

# Buffalo Bullsheet Spring 2010



## Buffalo Mountain Co-op and Café

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### Co-op Hours

Monday - Friday; 9am to 7pm

Saturday; 9am to 6pm and

Sunday; 10am to 4pm



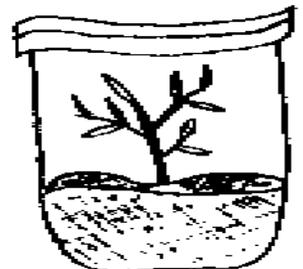
### Update from the Neighboring Food Coop Association:

As many of you know we are part of an awesome group called the Neighboring Food Coop Association which is helping many regional coops around us stay in touch and help each other out. What works best for you, where to find

some product, can we get something locally, things like that. Two years ago when we compiled our common data, we realized that we were one of the top 25 businesses in the state. Coops *Rock* and have a huge role to play in getting good food out to people and supporting, as we ALWAYS have, local food. The latest things we have been working on is selecting our top 10 items we would like to be sourcing locally and helping make that happen. We can do this by showing farmers/producers that there IS a huge demand for this. Some of those top 10 things are bulk oats (our largest selling item!) more local beans and grains, frozen fruit and vegetables. (by the way - Buffalo Mountain is leading the way on that one! Thanks to our local berry growers who have supplied us for a few years with this yummmness! Stones Throw Farm, Shirley's Produce, and Walden Heights Nursery). It is pretty exciting to watch this all happening and to be a part of it in a big way. We will keep you updated in future newsletters as things progress. **Annie Gaillard**

### What to do with all those baggies:

I freeze a fair amount of things in ziplock baggies, so I have a fair few kicking around. I like to wash them out, dry them and put them in my bag that goes everywhere with me (I have a hard time calling it a purse...) They are so lightweight and small that they hardly take up any room in there. Then when I am at the coop and need something in bulk, I have a handy supply of baggies to reuse in the bulk department. Plus, you get \$.05 back at the register for each one you use! **Annie Gaillard**



The **Organic Consumers Association (OCA)** is one of the foremost advocacy groups in the country for organic consumers. Here at the co-op we check it's web-site, [organicconsumers.org](http://organicconsumers.org), on a regular basis, and receive periodic alerts to help us keep in touch with what is going on in the organic world. Several of their articles have made their way into the Buffalo Bullsheet. We were disturbed to hear that a warehouse we have been forced to utilize as our principle supplier after they bought our own struggling co-op warehouse, United Natural Foods, has been working to under-cut the effectiveness of the **OCA**.

We really have no choice but to purchase from United, as they now own many of our other former suppliers. What we can do is encourage all our members to become familiar with the **OCA**, visit their web-site, and if possible join, thereby making it less possible for United, Whole Foods, and other corporate giants to silence them.

Published on Monday, March 22, 2010 by [Corporate Crime Reporter](#)

### **Whole Foods, United Natural Foods Muscle Suppliers to Boycott Consumer Group**

The Organic Consumers Association (OCA) carries a big public interest stick. It can mobilize the 850,000 people in its network to pressure corporations and governments. The goal – clean, safe, organic foods and products for America. One way that OCA raises money – it charges for ads on the group's popular web site – [organicconsumers.org](http://organicconsumers.org). Two companies had purchased logo space on the OCA web site – Organic Valley and Nature's Path. Until last year. That's when the groups dropped their sponsorship. Under pressure from Whole Foods Market and United Natural Foods – the two companies that dominate the organics market in the United States. That's according to OCA's national director Ronnie Cummins.



“National sponsors like Organic Valley and Nature's Path have been threatened by Whole Foods and United Natural Foods that if they continue to support the Organic Consumers Association they will suffer repercussions in the marketplace,” Cummins told Corporate Crime Reporter in an interview last week.

“We had to take down those logos,” Cummins said. “We understand. We don't want a company to go bankrupt simply because they support the right thing.”

