. Frank and his wife Karen were just getting ready to do chores so I tagged along, admiring the whole operation as we went. The kids are separated from their mothers as soon as they are up and on their feet, so they get most enthusiastic to see people coming with a warm bucket of milk with nipples for all. Frank's six-year

old daughter Mabel helped feed a three-day old kid separately from a bottle to be sure it got enough. Mabel has the makings of a valued farm hand already. I watched her sort out the nannies into the proper order at the stanchions when they rushed in to be fed and milked. Frank and Karen's other daughter, Evelyn, at eight months old, played her part as well. She watched with great interest from her carry-all, perfectly content on the side lines of the action as her mother, dad and big sister took care of the animals. One kid was frisking around after it's turn at the milk pail and wanted out of goat curiosity to make more acquaintance of Evelyn. She wasn't bothered a bit to have a goat in her face; I guess babies share a mutual understanding and acceptance of each other.

The Huard Family Farm has won the award for top quality goat milk in Vermont two years in a row. They qualify for a Tier Two system, which allows them to deliver and sell raw milk and cheese. Samples get tested twice a month to insure its safety. They are regulars at the Montpelier Farmers Market, and as Frank's "awareness campaign" as he puts it, takes off, more local-vores will be sure to take advantage of his milk, cheese, and goat meat. As I was leaving, he said, "Stop by any time", and the next time I get goat lonely, I most certainly will.

Coop Calendar

Annual Meeting

April 1st 5-9pm
Hazen Union School

Board Meetings

3rd Tuesday of the Month 7pm
at the Coop

Collective Staff Meetings

1st Wednesday of the month 7pm
at the Coop

Community Dinner

Thursdays 12-1
United Church

Hike Up Buffalo Mountain

April 29th 10am
Atkin's Field

Inflammation: Beyond the Joints

April 30th 6:30-7:30
Coop Cafe

Spring Ephemeral Walk

May 19th 9am
Hardwick Trails

Nordic Naturals Demo

March 28th 3-6
At the Coop

Hardwick Spring Festival

Saturday May 26th

Wine Tasting

March 30th 4:30-7pm
Coop Cafe

Spring Detox

April 28th 1pm
Coop Cafe

Tea Tasting

March 31st 1pm
At the Coop

The Hardwick Area Time Bank: Reach

Provided by Coop member Karen Wynkoop

Reach Service Exchange Network is a federally funded, non-profit program that uses the principles of time banking to bring needed services to people of all ages and levels of ability.

It works like a co-op, in which members exchange volunteer services with each other. For every hour you spend helping someone, you earn a credit you can use to have anyone else in the network help you. Every hour is equal in value to every other hour. You can also give your credits to a friend, a family member, or an organization you support

We post your requests and offers, help you find services and keep track of the credits you earn. It's easy - all exchanges can be arranged from your own computer or telephone

Who Can Join? Anyone! Reach emphasizes services that improve the quality of life of elders and people with disabilities but we welcome members of any age, level of ability, and walk of life.

How Can I Join? Call 802-533-9029 or E-mail hardwickhub@reachvt.org. We'll provide you with enrollment materials and help you fill in the forms if needed. We also hold regular orientation meet-ups -call for the schedule. Annual dues are \$25 - or two hours donated service.

Reach members exchange every kind of service & activity: Rides, yard work, dog walking, yoga classes, cooking, games nights, reading aloud, music lessons, house cleaning, mending, accounting assistance, running errands, respite care, foreign language conversation, computer help, carpentry, group exercise, child care, gardening, massage, house sitting, car repair, and so on

Reach particularly encourages services that contribute to the quality of life - preventative health care, transportation, home care, companionship, civic engagement, and life-long learning - and help people continue to live in their homes

Ten Reasons to Join Reach

- Save money getting help you need
- Gain access to a wide range of free services
- Make new friends
- Do a good turn for your neighbors
- Save up credits for when you need extra help
- Help someone you love get care services from others
- Help build a system of community care that's local & self-sufficient.
- Receive training in service skills that will make you a more effective volunteer.
- Take part in regular activities at the Reach office.
- Use Reach's common room for meeting, social events & classes

March Thrd

by Phyllis Rachel Carabee

*Ski poling
up roads
of sugary snow
where shards of bark lie
scattered
torch from a birch*

*Oh! The hungers
of late winter*

*And chickadees
hijegigi-hlasizak*
at the bird feeder
sing
and snack
on seed of spring*

