



# Coos Head Food Co-op

Celebrating 43 years

## Fall 2014 NEWS

### Upcoming Events

**November 13th—Owner Appreciation Day**  
Members SAVE 10% all day! Come in and Sample  
**Gluten Free Baked Goods**  
**Samples and Blue Lotus Chai**  
**Holiday Wine Tasting to end the day**

**November 26th**—Pick up your FRESH Mary's turkey or turkey breast and your last minute holiday fixings!  
**November 27th**—Closed for Thanksgiving Day.

**December 18th—Special Owner Gift Day.**  
Buy holiday gifts, stock up on all your favorite food and save 10%. Sample Blue Lotus Chai

**December 24th**-We close at 4:00 p.m.

**December 25th**-Closed for Christmas Day

**January 1st**-Closed New Years Day

**January 5th**-Member Supplement Day Co-op  
Owners receive 10% discount on supplements today.

**Happy Holidays!**



Mark your calendar for  
**Owner Appreciation Days**  
Owners Shop & Save  
**10% off purchases**

Thursday  
**November-13th**  
Owners receive 10% off all day

Thursday  
**December-18th**  
Owner Gift Day

AND on MONDAY  
**January 5th**  
**Owner Supplement Day**  
save 10 % off all Nutritional Supplements,  
Vitamins, Protein Powders,  
Herbal & Homeopathic Remedies

SAVE On ALL THREE SHOPPING DAYS  
Everyone Eats-What better gift than  
Local and Organic Food From the Co-op.

**Give A Gift Certificate**



Visit us at [www.coosheadfoodcoop.org](http://www.coosheadfoodcoop.org)  
or on our new Facebook page.

Board meetings are the third Thursday of each month at 5:30 p.m.,  
at the ESD Building, 1350 Teakwood, Coos Bay.  
Owners are welcome!

## Annual Report for year ending 2013

Coos Head Food Co-op has been in our community since 1971 making this our 43rd year as a community resource. The founding group set up a annual member dues system, until November 2010 when the members voted to reincorporate as an Oregon Co-operative. Now our owners invest in the Co-op by buying a share. Since the date we reincorporated we have gone from about 345 **members** who paid annual dues to 635 **owners** that have purchased a share.

We had 84 new owners joined the Co-op during 2013, Black Market Gourmet hosted an anniversary open house for us in February and that month still holds the record of 18 new owners for any given month.

We have 75 more owners since last year at this time.

Our gross sales for 2013 were almost 4.5% higher than 2012. 2.5 % net income which was very similar to the year before. We paid out some expenses with the new building project and we also had a little rental income because our new building was occupied when we purchased it. 48.66% of our sales are from member owners, which has been pretty consistent since we became a co-op. 2013 was very much like 2012 in our growth and net income. Both years we were able to pay a patronage dividend to our owners. Our unusual circumstance of having no occupancy expense contributes to this possibility.

The patronage dividends provided a tax savings to the Coop. But only when owners cash the dividend check.

The "It's in the bag Program" started April of 2008. Each month the co-op tracks the number of reusable bags used by shoppers. In 2013 11,485 sustainable bags were tallied at the checkout. Each month we send a check to South Coast Food Share in the amount of .05 for each bag so we sent \$ 574.25. Each dollar is equal to 7 lbs of food so YOU provided 4,019 lbs. of food to people in our community.

The Co-op strives to provide local products to the selection for our owners and patrons. In celebration of Organically Grown in Oregon Week, September of 2013, we rented a bus to visited Valley Flora Farm located up Floras Creek. The Farm which is run by a mother and two daughter team, the "floreets", and one employee, grow over 100 varieties of vegetables, berries and fruit for local restaurants, grocery stores, and a CSA, community-supported agriculture program. They also offer U-Pick and sell at their farm stand on specific days .

Last fall the co-op started carrying Seths Brick Oven Sourdough bread.

A tally for the following departments using the last 12 months of our sales reports show local meat sales to be 50% of our Total meat sales, local bread to be 51.5% of bread sales, local eggs to be 36% of egg sales, and local produce to be 11.3% of our total produce sales. On all counts supplies did not meet demand.

