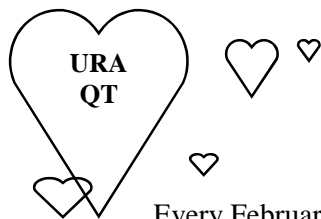




**Middlebury Natural Foods Cooperative**  
*Dedicated to the Health and Wellbeing of the Whole Community*



## **Be Mine**

### **A Short History**

### **of Valentine's Day**

Every February, across the country, candy, flowers, and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and why do we celebrate this holiday? The history of Valentine's Day — and its patron saint — is shrouded in mystery. But we do know that February has long been a month of romance. St. Valentine's Day, as we know it today, contains vestiges of both Christian and ancient Roman tradition. So, who was Saint Valentine and how did he become associated with this ancient rite? Today, the Catholic Church recognizes at least three different saints named Valentine or Valentinus, all of whom were martyred.

One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men — his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

**continued on page 10**

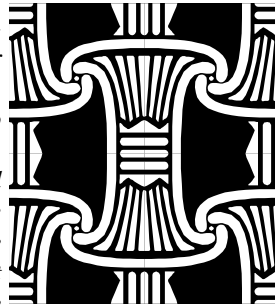
## **MNFC Newsletter**

A Monthly Publication of the  
Middlebury Natural Foods Cooperative

Editor - Reiner Winkler

Printed at *The Little Pressroom*, Middlebury, Vermont.

*The purpose of the MNFC Newsletter is to provide a means of communication between the Co-op and its general membership. Its aim is to provide a forum, which promotes an awareness of social, health, political, economic, technological, and environmental issues as they relate to food and other products sold by the Co-op. In addition, the Newsletter provides a medium to introduce the Co-op and its products and services to the general public. The format is intended for educational debate and discussion. Your letters of opinion and article submissions are welcome and encouraged. The views expressed in the MNFC Newsletter do not necessarily reflect the policies or beliefs on the Middlebury Natural Foods Cooperative as a whole.*



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### **Middlebury Co-op Ends Statement**

*MNFC member owners, customers,  
and the community benefit from:*

- ◆ **Healthy Foods**
- ◆ **Vibrant Local Economy**
- ◆ **Environmentally Sustainable  
and Energy-Efficient Practices**
- ◆ **Cooperative Democratic  
Ownership**



**Dear Middlebury Members  
and Friends of Middlebury Co-op,**

Welcome February, which is celebrated (in much warmer climates) as the beginning of Spring! What we have in Vermont is a slight lengthening of daylight... at least something to celebrate!

Many of us celebrate Valentine's Day. If you wish to express your emotions to someone dear to you and you are looking for some kind of token... you will find lots of good ideas at our Co-op:

- ♥ We have beautiful flowers, grown with a commitment to high environmentally responsible flower growing and labor standards.



- ♥ High quality chocolate. Our *Endangered Species* line of delicious chocolate, helping to conserve habitat for endangered species, will be on sale. (Did you know that approximately 100 animal species become extinct every day?).

- ♥ You'll find many choices of fine wine. During the week of February 11-17, *St. Hilaire* Sparkling Wine will be on sale.



- ♥ We will offer a variety of coffee sales, all Fair Trade and organically grown. One of our sales goes by the name of *Love Buzz!*



- ♥ We will offer a limited amount of organic strawberries if they are available (the harsh winter weather in Florida has had a detrimental impact on a number of produce items).

- ♥ Who says Valentine's Day gifts are limited to chocolate, flowers, and champagne? Be creative... how about a bag of spiced cashews, a wonderful cheese, or a pineapple? Cook a meal for your beloved one, go skiing, sing a song or write a poem. The options are endless. And most certainly, expressing emotions — directly or indirectly — is not limited to February 14.



Best Wishes,  
*Reiner*

*Gravitation is not responsible for people falling in love.*  
— Albert Einstein

*If you find it in your heart to care for somebody else,  
you will have succeeded.* — Maya Angelou

## CELEBRATING OUR LOCAL FOOD PRODUCERS



### Butterworks Farm

by Christine Lazor

*Butterworks Farm* is a farm located in the mountains of Vermont's pristine and unspoiled Northeast Kingdom. We are unique among New England organic dairies

and yogurt makers for a number of reasons. We've been farming organically for twenty-five years and are always willing to share our knowledge and experience. We are totally self-sufficient. We grow all the food our cows eat, including corn, oats, barley, soybeans, and alfalfa. All of our cows were born here on the farm. We have a *closed herd*, which means we don't buy cows from other farms. Since 1975, during our first days as homesteaders with just a family cow, we have been making our yogurt right here on the farm. We use only our own milk to produce this delicious yogurt. Our soils are sweet and mineralized. The extra special "nutty" flavor of our whole yogurt begins with the land we farm.

