



SEPTEMBER 2026

Newsletter

Seasonal Offerings

As we enter into a new month on the tail of the lunar eclipse in Pisces, we welcome in a season of change. Being in the last sign of the Zodiac Wheel marks the clear completion of a chapter in our journey. This is where we ask ourselves to release what needs to end in order to make space for something new, orienting towards the future we aspire to experience. What are you centering your energy on this new season?

New routines are starting and the anticipation of cooler temps have us at the threshold of fall. Have you felt the autumnal breezes blowing through the valley? Have you seen the glimpses of leaves readying to shift into their transitional colors? Break out your flannels, dust off your boots, and come on into the coop to get your cozy essentials.

We have some fall favorites in store to escort you into the season: mums, apples, squash, cider, cinnamon cider syrup, plus more awesome sales! **Member sales** continue and at the end of the month we have our **Inventory Sale!** Be sure to check out what else is on sale from the Co-op flyer for more sweet savings!



Autumn Reflections by Pamela Perkins

Walking into the co-op today, I was greeted by golden-yellow, cream, and crimson sunflower bouquets, bunches of local tricolor carrots, and bags of crisp, new apples in the produce coolers. Summer gives way to an emergent Autumn tapestry in the surrounding hillsides and meadows.

There is a palpable change to both warmth and light, hinting at uncertain times in the long cold season ahead of us.

But Autumn is also the season of metamorphosis, of outer summer vitality into quiet inner strength and resolve. With each dollar spent on local and regional products, we contribute to our collective positive impact on preserving the health of our water and soil, our farms, and community resilience.

A Message from our General Manager, Darrion!

I want to extend some gratitude to our staff and membership for working through our initiative to capture actual member participation in our co-op. Starting in July, we began asking for member names to enter into our system during the checkout process. The goal was to get an accurate number of purchasing participation from our members. This more accurate data will help us better report to the board and membership to inform our decisions as we move towards the future. It also allowed us to extend member specific sales to pass along additional savings to our UVFC members. There were some bumps in the road, as to be expected in any change, but we learned. You were patient and it's becoming a more seamless process every day.

Is it working you might ask? The numbers are in and we certainly see a difference. In June, the percentage of member purchases came in at 5.1% of total sales. But, that's before we started actively entering in our member names. Fast forward to July and with our new data, 40.2% of our total purchases were from members! I imagine those percentages will climb as we continue to refine our process and everyone gets more accustomed to it. Again, thank you to the membership for working with us, and a huge thank you to the Front-End staff who had to navigate all the changes. You did so with grace and smiles. I am very grateful!



Darrion Whalen, GM



September Partner: Second Growth

Second Growth's mission is to reduce substance misuse and violence for adolescents. They work in schools and in the community to provide training, individual counseling, group support, and prevention education for young people. They work with our young community members to build the desired strength and resilience skills to improve their outcomes and help them safely navigate into adolescence.



Co-op Events



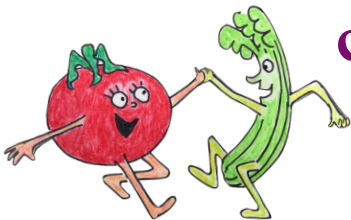
First Friday

Friday, September 4th, 11am-6pm

Ursa Major from Waterbury, VT set up a pop-up with their forest-infused face care products that are “made for skin and spirit”.

Ashley from **Lavender Fields** in Warner, NH gave a demo of their drinks with the beautiful lavender they grow on their farm!

Live music was performed by **Karim Houry!**



CLOSED for Labor Day Monday, September 7th

Aquatic Entomology

Saturday, September 12th, 2-4pm

Mink Brook Nature Preserve Hanover, VT

Join us for this special walk and talk led by local fisherman, **Thomas Ames Jr**, author of the authoritative field guide “Hatch Guide to New England Streams”, on aquatic entomology and the insects that are most essential to the fish species living in New England freshwater. Email education@upervalleyfood.coop to learn more.

Wellness Workshop

Wednesday, September 16th, 6-8pm

Join us in the classroom for The Interconnected Web: Medicinal Mushrooms, Herbs, and Mental Health workshop with **clinical herbalist, Karen Wiseman**. We’ll explore the body systems that affect mental well-being and ways we can work with the transformative power of medicinal mushrooms and herbs to support emotional health and wellbeing. Cost is \$20 per person. Email sunshine@upervalleyfood.coop to reserve your spot!

**Missed our Sip & Social?
Here are the recipes we showcased this month:**

Zucchini Fritters

- 4 cups shredded zucchini
- ⅓ cup flour
- 2 lg eggs, beaten
- ¼ cup chives, diced
- ¼ cup grated parmesan
- 1 clove garlic, minced
- fresh basil, minced
- fresh oregano, minced
- salt & pepper to taste
- olive oil
- + bowl, colander, pan, spatula
- In a colander over a bowl, salt shredded zucchini and let sit for 15 mins. Then, squeeze out liquid and transfer to large bowl.
- Add rest of ingredients (minus the oil) and stir to combine.
- Heat a pan over medium heat and add the oil. Then, scoop the zucchini batter in and flatten lightly with a spatula.
- Sprinkle with salt and cook on each side for 3-5 minutes.

Green Beans a la Sharon C

- 2 lbs green beans
- ¼ cup oil
- 2 Tbs dijon mustard
- 2 Tbs rice vinegar
- 2 Tbs grated ginger
- 1 ½ Tbs sugar
- 1 clove garlic, diced
- 1 bunch scallions, diced
- salt and pepper to taste
- Steam green beans for 2 minutes (or to your preferred texture).
- Whisk together remaining ingredients to make the vinaigrette.
- Toss hot green beans in vinaigrette and enjoy!

Community Events

7th Annual Apple Festival + Pie Bake Off

Saturday, September 12th, 10:30am-2pm @ Cornerstone Community Center

Get ready for an apple-tastic time with music, dancing, raffles, games and crafts for kids, and more! There will also be vendors with bites to eat and locally produced goods to purchase. This event is guaranteed fun for all ages! Visit cccvt.org to learn more.

LebFest

Saturday, September 19th, 11am-3pm @ Colburn Park

A free, family-centered event for everyone, LebFest celebrates the Upper Valley community! There will be 90+ booths of activities, games, crafts, raffles, local vendors, music, and food. Get there early to try samples from local restaurants for the 6th Annual Mac & Cheese competition!

