

Coos Head Food Co-op

Celebrating 43 years

Spring 2014

Mark your Calendar

Plan to sign a petition to label GMO's before August

May 5th-Happy Cinco De Mayo! Come in for Quesadilla Samples, and hope for ripe avocados.

May 11th-Happy Mother's Day, The co-op has a selection of clean shampoo and body care products your mother will love.

Friday, May 23rd-Owner Appreciation Day!

Co-op Owners receive 10 % off

Come in to sample Knee Deep local grass fed all beef hot dogs. Get ready for summer BBQs. 12-2 pm

Prepare for the picnic and BBQ season. Happy Camper gluten free buns are sure to delight and satisfy the palate. Local organic pickles from Sweet Creek Foods, Grass fed beef, microbrews, & don't forget the mustard. Enjoy the Holiday.

May 26th-Closed for Memorial Day

June 15th-Fathers Day

June 20th-North West Wellness will be here providing low cost

Health Screenings from 9am-1 pm

no appointment is necessary www.nwwellness.com

June 21st-Summer Solstice-live easy, pick up Hansons tonic h2o

July 4th-Sorry We Will be Closed for the 4th, Enjoy the holiday

July 18th-Sip & Stroll Wine & Beer tasting in downtown North Bend. Make a date and bring a friend. All proceeds are donated to a charity.



Welcome New and Returning Board Members

Our results of the board of directors elections for this year have been confirmed. One new board member and two returning board members were on the ballot. 568 ballots were mailed to co-op owners current in their dues.

There were four positions open and three candidates.

Members could vote for up to three.

70 ballots were returned by close of business April 14th, of those 67 ballots were valid with a member number or name, 3 could not be validated.

The tallies were counted for each member

Margie Ryan 66

Jerry Kirkeby 64

Cathryn Olds 64

They are joining:

Maurice Wray, Sue Scott, and Kathy Castelein

I would like to extend a special thanks to all of them for serving the Co-op both in the past and the coming year.

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



Lia,
Jardin,
and
Brian
at the
Co-op's
Raising
the
Roof
Fund
Raiser
Event

Owner Appreciation Day

Friday, May 23rd

Sample

Knee Deep Beef Hot Dogs

12-2 P.M.

OWNERS RECEIVE

10% OFF ALL DAY

Visit us at 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!

Special Order Deposit- - - - coming soon to your Co-Op

As many of you may know the Co-op has done and will continue to place special orders for owners and co-op patrons. We have always placed these orders with a verbal agreement that the request would result in the sale of the specially ordered item. Most of the time this has worked out just fine. So we have not required a deposit.

Unfortunately we have ended up with some items, mostly bulk herbs and supplements that have been left with us. So the decision has been made to ask for a deposit on items of this kind especially if they are expensive and the Co-op does not stock them regularly. Not every employee at the co-op has access to finding a price for a special order at a moments notice, the buyer for the department will most likely have to get back to you.



Heather
Julie
& Mark
enjoy the
Raise The Roof
Fundraiser Event
Held April 12th
at
Black Market
Gourmet

On April 12th Black Market Gourmet hosted our first ever fundraiser, Raising the Roof. The volunteer Fundraising & Events Committee for this event was comprised of Kathy Castelein, board member, Cari Pickett, employee, Sherry Mitchell, Robin Sears, and Kathy Verger Muscas. We were lucky to have such a dynamic crew to venture forth into this uncharted territory. Through the thoughtful donations from our vendors and local artists; the hours of planning, decorating, and designing by the committee; the sweat and tears that go into putting heart and soul into an event of this nature; I am proud to say we not only had success, but we had a blast!! Che's Lounge helped us rock the night away while Vern from Wino Distributing poured wine and beer at the bar. We are ever grateful to those that came and supported the silent auction and were able to enjoy the wonderful offerings that Jardin created for us. There are so many to thank and many appreciations to be had in making this event as successful as it was. We couldn't have done it without each and every one of you that were involved and supported us along the way.

Meeting times are posted on the front bulletin board at the Co-Op if there are any owners interested in volunteering! Keep your eye out for the next BIG party from your Fundraising & Events Committee!! -Cari



Masked Individuals Doing Good Deeds

It was a dirty job but somebody had to do it. Volunteers were lead by Jamie through the insulation removal task. Jerry, John, David, Al, Andrew, Ezra, Eric, and Clark went to task with not a complaint. Then the carpet was pulled up by this team plus Dave, Jake, Brian, and Margie. Andrew made gourmet lunch for all. Work has begun to remove the adhesive from the floor. Next there are some walls to take out, Pergo flooring to take up. Nails to pull, dump runs to make, progress is being made. THANKS TO ALL OF YOU for a job well done! And to Al Roberts for co-ordinating our volunteers and being one.