For over twenty-five years we have dedicated our lives to the ongoing process of nurturing the microbial life in our soil, thereby growing healthy crops for our cows and processing their milk into North America's purest and best tasting organic yogurt. We don't use antibiotics, hormones, herbicides or pesticides, so commonplace in the modern dairy farming. Instead, we promote life and health at all levels. We choose not to participate in the gross commercialization practiced by the present day food industry. We want to remain a small one-farm operation.

We have been selling our dairy products to the *Middlebury Natural Foods Co-op* since we were first licensed in 1984. We have had tremendous support from the Co-op and its members since the very beginning. The Co-op's interest and dedication to fine local products has helped make it possible for us to thrive in Vermont's natural foods marketplace.

Thank you for your continued support.



## CELEBRATING OUR LOCAL FOOD PRODUCERS



### Nutty Steph's Vermont Granola

By Jaquelyn "Nutty Steph" Rieke

I opened *Nutty Steph's* in 2003 out of my Montpelier home and immediately landed our granola in the bulk bins of the four largest co-ops around the state: Montpelier, Burlington, Brattleboro and Middlebury. At the same time,

I built up [www.nuttysteps.com](http://www.nuttysteps.com) so as to start the stream of out-of-state money coming *in* to Vermont!

We only sell one flavor of granola, and I named it *Nutty Steph's Vermont Granola*. For many who try it, it's the only granola they ever eat again. It's sweetened with maple syrup, packed with almonds, walnuts, hazelnuts and sunflower seeds, baked to a perfect crunch and packed by hand, with love, under the constant, discerning taste tests of our small, devoted team. We get it to the stores *immediately* so that customers get to enjoy Nutty Steph's Granola when it is *fresh!*

I have never known which direction to turn as I have navigated the *Nutty Steph's* ship, except through a deeply vulnerable listening process. I rely on my employees, our customers and my heart. Presently, we find ourselves at a wonderful location called Camp Meade in Middlesex, which we share with the *Red Hen Bakery* headquarters and cafe. It's home! Delving into chocolate has led us to develop a line of uniquely whole-fruit-and-nut-packed chocolate bars, dipped fruits, truffles, toffees and, of course lots and lots and lots of Magic Chunks! It's exciting and challenging to grow and change, but sticking to our roots is how we have survived.

The root of *Nutty Steph's* is Vermont Granola; our very own, one and only Vermont Granola. Our website has grown, our wholesale accounts have stretched across the country, and our line of products has grown, but our best-selling accounts remain the cooperatives of Burlington, Montpelier, Brattleboro and Middlebury. You all are our bread and butter, our trusty steeds, our knights in shining armor! Thank you, Middlebury Co-op, for all your support over the last seven years. We love making and selling our delicious granola to you and I'm not afraid to say so.

Enjoy!

## CELEBRATING OUR LOCAL FOOD PRODUCERS



### **Silly Cow Hot Chocolate** submitted by *Bread and Chocolate Co.*

It may seem a long way from being an urban planner to starting your own business, but in 1988 that is exactly what native Vermonter Jonathan M. Rutstein did. “I have always wanted to work for myself and start a company and see what I could accomplish in the market place,” and that is exactly what he did starting *Bread and Chocolate* with his wife Fran in November 1988. “At that time we had four recipes for Belgian chocolate dessert sauces, that is how we started. I went to a co-packer to develop the sauces and then went out and hit the road selling the product all over Vermont. That was some experience! I found I liked to sell and talk to people.”

Soon those talks lead to the Company’s signature product line: hot chocolate drink mixes. And as they say some twenty-one years later, the Company has become Vermont’s premier hot chocolate manufacturer, selling their product from Alaska to Spain. The Company started with three hot chocolate flavors and one product style. Today they have over 13 signature styles and 55 flavors!