Submissions for the Bullsheet and Learning Exchange

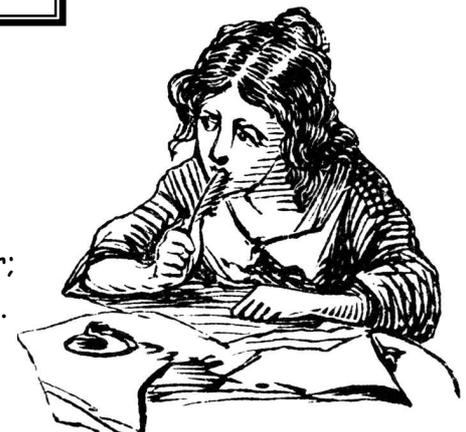
Post an interesting workshop or event

Write a poem or article; interview a long-time member or staff member; offer a recipe or health tidbit; share a coop-related story or anecdote.

Submissions for Summer Issue are due June 5th

Estimated print date for Summer Issue is June 21st

Send submissions to Bullsheet@buffalomountaincoop.org



PRODUCE MATTERS

Merry Equinox! Spring is here and the theme that I would like to celebrate is "Listening". The sounds of spring conjure up our deep love and compassion for the Earth. We hear it in the iridescent calls of the Robins or in the deafening chorus of the peepers. It is a time that awakens the light within and all around us. Our bodies are constantly asking us to listen to them. They are telling us stories about how to eat seasonally, get rest, stay hydrated, and about the interconnectedness of the amazing web of life that we participate in. These are the stories that we could gather great wisdom from if we only knew how to hear them. Listening is becoming a lost skill, like seed saving, storytelling, and working with draught animals. The only way to genuinely listen is to be fully present in the moment. I, like many of you, struggle with being fully in the moment during a conversation. It is easy to fall prey to distractions of the past or future while listening to stories from another animal, your garden, or your-self. The Earth has much knowledge and wisdom to offer us humans. We just need to learn how to listen.

I have been here to listen to the membership about my proposal for localizing our produce department. I received some positive feedback and some concerns about going 100% local for our display. I have taken every-thing into consideration, including the potential loss of sales throughout the Coop. Here's my proposal for a 2-3 year phase out of non-local produce on our display. By the end of the winter of 2013 all produce that cannot be grown in New England will be phased out of the display. These items can still be special ordered through a buying club type scheme once a week. For the first year there will be a few exceptions such as bananas, avocados, lemons, ginger (we will have local, fresh ginger this fall), mushrooms, grapefruit and one type of orange. The following year will be the same as the previous, except that we will drop the citrus. Year three, we'll see the disappearance of all produce that cannot be grown here and the final transition to a 100% local display. I feel quite confident that this can work, especially with such a long phase out. I would like to have a discussion at the annual meeting and possibly vote to see if we should proceed.

There is an exciting endeavor brewing called "Project Preserve". This project is in response to transitioning our produce department to being 100% local. It's in the fledgling stages and we should have some preserved local produce available this fall and winter. Once established, it will allow us to preserve the bounty that is too much for our produce department. We have an incredible amount of access to local

produce that could be preserved. Having staple items such as tomatoes, broccoli, and spinach available when local is not, will decrease how much imported food we will have to purchase. Eventually it would be great if we had farmers growing specifically to preserve for the Coop so that we could have that crop available locally year round. These products will have a Coop label listing the contributing farms. We are going to be working with the Food Venture Center (FVC) on this project and possibly the Deep Root Growers Coop. The first year we'll hire out the processing to the FVC to help keep it simple. My long-term vision for this project is to be fully self-sustaining and Coop produced. My hope is that this project will also include the Café and the Community Dinner. These would only be available at our Coop unless it could expand out into the area school lunch programs. This project is a win-win for everyone involved. Our goal is to make the products affordable to the membership while fairly compensating the growers. As long as the Coop isn't losing money, this project should flourish and provide the community with more local food to include in their diet throughout the year.

This is a spring Bullsheat, but where did winter go? It seems almost improbable that anyone would think that humans aren't changing our climate. In the past 200 years, we have contributed to unsustainable population and economic growth and unthinkable pollution. This has left our environments almost uninhabitable. I have lived in Vermont for twelve years now, and as a farmer, I have seen the growing season change subtly since 2000. The USDA zone maps have recently been updated. The zone 3 growing areas in Vermont have been minimized. We didn't get below -20° in Albany so far this winter and we are in March now. I must admit that I have enjoyed the decreased, snow removal burden. The only benefit I see from the lack of snow is that maybe spring flooding won't be as devastating to Vermont's fragile infrastructure that still needs much work since Tropical Storm Irene.