### Financial Reports

					2012	2013		
					2012	2013	2012	2013
Income From operations					Balance Sheet			
Total Sales	1,227,455	100%	1,281,533	100%	Current Assets	583,395	412,458	
Sales Discounts	<u>-14,657</u>	-1.19%	<u>-17,050</u>	-1.30%	Net Fixed Assets	10,924	247,059	
Total Sales	1,212,798		1,264,482		Patronage Dividends	<u>1,297</u>	<u>1,362</u>	
CGS	<u>838,270</u>	68.30%	<u>846,349</u>	66.90%	Total Assets	<u>595,616</u>	<u>660,879</u>	
Gross profit	374,528	30.50%	418,133	32.60%	Current Liabilities	38,707	40,628	
Expenses	341,662	27.80%	375,947	29.70%	Total liabilities	38,707	40,628	
Other Income	24,874	2.03%	19,053	1.50%	Equity			
Patronage Div.	<u>30,952</u>	2.52%	<u>30,079</u>	2.40%	Membership Capital	83,638	98,169	
Net Op Income	26,788	2.18%	31,160	2.50%	Deferred Pat. Dividend	49,406	73,468	
Other Inc/Exp					Deferred Income	784	947	
Relocation Exp			11,869		Retained Earnings	396,293	423,025	
Rental Income			5,350		Net Income	<u>26,788</u>	<u>24,641</u>	
					Total Equity	556,909	620,251	
					Total Liab. & Equity	<u>595,616</u>	<u>660,879</u>	

Note: the above Income Statement reflects the operations of the store. Rental Income is net of expenses from the 2nd Street property as are the relocation expenses. These items are not considered as part of the actual operations of the store and will not be incurred or received when we move to our new location.

Note: The drop in current assets reflects the purchase of the new building on 2nd street which is seen in the increase in the fixed assets. Fixed asset is reported here as net (cost less depreciation.)

## Local Bread Update

Seth's Brick Oven Sourdough Bread plans to delivery fresh bread to the Co-op on Monday, Wednesday, and Friday until the fifth of December and then shut down for at least a month and will resume baking sometime in January, most likely the second week. Consider ordering or buying extra to freeze your favorite bread to get through these weeks.

Oven Spring Bakery will deliver on Wednesdays and Fridays. Pita breads can be purchased by the each and look for the new sourdough selections.

Potato, Rosemary, and Whole Wheat rolls will be available from Breadstop for your holiday dinners.

Gluten Free Stuffing from Happy Camper is in already. The selection of Gluten Free Happy Camper breads can be found fresh on the bread shelf or in the freezer.

## Co-op Annual Meeting

87 Owners RSVP on the sign up sheet for our albacore head count.

And 68 signed at the park.

We couldn't have asked for a more perfect day for this years annual meeting at Simpson Park in North Bend. The sun was shining and the temperature was just right.

Jenny Jones entertained us singing cover songs and playing keyboard.

The food was amazing of course. Sandy D



Shared a leg of lamb she raised, butchered and cured herself. She also contributed her "gourmet" home canned fruit and spreads to the raffle. This is not the first year she has contributed her special treats and she is getting a reputation for this.

Jerry Kirkeby and Margie Ryan prepared the Tuna Medallions prior to the picnic.

Brad Carlson, Cathryn Olds, and Mike Graybill attended to the BBQ's during the picnic and it was done to perfection, as has been our tradition.

Maurice Wray, board member, welcomed all and introduced the board and employees and gave a review of the stores project. Deb Krough, manager, reported on the state of the store.

Al Roberts, our volunteer coordinator, placed orange traffic cones around the park, representing the perimeter of our new building, to give a visual feel for the size it will be. After

giving praises to the great group of folks that have contributed a lot of time and energy to helping with the demolition project he presented two of our volunteers with gifts painted gold. Laura Dorbuck received huge gold bent nails in a block of wood as recognition for her volunteer efforts and commended her nail pulling abilities. Others helped but Laura The stack of lumber that was salvaged was impressive.

Marie Ryan was presented with a gold flat shovel as a reminder of her work removing the carpet. The shovel did not hold up to her determination. David Anderson clamped 2x4's to the carpet and hooked it to a wench on his truck, which still proved to be of no avail. Of course many others helped but these were moments to remember for sure.

A blueprint of the new floor plan was posted on a large piece of cardboard with some photos showing some of the volunteers and work that had been done to date. Many thanks were expressed to all, especially John Schaaf who has spent endless hours coordinating, researching, meeting with many, and planning with Richard Kusnitsky our Genral Contractor who moved us into The Sherman location. He thinks it's appropriate he is the moving us out.



We finished the day with the raffle, items from Vendors, and owners were displayed and every one who attended the picnic was given a ticket. Placing the ticket in the berry basket in front of the items you wished to receive gave you a chance at winning. A darn good chance considering the odds. Eric Olson was our lively MC and many went home with just the item they wanted.







