



Coos Head Food Co-op

Celebrating 43 years

Winter 2014 NEWS

February is our Co-op's 43rd Anniversary!

Introduce someone new to your Co-Op.

Feb. 14th-Valentines Day! Something for your Sweetheart::
Fine wines, fair trade chocolate, GMO free shampoo even.

Feb. 19th- Member Appreciation Day owners receive 10% off all day. Meet Mike and Elizabeth from Circle Star Ranch, sample their pork, and talk with them about how they raise pastured pigs.

March 9th-daylight savings SPRING AHEAD

March 21st-North Bend Sip N' Stroll, Drop in for a sip of wine or beer. .

March 17th- St. Patrick's Day

March 20th- Spring begins-Territorial Seeds are here.

Local food security begins in your own backyard.

April 1st- No fooling. YOU OWN IT !

April 20th-Co-Op is CLOSED Easter Sunday

April 22nd-When you bring your own sustainable grocery bag, a nickel goes to South Coast Food Share. Your participation helps feed people in need right here.



Celebrating 43 Years
Serving the Community
Owner Appreciation Day
February 19th
Owners Receive
10% off All Day

(Some restrictions apply.)

Sample Pastured Pork
From Circle Star Ranch
Meet the Owners
Mike & Elizabeth 3-5 P.M.

Earth Day Member Discount

April 22nd, 10% OWNER DISCOUNT
IN BULK AND HERB DEPARTMENT
Celebrate with Savings- BUY BULK

CALL FOR APPLICANTS TO SERVE ON THE BOARD OF DIRECTORS

Election Date: April 14, 2014

Application Deadline: March 5, 2014

This is a great opportunity for you to help us build a strong committed Board to lead Coos Head Food Co-op in its mission of providing quality whole foods and sustainable products for our community!

Beginning Monday, February 3rd 2014, member/owners who are interested in running for a position on the Coos Head Food Co-op Board of Directors can pick up an Application Packet at the store. The deadline for filling out, and returning the Application, and Statement of Agreement on Ethics and Conduct is the close of business on Wednesday, March 5th, 2014.

Under the Coos Head Food Co-op Bylaws, the number of Directors can be a maximum of 9, and no less than 5. Two of our current officers are up for re-election, so there are up to 6 positions available.

Eligible applicants must have been active member/owners for at least six (6) months prior to the election date, (Monday, April 14th, 2014) not have any overriding conflicts of interest with the Co-op, and should support the purpose and mission of the Co-op. See Application Packet for additional requirements and preferences.

Visit us at www.coosheadfoodcoop.org
on Face book page.
541-756-7264

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!

Suggestions?

Please drop them in the Coos Head Board of Directors' suggestion box by the front door.

Product requests and special orders can be placed with the staff in the store.



Seeking interest in a Member/Owner Loan Program

The Board is considering initiating a member/owner loan program. Fully vested member/owners of Coos Head Food Co-Op have the unique opportunity to further support Co-op growth through member/owner loans.

Excitement is high about the recent purchase of the building on 2nd St. in Coos Bay. Moving into this building will allow the much needed expansion of our Co-op, and enhance our community's access to the very best locally grown, organic, nutritious food, and quality, ethically produced products. However, some debt will be necessary to complete the project.

There are at least two alternatives for securing the needed funding for this renovation: borrow from a bank or, in the cooperative spirit, borrow from our membership. The amount of funding available from member/owners will determine if and in what amount a loan from a bank would be needed.

We are consulting with experts to determine what loan method would be most appropriate for our Co-Op and will let you know the particulars of the program as it develops.

The Board would like to gauge the level of support for the loan program. How many of you would participate? Please email Sue Scott at layo5@frontier.com to let us know if this sounds like a great opportunity to you!



Over 125 owners attended the annual meeting

The Annual Meeting

We filled our new 2nd street location with great food, good folks, and excitement. Since our new building was empty, it made a perfect location for owners to get together for our annual meeting.

The Eagles, our neighbors just down the street, were kind enough to loan us tables and chairs for the occasion.

The eclectic mix of table cloths were provided from our co-op assortment, and our own kitchens. The weather was amazing, and folks were lined up from the entrance clear down the food table, eager to see our future new location. The head count for the day exceeded 125.

Our traditional albacore tuna BBQ was the main course, and many beautiful, delicious, nutritious side dishes complimented the locally caught fish. Homemade desserts were not limited either. Nor were any left at closing. The board reported on the results of the owner survey, emphasized the importance of member/owner input, and thanked everyone who took the time to fill out the customer survey.

Sign up sheets for volunteering and focus groups were taped on the wall. Many people participated by signing up for future projects. Gregory and Jamie manned the BBQs outside, and Carter served tuna inside.