Cummins said high ranking executives at the Organic Valley and Nature's Path told him about the threats – but asked that he not disclose their names.

“Whole Foods is very careful,” Cummins said. “Whole Foods has threatened to sue us a number of times. But they are very careful when they do this sort of arm twisting and intimidation to not leave any evidence of it. This was all verbally committed over the phone or in person.”

The executives from Nature's Path and Organic Valley “apologized to us and made me promise not to use their names,” Cummins said. “We are trying to protect these companies and these individuals from the fallout from Whole Foods and United Natural Foods,” Cummins said.

Cummins estimates that OCA lost a total of \$40,000 in projected ad revenue as a result of the move. But he understands that Organic Valley and Nature's Path can't afford to offend Whole Foods and United Natural Foods – the main distributor of organic foods in the United States.

“Whole Foods sells \$10 billion out of the \$75 billion sold a year for the industry,” Cummins said. “So for most companies it's at least 15 percent, but often up to 25 percent of their total sales. And it's not just Whole Foods. United Natural Foods was in on it to.”

If they were cut off by those two, they would be driven out of business?

“You would go bankrupt immediately,” Cummins said. “We call Whole Foods and United Natural Foods the organic mafia. And it really is like that. There is tremendous fear in the industry to say anything critical of Whole Foods and United Natural Foods.”

When did Whole Foods and United Natural Foods begin pressuring OCA?

"It has happened over the past twelve months as we stepped up this campaign to expose the myth of natural foods," Cummins said.

"And at first, Whole Foods and United Natural Foods thought they could ignore the campaign. But then they noticed we had an alliance with the United Farmworkers and with the Teamsters."

Cummins wants Whole Foods and United Natural Foods to sign a Food Sustainability Pledge.

"That requires them to stop marketing conventional chemical foods as natural," Cummins said. "And to sell only foods in their store that are certified organic or are in transition to organics. And it requires them to recognize fair trade principles – not just overseas, but in the domestic supply line."

Whole Foods spokesperson Libby Letton said that Whole Foods did not pressure the two companies to pull the ads. "For the OCA to continue to mislead consumers about Whole Foods Market and UNFI is alarming and disheartening," Letton said.

"When the OCA launched an untrue campaign against us last year, we did contact our stakeholders, including our suppliers, Team Members, and shoppers, because we wanted to clear up the misinformation that was being spread by the OCA's campaign. We find it troubling that while the OCA accuses us of pressuring our suppliers against them, they openly call on Whole Foods Market to 'put the pressure on' suppliers to transition to organic."

"Meanwhile, the truth is that Whole Foods Market continues to champion organics more than ever. We take enormous pride in working with hard-working and ethical organic farmers and food producers to offer our shoppers the very best organic products on the planet," Letton said.

United Natural Foods could not be reached for comment.

## Seeking Summer and Fall Volunteers

### ***Connecting community volunteers, local farms and food insecure Vermonters***

If you're looking to get outside and have a positive impact on your community, the Vermont Foodbank's Gleaning Program is a great opportunity for you!

The Gleaning Program brings together community volunteers to harvest surplus crops from a variety of local participating farms, a process known as gleaning, for distribution to sites that serve Vermonters in need of food. In 2009 we were able to glean more than 400,000 pounds of fresh produce and we believe we can glean even more, but your help is needed! The success of this program depends on the support of volunteers, which is a perfect reason to join the harvest this season.