But the best was yet to come for the Company. A year ago Rutstein got the idea to put a new organic style hot chocolate in a pint glass milk bottle. “We found the company that manufactures milk bottles,” Rutstein said, “and developed our pint *Sillycow* brand from their glass product. It has become the classic great idea!” Over the last year sales jumped twenty-two per cent, and so far for 2009 the Company’s sales are continuing on the same pace. The Company has recently signed an exclusive distribution agreement for the United Kingdom for their *Storytime* hot chocolate brand and has increased their distribution in the West and Southeast with major specialty food distributors. “It has taken a long time to reach this level of sales and distribution, but the Company finally has the right products for these economic times and beyond,” Rutstein said and indicated they already have new products for the Holiday 2009 and 2010 to bring to the market. “You can’t rest on your laurels, you have to keep one step ahead all the time. The economy presents great opportunities, you have to be nimble enough to take advantage of them.”

## Organic Pagoda Chinese Herbs



Certified Organic and from China? With all of the press about Chinese imports, it's essential to do your research and inquire about products' safety and quality from China. We are proud to announce the first certified organic herbal products from China where the virgin soil, rural water and air quality are all tested and guaranteed in addition to the herbs themselves. Kerry Jenni, licensed acupuncturist from Waterbury, has worked with herbal producers in China to achieve organic certifications from the OFDC, equivalent to USDA organic requirements with focus on sustainable growing practices. The integrity and efficacy of the herbs are maintained by growing in the specific bioregions that the herbs have been grown in for centuries. *Organic Pagoda Chinese Herbs* are 100% herbs, using no fillers or additives.

Kerry has chosen formulas from thousands of years of Traditional Chinese Medicine knowledge to treat today's common conditions. Coming down with a cold or flu? *Organic Pagoda's Cold and Flu Formula* is based on the classic formula *Yin Chiao San*, to be taken as soon as symptoms appear. **Joint Pain Relief Formula** blends modern research about turmeric for its anti-inflammatory properties with classic Chinese herbs for relief from arthritic joints, tennis elbow, and knee pains. Other formulas treat stress, migraines, and menopause symptoms. We're excited to bring the ancient science of Chinese herbalism to you, now certified organic. For further info visit the web at [organicpagoda.com](http://organicpagoda.com).

## Cooking Classes

*You may still sign up for our Cooking Classes. For more info, please call Denise at the Hannaford Career Center (382-1004). Price per class is \$25.*

**Wednesday, February 3 (5:30-7:30 pm)**

***Chicken Soup From Scratch***

**Wednesday, February 17 (5:30-7:30 pm)**

***Basic Bread Baking***

**Wednesday, March 3 (5:30-7:30 pm)**

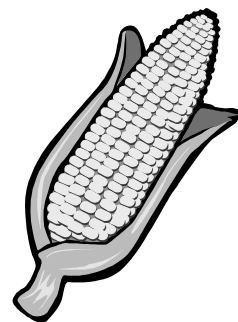
***Introduction to Grains***



# High Fructose Corn Syrup (HFCS) and Hydroxymethylfurfural (HMF)

by Ross Conrad

Sweeter and less expensive than sugar, High-Fructose Corn Syrup (HFCS) is responsible for one of the largest changes to the diet of the average U.S. American over the last 40 years. It now accounts for more than half the refined sweeteners used in the United States food supply.



## Health Issues Related to HFCS

Most of the corn grown in the United States today is genetically modified to produce a toxin to protect it from corn borers and other insects. This pesticide is produced in every cell in every part of the corn plant. As a result this poison also ends up in the final corn based products that are consumed, including HFCS. Adding to this concern is a corresponding increase in human health issues and degenerative diseases such as weight gain, diabetes, and heart disease that has occurred during the past 40 years and has been linked to the consumption of HFCS by numerous researchers. As if all this wasn't enough, two recent studies found toxic levels of mercury in almost half the samples of HFCS tested, and in about a third of the food products studied which contained corn syrup as an ingredient.

## Health Issues Related to HMF

Hydroxymethylfurfural (HMF) is a compound that is formed when fructose degrades after being exposed to heat while in the presence of an acid. In general, the warmer the temperature, the greater the production of HMF in HFCS with concentrations really jumping dramatically at temperatures of 120 degrees Fahrenheit and higher. HMF is suspected to play a role in human obesity and heart disease. In test tube studies, high levels of HMF has been linked to significant DNA damage in human cells. When HMF breaks down in the human body, it can create substances that are even more harmful than HMF itself.

