



Fresh cheese on your stovetop. Page 13.



Diets don't work. Does anything? Page 16.



Enjoy summer on a plate. Page 18.

Volume 77 | Number 3 | Always free!

CO-OP NEWS

FOR YOUR CALENDAR

Producers Fair

Samples, live music, and fun galore at our Lebanon store. And all free! August 9, 10-2.

Board Meetings

The Board meets the fourth Wednesday of each month. The July 23 meeting will be held at 4:30 pm at the Richard W. Black Community Center in Hanover.

Other Board meetings throughout the summer will be held at 5:30 pm at the Co-op's Administrative Offices, 2 Buck Road, Suite N, Hanover.

Holiday Hours

The Co-op Market will be open 8 a.m. to 8 p.m. on Monday, September 1, for Labor Day. All other Co-op locations will be closed for the holiday.

Free Samples & More

Check our complete event calendar at coopfoodstore.coop/calendar. Want to receive Co-op updates by email? Go to coopfoodstore.coop/enews.

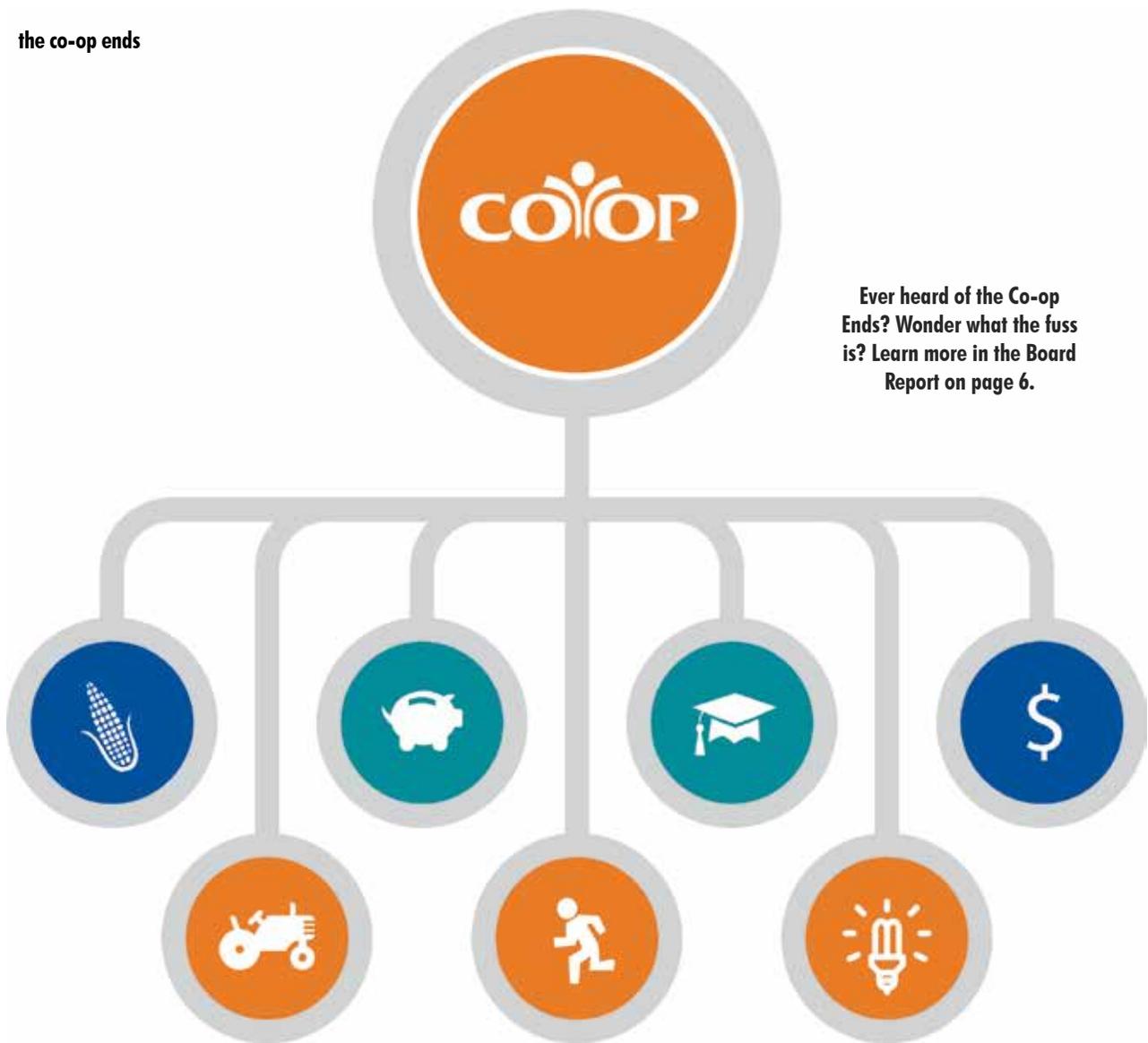


WHERE DID DAIRY DAY GO?

It's fun! It's festive! It's free! So what happened to it?

Beginning as a milking contest on the Hanover green decades ago, the Co-op's annual June Dairy Day celebration has long been a staple of summer—one followed by a similar shindig in August known as the Producer's Fair. Because holding two large and similar events just a few weeks apart has always been a challenge, organizers have been trying for years to find a better way. Then someone had a great idea ...

PLEASE SEE PRODUCERS FAIR, BACK COVER



Ever heard of the Co-op Ends? Wonder what the fuss is? Learn more in the Board Report on page 6.

THE END RESULTS THE CO-OP AIMS TO BRING TO THE WORLD

1. The Upper Valley will have a retail source of food that is affordable, healthy, grown and/or processed locally to the fullest extent possible.
2. There will be economic value returned to the community via charitable contributions, outreach projects, patronage refunds to members and other avenues.
3. Customers will be better educated about food issues and, as a result, make healthier choices.
4. There will be a vibrant cooperative sector in the economy, both nationally and regionally, and a local community educated in the value of cooperative principles and enterprises.
5. The cooperative's bioregion will have a vibrant local agricultural community and that community will, in turn, have a reliable retail market for its products.
6. There will be a major source of employment in the community that provides personal satisfaction to employees, livable wages, and financial security for employees and their families.
7. There will be a thriving business organization that protects and restores the environment.

