



NOVEMBER 2023

# At the Store



## TURKEY ORDERS & PUMPKIN PIES!

It's that time of year again, when we gather with our friends and family to celebrate the harvest around us. If you're planning a more traditional Thanksgiving meal, consider ordering your locally-raised turkeys and home-made pumpkin pies through us!

If you'd like to add a pre-colonial dish to your table, consider something with corn, beans, or squash, commonly called the Three Sisters because indigenous peoples often grew them together. For an easy recipe, keep an eye out for our Three Sisters Succotash Recipe Card.

### Turkey Orders \$4.99/lb

Misty Knoll Turkeys are raised exclusively in Vermont. They must be ordered by Friday, November 13th, and picked up on Wednesday, November 22nd.

### Pumpkin Pies \$17.99 each

Our Lilac Deli will be making pumpkin pies, with regular or gluten-free crusts. They must be ordered by Friday, November 17th, and picked up on Wednesday, November 22nd.



## GROCERY MANAGER (32-40hrs/wk)

We are looking for the next Grocery Manager to lead the grocery department of the Upper Valley Food Co-op!

Responsibilities for this position include product ordering, merchandising, overseeing and training grocery staff members, and performing floor duties such as receiving and restocking product. The ideal candidate would be a team player, comfortable with Excel and Catapult, and have a flexible schedule. While grocery management and buying experience would be preferred, we are willing to train the right candidate to eventually assume full responsibility for Grocery operations and outcome.

Visit our website for a detailed job description.



The Upper Valley Food Co-op is an equal opportunity employer, and we are committed to providing an inclusive and welcoming environment for all members of our staff.



# In the Community

## REFLECTIONS ON A TALK BY ROWEN WHITE "SEEDS OF RESILIENCE: THE CULTURAL DIMENSION OF PLANT BIODIVERSITY"

BY SEBASTIEN RIANO, DARTMOUTH STUDENT,  
AND CHRIS SNEDDON, PROFESSOR OF GEOGRAPHY & ENV. STUDIES

On 20 October 2023, the Dartmouth community had the great fortune of hosting Rowen White, a Seedkeeper, farmer, and author, of the Mohawk of Akwesasne, whose lands straddle Canada and the U.S.



In a moment in history where much of our agriculture is based on single crop monocultures, Ms. White championed in her talk the importance of polyculture and biodiversity. She emphasized the absolutely critical importance of cultural diversity in preserving biological diversity. As a founding member of the Indigenous Seed Keepers Network, she emphasized the crucial role of indigenous leadership in preserving food sources and fostering the shift from a community of exploitation to one of care.

In Mohawk culture, different types of corn are used for various traditions. For instance, red corn is used for weddings, while multicolored corn is used in children's ceremonies. This fosters a generational obligation to continue the cultivation of a diverse range of corn species, thereby sustaining biodiversity and reinforcing agricultural resilience.

One of the more sobering yet vital points made by Ms. White is how the history of the United States is marked by deliberate attempts to sever indigenous ties to tribes' land and food sources, spanning from George Washington's directives to burn down indigenous food supplies during the American Revolution to the multiple counts of violent displacement that has characterized the histories of so many Indigenous Americans. These processes inhibited the passing of seeds across generations, greatly threatening a way of life and biodiversity.

But Ms. White also emphasized the importance of reviving and implementing traditions that support diversity of agriculture. She urges us to defend the value of all species in light of a changing climate in order to provide a wide range of seeds and other foodstuffs in order to promote adaptability.

## CHECKING ON OUR NEIGHBORS

As the winter weather settles in and leaving our houses becomes a more arduous task, let us remember to check on our neighbors, friends, and family members. Help shoveling a walkway, delivery of groceries or a warm meal, or even just a friendly conversation can have a huge impact on someone's day. Even a phone call, text, or email, just to ask if they need anything, can let them know that someone is thinking of them. Reach out to the people around you, that's how community holds us together.

"I have found it is the small things, everyday deeds of ordinary folk, that keeps the darkness at bay."

(Gandalf the Grey, in The Hobbit)

Our **NOVEMBER** partner is...

Visiting Nurse and Hospice for Vermont and New Hampshire

In more than 140 towns in Vermont and New Hampshire, they deliver excellence in nursing, rehabilitation, hospice, and personal care services.