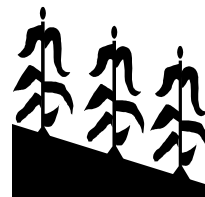
## Industry's Response

A visit to the *Corn Refiner's Association* (CRA) website waxes poetic about the virtues of HFCS with quotes such as "HFCS is the chemical and nutritional equivalent of table sugar (sucrose). The two substances have the same calories, the same chemical composition, and are metabolized identically."

The first part of this statement is basically true given the use of the word *equivalent* which can mean similar, but not the same. Both HFCS and sugar certainly have approximately the same number of calories and both are pure carbohydrate which means that they are both virtually devoid of vitamins and minerals. For this reason alone, such sugars should be avoided since they do not promote robust health. To state that HFCS and table sugar are *metabolized identically* is suspect however, given that sucrose is a disaccharide and HFCS contains a significant number of mono saccharides. Such statements rely on reports that ignore the large amount of research and the epidemiological correlation showing that HFCS is metabolized differently than sucrose.

The *Corn Refiner's Association* goes on to attempt to refute all the negative studies and reports on HFCS and hydroxymethylfurfural. They question the quality and accuracy of the studies that point to potential human health issues and cite other studies that seem to reach conflicting conclusions with regard to the effects of HFCS. They responded to the mercury contamination issue with misleading statements such as, "Our industry has used mercury-free versions of the two re-agents mentioned ..., hydrochloric acid and caustic soda, for several years", without referring to the fact that not all members of the industry have made the switch to using the mercury-free processing agents.

Corn processors would like the public to believe that the fructose in HFCS is the same as the fructose found in natural foods like fruit and honey. Most of the fructose found in fruit and honey is in the form of L-fructose or levulose; the fructose in HFCS is D-fructose which has a slightly different chemical structure. Fresh fruits can contain small amounts of D-fructose but the D-fructose in HFCS has the reversed isomerization and polarity of a refined fructose molecule. As a result, the fructose in HFCS is not used as an energy source by the human body because the body does not recognize the molecule and is not able to convert significant amounts of the fructose into glucose. Instead the highly refined sweetener is converted primarily into triglycerides and body fat.



### **What's A Consumer To Do?**

The industry response to the growing concerns over High Fructose Corn Syrup is eerily similar to the tobacco industry's efforts that deceived consumers into believing that cigarettes were safe and in some cases even healthy to smoke. After looking at the evidence it seems that the prudent approach would be to avoid human consumption of HFCS in all its forms. Food products containing corn syrup that are cooked or heated up before being consumed are especially risky due to the increase in HMF formation.

**Ross Conrad is a long-time Middlebury Co-op member. He is also a member of the Co-op Board of Directors. References are available upon request.**

Valentine's Day continued from page 1

Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons where they were often beaten and tortured.

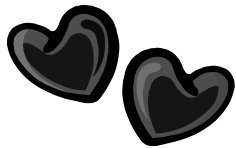
According to one legend, Valentine actually sent the first *valentine* greeting himself. While in prison, it is believed that Valentine fell in love with a young girl — possibly his jailor's daughter — who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed *From your Valentine*, an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories certainly emphasize his appeal as a sympathetic, heroic, and, most importantly, romantic figure. It's no surprise that by the Middle Ages, Valentine was one of the most popular saints in England and France.



While some believe that Valentine's Day is celebrated in the middle of February to commemorate the anniversary of Valentine's death or burial — which probably occurred around the year 270 — others claim that the Christian church may have decided to celebrate Valentine's feast day in the middle of February in an effort to christianize celebrations of the pagan *Lupercalia* festival. In ancient Rome, February was the official beginning of spring and was considered a time for purification. Houses were ritually cleansed by sweeping them out and then sprinkling salt and a type of wheat called *spelt* throughout their interiors. Lupercalia, which began at the ides of February, February 15, was a fertility festival dedicated to Faunus, the Roman god of agriculture, as well as to the Roman founders Romulus and Remus.

To begin the festival, members of the Luperci, an order of Roman priests, would gather at the sacred cave where the infants Romulus and Remus, the founders of Rome, were believed to have been cared for by a she-wolf or lupa. The priests would then sacrifice a goat, for fertility, and a dog, for purification.

