



# Coos Head Food Co-op

Celebrating 45 years

## Spring 2016

### Mark your Calendar

**May 5th**-Celebrate Cinco de Mayo-15% OFF Organic Bean Dips, Organic Salsa, Tortillas & Chips ALL MONTH.  
If you haven't tried their bean dip, you are missing out.  
It's a staple and a great value at the regular price.  
MADE IN EUGENE.

**May 8th**-Happy Mother's Day-Make sure mom has all her favorite things. Non-GMO hair and skin care from Andalou, Essential oils from Aura Cacia, Nutribiotic Coconut soap leaves skin so soft.  
Have you seen the new booda butter Suds of LOVE all in one soap?  
Of course Organic Wine, Chocolate, Maggies fair trade cotton socks, and local beeswax candles would make her happy too.

**May 14th**-Annual World Fair Trade Day. Pick up a copy of "For a Better World" wear a button, we have pocket guides to share. @ [www.fairworldproject.org](http://www.fairworldproject.org)

**May 24th, 25th, 26th**-Owner Appreciation Days!  
**Co-op Owners receive 10% off**  
**The day of their Choice**  
**Mark your Calendar and Save**

Sample Jade Blossom Tea from Labrang

**May 30th-** Unlike past years,  
**WE Will Be OPEN this**  
**MEMORIAL DAY**  
**Stop in for fresh Produce,**  
**Groceries, Beer, & Chocolate**

**June 19th**- Happy Father's Day- BBQ grass fed beef with DAD

**June 20th**-Summer Solstice- Enjoy the Whole Day

**July 4th**-Sorry, We Will be Closed for the 4th, Enjoy the holiday!  
Get your hot dogs,



### Welcome New and Returning Board Members

The results of the board of directors elections for this year have been confirmed. One new board member and three returning board members were on the ballot.

670 ballots were mailed to co-op owners.  
There were four positions open and four candidates.

Members could vote for up to four.  
66 ballots were returned by close of business April 25th, of those 64 ballots were valid with a member number or name, 2 could not be validated.

The tallies were counted for each member  
Toni Andrist, Jamie Doyle, Ted Chism, Al Roberts  
all had over 60 votes

They are joining:  
Margie Ryan and Jerry Kirkeby

Thank you all for voting,  
and supporting your co-op!

I would like to express gratitude to all the board members for serving the Co-op, both in the past and in the coming year.

I have special appreciation for those stepping up to serve the best interests of all Co-op Owners during this exciting and challenging time of relocation and expansion.  
The decision to relocate provides better parking and an opportunity to better serve our owners and the community.  
With the increased space we can reach our fullest potential.

-Deb

Visit us at [www.coosheadfoodcoop.org](http://www.coosheadfoodcoop.org)  
or on Face book phone 541-756-7264

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



## Volunteers and Owners,

Thank you to all 29 volunteers, who made 219 trips to 353 S. 2nd to put in 1106 man hours, getting us to where we are now. The first call went out for help on Feb.25th, 2014. ( Seems like ages ago.)

From the "fun" parties of the painters, to the really hard jobs such as scraping up the carpet, pulling nails, and unloading the trash trailer.

(So far all the interior walls are built from the reclaimed 2x4s) Thank you for letting us know you wanted to help, and for calling back to say nay or yea (I can help) on a particular project. It made the job calling much easier.

To two special volunteers, David Anderson, who attended 27 times and Jamie Fereday 18 times plus the hours on his own.

I thank you.

There are still unknown jobs to be done during the relocation project. Don't give up yet. We still have much to do. Please call if you want to help.

We will have jobs for everyone's abilities.

My telephone number is 541-756-3440, there is a recorder if I'm not home.

My e-mail address is [sala9@frontier.com](mailto:sala9@frontier.com). Or email the co-op [cooshead@coosheadfoodcoop.org](mailto:cooshead@coosheadfoodcoop.org)

We are at the beginning of the homestretch.

The finish line is in site!. Let's get there together..

Al Roberts  
volunteer coordinator, board member

\*Or e-mail [cooshead@coosheadfoodcoop.org](mailto:cooshead@coosheadfoodcoop.org)

## Many hands make for light work and FUN!

Al has reported the volunteer hours and number of events for the demolition projects so far. It's been fantastic having this much help and owner participation, during the demolition and exterior painting phase of the project.