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ABOUT OUR PAPER

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Web Addresses

<http://www.coopfoodstore.coop>
<http://www.facebook.com/coopfoodstores>
<http://www.twitter.com/coopfoodstores>

Board of Directors

President: Margaret Drye; Vice President: Zeb Mushlin;
Secretary: Wynne Washburn Balkcom; Treasurer: John Rosenquest; Kerry Artman; Michael Bettmann; Sarah Blum; Kay Litten; Martha Graber; Susan Sanzone Fauver

Board Administrator

Genie Braasch

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Terry Appleby, General Manager; Tony Alongi, Director of Finance; Bruce Follett, Merchandising Director; Paul Lambe, Professional Development Manager; Steve Miller, Food Store Manager, Hanover; Cathy Moloney, Food Store Manager, White River Junction; Rosemary Fifield, Education Director; Robert Kazakiewicz, Food Store Manager, Lebanon; Loretta Land, Human Resource Director; Tony White, Operations Director; Allan Reetz, Communications Director

Statement of Cooperative Identity

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

Values

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

Principles

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

Editorial Staff

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Confidentiality

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

Store Hours

Hanover: 8 a.m.–8 p.m. daily
Lebanon: 7 a.m.–9 p.m. daily
White River Junction: 7 a.m.–8 p.m. daily
Co-op Market: Mon-Fri: 6 a.m. to 8 p.m., Saturday and Sunday 8 a.m. to 8 p.m.

Service Center Hours

Unattended pump hours: daily, 6 a.m. to 10 p.m., credit and debit only; attended pump hours: Monday-Friday, 7 a.m. to 5 p.m., Saturday and Sunday, 8 a.m. to 5 p.m.
Mechanics on duty: Monday-Friday, 8 a.m. to 4:30 p.m., Saturdays 8 a.m. to noon for select repair work

Phone & Email

Hanover and Lebanon Food Stores: 603-643-2667
Park Street Service Center: 603-643-6650
Co-op Market: 603-643-2725
White River Junction Food Store: 802-295-3400
e: comment@coopfoodstore.com

REMODELING THE HANOVER STORE (AT LAST!)

Construction is scheduled to begin in early October of this year and take nine months to complete. Our plans are for the store to be in operation throughout the process. Since the fourth quarter (October-December) is the busiest of the year, we don't plan on any work on the actual sales floor during that period.



by Terry Appleby
General Manager

During the voting after this year's Annual Meeting, members authorized funding for a remodel of the Hanover store. The store is the Co-op's single most valuable physical asset. Twenty years have passed since any significant work has been undertaken on the building, so we are grateful for the opportunity to upgrade this facility. We will continue to need your support from start to finished product, just as members supported the store through the remodel in 1994. We remained open throughout the process then and actually gained more than three percent of sales over the previous year!

Here is what we know now about the plan and the process. As of early June, we have made presentations to Hanover Town staff and the Hanover Planning Board. Assuming we are able to receive approval

REMODELING THE HANOVER STORE

Interior renovation will follow a pattern. A section of the store (like the produce department) will be moved to the newly built space while the old section is reconstructed and refitted with new equipment. This pattern will continue until the entire sales floor of the store is transformed.

for our project from the Town, we hope to have a building permit in hand by the end of the summer. Final construction drawings will be completed over the summer by the architects at Studio Nexus of White River Junction. We have chosen the contractor ReArch Construction of South Burlington, Vermont, to be part of our construction team. ReArch recently completed



COMING SOON: A NEW & IMPROVED HANOVER STORE

During the voting after this year's Annual Meeting, members authorized funding for a remodel of the Hanover store. The store is the Co-op's single most valuable physical asset. Twenty years have passed since any significant work has been undertaken on the building, so we are grateful for the opportunity to upgrade this facility.

the Culinary Learning Center in our Lebanon store. We also have attractive offers on bank financing of the debt we will incur on the job.

Construction is scheduled to begin in early October of this year and take nine months to complete. Our plans are for the store to be in operation throughout the process. Since the fourth quarter (October-December) is the busiest of the year, we don't plan on any work on the actual sales floor during that period. Instead we will focus on constructing the new, expanded space and on areas that will not affect shoppers. Once the shell of the new space is in place, we will take down the old outer wall on South Park Street and begin the phased renovation of the older store spaces. Interior renovation will follow a pattern. A section of the store (like the produce department) will be moved to the newly built space while the old section is reconstructed and refitted with new equipment. This pattern will continue until the entire sales floor of the store is transformed.

When construction is finished, the store will function very differently from how it does presently. For one, the new space will allow us to greatly improve shopping flow, eliminating bottlenecks in the produce section and the congestion in the frozen food section. Secondly, upgrades to ventilation, air conditioning and lighting systems, and improvements in the building's insulation will improve comfort in the store for shoppers and staff. Because of the added insulation and improvements in refrigeration systems, the whole building will perform better environmentally and will help us to achieve some significant sustainability goals. Lastly, the new façade and landscaping along Park Street will improve our overall presentation as an entryway to Hanover.

We are excited to begin this long-awaited project, and we want to keep you informed on what we are doing and how it is going. Store manager Steve Miller will be posting updates on all the latest activity. I hope you will check in often to see what is going on. It is going to be worth the wait.

A POP QUIZ FOR OUR MEMBERS



by Margaret Drye
Board President

Without looking, how many of our Co-op's Ends can you name?

The "Ends" are the seven proclamations that you see in the Co-op stores, in our publications, and on the website. They are

meant to be a conceptual statement of what we, the members, want to be as a cooperative. In other words, they answer the question: What good do we want to do, for whom, and at what cost?

If you can only name a few—or none at all—you're not alone. Even those of us who are familiar with our Ends would be hard-pressed to recite them all as written.

Most cooperatives have an Ends statement. While our current Ends statement is very comprehensive, touching on everything from education to employment to the environment, it is probably overly long and not easily summarized. If someone were to ask why the Hanover Co-op exists, it's not the kind of answer that could be given during an elevator ride, unless it was a really long elevator ride.

Some co-ops have recently revised and condensed their Ends statement so that it becomes easier to communicate what being a co-op is all about. The Wheatsville Co-op in Austin, Texas, for example, condensed their Ends to three simple phrases: More Healthy Food, More Co-ops, More Happy People. Without knowing anything about Wheatsville, you can get a pretty good image of their stores in your mind just hearing these Ends.

