



AUGUST 2023

# At the Store

## MEET AND GREET WITH DARRION



We know some of our members have been looking forward to getting to meet Darrion, our new General Manager! Find him on the porch with samples to share on the following days:

**Monday, August 7, 12-2pm**

**Tuesday, August 8, 2-4pm**

**Thursday, August 10, 3-5pm**

Check our facebook page for other Meet and Greet opportunities, or you can always contact Darrion through email:  
[darrion@uppervalleyfood.coop](mailto:darrion@uppervalleyfood.coop)

## A NOTE FROM PRODUCE

With the loss of crops across the state, you might see fewer "local" signs in our produce department, but we'll continue to bring in whatever local produce is available. We know that local corn will not be available from our usual suppliers, but we're hoping to get organic bi-color corn from Holton Farm in Westminster, VT.

## IT'S BACK-TO-SCHOOL SEASON!

AND CO+OP DEALS IS HAVING A BOGO EXTRAVAGANZA

It's August, and that means school is just around the corner! To celebrate this busy season, Co+op Deals will have a BOGO sale on healthy snacks and lunch fixings during the first two weeks of September. You'll also find BOGO sales in the first two weeks of August. So bring your shopping bags and stock up!

While you're filling your cart with snacks, don't forget to check out our gifts and home goods department! We have everything you need for a lunch at school or on-the-go, including insulated lunch boxes, bamboo utensils, reusable snack bags, and more!

We also have your classroom needs covered! We're bringing in notebooks, pens, pencils, scissors, glue sticks, markers, and more. As always, we aim to bring in products made with recycled materials or wrapped in recycled or minimal packaging, while still offering them at a price that you can afford.

Our AUGUST partner is...

**Good Neighbor Health Clinics**

A non-profit free health care facility providing free medical and dental care to uninsured and underinsured adult residents (18 and over) of the Upper Valley.

**SPECIAL STORE HOURS**

**CLOSED**

Labor Day  
September 4th

**Back-to-School Fuel**

**Buy One, Get One FREE**  
Aug. 30-Sept. 12



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# In the Community

## SUPPORT LOCAL FARMERS

From crop-killing frosts to torrential flooding, Vermont and New Hampshire farmers have been dealt some harsh blows this growing season. Now more than ever it's vital that we support these local farmers as they get their feet back under them.



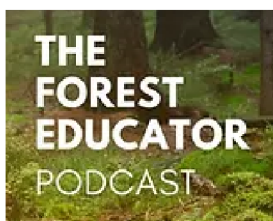
One of the best ways you can help support local farmers is to buy their produce. Whether it's at their farm stand, a farmer's market, or on the shelves of a store like the Upper Valley Food Co-op, your patronage is what keeps our local farms up and running. So the next time you're in the store, keep an eye out for the "local" sign that lets you know your produce is coming from a Vermont neighbor like Deep Meadow Farm in Ascutney, VT, or Hurricane Flats in South Royalton, VT.

## PODCAST RECOMMENDATION: THE FOREST EDUCATOR

BY PAMELA PERKINS, BOARD MEMBER

When you bring children into direct experiential contact with the natural world, through guided, hands-on interactions with the vibrant life found in fields and forests, you foster empathy and compassion for all living creatures. This forms the foundation for building respect and a sense of responsibility to protect and nurture the environment. This is where commitment to local, regional and global environmental protection and regeneration begins: with our children.

However, we are never too old to expand our own understanding, awe, delight and fascination with the myriad of creatures in and on the land, air, and water of our planet.



Check out Ricardo Sierra's newly launched podcast ([www.foresteducator.com](http://www.foresteducator.com)) for in-depth interviews, forest 'spotlights' on new crafts, skills, program development and stories each Monday and Thursday on all of your favorite podcast apps and platforms!

## Community Learning

Climate Speaker Stories:  
Nature-based Solutions for  
Climate Resilience  
**Wed, Aug 9th 7pm**  
Root Schoolhouse in Norwich, VT  
FREE

Harvest, Taste, Create, Play  
**Sat, Aug 12th 9am OR 10am**  
Cedar Circle Farm in Thetford, VT  
\$5 per person per activity /  
\$10 per family per activity /  
Kid-friendly activities are FREE  
Registration required!

Tai Chi  
**Mon, Aug 14th 9:30-10:30am**  
Bugbee Center in WRJ, VT  
\$3

Drawing from Nature:  
Explore the Forest  
**Sat, Aug 19th 9am-12pm**  
VINS in Quechee, VT  
\$50 general public /  
\$45 VINS member  
Registration required!

Bugbee Talks: Gary McKenney  
Powerline Electrician  
**Wed, Aug 30th 1-2pm**  
Bugbee Center in WRJ, VT  
FREE