

Coos Head Food Co-op

Celebrating 41 years

Spring 2012 NEWS

Upcoming Events

August 15th-**Owner Appreciation Day**
Owners get **10% off** all day.

August 30th-**9-1 P.M. Northwest Wellness screening: a low cost health screening at the Co-op.**

September 3rd- the co-op will be **Closed Labor Day**

September 9th-15th- In recognition of the importance of organic farmers, processors, and distributors to the state, Oregon Governor John A. Kitzhaber renewed a proclamation declaring September 9-15th, 2012 **Organically Grown in Oregon Week.**

Watch for an announcement for our annual meeting & potluck on the co-op bulletin board or Facebook.

October is Co-op MONTH

October is NON-GMO month.

October is Fair Trade Month.

October is Howard Bowers Day Month.

October 27th—**1% of sales go towards the Howard Bowers fund. Shop this day to support the work of Co-ops everywhere.**

October 31st- Halloween trick or treat.



Sidewalks, here today gone tomorrow?

The construction work has begun in Downtown North Bend.

The end result will be new sidewalks, with streetlights, trees and benches along the sidewalk from the North Bend library to Little Theater on the Bay.

In the meantime, it is rather disruptive. I was told the schedule may change from day to day depending on what comes up. Two different things are happening: the sidewalks are being torn up and replaced, and the center lane of the highway is being torn up to replace the sewer. The latter is being done in the middle of the night, but the sidewalk work is happening during the day. We have been assured there will be a temporary walk way to the front door until the new sidewalk is poured.

The Co-op may be more fortunate than some merchants on the block, since we have a back door and access to parking in the back. If you don't mind taking the stairs this option might work for you.

Please don't hesitate to ask for assistance. We hope to make this as easy as possible for you, and we REALLY hope to continue to see you at the Co-op during this disruption.

Member Appreciation Day
August 15th
Owners Receive
10% off All Day

(Some restrictions apply.)



Albacore Tuna on the BBQ
at last years Annual Meeting

Board meetings are the third Thursday of each month
at 5:30 p.m.

August at the North Bend Library meeting room.
Back to the ESD building in September

Shop
The
Co
-
op
You
Own
It!

Visit us at www.coosheadfoodcoop.org
or on our Facebook page.



Design our next co-op T-Shirt

Our current t-shirt design was created by Pearl Maxner, a co-op member, and we have very few left.

If you have an idea please submit your drawing to Sonia at the Co-op by September 15th. All entries will be anonymously posted and from the 16th through the 22nd you may vote for your favorite design. The design receiving the most votes will be announced at the annual meeting.

**The winner will receive a \$ 50.00
Gift Certificate and a t-shirt of their choice.**

JUST SAY NO TO GMO SALMON

Turns out Oregon won't be able to vote to label Genetically Modified Foods in Oregon this November after all. Even more troubling news, the 2012 Farm Bill and the 2012 Agricultural Appropriations Bill, both have dangerous riders on GMOs that would further undermine the quality of our food supply.

These riders represent significant changes to the Plant Protection Act (PPA), which would create serious risks to farmers, the environment and public health, by forcing the rushed commercialization of more genetically engineered crops. They would also eliminate all meaningful review of the effect GMO crops may have on our environment or our health.

These riders would outlaw any review of GE crop impacts, based on the National Environmental Policy Act (NEPA), the Endangered Species Act (ESA), or any other environmental law. No agency other than USDA would be allowed to provide analysis...OK? Not OK.

Genetically engineered salmon is still on track to be the first GE animal approved for human consumption. It's time to stop this Frankenfish for good by passing a bill to ban GE salmon in the U.S.

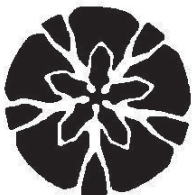
U.S. food agencies don't have a way to fully evaluate the impacts of GE salmon on human health or on the environment. Last fall over 90,000 comments from supporters opposing the approval of GE salmon were delivered, and so far the FDA hasn't approved it.

The end result is a fish that grows to market size in 16 to 18 months instead of the typical three years it takes a wild salmon. If Congress allows this to happen this will be the first GE animal allowed for human consumption. There are reports of more GE animals slated for FDA approval.

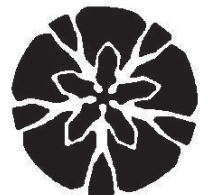
The financial and environmental impacts of producing and farming GE Salmon are immeasurable:

- Allergens have not been fully identified
- Possible devastation to our regional wild salmon population
- Threatens the biodiversity of our marine life
- Exacerbates already poorly managed fishing practices
- Produces food with decreased nutritional value

It is unlikely consumers would even know these differences because of lack of proper labeling of GE foods. Our collective voice has the ability to stop this experiment from reaching our plates. We must ensure our voice is heard –TAKE ACTION NOW- ask your legislators to co-sponsor the bills to support and co-sponsor the bills to label/ban GE Salmon today.