The Weaver Street Market in North Carolina has an Ends statement that is a list of words that exemplify their mission (Cooperative, Local, Ecological...) followed

by short definitions. Again, it's pretty easy to tell what Weaver Street is all about with a glance at their Ends.

Reviewing and revising our Ends statements will be among the priorities for the Board of Directors this year. Joining us for this journey will be new Board members Michael Bettmann, Kerry Artman, and Sarah Blum. Our current board has many members whose roots go deep into the history of Hanover and the Hanover Co-op. As we review where we have come from and where we are going, this perspective will be very valuable.

Our recent proposal to renovate the Hanover store passed overwhelmingly. Thanks to your support, the process is moving along. The renovation and refurbishing of our flagship store offers a perfect time to reflect on why we exist and what we hope to accomplish as a cooperative. We aren't trying to change who we are, just how we convey who we are.

Other things the Board hopes to look at are revising some of our governance policies that are unclear or need to be more specific, examining our charitable and philanthropic program policy, reaching out to our Vermont and New Hampshire legislators to make them aware of the role co-ops play in their states, working with the management to help the Community Market reach its potential, and supporting initiatives to make healthy food accessible to all parts of our community.

We don't know how our re-examination of our Ends statement will turn out or what opportunities the next year holds for us and our neighboring co-ops up and down this area of New England. We will try to keep you informed and will be looking for your participation at various times during our look at our Ends. Members are always welcome at our meetings.

In the meantime, take a look at those Ends!

CO-OP JOINS EPA GREEN POWER PROGRAM



by **Amanda Charland**
Sustainability Coordinator

Grocery stores typically require a lot of energy to operate. With large refrigeration and ventilation systems, lights running most of the day, slicers and mixers, and a variety of equipment from scales to registers to computers and printers, the carbon footprint of food retailers can be quite large. At the Co-op Food Stores, we're working to reduce our overall environmental footprint, and that includes our energy consumption.

If you've been to the Lebanon Store recently, you may have noticed a solar hot water system on the roof. That system is very straightforward; it uses energy from the sun to heat over 1,000 gallons of water per day that we can use in our store. That system will reduce the Co-op's carbon footprint by over 500 tons of CO₂.

However, each of our stores is different, and what works for Lebanon might not be the right solution for the Hanover or White River Junction stores. In our Hanover locations, we recently chose another solution to reduce our carbon footprint—we've joined the EPA's Green Power Partner Program. In order to become a Green Power Partner, we offset ten percent of the electricity used by our Hanover locations by purchasing Renewable Energy Certificates (RECs). This will reduce our carbon footprint by another 150,000 pounds of CO₂.

RECs can be a confusing concept. Essentially, they allow people to gain the benefits of renewable energy generated by someone else without having to actually install a system of their own. When renewable energy is created, its value is split into two parts. The first is the actual electricity that feeds the grid. The second is the REC which represents the renewable attributes of the

electricity. The REC embodies all the green aspects of the electricity that was generated, including the amount of greenhouse gasses saved by using renewable sources.

RECs work especially well for businesses or individuals who don't have the ability or the capital to invest in renewable technologies. For example, we plan to renovate the Hanover store next year. Because of the renovation and structural improvements that need to be made to the roof, it doesn't make sense to put solar on our own roof right now. Yet, as an organization, we'd like to continue reducing our carbon footprint and supporting the use of renewables. RECs allow us to keep supporting clean energy while we work toward installing our own.

This is a unique way to support renewable energy, but some people also find this process questionable. Basically, a company somewhere else in the United States has sold our co-op the right to claim all of the green benefits of the electricity they are generating. The company that sells the REC loses the greenhouse gas savings despite the fact that they are the ones with the physical solar panels on their roof. It's as though we've swapped our electricity profiles. Regardless of the debates about RECs, buying these certificates supports the growth of renewable energy.

The Co-op is enthusiastic about diversifying our renewable energy profile through both physical systems and supporting the generation of clean energy across the country through RECs. We are also pleased to join with other businesses in our community that are working toward the same goal. Our decision to participate in the EPA's Green Power program was prompted by the Town of Hanover's Sustainable Hanover Committee. This group of dedicated members from the community are working to encourage both the town and its businesses to invest in renewable energy. The Co-op is excited to be part of this initiative, and we look forward to the future of renewable energy in the Upper Valley.



BRING BACK THE SACK UPDATE

Now into its third year, the Co-op's Bring Back the Sack program offers participants a chance to win a \$100 Co-op shopping spree while helping the Co-op work for a greener planet too! More than 3,000 cards were turned in during the second quarter of 2014. The winners were:

Daniel V.
Jeff V.
Norman F.
Joyce R.
Frances B.
Kirsten K.
Robin M.
Jean D.
Jason W.
Ruth S.

How Does It Work?

Four times a year, the Co-op draws ten winners of gift cards worth \$100 each. The names and hometowns of the winners are then posted in the Co-op News and on the Co-op website, www.coopfoodstore.coop.

How to Enter?

It's easy! To enter, a shopper must have a fully punched Bring Back the Sack card, representing twenty bags they provided for packing their groceries on shopping trips to the Co-op. Simple as that.

Ask for Your Card

The next time you bring your own bags while shopping, ask the cashier for one of our "Bring Back the Sack" cards. Each card has twenty spots representing twenty bags. The cashier will punch your

PLEASE SEE BBTS, NEXT PAGE

VOTING 2014

Members, thanks for your vote! During the annual 30-day election period this spring, 1,230 Co-op members voted to fill four seats on the Board of Directors.

The winners were Kerry Artman, Michael Bettmann, Sarah Blum, and Kay Litten. At their May meeting, the Board elected officers for the coming year.

The full 2014 Board of Directors is:

Margaret Drye, President
Zeb Mushlin, Vice President
Wynne Washburn Balkcom, Secretary
John Rosenquest, Treasurer
Kerry Artman
Michael Bettmann
Sarah Blum
Martha Graber
Kay Litten
Susan Sanzone Fauver

All Co-op members are welcome to attend the Co-op's Board of Director meetings. Beginning in July, those meetings will occur on the fourth Wednesday of the month, except in November and December.

For more information, please contact Board Administrator Genie Braasch at (603) 640-6340, or email her at gbraasch@coopfoodstore.com. For meeting minutes and other information, see the Co-op website at www.coopfoodstore.coop/board.