# Coos Head Food Co-op *November Sales 2014*



Cafix Coffee Substitute **\$7.99**



Organic Black Turtle Beans **\$1.79/LB**

Good Karma Flaxmilk Original + Protein **\$3.79**



Organic Whole Cashews **\$10.59/LB**



Organic Valley Fuel Protein Shake **\$3.49**



Organic Hulled Millet **\$1.39/LB**

Enzymedica Enzyme Multi Vitamins Formulated for Men & Women **\$24.99**



Organic Coconut Date Roll **\$4.89/LB**



Kevita Probiotic Drinks **2/\$5**



Choice Organic Teas **\$3.29**

Reed's Culture Club Kombucha **\$2.99**



RW Knudsen "Just" Line of Juices **\$6.99**



Crio Bru Original **\$8.99**



Teccino Herbal Coffee Beverage **\$8.99**



# Coos Head Food Co-op *November Sales 2014*



Sea Fare Pacific  
Chowder, Bisque, Cioppino  
**\$4.59**



Luna & Larry's  
Coconut Bliss **\$5.49**

Back to Nature  
Crackers **2/\$6**



Earth Balance  
Sticks **\$4.39**



Blue Diamond Nut  
Thins **2/\$5**



Follow Your Heart  
Grapeseed Veganaise  
**20% OFF**



Rising Moon  
Ravioli **\$3.99**

Modern Products  
Seasonings **20% OFF**



Bob's Red Mill  
Almond Meal Flour  
**\$8.49**



Scharffen Berger  
Baking Chocolate  
**20% OFF**



Dr. McDougall's  
Aseptic Soups  
**\$2.79**

Sesmark  
Crackers **\$2.49**



Frontier Vanilla  
**SAVE 20%**



Coos Head Food Co-op

1960 Sherman Ave North Bend, OR 97459 Phone: 541.756.7264

Open M- F 9 am -7 pm; Sat 10 am-6 pm; Sun Noon-5 pm

[cooshead@coosheadfoodcoop.org](mailto:cooshead@coosheadfoodcoop.org)



## New Items!

**Beanfield's Bean Chips**-Excellent Texture and Flavors

**Bo's Bones**-Gourmet Organic Dog Biscuits

**Color Garden-Plant Based Food Colorings**-4 Colors in Individual Packets

**Crunchmaster**-Gluten Free Multi Seed Crackers- New Varieties.

You'll Never know they are Gluten Free!!

**Circle Star Ranch**-Sliced Ham in 8oz Packages, cook for 1/12 minutes per side.

They are a GMO free ranch.

**Genesis**- Organic, Raw Orange juice 12oz-fresh squeezed flavor

**Happy Camper-GF Stuffing!** Two Varieties-- Just in time for the holidays

**Lisanati**- Mozzarella Style Rice Cheeze Sticks

**Oregon Oats Co.**-From Roseburg featured at the Farmer's Market is now HERE!

Just add hot water to the cup, wait two minutes.

**Season Cellar's**-New wines for Southern Oregon! Sample November 13th,

Viognier, Malbec, & Transparency

**Simply Organic**-Steam Gourmet-3 EASY Steps. Comes with seasoning and parchment bag, just add protein.

**Simple Organic Crazy Awesome Veggies Vegetable Seasoning Mixes**-just toss veggies and cook!

**Way Better Chip**-Sriachia, Sweet Chili, & Sweet Potato Sprouted Grain Chips

**WB kitchen's** -GF, DF, Grain Free, No Refined Sugars Honey Nut

& Chocolate Honey Nut Bars Or Coconut Honey

& Maple Pecan Shortbread Cookies

Zot- Organic, Gluten Free Black Licorice Hard & Soft Candies



## Healthy & Beauty

**Andalou Naturals**- Get started kits-Brightening, Clarifying, Age Defying, & Sensitive Skin

**Earth Science**- Multi-therapy Ceramide Healthy Skin Lotion-Fragrance Free & Vegan

**Groffin Remedy**-Restorative Shampoo & Conditioner

**New Chapter**-Estrone 120 soft gels-Herbal Hormone Balance

**Dua Dua**-Coconut Bar Soap with Only Two Ingredients! Portland Company

**Diva Cups**- #1 or #2 Back in Stock, Diva Wash Available too!

**Ladibug**-Lice Prevention Shampoo, Lice Control Conditioner, Lice Comb

**T.N. Dickenson's**-Hemorrhoidal Pads

**Nelson's** -H+Care Hemorrhoid Cream



## Calling on Local FARMERS

When Coos Head Food Co-op moves to the new location in 2015, we will be expanding our produce department considerably. In an effort to increase the number of locally grown items, we will be holding meetings sometime this Fall/Winter with interested local growers. If you are a local producer of organic produce (certified or not), and are interested in selling your goods in our store, please leave your name and contact information with the produce team, Ahlyn, Janet, or Wendy.