The wiring is almost finished and the drywall just arrived. Some new shelving will arrive mid-May.

Once interior painting is finished, and the refrigeration installed, we can get to the moving. I hear you all saying..... FINALLY!!!

This will be a big project, but different from what we have been doing. This is the actual moving part.

Co-op owners and shoppers with many hands (making for little work) could be involved.

If you have seen the floor plan, you may remember, as you pass through the front entry, the new larger organic produce department will be ahead on the right.

Across the aisle is the location of the bulk bins, which is the first of four isles on the left.

Then there are three more rows of grocery items..... The back wall of the store will be the lineup of the cooler doors. And the freezers will be located on the far right wall.

The supplements and body care items are two shorter runs near the front seating area, closer to the windows and cash registers. All of these shelves, coolers, and freezers will need to be filled. The more people involved, the quicker we can open and fewer days we will be closed. Some of our sales representatives and brokers will be helping us with the master plan.

By breaking down the process into smaller specific tasks, we hope no one will be overtaxed, and we can enjoy this process.

The first step will be setting up the brand new shelving. This will be the first team's task.

We will have a plan for where products will be placed on the shelves by category, with help from our sales reps. After one or two of every item is set on the shelf, WE WILL NEED HELP to complete stocking the shelves. Making sure to place these items in neat orderly rows, and watching the dates on the packages will be criteria needed to do this job correctly.

The shelving we take down from North Bend will need to be cleaned before we set it up in Coos Bay. As each person commits to filling a specific number of sections, we will be figure out how many teams we need to complete the process. Larger items will fill the sections more quickly than smaller items. The sections are 4' wide and 5 to 7 shelves high. A few sections may have more shelves, like the supplement department.

The freezer and cooler will most likely be filled by the co-op employees. But if you don't mind the cooler side of things, let us know. The new cooler is a walk-in and can be filled from the inside. We have 9 doors to fill.

Robbin  
finished  
Painting  
the  
mechanical  
room.