Certificate of Organization and Hanover Renovation Approved

During the voting period, Co-op members also passed amendments to the Co-op's Certificate of Organization and approved a \$5.3 million renovation and expansion

of the Hanover store with 88 percent of the vote.

Construction and expansion of the Hanover food store is set to begin in October with completion expected by July 2015.

The store will remain open during the entire project, resulting in building upgrades that will improve our environmental footprint, employee safety and comfort, energy efficiency, and your shopping experience.

For more information, see General Manager Terry Appleby's report on page 4.

BBTS, CONTINUED FROM PREVIOUS PAGE

card once for each of your bags used while bagging your groceries. When you have reused twenty bags, your card will be full, and you can put it into our raffle bin. The more times you provide your own bags, the more cards you can fill and add to the pot, thereby increasing your odds of winning!

Is There a Catch?

Nope! Cards have no time limit. After each drawing, the pot will be emptied and the previous three months' cards destroyed. Your odds of winning will be determined by the number of cards you enter and the number of cards entered overall during each quarter.

Thank you for helping all of us at the Co-op Bring Back the Sack!



At left, the modern Fargo Pressure Cooker. The popularity of the pressure cooker is, well, exploding.

FAST FOOD CAN BE SLOW FOOD!

by Martha Esersky Lorden

In this era of speed reading, speed walking, and even speed dating, you really can speed up the cooking process, yet stay true to the school of Slow Food, with an old-fashioned, ingenious piece of kitchen tech known as the pressure cooker.

In today's home kitchen, *cuisine rapido* is an obsession and much needed skill in our overbooked lives. The preponderance of cookbooks promising Quick and Easy, Quick and Healthy, or 1-2-3 meals tells us that we desire tricks for getting simple-to-prepare, healthy meals on the table. The set-it-and-forget-it ease of the slow cooker is certainly an option,

but you will find that a pressure cooker delivers a complete, nutritional one-pot meal in minutes that is as good as the long-stewing variety.

History of the Device

In 1679, during the reign of the English King Charles, a French physicist and mathematician named Denis Papin invented a cast metal furnace with a locking lid that raised the boiling point of water from 215° to 250° F. The high temperature cooked and softened meat quickly, but this “digester” posed dangers of explosion, given the difficulty of regulating the steam pressure. Eventually, Papin invented a safety valve, but there was still the problem of cracks in the cast vessel. Despite earning him membership in the Royal Society after a successful demonstration of the device

to King Charles and Society aristocracy, Papin never saw the complete success of his concept, though the science and application of his invention were established.

The pressure cooker eventually became more than a science experiment. Commercial cast iron models appeared in the 19th century, and small domestic models came later. By the early 1920s, home cooks employed them, but some dangers still persisted.

With the arrival of World War II, as most manufacturers converted production to wartime industries, commercial pressure canners prepared food for hungry soldiers across the seas. With the war's end, home cooks could enjoy modern appliances at cheap prices as manufacturers capitalized on the "benefits of using a pressure cooker for preparing meals—cooking in just one-third of the time, preserving vitamin and mineral content of food, and saving both food flavor and color." (*Miss Vickie's Pressure Cooker Recipes*)

But by the 1950s, the pressure cooker was overshadowed by products such as frozen foods, boxed preparations, and other convenience foods which touted a "modern" and "healthy" approach to food preparation. When the interest for a natural and healthy approach to eating surfaced in the 1960s and 1970s, the pressure cooker reappeared briefly, only to be overshadowed by the arrival of increasing fast food options, the slow-cooker crockpot, and the microwave oven. Once again, the pressure cooker retreated to the bowels of the kitchen cupboard. Considered old fashioned and not a major go-to appliance, some women were simply reluctant to use a mechanical device which sent out a plume of steam from a jiggling valve and sputtering top.

Pressure Cooker Advantages

While most Americans kept grandmother's pressure cooker stored in the cellar, European and Asian manufacturers perfected the device, still found in most homes abroad.

Why is this old-fashioned cooking method suddenly popular again today? New models have improved with the advent of better safety-valve design, nonstick surfaces, low noise, ease of use, and even electric models. Today, these new generation, high-end pressure cookers are being exported to America. The pressure cooker of old that rattled, belched, and

steamed on the stovetop is a thing of the past.

The advantages of this cooking method are many:

- You will eat healthier food in less time. Food cooks in up to 70 percent less time.
- You can save money. A quick cooking time means saved energy by using two-thirds less energy. Eat faster and pay less.
- Less heat escapes into your kitchen.
- Cheap cuts of meat can be turned into tender, better-tasting dishes by the enhanced flavor.
- Economical whole foods like dried beans, grains, root vegetables, and rice are quick dishes.
- Flavors are preserved as the food cooks in its own juices, not diluting liquids, producing a rich gravy.
- Modern pressure cookers are a multi-purpose pot and not just for steaming. They can be a Dutch oven, sauce pan, or a baking pan.

Cooks can count on making better-tasting, nutritious food in the fraction of the time with a pressure cooker.

My mother's pressure cooker was a slightly bent, aluminum affair with a dimpled surface. I remember the clackety-clack of the dancing safety valve as the steam escaped. She still talks about the pot roasts and potatoes she cooked in it. When she offered me the cooker and food-stained manual with recipes, I declined, foolishly. It just seemed too passé, too complicated. But since then, I've enjoyed two memorable meals made in a pressure cooker. I once prepared a succulent pork posole with a Pueblo Indian woman at her reservation home in New Mexico. In fact, I was so enamored of this meal steeped in tradition, and so grateful for her day of cooking instruction, that I gifted her a new pressure cooker to replace her flimsy, worn-out model. Frankly, I'd be surprised if she gave up her ailing, tried and true model for the new one.

I enjoyed another memorable dish of a tender, rosemary pork roast braised in milk. It was prepared by a Roman woman who hosted me during my first visit to the city. I still can't get that dish and its sweet, rich, and creamy sauce out of my mind, and I've included the recipe on the next page.

PLEASE SEE PRESSURE COOKER, PAGE 12



At left, the classic 1950s Presto Company Pressure Cooker. But by the 1950s, the pressure cooker was overshadowed by products such as frozen foods, boxed preparations, and other convenience foods which touted a “modern” and “healthy” approach to food preparation.