Growers and suppliers are required to solely utilize organic practices on their property and agree to perform and/or submit to periodic peer inspections, to ensure products comply with organic standards. You should be prepared with contingency plans in the event of infestation/disease and be able to supply a history of substances applied to the land during the previous 3 years, just as USDA organic certification requires.

We look forward to meeting with you.





## ORDER

Your fresh **hormone free** or **organic**  
Mary's Turkey  
Or Turkey Breast

**Sign up early for  
best selection!**  
Limited to what has  
been preordered.

Organic 8-12lb, 12-16 lb, 16-20 lb, 20-24 lb.  
Hormone Free 8-12lb, 12-16 lb, 16-20 lb, 20-24 lb, 25+  
Turkey Breast 4-8 lb, 8-12 lb.

For **Pick Up Wednesday, November 26th**

No animal by-products, hormones, preservatives or additives. Mary's are **not** injected with Gluten

### Local Cranberries

This year we have Locally Grown **CERTIFIED ORGANIC** Cranberries grown by Winsmuir Farms in Sixes, Oregon. They are gorgeous crimson-red, Dry harvested so they maintain their freshness longer. Pick up an extra pint or two to put in your freezer.

**Priced at just \$2.39 per pint.**  
Come in and get yours today!

### Cranberry Quince Sauce

1 lb local cranberries  
2 quince— peeled, cored and cut into 1 inch pieces  
2 slices, lemon, including the peel  
2/3 c water  
1 3/4 c sugar or to taste (or sweetener of your choice)  
1 tsp vanilla  
Simmer cranberries, quince and lemon in water 45 minutes or until mushy. Add sugar to taste and cook until sugar is dissolved. Turn off heat and stir in vanilla. Blend in blender or food processor until smooth. Pour into clean containers and enjoy with turkey, baked winter squash, with yogurt, on french toast or pancakes.

### SPAGHETTI SQUASH/PESTO PIZZA

You will need a PIZZA CRUST, baked mostly done, or use a foccacia, or make an open-faced sandwich with your favorite artesian bread, a spaghetti squash, pesto, and your favorite toppings

#### SPAGHETTI SQUASH:

REMOVE STICKER AND WASH THE OUTSIDE OF THE SQUASH. Pre-heat oven to 350 degrees. Place squash in shallow pan in center of the oven. Bake 45-60 minutes depending on the size of squash. Remove from oven and allow to cool 15-20 minutes so you can handle it without burning yourself. Cut the squash with a sharp knife and carefully scoop out the seeds and discard. With a fork, scrape the stringy squash out into a bowl and stir pesto into the squash while it is still warm...Salt and Pepper to taste.

#### PESTO

In a Food Processor place: 4 OZ. Fresh Basil leaves, 3-4 cloves garlic, a handful of nuts (toasted walnuts, pumpkin seeds, pine nuts, or?). Use the PULSE action until all the leaves are pulled into the blades. Stop and open the food processor and add JUICE from 1/2 LEMON or LIME, salt and pepper to taste. Replace the lid and turn it on. GRADUALLY pour 1/2 Cup or more of OLIVE OIL into the feed tube while the Food Processor is running. Adjust the oil amount for the texture desired. Pesto will keep in the fridge for 7-10 days with a thin layer of olive oil on top.

#### ASSEMBLE THE PIZZA

Gather your favorite toppings, like spinach, mushrooms, peppers, zuke, grated cheese or cheese substitute. Spread Spaghetti Squash/Pesto on the crust/bread and top with cheese and other toppings you desire. Bake in 375 degree oven or toaster oven until heated through and cheese is bubbly.



Coos Head Food Co-op  
1960 Sherman Avenue  
North Bend, Oregon 97459

**Presorted Standard**  
**U.S. Postage Paid**  
North Bend, Or. 97459  
Permit #84

Photo of John, (in orange hard hat) and Richard, (pointing) at the new location, discuss the details and the steps to be taken to repair and replace roofing at the new building. Richard says, “ I moved the Co-op into the Sherman Avenue building. It seems appropriate that I move it out.”

The new roof should be on soon and we can dry out the building.



Richard & crew placed temporary supports through the center of the building before the roofing materials were delivered. When finished they will be removed.