**Your Dividend Check is
acceptable currency at the Co-op**



New Items at the Co-op

- **Amy's GF Burritos, Wraps & Veggie Burgers**-more great products from Amy's
- **Blue Monkey Coconut Water**-with or without pulp, refreshing & delicious
- **Bob's Red Mill Israeli Style Couscous Natural & Tri-Color**- as per customer request!
- **Bob's Red Mill Potato Flakes**- many uses
- **Chocolove Chocolate Bars**-Fair trade chocolate, introductory sale price
- **Deck Family Farm**- Bacon is the newest item from the farm. Delicious Pork Chops & Spare Ribs!!
- **Eden Organic Black Soy Beans**- Here by customer request! Eden a family owned company
- **Field Day GF Fettuccine**- Have no fear, the wider, GF noodle is HERE!
- **Fentiman's Botanically Brewed "True" Cherry Tree Cola**- love your cherry cola, this one will knock your socks off!
- **Follow Your Heart Tartar Sauce**- Gluten & Dairy Free. Best one we have tried.
- **Ginger People's**- 4 New Dips & Marinades Dunk, Dip, or Soak!!!
- **Host Defense**- medicinal mushroom line from the Pacific Northwest
- **Joia All Natural Soda**-these unique sodas also make great MIXERS!
- **Just Bare Chicken**- Boneless/Skinless, individually wrapped 4 Packs of breasts or thighs.



Grown without antibiotics or hormones on family farms. Stir fry or BBQ

- **Just Great Stuff Organic Powdered Peanut Butter**- Organic alternative to PB2.
- **Living Tree Community Foods Organic & Alive Raw Sesame Tahini**- A high quality option to bulk.
- **Melinda's Jalapeno Ketchup**- I was told it makes "the Best BBQ Sauce EVER!!"
- **Nature's Path Eco-Pac Fruit Juice Sweetened Corn Flakes**- here by customer request.
- **Numi Mint Pu-erh Tea**- Dr. Oz recommendation Pu-erh tea is finally in the "house!" So buy some for yours!
- **Oregon Cracker Company**-Gluten Free, Dairy free, Corn free crackers. Full 7 oz package, made in Corvallis.
- Even if you aren't GF you'll love these crackers.
- **Orgain Organic Nutritional Shakes**- Chocolate Fudge, Iced Mocha, & Sweet Vanilla Bean... meal replacement, weight loss, quick and easy, loaded with the good stuff your body needs to make it through the day!
- **Organic Valley**: Supporting Our 11 Organic Valley Farms With Every Purchase!

1# Pasture Butter, "America" Colby Style Singles, Blue Cheese Crumbles, & GrassMilk!

GrassMilk is 100% grass fed, non-homogenized, cream top milk.... And mmmmm good.

- **PB2 1# Dry Chocolate Peanut Butter**- Bigger Package, Better Value
- **Pickled Planet**- Beet Kraut, Kim-Chi, and Dilly Beans... Sample on Owner Appreciation Day!
- **Real Deal Snack Mix**- The All Natural Snack Mix You've Been looking For!
- **Scharffen Berger Baking Chocolate**- High quality, bittersweet & unsweetened baking chocolate option for your high quality baked goods!
- **Straus 1% Milk**- in 1/2 gal glass bottles
- **Turtle Island Vegan Ground Chorizo & Smoky Maple Tempeh Bacon**- "My partner didn't know he wasn't eating real chorizo."—Cari
- **Woodstock Organic Squeezable Mayo**- Convenient for any camping trip or summer BBQ!



YOU CAN Make Jam with Pomona's Pectin

Jells with low amounts of any sweetener, or substitute.

Try honey, agave, brown rice syrup, fructose, organic cane sugar, xylitol, fruit juice, even stevia. One package comes with directions and tested recipes and makes 2 to 4 recipes.

Turn your summer fruit harvest into Jam.

YOUR JAM A LOCALLY MADE PRODUCT!

Makes a Great Gift.

Ask the produce department about flats of local produce to jam!