I send much love and light to Shirley Paire and her family for the loss of her husband last month. They have been providing the Coop with their Cabot grown produce for decades. I saw Shirley shortly after he passed, and she said they'll have strawberries and blueberries, but wasn't sure about the veggies. I am sure Shirley would appreciate some extra help around the farm this year. May your Spirit stay strong, Shirley.

Peace Y'all,
Frey Ellis

DIY Stain Removers

Chocolate

rinse the stain thoroughly from the back with cold water

Gum

freeze it by applying an ice cube or toss the item in the freezer. The frozen gum should break off

Coffee

with a sponge, apply mix of $\frac{1}{2}$ t white vinegar to 2c cold water

Red Wine

apply a little white wine if available. Then sprinkle liberally with salt (it absorbs) and rinse immediately, rubbing the stain out.

Sweat

Apply mixture of water and baking soda or a few teaspoons of white vinegar. Or soak in salt water

Ink

Gently massage some aerosol hairspray to the stain then run it under cold water.

Blood

Spit on it. Its true - your own saliva is the best thing for getting your own blood out fast. Then soak the stained item in cold water mixed with a handful of salt, or apply equal parts ammonia and water with a sponge

Make-Up

Regular detergent should do the trick. Pre-treat with a stain remover to cut any grease

Homemade Oxyclean

1c water $\frac{1}{2}$ c peroxide
 $\frac{1}{2}$ c baking soda

Mix together and soak laundry in it for 20 minutes or overnight and then wash as usual



Do-It-Yourself

Mouthwash

2oz (4T) spilanthes tincture
 $\frac{1}{2}$ oz ($2\frac{1}{2}$ t) goldenseal tincture
1 dp clove essential oil
1 dp myrrh essential oil
Up to 2 $\frac{1}{2}$ c water
Or you can mix spilanthes tincture : water - 1:10

Toothpaste

1 t baking soda
1 t arrowroot or cornstarch
 $\frac{1}{2}$ t sea salt
Pinch stevia
5 dps tea tree
13-20 dps peppermint oil

Parsnip Cakes

4 Tbls butter, divided
1 lb parsnips, chopped
veggie stock or water
salt & pepper
2 eggs

$\frac{1}{4}$ c minced fresh chives or onion
 $\frac{1}{4}$ teaspoon dill
2 bay leaves
1-2 cups bread crumbs

Melt 2T of butter in a medium-sized saucepan and sauté thyme and onions or chives for 2-3 minutes.

Add veggie stock, parsnips, dill and bay leaf and boil until parsnips are tender. Strain the parsnips and remove the bay leaf. Coarse mash the parsnips and add salt and pepper to taste and add the eggs.

Next add breadcrumb to the mixture until it sticks together and you can form it into small patties (approx 3" wide)

You can either pan-fry the patties in butter until crispy and brown or you can bake them in the oven at 350° for 15 minutes.

Sometimes these are brushed or drizzled with a maple glaze (yummy and very seasonal): 2T maple syrup and 2T water

Lemon-Lavender Polenta Cake

$\frac{3}{4}$ c plus 2T soft unsalted butter
 $\frac{3}{4}$ c plus 2T almond flour
 $1\frac{1}{2}$ teaspoons baking powder
3 eggs
juice of 3 lemons
2 tsp chopped fresh lavender (or 3 tsp dried lavender)

$\frac{3}{4}$ c plus 2T sugar
7T fine corn flour (masa)
 $\frac{1}{2}$ tsp salt
zest of 3 meyer lemons
 $\frac{1}{2}$ c + 1T sugar

Preheat the oven to 350°. Mix together the flours, salt and baking powder. Beat the butter and sugar until light and fluffy. Add the lemon zest. Add $\frac{1}{3}$ of the flour mixture, mixing thoroughly, then one egg. Repeat until all the flour and eggs are gone, then scrape the batter into a 9"x 9" pan, and bake for 35-40 minutes. It might not look entirely set in the center, but the edges will have started to pull away from the sides of the pan.