Volunteer options include in-field and farmers market gleaning, produce delivery, and various administrative tasks. To learn more about gleaning and other Vermont Foodbank programs, please visit [www.vtfoodbank.org](http://www.vtfoodbank.org)

### **If you are interested in volunteering or for more information please contact:**

Theresa Snow – Program Director of Agricultural Resources

802-477-4114 [tsnow@vtfoodbank.org](mailto:tsnow@vtfoodbank.org)

or Rebecca Beidler at our Wolcott facility at 472-8280 ext 1401



## Tails From the Barnyard, or; Who Came First, the Chicken Or the Egg? by Olive



THE FARM YARD

I would like to go on record here and now, and say that I am as proud as the next person of Hardwick, the Hardwick area growers, composters, eaters and readers. I am equally proud of the people behind the buzz that you don't always hear about. Like the women who work on their own farms, making little or no money, putting in long hours (but who's counting anyway?), and providing for their families. So why not write something about our local agriculturally happening women, and how spring is waking up, and how wonderful is that? What is the common thread here? Eggs!

Eostre (from where we get the words Easter and estrus ) is the goddess of spring and rebirth; she is celebrated with all kinds of fertility symbols like rabbits, lilies and eggs. So I followed an egg hunt of investigative journalism to three women chicken farmers. The wealth of information with each unique operation gave me far more material than I can possibly use here, but here again there was a common thread. The work of feeding, watering, cleaning and collecting was tailored to what time and energy was at hand. Nothing too big or too heavy; just workable.

The chickens were spoken of affectionately, though one bad actor got her due, earning the name "Peckerhead", because she would peck the eggs and wreck them if she got the chance. All was not always good manners or harmony either. Two roosters in one coop kept the brown hens and the black hens so riled up they were always fighting each other, til one rooster was done in. This flock, and Rex, the new cock of the walk, belong to a lady of 80 years whose license plate says "Roost". She says that being friends with her chickens is as important to her as the eggs she collects. Her loving kindness could be a sign of the wisdom of longevity, but to me, it is rather a comment on the positive nature of animal and human relations.

That point of view was repeated when I talked to a much younger woman, coincidentally of the last name of "Hatch". She incubates about one hundred and twenty eggs to get one hundred chicks, and looks after them in a spare bedroom with the same devotion given to babies. She checks on them on the hour when they first hatch out, and gives them physical therapy if their legs are weak from being cramped up in the shell. The results are healthy, happy hens who lay better, live longer, and taste better than genetically engineered hens. Oops, did I really say that about taste? Yes, you can love your chickens and eat them too, just don't name them first. Happy spring.

# Signs

Above the sea  
under the wings of cedar  
of evergreen

two ravens march  
gathering leaves  
gathering twigs

nesting?

Ah! Sprrring!

*Phyllis Rachel Larrabee*



## Earth Meditation

I have been thinking of our planet a lot lately. Earth changes seem to be happening everywhere, many with horrific consequences. All humanity seems to do to her is take, take, take without ever a simple thanks. No wonder she is getting fed up. So every morning in our meditation we do this...

Visualize our home, community, state, continent and on out until you have a view of this miraculous planet we call home.

Surround her with love and give thanks for this incredible earth.

Every moment of our lives she gives to us unceasingly and without asking for anything in return. From the air we breathe to the food

we eat. And to top it all off, she even gives us things like rainbows, perfect crystalline snowflakes, sunsets, bird songs... the list is endless. How lucky can we be? So give this mother something in return for her generosity. Surround her with love, give her constant thanks, nurture her, repair her, send her your blessings. And never, never take her for granted. Each day is a new miracle. You may know that you are going to get up, do chores, eat breakfast and go to work, but all the little extras - a newly returning bird from the south, a sunrise, someone you meet at work - all this is part of the miracle, and no matter how you have planned out your day, each of these extras should serve as a reminder of that miracle. give thanks.