PRESSURE COOKER, CONTINUED FROM PAGE 11

The popularity of the pressure cooker is, well, exploding. As a cooking technique, it is wonderfully in sync with the emerging, modern food philosophy. With so many excellent models (see “What to Look for in a Pressure Cooker,” America’s Test Kitchen, <http://s.coop/luxhe>) to choose from, the convenience of a fast, whole food meal is accessible and easy to schedule into our busy lives. A pressure cooker could just be a modern kitchen’s best-kept secret.

RECIPES

Pressure Cooker Pork Loin Braised in Milk *à la Romana*

This recipe is adapted from *The Classic Italian Cookbook* by the late, great Marcella Hazan. The dish is excellent served on a base of warm polenta with a sauté of porcini mushrooms.

It’s hard to believe this company’s-coming dish only takes about 40 minutes to cook, thanks to the magic of the pressure cooker.

2 tablespoons butter
2 tablespoons olive oil
2 pounds pork loin in one piece with some fat on it, securely tied
2 teaspoon salt

Freshly ground black pepper
About 2½ cups milk

In the pressure cooker with the lid off, melt butter and oil over medium-low heat. When the butter is melted, add the meat, fat side facing down. Brown the roast thoroughly on all sides, and finish on the side where you started.

Add the salt, pepper, bay leaf, and milk, pouring it on top of the roast and adding enough for it to cover the roast by half. Close and lock the lid of the pressure cooker. Turn the heat to high, and when the pressure cooker reaches pressure, lower the heat and begin counting 30 minutes cooking time at high pressure.

When time is up, open the pressure cooker with the natural release method—move the cooker off the burner and wait for the pressure to come down on its own (about 10 minutes). For electric pressure cookers, when cooking time is up, add 10 minutes, then release the rest of the pressure using the valve. Move the roast to a serving dish tented with tin foil to rest.

Let the sauce cool and spoon out the fat, discard the bay leaf, and reduce the sauce in the open pressure cooker, if needed. If you do not like the coagulated milk clusters, whisk in some fresh milk or cream or break them up with a stick blender. Taste to check seasoning and add any additional salt, if needed.

Slice the roast and arrange on a platter. Pour on the warm sauce, and serve.

FRESH CHEESE ON YOUR STOVETOP

by **Martha Esersky Lorden**

The Farmer in the Dell was one of my favorite playground games as a child. I never wanted to be plucked from the circle until the very end. No Farmer's Wife or Cow for me; I hoped to be The Cheese—standing alone in the very center of a wheel of children who loudly chanted, “The cheese stands alone!” I never thought of myself as last-kid-picked, but rather as the winner of the game who patiently waited for her crowning moment. It was a matter of saving the best for last.

The art of making fresh cheese is a bit like this children's circle game. A magical, culminating moment occurs when a large pot of warm milk instantaneously transforms into another element altogether, and the focus of the cheese-making process abruptly shifts. Circling in the pot, upon the addition of an acidic ingredient like lemon juice or vinegar, are creamy curds which rise to the center, separating themselves from the swirling golden whey. The cheese stands alone.

Historical Origins

The transformation of milk into cheese is so quick and mystical, it seems like ancient alchemy. And in a way, it is. If ever there was a happy accident, I think the discovery of cheese was it. Anthropologists postulate that the practice of using the stomach of a goat, cow, or sheep as a storage container may have turned milk into curds and whey as a result of the natural rennet, a protease enzyme in ruminant stomachs that curdles milk. Also, naturally soured milk may simply have been pressed and salted for preservation.

The origins of cheese most likely predate the

historical record. Archeological evidence found milk residue from cheese-making in 8,000-year-old basket sieves in ancient Turkey and North Africa. The baskets date from about the same time that sheep were first domesticated. The Mesopotamians, Egyptians, Romans, and Greeks all developed cheese-making into a fine art. By the 12th century, Europeans made regional varieties such as Gruyère, Parmesan, and Emmenthaler, still enjoyed today, while European monasteries during the Dark Ages mounted a sophisticated cheese-making industry.

Thus, the invention of cheese made the preservation of milk and its nutritional components possible in pre-industrial societies. Let's face it—since cheese is easier to transport than milk and lasts a while (even improving with age), we might look to cheese as the first convenience food.

Fresh vs. Aged Cheese

Like the fermentation of grapes into wine, the aging of cheese varieties can be extremely complicated, but one of the most satisfying and simple ways to enjoy cheese is to make a fresh version of it yourself. You can be a cheese artisan in your own kitchen.

You eat lots of versions of fresh cheese already when you use ricotta, cottage cheese, or mozzarella. Those herbed logs of goat's milk chevré, Indian paneer, and Mexican queso fresco, as well as the farmers cheese in your morning Danish or blintzes, are all forms of fresh cheese that you really can make on the stovetop. All you need is some basic equipment that you probably already have in your cupboards, a little bit of acidic juice, and some fresh milk products.

PLEASE SEE CHEESE, PAGE 14



CHEESE, CONTINUED FROM PAGE 13

Our local Vermont and New Hampshire milk products represented in the dairy section at the Co-op provide outstanding ingredients for the making of fresh cheese.

Cheese Science: Key Ingredients

In order to make cheese, the liquid in milk (whey) has to be separated from the cheese solids (curds) which develop when some form of acid or bacterial culture meets the proteins (casein) in heated milk. At about 90° F, introducing acid to the warmed milk starts the separation process.

Liquids high enough in acidity to facilitate the process include lemon or lime juice and vinegars such as distilled, white wine, or apple cider. Granulated citric acid, which you can purchase in the canning section of the Co-op, also works.

You can make cheese from many kinds of milk— whole or skim cow’s milk, buttermilk, goat’s or sheep’s milk— in raw or pasteurized varieties. Do not start with ultra-pasteurized milk. There are not enough live enzymes, bacteria, or proteins to create bountiful curd

formation. If you begin with raw or unpasteurized milk, you will retain more of these natural characteristics, and it will transform most easily into cheese.

The closer the milk is produced to your home, the better the cheese, says Claudia Lucero of UrbanCheesecraft. com, but splurging on the ingredients is absolutely not required to produce a successful batch of stovetop cheese. The range of milk products found on the shelves in the Co-op will produce excellent fresh cheese.