It looks GREAT!  
Thank you  
THANK YOU



Clip and Save

# 20% off Co-op logo item

T-shirts, hats, bags, water bottles

**SHARE YOUR CO-OP PRIDE**

Valid 6/1/16 thru 6/30/16





# Coos Head Food Co-op *May Sales 2016*

## DeCasa of Eugene

Organic Bean Dips, Organic Salsa, Tortillas, & Chips

**SAVE 15%**

## Sweet Creek Foods of Eugene

Organic Enchilada or Pasta Sauces

**\$3.99**

reg \$4.39-4.99



## Field Day

Non-Ferrous Black Olives Whole or Sliced

**SAVE .70¢**

reg \$2.39-2.89

## Late July

Restaurant Style Sea Salt or Chia & Quinoa Organic Tortilla Chips

**\$3.39**

reg \$4.39



Green Mountain Gringo Non-GMO Tortilla Chips

**\$2.19**

reg \$3.19

Amy's Organic Refried Black or Pinto Beans

**\$2.69**

reg \$3.39



Bearitos Refried Beans Black, Pinto, or Green Chili

**\$2.39**

reg \$3.19

Crunchmaster GF Crackers

**\$2.99**

reg \$3.99



## Against the Grain

GF Cheese Pizza

**\$10.99**

reg \$14.39

## Annie's Naturals

Organic Dressings and Vinaigrettes

**\$3.39**

reg \$4.39



## Explore Asia

Adzuki or Black Bean Spaghetti and Edamame/Mung Fettucine

**\$3.19**

reg \$4.39

## Mediterranean Organic

Roasted Peppers and Sundried Tomatoes

**SAVE 25%**

reg \$4.69-7.99



## Mary's Gone Crackers

Gluten Free Cracker Thins

**\$3.99**

reg \$4.99

## Lundberg

Gluten Free Rice Chips

**\$2.69**

reg \$3.69



## Organic Prairie

Uncured Grassfed Beef Hot Dogs

**\$7.69**

reg \$10.69

## Annie's Naturals

Organic Ketchup

**\$2.99**

reg \$3.99



# Coos Head Food Co-op *May Sales 2016*



**Organic Almonds**  
**\$13.99/LB**

reg \$16.99/lb



**Chocolove**  
**Chocolate Bars**  
**\$2.39** reg \$3.39

**Organic Millet**  
**\$1.19/LB**

reg \$1.89/LB



**Equal Exchange Chocolate Bars**  
**\$2.99** reg \$3.89



**Mt Washington**  
**Trail Mix**  
**\$10.39/LB** reg \$14.99/lb



**Green & Black's**  
**Organic Chocolate Bars**  
**\$3.39** reg \$4.39



**Organic Awakened Roasted**  
**& Salted Pumpkin Seeds**  
**\$11.99/LB** reg \$16.39/LB

**Justin's Milk or Dark Chocolate**  
**Peanut Butter Cups**

**2/\$3** reg \$1.99



**Larabar**  
**Nutrition & Energy Bar**  
**4/\$5** reg \$1.99

**Good Karma**  
**Vanilla Unsweetened**  
**Flaxmilk + Protein**  
**\$3.99** reg \$4.99



**Dr. Bronner's**  
**Organic White or Whole Kernel**  
**Virgin Coconut Oil**

**\$8.69** reg \$11.69



**REBBL**  
**Super Herbs Elixirs**  
**\$3.39** reg \$4.69



**Crofter's**  
**Full Line of Fruit Spreads**  
**\$AVE 25%** reg \$4.39-6.19

**Terra Chips**  
**Sweets & Beets, Sweet Potato Krinkle,**  
**or Sweets & Carrots**

**\$2.99** reg \$3.99



**PJ's Organic Frozen Burritos**  
**Breakfast, Chicken, or Steak & Cheese**

**\$2.99** reg \$3.99



*Coos Head Food Co-op*

1960 Sherman Ave, North Bend, OR 97459 Phone: 541.756.7264

Open M- F 9am - 7 pm; Sat 10am-6 pm; Sun 11am-5 pm (NEW SUNDAY HOURS)

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



# NEW ITEMS AT THE CO-OP

**4505 Meats Kettle Cooked Chicharrones** are fried traditionally in lard and in large kettles producing a light and crispy texture. 4505 Meats is based out of San Francisco and purchases humanely raised meats by farmers dedicated to good husbandry practices and sustainability.



**Better Life Dryer Sheets**- Unscented are both biodegradable and compostable while still having the static stomping qualities you are looking for in a dryer sheet. **Made in the USA using solar energy.**



**Better Life**- Smudge Punching Electronic Screen Cleaner in a convenient 2oz bottle works on LED/LCD screens, phones, tablets, laptops, monitors, cameras, telescope and projector lenses, binoculars, eyeglasses, and more (if there is more!).

**blk. Premium Alkaline Water with Fulvic Acid Trace Minerals**- With a pH of 8.0+, this water is black in color which gives it as distinct of a look as it has function. Fulvic trace minerals are thought to contain electrolytes, amino acids, 77 trace minerals, & antioxidants.



**Coconut Bliss Dark Chocolate Coconut Bars 4pack and Salted Caramel in Chocolate Bars 3pack**- Both are non-dairy, gf, and delicious. We sell them as a single from the frozen case if you know you won't be able to eat just one!

**Columbia Gorge's Blue Green Spirulina, Wild Blackberry, & Mango in the 15.2oz size and OJ or Apple Cider in the 1/2G ARE BACK!!** Grown, packed, juiced on their own family farm in Hood River, OR; what they cannot produce is purchased from other independent organic farmers.



**Eating Evolved Dark Chocolate Coconut Butter Cups**- Organic 72% Chocolate with coconut sugar sweetened organic coconut. A must try. Vegan, paleo, single-origin cacao, small batch, fair-trade, organic, sustainable, and nutrient dense.



**Follow Your Heart VeganEgg** is Algal based. Algal is derived from algae and naturally contains healthy lipids, carbs, and micronutrients including amino acids and fiber. Make omelets, scrambles, and quiche while making a difference in water consumption and greenhouse gas emissions when compared to eating eggs!



**Four Nuts by Nature Wool Dryer Balls 4pack and Soap Nuts Trial Size, Bulk, or Bagged**- Beyond economical, these soap nuts are hypoallergenic, antibacterial, antimicrobial, compostable, and environmentally beneficial. For more information please visit their website, [www.fournutsbynature.com](http://www.fournutsbynature.com).