*Annie Gaillard*

# Café renovations to begin this spring/summer!!

The coop will be expanding the café space to provide a new deli, which will offer items from the meat, cheese and café departments. Upholding are usual standards of GMO, hormone & antibiotic free dairy and meat as well as naturally processed and humanely treated meats. The products listed below will be sold by the fresh pound and to order. Please take a few minutes to answer the following questions:

***Which of the following SLICED MEAT AND CHEESE offerings would you purchase if available:***

- |                                     |   |   |
|-------------------------------------|---|---|
| <input type="checkbox"/> Turkey     | <input type="checkbox"/> Salami                 | <input type="checkbox"/> Swiss cheese     |
| <input type="checkbox"/> Ham        | <input type="checkbox"/> Bacon                  | <input type="checkbox"/> Provolone cheese |
| <input type="checkbox"/> Roast Beef | <input type="checkbox"/> Other meat product(s): | <input type="checkbox"/> Muenster Cheese  |
| <input type="checkbox"/> Pepperoni  | <input type="checkbox"/> Cheddar cheese         | <input type="checkbox"/> Other cheese(s): |

***Where do you currently purchase the above items?***

- |  |                                      |
|--|--------------------------------------|
| <input type="checkbox"/> Buffalo Mountain Coop | <input type="checkbox"/> Hannafords  |
| <input type="checkbox"/> Hunger Mountain Coop  | <input type="checkbox"/> Grand Union |
| <input type="checkbox"/> Halls                 | <input type="checkbox"/> Other:      |

***Which of the following PREPARED FOODS would you purchase if available:***

- |  |   |
|--|---|
| <input type="checkbox"/> Tuna Salad            | <input type="checkbox"/> Peanut Noodles         |
| <input type="checkbox"/> Egg Salad             | <input type="checkbox"/> Sesame Noodles         |
| <input type="checkbox"/> Potato Salad          | <input type="checkbox"/> Cole Slaw / Asian Slaw |
| <input type="checkbox"/> Pasta Salad           | <input type="checkbox"/> Tabouli                |
| <input type="checkbox"/> Mac & Cheese          | <input type="checkbox"/> Veggie Burgers         |
| <input type="checkbox"/> Curried Chicken Salad | <input type="checkbox"/> Other:                 |



**You can drop off your completed surveys in the envelope in the co-op café – Thanks!**

# Mom's Harvest Dinner

## Ingredients

5 large potatoes  
1 large onion  
2 stalks of celery  
5 large carrots  
1 sweet potato

2 cloves of garlic  
1/4 cup olive oil  
salt to taste  
1 tsp oregano  
1 tsp basil

Preheat oven to 350 degrees. Quarter potatoes lengthwise, Cut other veggies in big chunks, put in 9x12 baking pan. Pour olive oil and salt into pan and thoroughly coat veggies with olive oil. Place in oven for about 45 min or until golden brown, mixing a few times while it cooks. Upon removing from oven crush herbs over top and mix. **Submitted by Cherisse Wildflower -age 15**

As a small child, I was shocked to learn that there was, cancer causing "poison" in the food that millions of people eat. Horrified, I told everyone I knew. But to my bewilderment, I found that most of them didn't care. I was taken aback. How could people know that they are literally killing themselves, and not stop? But when I tried to voice this, I usually got the same reply, "I've been eat'in it my whole life and look at me!" I usually didn't point out that they were missing teeth, had cancer, or had some other health concern, instead I pretty much gave up. Then my family started shopping at the Buffalo Mountain Food Co -op. I was relieved, finally I could be around people who knew that there was really bad stuff in a lot of food, and went out of their way to avoid it. It was like a breath of fresh air to see people stopped in the middle of an aisle, reading the ingredients on the back of a box. It made me feel a strange sense of peace, to realize that, all across the world, there is scattered groups of people, that truly care about their health and the health and future of their children. WE LOVE OUR CO-OP!!!