In a saucepan on the stovetop, bring the lemon juice, lavender and sugar gently to a boil. Remove from heat immediately. Prick tiny little holes over the top of the cake with the point of a sharp knife, and drizzle the syrup over the cake (strain it first if you don't want lavender bits everywhere). Try to allow it to cool before eating....

2011 in Review

	% of total sales	Compared to 2010
Gross \$1,828,764.41	100%	+ 7.3%
Grocery	25.0%	+2%
Bulk	15.7%	+6%
Produce	15.4%	+23%
Dairy	6.9%	+3%
Cheese	4.9%	-2%
Bread	4.8%	-1%
Café	4.6%	-9%
Meat & Fish	4.0%	+4%
Supplements	3.9%	-1%
Home Goods	3.0%	+5%
Coffee	2.9%	+21%
HABA	2.8%	-5%
Gifts	2.0%	+17%
Pet Care	1.5%	-15%
Herbs & Spices	1.5%	+4%
Beer & Wine	1.1%	-5%

What's New?

This year the deli was put into action serving up fresh sliced meats and delicious prepared foods.

Last years Annual Meeting brought record attendance - nearly 100 people! Don't miss this year's meeting on April 1st at Hazen Union Cafeteria from 5-9pm - music, prizes, samples, spaghetti dinner and potluck dessert.

The coop will be re-evaluating its discount structure this year and invite you to join our Discount "Think Tank". We'll be looking at our how other coops offer discounts and as always, balancing the needs of the store and the needs of the member-owners. Please come be part of the conversation. Talk to Rachel if you would like to join the group.

Staffing Updates

We welcomed long-time café cook, Miranda Hunt into the Collective Management Team. She now oversees the Meat Department and Co-Manages the Café with Deb Wilson. Rachel Davey said a fond farewell to the Café and moved over into the Outreach Coordinator position.

We paid out

\$12,000
in credit card fees
last year!

We gave

\$129,644
in discounts last year!
(up 5% from last year)

We welcomed

232
new members
this year bringing our
total to
1537 members

We spent

\$20,000
on electricity
last year!

We are committed to
reducing our carbon
footprint and are currently
researching alternative
lighting options. Please pass
on your any of your ideas to
a staff member



This year was quite a doozy for many in our community; standing up against big corporations, recovering from flooding, births & deaths. Fortunately the coop was able to help, donating

\$15,000

in money and food to our friends in need:

Hardwick Community Dinner, Occupy Wall Street in VT, Irene Relief efforts, Hazendale Farm, Riverside Farm, A.W.A.R.E., G.R.A.C.E., Hardwick Area Food Pantry, Cystic Fibrosis Foundation, Special Olympics, Heartbeat Life Sharing, Grass Roots Arts, NOFA VT, NEK Arts, Truth in Labeling Coalition, Vermont Sustainable Jobs Fund, Vermont Warmth and various other member of our community.

Natural Remedies for Skin Health: Tips for Rejuvenating your Skin & Scalp

By Dr Thauna Abrin, Naturopathic Doctor

Did you know that the skin is the largest organ in all mammals? In addition to protecting all of our organs and muscles, the skin helps to regulate body temperature and to prevent fluid and nutrient loss from the body. In the midst of March, the driest month in Vermont, we are experiencing dryness and irritation of this vital organ. In this article, I will outline tips to both prevent and treat dry skin using natural remedies applied either topically or taken orally.

The most common complaint in my private practice during winter is dryness and cracking of the skin, resulting in discomfort or dermatitis (skin inflammation or rash). Regardless of whether a person has previously had a diagnosis of eczema (atopic dermatitis) we all have dry hands, face, and scalp.

Remedies for Dry Skin & Scalp

My most successful remedy for dry skin is shea nut butter, an oil derived from the nuts of the African Karite tree *Vitellaria paradoxa* or *nilotica*. Rich in vitamins A, E, and F (omega 3 & 6 fats), shea butter nourishes dry skin deeply by soothing, hydrating, and protecting the skin. Shea butter promotes skin renewal, increasing circulation and accelerating wound healing.

I recommend applying 1-2 teaspoons of either raw (slightly more odorous) or naturally refined shea butter to the hands after potentially drying activities such as bathing or washing dishes. Shea butter can also be applied to the rest of the body, especially the feet, legs and arms, and scalp.

Another favorite for dry skin is kukui nut oil, used historically as massage oil for Hawaiian royalty. Kukui nut oil relieves dry and damaged skin immediately because it penetrates the skin quickly, leaving a smooth, non-greasy feeling. This oil can leave even the roughest and driest skin feeling soft and hydrated. Rich in vitamins A, C, E, and F, kukui nut oil provides antioxidants that help protect the skin from damage.