The boys then sliced the goat's hide into strips, dipped them in the sacrificial blood and took to the streets, gently slapping both women and fields of crops with the goat hide strips. Far from being fearful, Roman women welcomed being touched with the hides because it was believed the strips would make them more fertile in the coming year. Later in the day, according to legend, all the young women in the city would place their names in a big urn. The city's bachelors would then each choose a name out of the urn and become paired for the year with his chosen woman. These matches often ended in marriage.



Pope Gelasius declared February 14 St. Valentine's Day around 498. The Roman lottery system for romantic pairing was deemed un-Christian and outlawed. Later, during the Middle Ages, it was commonly

believed in France and England that February 14 was the beginning of birds' mating season, which added to the idea that the middle of February — Valentine's Day — should be a day for romance. The oldest known valentine still in existence today is a poem written by Charles, Duke of Orleans, to his wife while he was imprisoned in the Tower of London following his capture at the Battle of Agincourt. The greeting, which was written in 1415, is part of the manuscript collection of the British Library in London. Several years later, it is believed that King Henry V hired a writer named John Lydgate to compose a valentine note to Catherine of Valois.

In Great Britain, Valentine's Day began to be popularly celebrated around the seventeenth century. By the middle of the eighteenth century, it was common for friends and lovers in all social classes to exchange small tokens of affection or handwritten notes. By the end of the century, printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings. Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A. Howland began selling the first mass-produced valentines in America. Esther Howland is known as the *Mother of the Valentine*. Her first cards were elaborate creations with real lace, ribbons and colorful pictures known as *scrap*.



According to the Greeting Card Association, an estimated one billion valentine cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. (An estimated 2.6 billion cards are sent for Christmas.)

Approximately 85 percent of all valentines are purchased by women. In addition to the United States, Valentine's Day is celebrated in Canada, Mexico, the United Kingdom, France, and Australia.

Source: [www.history.com](http://www.history.com)

## Our Body Care Department is Paraben Free!

*Parabens* are synthetically produced chemicals (although naturally occurring parabens do exist) commonly used in body care products that act as a preservative. Studies have now linked *parabens* with cancer.

We have therefore removed all products containing *parabens* from our shelves. Unfortunately, this means we had to say goodbye to a few popular products. *Kiss My Face* liquid soaps or shaving creams are no available at the Co-op.



# The Popcorn Stuff

by Cindy Hill



In our household, many of our daily kitchen mainstays have nicknames, coined when the kids were little, that have somehow just stuck. Club soda, for example, is *bubble juice*, and nutritional yeast is *the popcorn stuff*.

Popcorn stuff is a golden-yellow, flaky, de-activated form of the *Saccharomyces cerevisiae* yeast, sold in the Middlebury Co-op bulk section. It admittedly looks a bit like goldfish food, but tastes indescribably rich, floating between the flavors of Parmesan cheese and chicken gravy. This same nutritional yeast flavor forms the basis of the world's two most popular breadspreads, virtually unheard-of in the United States.: *Vegemite* and *Marmite*.

Nutritional yeast is a modest, but complete, source of protein, and is exceedingly high in B vitamins, which makes it a fabulous nutritional supplement for anyone but especially for vegetarians who may tend to lag in B vitamin consumption. It is often cited as an excellent source of protein and vitamins for vegans. But strict vegans take heed: Nutritional yeast, like all yeast, is really a colony of micro-organisms, who have all been deliberately bred, fed, grown, and slaughtered en masse, so depending on how far you take your vegan principles, nutritional yeast (as well as leavening and brewing yeast) may not be your cup of tea. For everyone else who does happily consume micro-organisms in their bread, beer, yoghurt, and elsewhere, however, nutritional yeast is a flavorful, healthful, and extremely inexpensive addition to your culinary toolkit.

Here are a few serving suggestions:

- ◇ Dissolve 1 tablespoon of nutritional yeast in three tablespoons melted unsalted butter for a fast, simple sauce for mashed potatoes or vegetables.
- ◇ Add 1 tablespoon or more of nutritional yeast to all your cream sauce and gravy recipes.
- ◇ Substitute in 1 tablespoon of nutritional yeast for 1 tablespoon of flour in muffin and pancake recipes.
- ◇ Serve it at the table to sprinkle on pasta and casseroles in lieu of Parmesan cheese.
- ◇ Add to broth and soups.
- ◇ If you have a dehydrator, grind nutritional yeast in a mortar and pestle with dried celery leaf, onion, tomato, and black peppercorns to make an inexpensive homemade instant soup for camping, lunches, or stock.
- ◇ And if you call it *popcorn stuff*, and throw a handful of it over fresh-popped, buttered popcorn, your kids will even eat it!