**Amareena Wildflower - age 13**

## Cream of Asparagus Soup From Rachel Davey's Mom

- \*Sauté 1 medium onion in 2T of unsalted butter for 5 minutes
  - \*Add 1 diced potato and 1 bunch of chopped asparagus stalks (set the tips aside and steam)
  - \*Pour in 3 cups of vegetable stock, 1/4 teaspoon of salt, 1/3<sup>rd</sup> teaspoon of dill and a pinch of black pepper
  - \*Boil until potatoes and asparagus are tender
  - \*Puree and allow to cool down a little
  - \*Add 1/2 cup half and half and the steamed asparagus tips
- Heat slowly. DO NOT BOIL



# Where are Our Communication Skills? Miles Sherts

We live in an age of astonishing technology that allows us to do things that were unimaginable to our ancestors. We can push a button on the computer and find any information in minutes, travel around the earth in a day, talk directly to someone on a different continent, and send images through wires instantly. Our level of personal independence is unprecedented in human history. Yet for all this seeming progress, we have not learned how to live and work together in peace.



With more than six billion of us now sharing the resources of our small planet, tensions between people can only increase, and our inability to cooperate may be the largest threat we face to our survival as a species. In an age of nuclear weapons, global climate change, massive environmental pollution, and a worldwide economy, it is clear that the actions of each one of us affect everyone else here on earth. In this light, our reliance on primitive survival instincts to manage our relationships makes no sense. If we continue to choose competition over cooperation, we insure our own eventual demise.

## We Need a New Way

There are few things more important today than learning to communicate with each other in a way that supports our individuality while also recognizing our interdependence. The old formulas for relationships are failing because they do not allow for each of us to be our own person. And, our new emphasis on personal growth and individual freedom has left us without a good way to connect with each other.

When we listen to another person, most of us automatically compare and evaluate their experiences against our own. We form instant judgments, and then respond with our opinions. Conversations often play out with each person expressing their point of view and engaging in a subtle tug of war to see whose opinion will prevail. In these common interactions each of us is focusing primarily on ourselves. We do this out of habit, without realizing what we are doing or how it affects our relationships.

The consequence of constantly referring to ourselves is that we cannot make space for another person. Few of us are able to simply allow another person's experience or give them validation. We only experience other people as part of *our* story, and do not get to see them for who *they* are. We tend to focus on our differences rather than our similarities and go through life feeling isolated in our own small world, chronically disappointed that no one really understands us.

## Listening without Judgment

Breaking this habit of isolation begins by being aware of how we refer everything to ourselves, and noticing how this disconnects us from others and makes us feel more alone. Once we see that these old habits are not working, we become open to learning a new way.

A better way to establish a sense of connection is to listen without judgment. We can accept and acknowledge what is going on for another person by mirroring back the feelings and facts we hear in their story, without adding our own comments. If someone is upset about not being chosen to go on a school trip we can say: "*You seem sad about not getting to go on that trip.*"

This kind of response does not refer to ourselves or compare their story with ours. It contains no judgments or solutions, and does not get involved with the other person's dilemma except to acknowledge it with empathy and concern. The greatest gift we can offer another is simple acceptance without judgment. Most people are starving for this kind of recognition. It gives them the encouragement they need to face their situation and begin resolving it on their own.

## **The Difficulty of Changing Old Habits**

Repeating back what the other person just said may feel awkward at first because it is so unfamiliar. We are used to sharing our opinions, and to merely reflect another person often sounds mechanical and rehearsed. It is easy to believe that it won't work because it seems so obvious that it sounds rather absurd. We may determine that it is too contrived and refuse to try it, yet a more likely reason that we resist this approach is because it does nothing to promote ourselves.

This new way of communicating is simply a means to dislodge us from our unconscious habit of self-referral. Only when we learn to let go of our evaluations and set aside our own story for a moment can we really understand someone else's perspective. This enables us to be genuinely supportive and resolves our isolation by allowing another person to be a true companion, and not merely an adjunct to our story.

## **Being Responsible for Our Own Feelings and Needs**

Just as we have not learned how to really listen, most of us also don't know how to respond when we feel upset by another person. We usually complain about that person to someone else, withdraw from them, or attack them with accusations. Yet these responses do not help us to get our needs met. Instead, they make the situation worse by putting the other person on the defensive.