After the meeting we held the raffle drawing and many went home as lucky winners. Everyone pitched in to help and we had a great time, on a beautiful sunny day!

FEBRUARY ANNIVERSARY SALES

SALE **REGULAR PRICE**

BULK

- OG** Frontier Organic Chai Tea
- OG** GardenTime Organic Spinach Fettucine
- OG** Organic Molasses



By The Ounce or Pound
1.79/oz 2.16/oz
2.99 3.49
1.89 2.39



CHILL & FROZEN

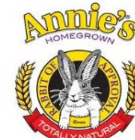
- OG** Rumiano Cheese Organic Cheddar, Monterey Jack & Pepperjack
- OG** Springfield Creamery Organic Kefir Quarts
- OG** Springfield Creamery Organic NF Yogurt 64oz Tubs
- GF** Udi's Gluten Free Breads
- GF** Van's International Gluten Free Waffles

By The Each
6.99/lb 7.49/lb
4.29 5.29
6.99 8.49
4.29 5.69
2.49 3.99



GROCERY

- LS** Amy's Organic Low Sodium Soups
- OG** Annie's Homegrown Deluxe Mac & Cheese
- Blue Sky All Natural Soda
- OG** Bragg's Organic Apple Cider Vinegar
- Chocolove Chocolate Bars
- OG** Dr. Kracker Organic Crispbreads



By The Each
2.29 3.29
3.49 4.89
0.49 0.79
4.49 6.49
2/\$5 3.49
2.99 4.39

- OG** Endangered Species Natural Chocolate Bars
- OG** European Bakery Organic Cooked Puddings
- OG** Field Day Organic Broths
- Green Mountain Gringo Original Non-GMO Corn Chips



2/\$5 3.29
1.99 2.79
2/\$5 3.99
2.19 2.99

- OG** Late July Organic Classic Rich or Saltine Crackers
- GF** Lundberg 1# Rice Blends
- GF** Lundberg Rice Chips



2.99 3.99
3.29 4.29
2.59 3.59

- Modern Products Spike Seasonings
- Natural Sea Solid White Albacore
- Panda Licorice Chews Box Black or Raspberry
- Scharffen Berger Baking Chocolate
- Sesmark Crackers Brown Rice, Sesame or Savory Thins



2.19 3.19
2.99 3.99
2.99 3.99
25% OFF

- OG** Spectrum Organic Soy Mayonnaise
- OG** Spectrum Organic Unrefined Olive Oil
- OG** Westbrae Organic 25oz Black, Garbanzo, Kidney & Pinto Beans



9.99 13.99
11.99 17.99
2.49 3.49

SUPPLEMENTS

- Flora Flor Essence Detox Tea 32oz + \$4 Off Manufacturer's Coupon!!!
- Natural Max Super Citrimax Garcinia Cambogia 750mg HCA/60T
- Nature's Life D-3 2000IU/120SG
- Zand Menthol Herbal Lozenges 15ct Bag



By The Each
51.99 57.69
14.99 16.99
7.99 9.79
1.99 2.79

NON-FOODS

- Bi-O-Kleen Automatic Dish Powder



By The Each
7.49 10.29

Coos Head Food Co-Op

Serving Our Community For 43 Years Strong

1960 Sherman Ave North Bend OR 97459 541.756.7264



NEW ITEMS AT THE CO-OP

There are so many you will need to come in to see them all, but here is the short list of what's here NOW!!!

In the meat department we now carry **Circle Star 12oz Bacon, Ham Hocks, and Lamb Kabobs!!** Great local farm that everyone knows from Farmers Market!!! Meet the farmers on owner appreciation day and try their pastured raised pork.

Epic Grass Fed Beef or Bison Bars and All Natural Turkey Bars are just like name says, EPIC. They are ground meat with nuts and fruit with 11g-14g of protein per bar!!!

Lily's Chocolate- This no sugar added, stevia sweetened chocolate is sure to satisfy anyone's craving!

Liz Lovely Allergy Friendly Gluten Free Cookies- These are definitely some of the best cookies we as a staff have ever tasted. With 8 varieties to choose from, there is sure to be one for you!! Recently I was downtown and needed egg noodles and organic cream based soups. I couldn't find them and the Co-Op didn't have them either. Well, that problem is a thing of the past. We now carry **Bionaturae Traditional OG Egg Pasta (Pappardelle)** and a variety of **Health Valley Organic Cream Based Soups** as well as **Amy's Cream of Mushroom** and **Pacific Cream of Mushroom and Cream of Chicken** in an aseptic package.

HAPPY CAMPERS GLUTEN FREE BREAD FROM PORTLAND IS HERE!!!