Getting Started: Equipment

Grab a stainless steel or enameled pot, a food-safe thermometer, a big slotted spoon, and a colander or metal strainer which you will sit over a bowl or in the sink. You don’t have to create a sterile environment to make cheese, but be sure that your counter is clean and that the linen towels or cheesecloth (tight mesh variety) you use to line the strainer are fresh and clean. You can use anything for a mold. I love ramekins, muffin tins, and a toy miniature angel food pan. Recycled yogurt cups work well, too. You will need standard liquid measuring cups and spoons, and, of course, a stovetop. That’s really it.

The Process

The basic procedure for making cheese is essentially identical for nearly every style of fresh cheese, though ingredients and amounts, milk temperature, stirring and resting time, and molding/mixing options will vary. The minor variations result in different styles of cheese: smooth and spreadable cream cheese or ricotta, a feta-like chewy and moist crumble, or a stretchy and meltable mozzarella style.

The technique is always as follows:

- Pour milk products into the pot.
- Slowly bring milk to required temperature, stirring to keep skin from forming and scorching.
- Add the acid/coagulants when temperature is reached.
- As soon as curds form, lightly move the liquid.
- Remove from heat, and let curds and whey rest a minute or two.
- Pour the curds into the cheesecloth-lined strainer over bowl or sink, stirring a bit to dry curds.
- Add salt or other herbs and mix-ins.
- Gather the cloth to create a bundle, and hang to drain for a few minutes.
- Press into mold and let firm up to desired consistency.

The science is iron-clad. If you master one fresh cheese recipe, you can master them all. Just remember that the moment you add the acid, it's time to go on curd alert. When the nearly instant coagulation produces a host of creamy nuggets swimming in golden whey, you've made cheese! It's a *voilà* moment unlike any I have experienced in cooking. Eventually I figured out that in *The Farmer in the Dell*, *The Cheese* was alone at the end for a reason—cheese can be a little “stinky.” But as *The Cheese*, I won the joy of being the Farmer in the next game.

Easy and practically foolproof, stovetop cheese has an unbeatable freshness and tremendous versatility. This cheese stands alone.

RECIPE

The following recipe, appropriately called “First Timer’s Cheese,” says it all. Created by Claudia Lucero, author of a new cookbook (*One-hour Cheese*, Workman Press, May 2014), it contains just five steps, will teach you the basics, and takes only minutes. It is

great as either a savory herb or sweet cheese with dried fruits, nuts, and honey. Enjoy it on a baguette, sprinkled over salad, or spread on a cracker. It lasts for a week in the refrigerator.

First-Timer’s Cheese in 5 Steps (20 to 30 Minutes) by Claudia Lucero

Supplies you will need:

- 2-quart saucepan or stockpot
- slotted spoon or small mesh strainer
- 1-quart bowl

Ingredients

1 quart (4 cups) cow’s milk, any type
1/8 cup vinegar (basic white, white wine, or apple cider)
OR 1/8 cup lemon or lime juice
1/4 teaspoon salt to taste (sea salt, flake salt, or any salt you like)
Ground pepper and/or herbs of your choice (dry or fresh will work)

Instructions

Pour the milk into the saucepan and heat it on medium as you stir. Look for foam around the inside edges of the pot as well as little simmer bubbles coming from the bottom—not a rolling boil, but close.

When you see the bubbles as described, start slowly pouring in the vinegar (you may not need it all) and stir gently to incorporate it until you see the clear separation of curds (white solids) and whey (clearish liquid). The separation you see is called coagulation.

When you see coagulation and the liquid no longer looks like plain milk, turn the heat to low and stir the curds very, very gently as you cook them for 2 more minutes.

Turn off the heat and use the slotted spoon or strainer to scoop the curds into the bowl while leaving behind in the saucepan as much whey as possible. When you have all of the curds, drain any whey that has collected in the bowl. Add salt and pepper (and herbs, if you like) to taste. Stir them into the curds evenly and . . .

Voilà, YOU MADE CHEESE! To be specific, you made a directly acidified farmer-style cheese. It will taste great crumbled onto salads, pizza, tacos, and chili or just eaten simply with crusty bread and ripe tomatoes.

Did you time yourself? Well under an hour. (I told you!) Congratulations—this is just the beginning.

WHY DIETS DON'T WORK FOR MOST PEOPLE (AND WHAT DOES)

The healthful behaviors we know that can lead to improved health are eating a diet full of fruits and vegetables like the delicious berries at right; regular physical activity; adequate rest; and stress relief— behaviors that help at every weight.



by **Mary Saucier Choate**
M.S., R.D.N., L.D.
Food and Nutrition Educator

Many of us struggle with our weight or have a family member or friend who is always riding the diet roller coaster. People endure low-calorie diets and ambitious exercise programs and feel personally responsible when the lost weight returns.

They shouldn't be surprised. Many diets can get the weight off for the short term, but except for a tiny minority, diets don't work in the long term. In fact, UCLA researchers reviewing the results of fourteen long-term human diet and exercise studies found that while diets may lead to short-term weight loss, the losses are not maintained. The longer the study participants were followed, the more weight was regained.

Dieters feel bad when the weight returns but, in fact, those who are able to keep it off are the exception. Many factors influence weight far beyond a person's individual diet and exercise. These factors are not secrets by any means, but they are not often in the headlines or popular magazines.

The following are four important influences on weight that you may not be aware of.

Thrifty Genes

The Centers for Disease Control describes "thrifty genes" as fat-and-calorie-frugal genes that were favored in the past when food sources for early humans could be unpredictable. These genes may promote fat storage and a strong appetite and may lessen feelings of satiety (feeling full). This would be a benefit, especially for pregnant women, who, by using fat stores, might bring a pregnancy to fruition even during food scarcity. The same genes that helped our ancestors survive famines are now in an environment where food is easy to obtain, plentiful, and full of calories and fat. Research into the effects of the thrifty gene indicates that a sizable portion of the weight variation in adults may be due to genetic factors.

The Microbiome

The term "microbiome" refers to all of the microbes or bacteria that naturally live on our skin and in every orifice of our body. We are all covered in trillions of microbes; they outnumber human cells by ten to one! What is exciting to people interested in health and weight is that studies have revealed that certain mixes of gut bacteria may influence weight. These microbes may accomplish this by increasing the calories we are able to obtain from the food we eat and improving our



ability to store calories as fat, among other actions.