**Grainaissance Cool Coconut Amazake** is a thick, creamy combination of cultured organic rice, creamed coconut, and almonds. Delicious and satisfying, it is a meal in a bottle!



**Harmless Harvest Coconut Water 16oz** takes on a new shape with lighter bottles; containing an average of less than 24% than before! They also recently changed their process to an otherwise undisclosed micro-filtration system that allows them to comply with FDA regulations without compromising the integrity of the coconut water.



**Hummingbird Transitional Organic Pumpkin Berry Munch** is made of Transitional OR Pumpkin Seeds, Celtic Sea Salt, Transitional Dried OR Cranberries, OR Blackberry Honey, and Transitional Dried OR Aronia Berries. Supporting this OR company during organic transition is crucial for them and the environment!



**Jovial Tagliatelle Traditional Gluten Free Egg Pasta** is crafted in Italy by pasta artisans that press the pasta with bronze dies and then slow dry; only organic Italian grown brown rice is used.



**Kind Bar Black Truffle Sea Salt, Dark Chocolate Almond Coconut, and Raspberry Cashew Chia Nutrition and Energy Bars**

**Sunshine Nut Company Cashews with Sea Salt or Roasted with Herbs**- This company is transforming lives in Mozambique. Please check out "the Sunshine Approach" and their full story online at [www.sunshinenuts.com](http://www.sunshinenuts.com); be sure to have a bag of their delicious cashews to snack on while you are reading, you'll be glad you did.

# The Green Thumb of Pickett Farm

by Ashley Audycki & Cari Pickett

What is a great way to know it is primetime gardening season? Coos Head Food Co-op customers are reminded of the potential produce to be grown at home when they see the store line up with seedlings that are Non-GMO and local. Who is behind these cultivating beauties? Grocery Buyer Cari Pickett and her father, Mick, organize Pickett Farm where they have been able to source the community with plants to go in line with the quality of products sold at the Co-op. Childhood summers spent gardening in the Empire District sparked her interest in agriculture. During the early 70's the Pickett family moved to the Coos Bay and noticed that there were microclimates throughout the region. While trying to garden in city lots, the family quickly learned how Empire summers have fog but a short distance to downtown Coos Bay would glow with sunshine much longer though the day than in Empire. The exposure to the cold fog allowed them to garden plants that are more cold tolerant including peas, artichokes, cabbage, and parsnips. A move up the river to Allegany showcased a shift in climate and diversity of plants grown. The access to land and sunshine allows them to have a diverse growing system to support a multitude of plants. The exposure to the many different micro climates has given them an understanding on what varieties may be best suited for the customer's particular area. The Stupice tomato variety, for example, is great for gardens in the oastal regions due to having a thick skin and a tolerance for the foggy environment. After High School, Cari attended a class at College of the Redwoods in Agriculture to solidify a foundation for her love of dirt and plants. After becoming a member of the Co-op team, Cari noticed a way that she could support the community at the store by growing seedlings to sell. As the seed buyer for the Co-op, Cari has a first-hand understanding of what plant varieties people are interested in trying as well as receiving feedback on how well they grew for them. They support seed companies such as Territorial Seed in Cottage Grove who listened to consumer demands to discontinue supporting seed from an unfavorable seed breeding company. Cari recently took on bee keeping, restricting the ability to save seed properly due to cross pollination reasons. Besides the high quality seeds, the seedlings are filled with Pro-Organic Professional Growing Medium that is Organic Material Review Institute (OMRI) certified. They have two hot houses used for starting the seedlings, cold frames where they begin their path to becoming weather tolerant, and a hardening area that is used for full exposure to our coastal elements. This father-daughter team respects the fragility of plant life and wishes for people to explore gardening varieties of food that are new to them. They value the role of the Coos Head Food Co-op in the community as not only a source for real food but also on how to cultivate it oneself.



For the finest ORGANIC Seedlings, check out the selections from Pickett Farm.  
bringing only the healthiest starts to begin your gardening .  
“Pick it Right”

## Employee Anniversary's

### Co-op Employee Anniversaries

**Liz Hall** –May -1 year, Liz receives freight and keeps the cooler and grocery shelves stocked and provides comic relief

**Penny Buchan** May -1 year, you can find Penny in the produce department keeping the garden fresh and hydrated, doing all her tasks with a creative touch & kindness.