We receive it **fresh on Friday's** and then after a few days, it will migrate to the freezer. Right now we have their **4pack Wild Buns** stocked full regularly in the freezer section. We are still getting the hang of the demand, but with four flavors to choose from, this whole grain GLUTEN FREE bread will taste good on anyone's palette. **Classy Slice, Kiss Me Garlic, Party Hearty, and Ravin' Raisin Cinnamon Spice** are all Gluten, Dairy, Egg, Soy, Potato, and Rice Free!!!



Fresh Bread Schedule at the Co-op

	Monday	Tuesday	Wednesday	Thursday	Friday
Breadstop Bakery				after 1:00 P.M.	
Farmhouse Bakery		after 2:30 P.M.			
Franz Organic		after 11:00 am.		after 11:00 am.	
Humble Bagel Co.		after 2:30 P.M.			
Oven Springs					after 2:30 pm
Seth's Brick Oven Sourdough	after 11:00 am.		after 11:00 am.		after 11:00 am.



Redeem this Coupon for



\$ 3.00 OFF

Co-op Logo Bag

Cloth bags serve an environmental purpose and help provide a solution to a local concern
Expires 2-28-13

Each time you use a sustainable grocery bag the Co-op sends a nickel to South Coast Food Share.
YOUR CONTRIBUTIONS HELP THE ENVIRONMENT AND FEED PEOPLE IN NEED

Circle Star Ranch

Circle Star Ranch owners Mike & Elizabeth are dedicated to raising the finest all-natural and sustainable protein products. They specialize in pasture raised heritage pork. Their 200+ acre ranch is nestled in a secluded valley just south of Roseburg, Oregon. For the last two years, they have been improving the genetic pool of their livestock, crossing Berkshire boars, and "Old Spot" sows for great tasting pastured pork with a good yield per animal.

They raise heritage breed pigs that are known for thriving in pasture settings and are raised in large foraging areas. They are fed milk/whey as well as supplemented with sprouted oats, peas, beans, barley and minerals. If you haven't had milk-fed pork, you don't know what you are missing. With large pastures and plenty of hillsides to roam, muscle development is exceptional. No corn, soy or alfalfa is fed on their farm to avoid contamination from GMOs. The milk the pigs are fed comes from their own dairy cows. No hormones or antibiotics are used on the animals they raise. No nitrates or nitrites are used in the curing process.

Circle Star Ranch is now Animal Welfare Approved for the humane treatment of animals from birth. They are the 16th ranch in Oregon to be approved. Check them out at AnimalWelfareApproved.org

You can find their boneless pork chops, bacon, ham hocks, ground pork, ground lamb, lamb kabobs, breakfast sausage at the Co-Op. We also offer their ground lamb. (other cuts of pork and lamb can be special ordered.)

**Meet the owners Mike and Elizabeth, on Feb 19th
for samples from 3-5 P.M
on CoOp Member Appreciation Day.**



Redeem this Coupon for an additional
\$1.00 off sale price of \$ 51.99 reg. 57.69

Flor Essence

gentle cellular detox

Use with manufacture coupon of \$4.00 in-store

for a **Total savings of \$ 10.70**

Expires 2-28-14



Coos Head Food Store
1960 Sherman Avenue
North Bend, Oregon 97459

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

What is up with quinoa's rising prices?

The amount of quinoa imported by the U.S., in the last six years, has increased nearly tenfold. Six years ago, the U.S. had imported an estimated 7 million pounds, as of this year it has jumped to 68 million pounds. The UK has dubbed 2013 "The Year of Quinoa." As the demand for this "super grain" has grown, the price has nearly doubled, from \$4.50 a pound to \$8 a pound retail. 90 percent of quinoa is grown in the mountainous areas of Peru and Bolivia. The U.S. has tried it's hand at growing it, but as it is sensitive to cold and heat, as well as elevation levels, it has not been very successful. More research is being done to find hybrids that will thrive in the west. This could be detrimental to the Andean region.

Quinoa is one of the few things that can be grown in the Andean region. The higher prices mean more economic opportunities for the farmers of some of the poorest parts of South America. The higher prices are affording farmers economic stability. This economic power has translated into political influence through producers' associations, and cooperatives. Quinoa that is sold through fair-trade import organizations has had the most benefit on the Bolivian and Peruvian farmers. They are seeing higher wages from the raising prices, which is allowing families to diversify their diets drastically, adding foods like fresh vegetables.

There is fear that quinoa's popularity is just a passing fad, and farmers in the Andes are going to be left high and dry. Another fear is that the U.S., Canada, Europe, India, Africa and elsewhere, will take over the market, causing the prices to drop drastically below the cost of production. This would, in-turn, cause the Andean farmers to lose their livelihoods. So next time you are purchasing quinoa and are shocked by the price increases, know that there is a history behind it, and you are helping the livelihood of South American farmers.