In a 2006 study published in the journal *Nature*, researchers were able to demonstrate that when the gut bacteria from obese mice were implanted into normal-weight mice, the body fat of the normal-weight mice increased despite any change in diet. Human studies have not been done yet, and the results of mice studies cannot be immediately transferred to humans. Still, this will be research to follow.

Environmental Chemicals

Certain chemicals found in water and food may affect how easily some people gain weight. These compounds are known as chemical “obesogens” and may be from sources such as foods, pharmaceuticals, and industrial compounds. These obesogens can be found in common, everyday items ranging from handbags, wallpaper, vinyl blinds, and tile, as well as in scented air fresheners, laundry products, and personal care products.

The research is still very preliminary. Scientists are working on identifying which compounds might be the most likely to cause effects and which still need more study. Researchers are looking for which compounds and exposure levels trigger changes in how we digest food and store fat and the number and size of fat cells we create, as well as changes in hormones affecting appetite, satiety, and food preferences. Until we know

more, it can be difficult to make meaningful changes that will decrease our obesogen exposure.

To-be-defined Factors

Genes, the microbiome, and environmental chemicals are all important factors, and there are many more. The final factor, in this list of four, actually refers to potentially many more as yet unidentified factors. The “canaries in the coal mine” study, published in the *Proceedings of the Royal Society* in 2010, showed clearly what we don’t know about the causes behind weight gain and obesity. Researchers looked at representative samples from 24 populations of animals representing eight species. They looked at wild animals such as rats, domestic pets, and animals such as rats and mice bred for uses in labs. They found that in all of the animal populations the trend was toward increasing body weight over time.

While one might explain the increasing weight of the pet population as being a result of not being walked enough and being fed high-calorie foods and table scraps, this explanation falls apart when discussing the weight gain in wild rats; no one is forgetting to talk them out for a stroll, and they are foraging and moving as they always have. But lab rodents? Researchers feed them a standard calorie chow and expect them to remain at a stable weight.

PLEASE SEE DIETS, PAGE 19



BRING ON THE BRANDYWINES!

Being indeterminate means that the Brandywine plant keeps on flowering and bearing fruit until it's killed by frost. This results in plenty of large green tomatoes at the end of the season, perfect for frying.

SUMMER ON A PLATE

by **Rosemary Fifield**
Director, Education and Member Services

What is your favorite taste of summer?

I love the wonderfully sweet and juicy Pennsylvania and New Hampshire peaches the Co-op carries, and will eat one every morning during peach season, mixed with Greek yogurt and a nutty granola.

Local berries, either cultivated or plucked off thorny wild bushes at the edge of the woods, are superb summer treats. Alone, or combined with succulent peaches, they make incredible cobblers, pies, and parfaits as well as the classic Peach Melba—a

combination of peaches, vanilla ice cream, and raspberry sauce.

Never a big fan of the average green bean, I savor my homegrown flat Italian green beans with their meaty texture and distinctive flavor.

Yet, if I were required to choose only one “taste of summer,” hands down it would be a fresh, sun-ripened tomato still warm from the garden.

Bring on the Brandywines

I grow several tomato varieties each year, each with different characteristics and maturity times, but

PLEASE SEE SUMMER, PAGE 19

SUMMER, CONTINUED FROM PAGE 17

my favorite has always been Brandywine, an heirloom cultivar that dates back to the nineteenth century. It is indeterminate, which means it keeps on growing and needs to be staked, and its pinkish fruit is large, sometimes green at the shoulders, and often misshapen. Its simultaneously sweet and acidic flavor is, for me, the definition of how a tomato should taste.

While I might can or cook other tomatoes from my garden, I prefer to eat the Brandywines fresh. A summery BTC—bacon, tomato, and cucumber—sandwich on toast is a highly anticipated lunch. A single tomato splayed into eight wedges “stuffed” with a tuna and celery mayonnaise salad offers a simple, yet exquisite, combination of flavors and textures.

A quick and tasty fresh tomato sauce for pasta not only preserves the flavor of the tomato, but releases even more flavorful volatiles when the room-temperature mixture hits the hot pasta. In a non-reactive bowl, I combine chopped fresh tomato, fresh basil and garlic, salt, and good olive oil. Depending on whom I’m sharing it with, I might add capers, chopped olives, or red pepper flakes. I allow the flavors to develop at room temperature, counting on the natural acidity of the heirloom tomato to keep the sauce food-safe. Add it to hot, well-drained chunky pasta like penne or farfalle, and you have an amazingly wonderful summer dish that can be served warm or at room temperature.

Being indeterminate means that the Brandywine plant keeps on flowering and bearing fruit until it’s killed by frost. This results in plenty of large green tomatoes at the end of the season, perfect for frying. Their wonderful acidity plays nicely against the crunchy sweetness of the cornmeal coating. Just cut the sturdy tomato into thick slices, dip into a mixture of beaten egg and milk or buttermilk, and dredge in a fifty-fifty combination of flour (semolina works well) and cornmeal. Fry in olive or canola oil, blot with a clean paper towel, and salt to taste.

Oh, and in case you didn’t know this already, never store fresh tomatoes in the refrigerator. Like their relative, the potato, tomatoes don’t like being cold. Chilly temperatures will break down the membranes, causing the fruit to become mealy, and the aromatic volatiles responsible for classic tomato flavor will be destroyed. If your tomatoes become too ripe sitting on the counter, face the music and turn them into sauce or salsa.

DIETS, CONTINUED FROM PAGE 17

This consistent weight increase among animals living in widely different environments suggested to the researchers that the causes of increasing body weight may involve several still-to-be-identified factors. They put forward ideas such as viral infection, the effect of climate change, genetics, and several other possibilities. But refreshingly, they admitted that they didn’t know and that more research is needed to tease out these factors.

What Does Work

The research going on in obesity and weight makes it very clear that we don’t know what we don’t know. And to keep acting like we do know what causes weight gain can actually cause harm.

A person may keep cutting calories and increasing their exercise intensity until they actually cause injury and still not reach their weight goal. This is especially a risk among children and adolescents, but adults are also affected.

Add to this the personal feelings of stress and depression from not succeeding even when “doing everything right.” A heavy person may have the same eating and activity behaviors as a slender person who is not affected by some or all of these factors. The research is clear: weight is not a reliable measure of calorie intake or activity level.

A better approach might be to move toward the behaviors we know will help to improve health, whether or not weight loss follows. The healthful behaviors we know that can lead to improved health are eating a diet full of fruits and vegetables, whole grains, plant oils, and other whole foods; regular physical activity; adequate rest; and stress relief— behaviors that help at every weight.