AUGUST SALES

SALE reg. price

	BULK		PER LB	
	OG Popcorn		1.19	1.49
	OG Apple Juice Sweetened Cranberries		5.99	7.19
	OG French Green Lentils		1.69	2.19
	OG Ground Cinnamon		.44 oz	.50 oz
	CHILL & FROZEN			
	Deck Family Farm Bacon 8 oz. It's BLT season!		6.99	7.89
New	Rumiano Bulk Medium Cheddar Cheese		5.99	6.99
	Organic Prairie Sliced Turkey or Roast Beef		5.89	7.29
	Springfield Creamery Kefir 32oz & NF Yogurt Tub 64oz		15% Off	
	*Stahlbush Frozen Blueberries		3.19	4.69
	GROCERY		EACH	
	*Amy & Brian's Coconut Water		1.79	2.99
	*Annie Chun's Ramen House		1.49	1.99
	*Annie Chun's Seaweed Snacks		1.19	1.59
	Barbara's Bakery Cheese Puffs		2/\$5.00	3.19
	*Bob's Red Mill GF Rolled Oats 32oz		4.99	6.99
	*Chocolove Chocolate Bars ***4 New Varieties***		2.29	3.19
	Emerald Cove Nori 10 & 50 Sht, Arame, Kombu, Spicy, & Nori Snack		30% Off	
	Garden Of Eatin' Party Size Blue Chips		3.99	5.79
	*Guayaki Energy Shots		2.99	3.59
	*Guayaki Organic Energy Mate Drinks		1.99	2.69
	Lundberg Rice Cakes		2.89	3.89
	Napa Valley Naturals Grapeseed, Safflower, & Sunflower Oils 25.4 oz		7.79	10.19
	Nature's Path Envirokidz Cereal		3.29	4.99
	*Nature's Path Puffed Rice & Corn Cereals		2/\$3.00	2.19
	San J Tamari Wheat Free LS & Whole Soybean		25% Off	
	So Delicious Coconut Milk		2.19	3.19
	*Shelton's Canned Chicken Meat		2.69	3.49
	Virgil's Microbrewed Soda		4/\$4.00	1.59
	Other			
	*Alacer Emergen C		9.99	16.20-18.99
New	*Host Defense Line of Supplements			
	*Jarrow Formulas Bone-Up 240 Capsules		19.99	27.29
	*These Items Are Limited To Stock On Hand.			

COOS HEAD FOOD COOP "40 YEARS SERVING OUR COMMUNITY"

1960 Sherman Ave. North Bend, Oregon

Fungi Perfecti Medicinal Mushrooms Now Carried At the Co-op

Fungi Perfecti Host Defense is a new line of medicinal mushroom supplements at the Co-op. A family of U. S. grown organic mushroom products for Supporting Natural Immunity.

The line is manufactured by Paul Stamets, author of Mycelium Running: How mushrooms Can Save the World, unveiling mycological remedies that we all can use to help heal the Earth. Paul is a mycologist, who has been studying fungi for 35 years in his lab near the Olympic Rainforest. Read the interview with Paul in the most recent copy of In Good Tilth Newsletter, which can be found in our produce department.



Tired of waiting in line?

Have you found yourself waiting in line longer than you have time for? We are happy to check you out at the back register if you need to be helped more quickly.

At this time we are not able to print receipts from that lane, but we are hopeful we will remedy that in the near future.

Thanks for your patience in this matter.

Savor the Flavor of Local Pork

The Deck Family Farm is owned and run by the Deck Family near Junction City.

Their pork is raised on certified organic pasture and allowed to forage for as much of their diet as they like.

They raise heritage breeds, which are known for their ability to thrive on pasture. This also ensures a proper and healthy balance of omega 3 to omega 6 fatty acids.

They love to eat, and the farm provides them with a hand-mixed ration of locally-sourced peas and grains along with extra milk and whey from their raw-milk dairy.

The pigs are finished on local hazelnuts to provide a flavor and a firmness to the meat that is second to none.

Having room to run and root means that they are getting to use their muscles and develop the marbling and flavor we should expect from pastured pork.

The co-op now carries ground lamb, pork bratwurst links, ground pork, pork spare ribs, various pork sausages, and the newest item is pork bacon. It's BLT season!

Deck Family Farm focuses on sustainable practices that produce healthier animals and high quality, healthy, flavorful meat. In addition to raising Red Wattle Hogs, the deck farm raises other heritage breeds such as Galloway Beef, and La Belle Rouge Chickens. These are old fashioned breeds that are meant to live their lives outside, foraging and grazing.

The Deck Farm is dedicated to pastured animals and rotating the herds and flocks through pastures as a natural means of preventing parasites, as well as fully grazing each pasture. The beef are all grass fed and finished. The laying hens, roasting chickens, turkeys, and pork are all soy free. Pastured animals means humane, healthy, and full flavored meat.

The farm is located on the edge of the coastal hills in the Willamette Valley, west of Junction City, Oregon. They welcome visitors every day except Sundays. They are a working farm and encourage visitors to take self guided tours, watch as animals are moved from pasture to pasture, take a picnic lunch out onto a hillside, or simply come to the farm and see where your meat really comes from.

We are happy to special order cuts of meat that we don't carry with our regular weekly delivery.