We can communicate more effectively in these situations by taking responsibility for our own feelings and needs. Instead of blaming another person for being insensitive when they interrupt us, we can say: "*I feel hurt when you don't let me finish my sentence.*" This kind of language, often referred to as "I" messages, gives us a way to speak directly to the person who upset us without judging or attacking them.

"I" messages, or assertions, help the other person to hear us and respond to our needs, rather than merely get defensive and shut down. This new language gives us a way to express our strong feelings without making someone else responsible for them. It enables us to meet our needs, and strengthen the relationship, at the same time.

## **A Technology for Cooperation**

Evidence of our lack of communication skills is all around us. From the breakup of families to war between nations, our world is being torn apart by our inability to resolve our differences. As we face any number of looming global catastrophes, our continued existence on earth will likely hinge on our ability to get along. It is no longer sustainable to manage relationships by force or withdrawal. In the era ahead, cooperation will be the most important skill, and building community will become essential to support life.

It is time now to channel our amazing capacity for technology into creating a means to live together in peace. We need to learn how to achieve a genuine sense of belonging without sacrificing our individuality. We have to find a way to allow other people to have their own values without making them the enemy. And, we have to expand our definition of tools to include ways of staying connected through conflict and making decisions that include everyone's needs.

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Miles Sherts is a professional mediator living in a small conscious community and retreat center in Stannard. ([SkyMeadowRetreat.com](http://SkyMeadowRetreat.com)) He has facilitated conflict resolution, taught communication skills, and worked with couples and families since 1989. His new book, *Conscious Communication - How to establish healthy relationships and resolve conflict peacefully, while maintaining independence*, is available at the Co-op.

## Goodguide.com

Barry Baldwin recommends this site and has used it for his personal reference.

"We can help you switch to better products You want non-toxic, environmentally friendly products from companies with good social and safety records. GoodGuide rates over 65,000 products based on these factors."

### **Walt Whitman, from the poem "This Compost"**

*Behold this compost! behold it well!*

*Perhaps every mite has once form'd part of a sick person--yet behold!*

*The grass of spring covers the prairies,*

*The bean bursts noiselessly through the mould in the garden,*

*The delicate spear of the onion pierces upward,*

*The apple-buds cluster together on the apple-branches,*

*The resurrection of the wheat appears with pale visage out of its graves,*

*The tinge awakes over the willow-tree and the mulberry-tree,*

*The he-birds carol mornings and evenings while the she-birds sit on their nests,*

*The young of poultry break through the hatch'd eggs,*

*The new-born of animals appear, the calf is dropt from the cow, the colt from the mare,*

*Out of its little hill faithfully rise the potato's dark green leaves,*

*Out of its hill rises the yellow maize-stalk, the lilacs bloom in the dooryards,*

*The summer growth is innocent and disdainful above all those strata of sour dead*



## Planting Hope Plant Sale

The Buffalo Mountain Co-op's annual Planting Hope Plant Sale is beginning soon! Planting Hope is the Co-op's Nicaraguan sister organization, based in Montpelier.



Many remember the beautiful plants which graced the front of the Buffalo Mountain Co-op the past summers. One hundred percent of the sales go directly to the Planting Hope library in Nicaragua, where over 80 children a day enjoy the support and safety of this tutoring and community center.

The plant stands are stocked by community donations, welcome at any point over our growing season. We hope to have a particularly large and diverse selection for Spring Festival day. This is the perfect way to make the best use of those plants that need to be

divided....and to pick up just the right new plant for your garden. If you are dividing plants, please think about potting a few and bringing them to the co-op, with information about the color and variety of plant. The staff will then help price them. Instructions on pricing donations will be posted.

Last year we raised \$600 for Planting Hope through the plant sale. That money goes a long way, in a country where the average wage is \$2 a day. Our goal is to raise \$800 this year. Please take part in this special event by donating and/or buying your plants at the co-op. In doing so, you are truly "Planting Hope". Muchas Gracias!

**Helen Beattie & Sarah Morgan**