



JANUARY 2024

At the Store

ENDING OUR CURBSIDE SERVICE

We at the Upper Valley Food Co-op have decided it's time to retire the curbside shopping option from our services. The Upper Valley Food Co-op was one of the first retailers in the area to adopt this shopping option as a way to safely ensure we could continue to serve the community and keep our doors "open" as the pandemic unfolded.

It was not always easy. There was a lot of trial, error, and learning every step of the way. We want to thank our amazing staff who did their absolute best to keep the community safe and fed throughout that stressful time.

As we move into 2024, we are focusing our energy on stocking our shelves with all you may need and providing outstanding customer service along the way. If you are ever in need of contactless shopping, you can still give us a call and we will do our best to assist you.

Thank you so much to our members and community for continuing to support the co-op year after year, and here's to many more!

If you have any question or concerns, don't hesitate to reach out.



KERRY R.

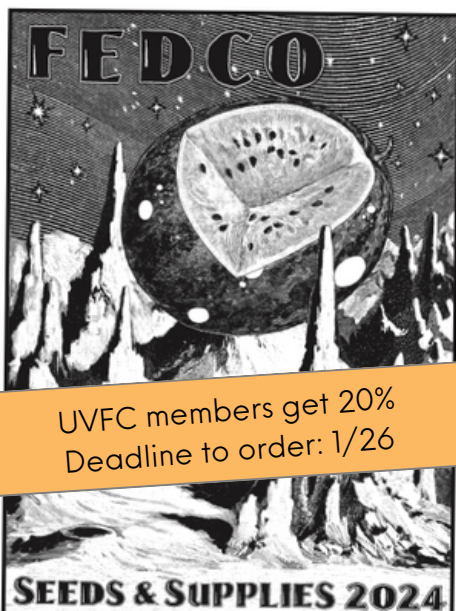
BOARD MEMBER

What do you love about UVFC?

I love feeling connected to other board members and our coop. It's important to me to feel that I am helping to represent the membership in a way that is authentic and useful.

Favorite Product:

Barbara's jalapeño cheese puffs!



GARDEN SEEDS!

It's January, and you know what that means! Time to start planning your garden! There are so many opportunities for picking out seeds.

FEDCO Seed Order

We are doing our annual FEDCO seed order! UVFC members can put in their order through us and receive a 20% discount. Deadline to place an order is January 26th.

UVSS Community Seed Swap

The Upper Valley Seed Savers is holding their winter seed swap! Bring seeds to share if you have some, but you don't have to have seeds to share in order to receive seeds!

Sunday 1/28, 1-3pm, upstairs at the Upper Valley Food Co-op

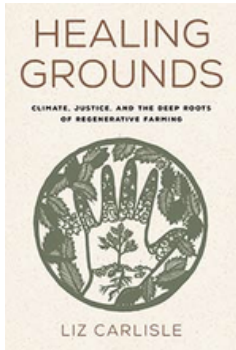
High Mowing Seeds

We'll have seed packets out for purchase this week!



JANUARY 2024

In the Community



BOOK RECOMMENDATION:

HEALING GROUNDS BY LIZ CARLISLE

BY CAT BUXTON, CO-OP MEMBER

Healing Grounds: Climate, Justice, and the Deep Roots of Regenerative Farming lays out important slices of the historical relationship humans have had with land that I feel like we should all have learned as a base of our knowledge.

The global story is that 80% of the remaining biodiversity in the world is (and has always been) stewarded by Indigenous Peoples. Healing Grounds introduces us to communities all around us that hold traditional ecological knowledge in their very way of being - people who live in a reciprocal relationship with land.

As we move through the climate crisis, all sorts of schemes with flashy marketing gimmicks are popping up, for example Carbon Markets, Payment for Ecosystem Services, and Nature Based Solutions, to name a few. They try hard to seem well intended, and in many cases may be. Don't be fooled! These are false solutions that have yet to result in ANY reduction in GHG emissions or measurable increased and sustained soil carbon. They have resulted in more indigenous people being displaced, increased pollution, and further loss of biodiversity.

We owe a debt to the sacrificed communities around the world who also hold the key to a livable future, the deep wisdom of living in reciprocity with all of our relatives, including the furred and gilled, legged and winged. This book helped to solidify my thinking on real solutions for a livable future and has deepened my drive to want to embody a Just Transition, as defined by the global majority, in all of my work and play.

BUT WHAT DOES SALVATION FARMS DO?

Have you ever wondered an organization like Salvation Farms really does? You're in luck! This winter, they're hosting a series of virtual gatherings to talk about the work that goes on behind the scenes. Check out their website to register for these free events.

January 18th, 6-7:30pm

Salvation Farms and its work with the Vermont Food Bank

February 29th, 6-7:30pm

What is Salvation Farms' Vermont Commodity Program

March 28th, 6-7:30pm

Salvation Farms - a thought leader and catalyst, how we've inspired and assisted others

Liz came to the Upper Valley in 2015 on her book tour for Lentil Underground (another great book!)



Our JANUARY partner is...



SALVATION FARMS

"Salvation Farms is playing a critical role in **reducing food insecurity and improving the health of Vermonters** by making fruits and vegetables more accessible and affordable."