



SEPTEMBER 2023

At the Store

MEMBERS! JOIN US AT OUR...



ANNUAL MEETING POTLUCK

Please join us for a potluck gathering with the board of directors, co-op staff, and fellow members! We'll have kid-friendly activities and goodie bags to give away. Come and enjoy a delicious meal with good company!

Don't have the time to make a dish? No worries! Our Lilac Deli will be providing soup and bread to share! Bring yourself (and your family!) and we'll be happy to see you!



Sunday, October 1st, 4-5:30pm

We'll be closing the store an hour early so that all our staff is able to join in the outdoor festivities.

MEMBERS! DON'T FORGET TO CAST YOUR VOTE FOR THE BOARD OF DIRECTORS ELECTION

WHY YOU SHOULD VOTE: The Board of Directors is comprised of co-op members, elected by their fellow co-op members. This democratic process is the 2nd co-operative principle, and is vital in making sure that the board truly represents the wants and needs of the membership.

HOW TO VOTE: We will be mailing out the paper ballots directly to your home*, or you can pick up a ballot in-store to fill out. You can also email info@uppervalleyfood.coop to find out how to vote online.

*This is a great time to update your contact info with us!





SEPTEMBER 2023

In the Community

LOCAL TREE FRUIT MAY BE SCARCE THIS FALL

BY TINA BARNEY, FARMER AND BOARD MEMBER

Have you noticed that hyperlocal tree fruits are scarce this year? Unseasonable temperature variation hit Upper Valley trees this spring, right when they were vulnerable. Most affected trees are stone fruit: cherries, peaches, plums; pome fruits: apples and pears; nut trees: butternut, black walnut, shagbark hickory; and exotics like paw-paws and persimmons.



Old Vermont garden wisdom is to plant frost-sensitive vegetables after Memorial Day; traditionally, the last frost date is around May 30th. May 2023's hard frost in our county was mid-month, totally within that expected window, so what was the problem? Answer: the unseasonably warm spell earlier in the spring, with temps of 70 to 80F. This cued fruit and nut trees to "break dormancy" too soon. They sent out tender leaves, opened blossoms, and lengthened pollen-bearing structures, then in mid-May, temps dropped to 24F or lower, freezing and killing blossoms and young leaves. Trees did their best to start over again from reserve leaf buds, but blossoms and pollen structures were gone for the season. Young and stressed trees died, lacking the energy reserves to make a new set of leaves, or succumbing to diseases that prey on tender leaves and spread quickly in persistently wet weather.

In temperate climates, tree fruits and nuts have a short window in which to flower, get cross-pollinated, develop a fruit to maturity, shed the fruit, and prepare for winter. They get a head start by developing flower buds and pollen structures the previous year, alongside the growing fruit or nut crop. The tiny dormant buds lie along this year's twig, and can be seen after the leaves fall. They are covered by a protective sheath that seals out the extreme winter wind. In fall, fruit and leaves drop, so energy needs of the upper tree basically stop. Nutrients go down to the roots. The tree rests until warm temperatures of spring cue activity to resume. Ideally, the temperature that cues this reawakening happens when the risk of frost is safely past.

Thus, our fruit may come from a bit farther away this year. We can hope for more seasonable sequences of temperatures here in 2024, with a return of the local tree fruits and nuts you've come to enjoy.

Community Learning

Electrify Everything:
Make a Home Action Plan
Wed, Sept 6th 7pm
Root Schoolhouse in Norwich, VT
FREE

Casino: Cuban Social Dance
Tuesdays starting Sept 19th 7pm
Open Door in WRJ, VT
\$15 per class
Registration required!

Affordable Energy Resource Fair
Sat, Sept 23rd 11am-2pm (drop-in)
LISTEN Community Dinner Hall
in WRJ, VT - FREE

UV Scrabble Club
Sun, Sept 24th 6pm
The Fourth Place in Hanover, NH
FREE

September is National Recovery Month. Your round up donations this month will go to Second Wind Turning Point, which supports UV residents on the path to recovery.



Our **SEPTEMBER** partner is...



Upper Valley Turning Point seeks to foster an environment in which people with addictive illness are accepted, treated, and supported as any other patient.