



FEBRUARY 2025

# Newsletter

## The LOVE-liest Day of the Year

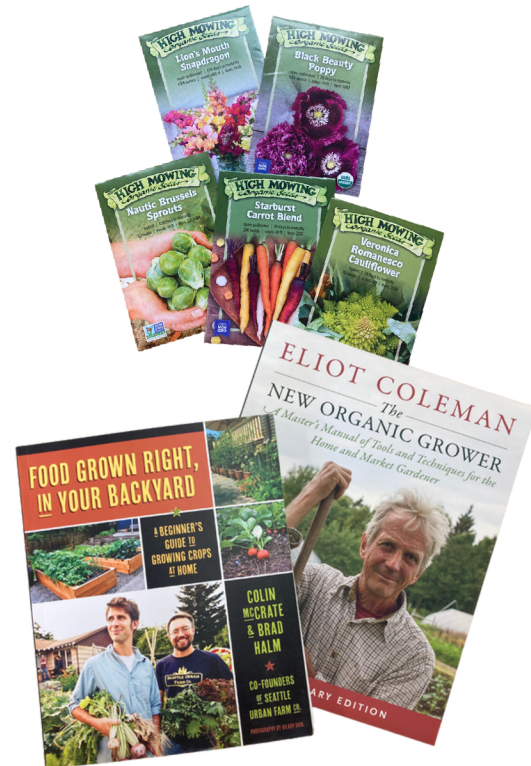
Valentine's Day is right around the corner! Come by the Co-op and pick up something special for your special someone. You'll find (organic) **heart-shaped sugar cookies** in the Deli, (local) **dried flower bouquets** in Produce, and **rose-shaped candles** in the Gifts Corner. Not to mention that our wall of **chocolate bars** is covered in sale signs! We also have **kids Valentine Cards** they can hand out at school or to friends and family.



## Dreaming of Spring

It's never too early to start garden planning, and we're stocking up on everything you'll need to prepare! **New seeds** have just arrived from High Mowing Organic Seeds, and this year we have a great selection of flower varieties in addition to our usual (and unusual) vegetable varieties. Don't be that person who said, "I ordered my seeds online because I couldn't find the varieties I wanted, and here they are at the Co-op!"

In our Gift Corner, you'll find **compost** from Vermont Compost Company, as well as **worm castings** from Black Dirt Farm, a Vermont family farm. And if you're looking for some guidance or inspiration in the garden, pick up one of our **gardening books!**



## Community Connections (Free Coffee with a Board Member)

Our Board of Directors is hosting a new series called "Community Connections"! Enjoy a free cup of delicious Lilac Deli coffee while chatting with current members of the Board. Learn about their goals and vision for the Co-op, how they connect with and represent the members of UVFC, and most importantly, let them convince you to join the Board!

The first Community Connection will be **Saturday, February 22nd, 9-10am**

This event will take place in the store, at the eating tables where the carts used to be located.



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# In the Community



## THE FARMER'S SHARE PODCAST

The Farmer's Share is a behind the scenes podcast where we visit with farmers and learn what it takes to be a sustainable produce grower across people, profits and our planet. This show is hosted and produced by Andy Chamberlain, in connection with University of Vermont Extension.

The show focuses on sustainable agriculture, specifically learning how farmers are achieving the triple bottom line of sustainability which covers the areas of social, economic and environmental impacts. With a focus on fruit and vegetable growers under 100 tillable acres.

Farmers that have been interviewed on the show include; Jon Cohen of Deep Meadow Farm, Geo Honigford of Hurricane Flats Farm, Pooh Sprague of Edgewater Farm, and Jake Guest of Killdeer Farm.

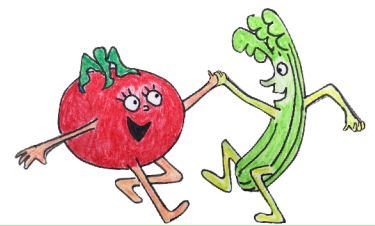
Interviews are around an hour and a half long, and if you visit the podcast's website you can see a gallery of photos from Andy's visit to each farm.

## VERMONT ADULT LEARNING

Vermont Adult Learning's mission is to create an innovative, inclusive, and equitable learning environment that provides personalized opportunities for education and career development for Vermont residents by building relationships, strengthening communities, and fostering lifelong learning.


Tune in to "Across the Fence" on WCAX-TV on Wednesday, February 12th for a conversation with VAL Executive Director, Tara Brooks! Tara sat down with host Joleil Whitney to chat about VAL's history, funding streams/challenges, and the importance of adult education for Vermonters. Check it out on the 12th at 12:15pm!

"Across the Fence" is a daily, 15-minute television program co-produced by University of Vermont Extension and WCAX-TV, Channel 3. Visit their website: [www.uvm.edu/extension/across-fence](http://www.uvm.edu/extension/across-fence) to watch the interview online.



**COMMON CENTS**

Our FEBRUARY partner is...

 **Vermont Adult Learning**  
*Learning Lasts a Lifetime!*

Helping adult learners, ages 16 and older, acquire reading, writing, math, and computer skills

**LET YOUR CASHIER KNOW  
YOU'D LIKE TO ROUND UP!**