I recommend using kukui nut oil as a scalp treatment for dry and itchy scalp or dandruff by applying 1-4 teaspoons to either wet or dry hair.

Prevention of Dry Skin

The best way to prevent dry hands is to wear gloves - thick rubber gloves when using water for activities such as dishwashing, and work gloves when handling wood and other materials. For those with severe dry

skin or atopic dermatitis, wearing 100% organic cotton gloves at night with a layer of either zinc oxide cream, shea butter, or kukui nut oil will allow deep moisturizing and revitalization of your hands. The key to rejuvenating dry skin is to apply your chosen moisturizer (butter, cream, or oil) immediately after getting the hands wet, which quickly dries the skin.

For people who develop either superficial or deep cracks in the skin, vitamin E does wonders for healing damaged skin. The easiest way to apply vitamin E to the skin is to purchase liquid vitamin E and apply 2-4 drops to the affected area, rubbing in for a few minutes. Another option is to puncture a gelatin capsule of vitamin E supplement and rub the entire contents of a capsule onto the skin. Please note that vitamin E supplements are made from soy, so avoid these if you have a known soy allergy.

Dietary Tips for Healthy Skin

Another important key to rejuvenating your skin is to drink adequate amounts of water. The rule of thumb for how much water to consume is to divide your weight in pounds by half. You should drink that many ounces of water per day. For example, a person who weighs 120lbs should drink 60oz of water per day, or 7 cups (8oz x 7 cups = 56 oz).

Finally, an adequate amount of essential fatty acids in our diet ensures a healthy skin and scalp. Omega 3 and 6 fatty acids are called essential fatty acids because our bodies do not manufacture them; they must be consumed in our daily diet. As a vegan naturopathic doctor, I recommend flax seed oil with added DHA (docosahexaenoic acid derived from yellow algae), which will provide ALA (alpha-linolenic acid). Your body should convert ALA into EPA (eicosapentaenoic acid) and DHA. I recommend 1 teaspoon of flax seed oil per day, drizzled over hot cereal in the winter, or on salads during the summer.

Dr Thauna Abrin is a new co-op member and a naturopathic doctor setting up practice in the Hardwick area. Contact: wellness@drthauna.com (802) 533-9228

COLLECTIVE MANAGEMENT

David Allen
Kate Arnold
Barry Baldwin
William Bridwell
Kathy Castellano
Rachel Davey
Frey Ellis
Annie Gaillard
Deborah Hartt
Miranda Hunt
Denise Jackson
Lori Leff
Marisa Neyenhuis
Regina Troiano
Deb Wilson

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Desire Foster
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Jen Marlier
Myrna O'Neil
Ivy Pagliari
John Pepe
Emma Podolin
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Sarah Urban
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Store Hours

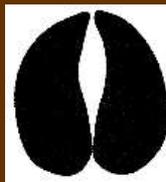
Monday - Friday	9am-7pm
Saturday	9am-6pm
Sunday	10am-5pm

Café Hours

Monday - Friday	8am - 3pm (self-serve 3-close)
Saturday	9am - 1pm (self-serve 1-close)
Sunday	self serve all day

Buffalo Mountain Coop Accepts

Cash
Checks
Mastercard/Visa
EBT
Co-op Gift Cards



BUFFALO MOUNTAIN FOOD COOPERATIVE MISSION STATEMENT

The purpose of the Buffalo Mountain Food Cooperative 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.

CONTINUED FROM PAGE 1

"Co-operatives have a rich and diverse history in the United States and around the world," said National Co-operative Business Association President and CEO Paul Hazen.

Throughout this year the Buffalo Mountain Food Coop will be highlighting co-operative business through guest speakers, Bullsheet articles on other co-operative business; signage, samples and specials on the products in our stores that are produced by co-ops

For more information about the International Year of Co-ops, please visit: www.nfca.coop/iyc. The Neighboring Food Co-op Association is more than 25 food co-ops in Vermont, New Hampshire, Massachusetts and Connecticut working together toward a shared vision of a thriving regional economy, rooted in a healthy, just and sustainable food system and a vibrant community of co-operative enterprise. For more information: www.nfca.coop

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Annual Meeting
Sunday April 1st
Hazen Union School
5-9pm