



NOVEMBER 2024

Newsletter

STRENGTHEN NATIVE FOODWAYS



Co-op
deals.

Shop Co+op Deals on Field Day products —
for each product sold we'll donate 5¢ to NATIFS!
Oct. 30 – Dec. 3



Co-op Deals Giving Back

This November, get ready for gatherings with friends and family with big savings on **all Field Day products** at your co-op. Field Day is our value brand that offers high-quality, delicious food and household products at more affordable prices every day through Co+op Basics, making this savings event even more spectacular.

In recognition that the story of the first Thanksgiving perpetuates an inaccurate and harmful version of history, food co-ops across the country are making a collective donation to North American Traditional Indigenous Food Systems (NATIFS) this November. Food co-ops will donate \$0.05 for every Field Day product sold during this promotion.

Learn more about NATIFS at www.natifs.org

Getting Ready for the Holidays

It's November, and that means that the Holiday season is here. Let us help you prepare and stock up for the holiday cooking season! Put in your orders for Vermont-raised turkeys and pumpkin pies from the Lilac Deli. And take advantage of the sale on Field Day products, including flour, sugar, oils, and canned foods like pumpkin puree.

Turkey Orders

\$5.29/lb from Misty Knoll Farms

Raised exclusively on their farm in Vermont, fed a vegetarian diet, raised without antibiotics or ionophores. Orders should be placed with a cashier, and require a \$20 deposit.

Order by: Wednesday, November 14th

Pick-up: Tuesday or Wednesday, 11/26 or 11/27

Pumpkin Pie Orders

\$24.99 each

Homemade by the Lilac Deli with organic pie filling and a non-GMO crust (gluten-free available)

To place an order, call (802) 295-5804 and ask for the Deli.

Order by: Friday, November 22nd

Pick-up: Tuesday or Wednesday, 11/26 or 11/27



We will be CLOSED on Thanksgiving, November 28th

NOVEMBER

Co-op Calendar

13 (Wednesday)
3-5:30pm

Sew-op: Open Hours

Adult Open Hours are for ages 14 and up, and they are free and open to the public.

13 (Wednesday)
5:30-7pm

Fire Cider Workshop

Join local Clinical Herbalist and herb farmer, Sarah Shaw, for a fun and educational evening making the beloved herbal wellness tonic Fire Cider.

Cost: \$30 per person (includes all supplies & materials)

Space is limited and pre-registration is required!

Scan the QR code to register.



16 (Saturday)
1-3pm

Sew-op: Open Hours

Adult Open Hours are for ages 14 and up, and they are free and open to the public.

19 (Tuesday)
11am-5pm

Sew-op Holiday Craft Sale

The Sew-op will be downstairs in the store, selling homemade goodies, including fabric gift bags, as well as easy sewing projects to make your own holiday gifts!

19 (Tuesday)
1-3pm

Sew-op: Open Hours

Adult Open Hours are for ages 14 and up, and they are free and open to the public.

20 (Wednesday)
1-3pm

Sew-op: Open Hours

Adult Open Hours are for ages 14 and up, and they are free and open to the public.

20 (Wednesday)
3:30-5:30pm

Sew-op: KIDS Open Hours

Kids' Open Hours are for ages 7 to 14, and attendees should have some basic sewing experience. This is a great space for students to practice their sewing skills.

*Registration is required, as space is limited. Email info@uppervalleyfood.coop

21 (Thursday)
7-8:30pm

Documentary Club: The Last Ice

Join us at the Bugbee Senior Center for a screening of The Last Ice: Glacial Lake Hitchcock, and then engage in a Q&A with the filmmaker! Gregg T. Stott is a science teacher at Hanover High School.

*At the Bugbee Senior Center

THE HARTFORD COMMUNITY RESTORATIVE JUSTICE CENTER

The Hartford Community Restorative Justice Center works with community members, including those involved with the criminal legal system, to provide restorative justice-based programs and services. These programs include mediation, conflict resolution, restorative justice panels, transitional housing and reentry services, and encourage people to take responsibility for their actions, make amends to those they've affected, and build positive connections with the community.

Would you like to volunteer with us?

Contact Volunteer Coordinator Bryana Michitson:

bmichitson@hartfordjusticecenter.org

Hartford Justice Center office phone: 802-291-7173