Cindy Hill is a member of Middlebury Co-op and a frequent contributor to our Newsletter.



## Keep Your Heart Healthy



February is Heart-Health Month! It's good to be reminded to keep our hearts healthy... not only in February.

Most nutritional scientists agree that **fresh produce** provides the cornerstone for a heart-healthy diet because they help fight free radicals in the bloodstream, thus protecting blood vessels. Furthermore they point out the importance of a **whole foods diet**. "You want everything as much as possible in its natural form, the less processed the food the better," one nutritionist points out. **Whole grains, beans and legumes, nuts, fatty fish** are all important ingredients for a healthy heart. These foods offer all sorts of complex heart-protective *phytonutrients*. "Don't look for a *magic bullet*," we are told. Heart health comes with access to all the different nutrients. Plus, it's easier to stick to a heart-healthy lifestyle if you have variety in your diet.

### Important heart-healthy nutrients include:

**Phytoestrogens** (substances in plants that have a weak estrogen-like action in the body. They have been found to lower the risk of blood clots, stroke, and cardiac arrhythmias); **phytosterols** (plant sterols that chemically resemble cholesterol and seem to reduce blood cholesterol); **carotenoids** (heart-protective antioxidants in many colorful fruits and veggies); **polyphenols** (antioxidants protecting blood vessels and lowering blood pressure); **omega-3 fatty acids** (help boost the immune system, reduce blood clots, and protect against heart attack).

Following is a list of the **top 25 heart-healthy foods**, all rich in either omega-3 fatty acids, fiber, phytonutrients, vitamins, minerals, or a combination of these.

1. Salmon

2. Flaxseed

3. Oatmeal

4. Black Beans or Kidney Beans

5. Almonds

6. Walnuts

7. Red Wine

8. Tuna

9. Tofu

10. Brown Rice

11. Soy Milk

12. Blueberries

13. Carrots



14. Spinach

15. Broccoli

16. Sweet Potato

17. Red Bell Pepper

18. Asparagus

19. Oranges

20. Tomatoes

21. Acorn Squash

22. Cantaloupe

23. Papaya

24. Dark Chocolate

25. Tea



Source: [www.webmd.com](http://www.webmd.com)



## Wendy's Cheese Corner

# Camembert

**Camembert** is a French cheese named for a small village in Normandy. It was first made in 1790 by Marie Hariel, a young woman who was protecting a priest hiding from the *Reign of Terror* following the French revolution. In gratitude, the priest shared some valuable cheese making knowledge with her. A statue in honor of the *Mother of Camembert* stands in Normandy next to a museum in the shape of a wooden cheese box.

Originally made with raw cow's milk, Camembert is now often pasteurized and made from goat or sheep's milk. Camembert develops a velvety white rind with patterns of beige encased in 5 to 10-ounce wheels. The interior is pale yellow to golden in color. The texture should be soft, but not too runny. To serve, bring the cheese to room temperature and once the cheese is cut it should be wrapped in foil, and eaten as soon as possible.

Camembert is also used in cooking. Remove the rind and melt into cream sauces for vegetables, pasta or fish. One recipe I found calls for mashed camembert combined with chopped nuts or sesame seeds for canapé toppings.

This world famous cheese is now made in many countries. Our *Old Chatham Shepherding Company's Hudson Valley Camembert* is made with a combination of sheep and cow's milk. It has won a number of awards, including *Best Cheese in America* (U.S. Champion Cheese Contest), and *Best of Class* (World Champion Cheese contest). Every February, for Valentine's Day, *Old Chatham* turns their Camembert into heart shapes, which we carry at the Co-op.

**Blythedale Camembert** is a well-loved Camembert that has been offered from our cheese case for many years.

Addison County's *Blue Ledge Farm* has developed a delicious **Camembrie**, a hybrid of Brie and Camembert. Outstanding!

I dedicate this article to my father who — were he still alive — would have just turned 100 years old. He often enjoyed a piece of Camembert after dinner. It was his favorite cheese!