**Doreen Malone** -May 5 years, Doreen is our bookkeeper, bank liaison, with experience in so many areas that benefit the co-op's relocation project. We are lucky to have her during this transition.

**Eric Olson** June - 7 years, Eric does many things besides cashier. He receives/ stocks freight, covers for the produce & bulk department, and orders for the pet and meat department. He does the heavy lifting, and gives excellent customer service.

**Debbie Swank** May -9 years, Debbie makes sure the bills are paid correctly on time. She mails the newsletters, and keeps track of members. Rarely seen or heard on the sales floor, she works quietly and efficiently in the office. She rules when it comes to running a calculator. She also likes her daily dose of chocolate.

**A huge THANKS TO ALL  
our crew for their  
service and dedication to the Co-op.**



### Coming Soon

Organic Taste Adventure Bulk Black bean & Pinto bean dry mixes -just mix with water.  
Take hiking, biking, and camping.

Look for bulk Meadow Foam Honey coming soon

Green Fields Bison Ranch from Dallas, Oregon will be our new supplier for ground bison. Sadly Cascade Buffalo Ranch, cannot supply us any longer.

### Sweet Potato Hummus

1 lb sweet potatoes unpeeled  
3/4 c water  
1/4 c tahini  
3 T extra virgin olive oil, extra for drizzling  
2 T lemon juice salt and pepper  
1 garlic clove minced  
1 t paprika  
1/2 t ground coriander  
1/4 t ground cumin  
1/4 t chipotle chili powder  
1 T sesame seeds, toasted (optional)

Prick potatoes several times and microwave until very soft (of course you can cook them any way you choose) let them cool 5 minutes on a plate. Slice in half length wise and scoop flesh from skins, process with water, tahini, oil, lemon juice, 1 1/2 t salt, paprika, coriander, cumin, and chili powder in a food processor until smooth, about one minute, scraping down the sides of the bowl as need. Season with salt and pepper to taste. Transfer to bowl, cover and let set at room temp for 30 minutes to let flavors meld, about 30 minutes. Drizzle with extra oil and sprinkle with sesame seeds.

American Test Kitchen PALEO PERFECTED Magazine serves 6 to 8

### One Owner's Opinion

Approximately 5 mega corporations decide what items are available on grocery store shelves across America, as more and more consolidation occurs. These important decisions are entirely motivated by PROFIT, and drastically reduce choice for the health conscious customer.

As more degenerative diseases /health issues are found to be allergy or nutritional deficiency triggered, voting with our dollars supporting our community's CoOp to feed our families ethically, sustainably, is a wise decision we can feel good about making.

CoOp gives local farmers a MARKET, that supports the extra care taken by these food producers to bring the best quality organic ingredients to your kitchen.

Owner patronage is the lifeblood of CoOp, as profits made on owner purchases are NOT TAXED! In profitable years, at least 20% is paid back to owners as a patronage dividend.

The other **80%** STAYS in OUR community, to build a better store. Think of the impact of a doubled shareholder base on our relocation effort, for instance.

Another easy way to help your CoOp is to reconsider your method of payment. Simply paying with checks, or cash reduces the bank fees for credit/ debit cards the CoOp must pay. Annually, these amount to thousands of dollars, which could be spent on employee benefits for better retention of good people, or lower prices for all. - co-op owner

Sally Bogardus



A view of the Kitchen framing after the wiring and before the drywall

Clip  
and  
\$AVE

\$ 5 off Coupon  
**CO-OP OWNERS ONLY**

Use this coupon during the month of July

With your purchase of \$ 50.00 or more

Valid 7/1/16 thru 7/31/16





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

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



Mark your calendar for  
**Owner Appreciation Days**  
May 24th, 25th, or 26th  
Owners choose which day to receive  
**10% off**

**It's your OWNER BENEFIT Shop The Co-op  
YOU own it**

#### **e-mail news**

If you would like to receive the newsletter and other co-op announcements by e-mail, send a request to [it@coosheadfoodcoop.org](mailto:it@coosheadfoodcoop.org) with your full name and phone number.

Open M-F 9-7, Sat. 10-6  
Sunday hours **NOW 11:00-5:00**