GET CLASS!



THINGS ARE HEATING UP AT THE CULINARY LEARNING CENTER

Cooking classes are a popular Co-op tradition, and our cooking class program is now better than ever! Co-op Chef Eli Morse and his fellow top-notch instructors make learning easy and fun, and it's a great opportunity to socialize with your fellow foodies and cooperators, too!

Look for the class schedule in stores or at coopfoodstore.coop/classes. All classes include extensive samples or a meal, so come to class prepared to learn and eat! Unless otherwise indicated, all classes are located in our beautiful new Co-op Culinary Learning Center located at the Lebanon Co-op Food Store in Centerra Marketplace in Lebanon, New Hampshire.

LOOK FOR THE CLASS SCHEDULE IN STORES OR AT COOPFOODSTORE.COOP/CLASSES



Registration and Payment

Register and pay for the class in person at either the Hanover or Lebanon Service Desk or by phone at (603) 643-2667. Payment is expected when you register and will confirm your place in the class. You will receive a full refund if the Co-op has to cancel class due to weather, instructor illness, or other unexpected circumstances, or if you cancel with our Service Desk staff at least five full days before the class takes place.

Class Email List

Want to be among the first to hear of new classes or other developments in our class program? Join our e-mail list! To sign up, go to coopfoodstore.coop/enews or email us at comment@coopfoodstore.com.



Top, Co-op Chef Eli Morse leads class at the Culinary Learning Center. Insert: Co-op Dietitian and class instructor Mary Saucier Choate prepares a vegetarian dish during a class.





by Ken Davis
Co-op Education Department

PARTNERS

JULY CO-OP PARTNER: THE FAMILY PLACE PARENT-CHILD CENTER

First started in the late 1980s, Vermont's Parent Child Centers are viewed throughout the nation as a model for community-based domestic intervention. Specifically, they provide services to families who need extra help while the children are young, and believe that strong, flexible family-centered support makes a more lasting difference than a rigid, methodical approach.

Such is the philosophy behind The Family Place, the Co-op's July Community Partner of the month.

With nearly 30 years of service to the Upper Valley, The Family Place is a parent-child center located in Norwich, Vermont. The Family Place supports the positive growth and development of all parents by offering services that encourage families to build upon their many strengths. Services and programs include child advocacy; childcare and childcare financial support; early intervention outreach; playgroups; nursing support; and much more.

BE A CO-OP COMMUNITY PARTNER!

Our Community Partner program offers an opportunity for Co-op shoppers to donate at the registers to a local non-profit organization each month. Started in 2002, the Co-op Community Partner program has given tens of thousands of dollars to local non-profits over the years and has proven so successful that it has created a waiting list of worthy organizations spreading into 2018. Want to become a Co-op Community Partner? Email comment@coopfoodstore.com or call Ken Davis at 603-640-6544.

How you can help:

- Make a cash contribution at the registers when you shop at the Co-op Food Stores, Community Market, or Service Center during July.
- Contact The Family Place to learn about volunteer opportunities by calling (802) 649-3268.
- Visit www.familyplacevt.org to learn more.

AUGUST PARTNER: HEADREST

In 1971 on the campus of Dartmouth College, a few concerned people on a shoestring budget created a telephone hotline to provide free crisis-intervention and addiction-intervention services to residents of the Upper Valley. As the need grew, so did the organization, expanding both its programs and its reach over the years in order to serve as many clients as volunteers could handle.

Headrest

Today, Headrest is a yearly Co-op Community Partner—one that supports clients in the Upper Valley and beyond with a wide variety of services primarily devoted to combating drug and alcohol addiction. Because the need is so great, the group's ability to provide care is nearly always at capacity, so Headrest needs your support! The organization's clients have little or no financial means for therapy and support, and often have nowhere else to turn.

How you can help:

- Make a cash contribution at the registers when you shop at the Co-op Food Stores, Community Market, or Service Center during August.
- Contact Headrest to learn about volunteer opportunities by calling (603) 448-4400.
- Visit www.headrest.org to learn more about the organization's history and programs.

SEPTEMBER PARTNER: UPPER VALLEY HUMANE SOCIETY

Dogs and cats can tug at the heartstrings while they wait for a loving home—looking up at a potential adoptive family with sad eyes and longing faces that beg, “Adopt me!”

In our area, the Upper Valley Humane Society has been matching pets to homes for more than 50 years. (That's more than 350 dog years, for those of you doing the math.)

UVHS began as a simple pet foster care network in 1959, subsequently opening a shelter in Plainfield, New Hampshire, in 1972.

When the need for the shelter outgrew the location's capabilities, the organization moved to its current location in Enfield, New Hampshire, in 1990. A resource center opened in 2002, bringing indoor training facilities, a surgery suite, and administrative space to the shelter.

UVHS has received national recognition from the American Society for the Prevention of Cruelty to Animals and the Humane Society of the United States.

How you can help:

- Make a cash contribution at the registers when you shop at the Co-op Food Stores, Community Market, or Service Center during September.
- Contact UVHS to learn about volunteer opportunities by calling (603) 448-6888.
- Visit www.uvhs.org to learn more.

coming up at the co-op



FREE FAMILY FUN!

CO-OP PRODUCERS FAIR
LEBANON STORE
AUGUST 9, 2014
10 AM TO 2 PM
RAIN OR SHINE!

PRODUCERS FAIR, CONTINUED FROM FRONT COVER

Combine two small events into one big one!

The idea of a combined Dairy Day/Producers Fair event took hold and quickly became a reality. And this year, the Co-op's new, large, fun, and forever-free celebration of summer will take place on Saturday, August 9, from 10 a.m. to 2 p.m., at the Lebanon Co-op Food Store on Rt. 120 in Lebanon, New Hampshire. Rain or shine, fun for young and old, with small family farms at the heart of it all.

The New and Improved Producers Fair

This newer, bigger, and better Producers Fair will spread far deeper into our Lebanon Store parking lot than ever before—with more samples, vendors, products, and activities for kids than the Co-op has ever pulled together in one place.

As always, all the fun is offered for free and features plenty for both young and old to enjoy. We look forward to seeing you there, and our thanks to all the many vendors and growers and food producers who work so hard to make a great event for so many people!