Fun!
Fund \$
Food



Shannon & Perry Of Che's Lounge set the mood at the Fund Raiser Event. Bill Bartel joined them not pictured.

Save the Bee Program

Glory Bee Foods, a family owned Eugene based business, has been one of the co-ops sources for honey since the late 70's. Beekeeping has been at the heart of Glory Bee from its inception, as it was a beekeeping class that the founder, Dick Turanski, held at Lane Community College that launched his business. Dick's first students became his first beekeeping customers and this natural relationship founded on the love of bees and honey continues at the core of Glory Bee today.

Bees not only provide us with delicious honey and hive products, they also pollinate more than one-third of our food crops.

Colony Collapse Disorder, insect diseases, genetically modified organisms and other issues affecting bee health, add to the decline of bee populations. As part of their mission to support ongoing education about these important issues, Glory Bee works closely with the Oregon State University Bee Lab, and other apiary associations across the nation to facilitate education about the care of bees.

Glory Bee Honey and Aunt Patty's brands donate 1% of annual sales to "Save the Bee" program. This funds Oregon State University in their research into combating bee diseases, nutrition concerns, parasites, genetic problems and many other issues linked to Colony Collapse Disorder. This research will help commercial and backyard beekeepers support healthy hives in light of the complex problems facing honey bees today.

Your purchases of their bulk honey, packaged honey, honey sticks and bee keeping supplies contribute to their ongoing support of Save the Bee Research Program.



Use in place of raisins

Blend in smoothies

Add to granola or trail mix

Stir into nut butter



Spring Mulberry Coconut Chews

- 1/2 c raw cashews or cashew butter
- 1 c white mulberries
- 1T coconut oil, gently melted
- Pinch pure vanilla powder
- 1 strawberry sliced thinly for topping.

Blend all ingredients as coarsely as desired in a food processor. Shape into spheres, bars, or hearts
Top with strawberries and store in freezer.

Unique recipes using raw ingredients can be found at wildernesspoets.com

Get your Newsletter by e-mail

This will be the second newsletter we have sent to our owners via e-mail. If you did not receive it in your e-mail and would like to, let us know your e-mail address and we will add it to the list. The co-op only uses your e-mail for store business. Send your address to it@coosheadfoodcoop.org

If you would like to volunteer

Contact our Volunteer Coordinator

—Al Roberts salal9@frontier.com or 541-756-3440

If you are interested in participating in a Member Loan Program

Contact Sue Scott - layo5@frontier.com or 541-756-4265

New Items to Try

In the bulk department- **Stonewall's Jerquee-Bragg's Liquid Amino's**
Labrang Tea Traders– Gunpowder Green, Lemongrass Ginger, Afternoon

Darjeeling, Tulsi, organic, fair trade, and from Eugene

Face Rock Cheese Curds & assorted 8 oz. pkgs.



Beyond Meat-Chicken Free Strips GF vegan

Wilderness Poets- raw white mulberries are sundried chewy and taste some what like a fig. Mulberries are a protein and fiber source, also an excellent source of iron, Vit C, calcium, and resveratrol-which is a powerful antioxidant, also found in red wine.

Wilderness Poets -raw wild mixes, roasted hemp-hazelnut butter, pumpkin seed butter, pure vanilla powder, treat yourself to raw Pistachio butter on apples.



Harmless Harvest-100% Raw Coconut Water -extracted by pressure and contains loads of essential electrolytes, including plenty of potassium, magnesium, and calcium. Rehydrate with Raw Coconut Water.

Bobo's Oat Bars-regular or gluten free delicious dense oat bars.

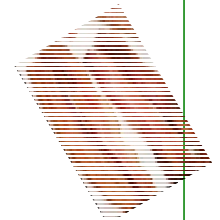
Liz Lovely Cookies -now come in a package of small cookies AND they are **gluten free, dairy free, egg free, AND NON-GMO verified**. And the word is they taste really good. They do not use palm kernel oil, only sustainable palm oil-organic and orangutan safe.

Jacksons Honest Potato Chips- what will they do to a potato chip next? Make it with coconut oil. There are three types to try, you know how it is with chips you can't eat just one, so try them all.



Essential Living Foods-Jungle Peanuts, Raw Almonds, Maca Blend, Chocolate Drink Mix, Mesquite Powder. providing the highest quality, most nutritious, ecologically sound and sought-after super foods in the world. Using the power of commerce to improve lives, communities, and ecosystems. Fair trade.

Circle Star Ranch- pork raised without soy, corn, or alfalfa, no GMO feed even is allowed on their ranch. Pork Breakfast Sausage, Sweet Italian Sausage, and check out the bacon, Eric says, "ounce for ounce a better value."



New Belgium Beers- who knows how long they will be in stock, the seasonal beers are ever changing. Check the selection and sample often.

Badger Mountain Sunscreen, Man Care, lip balm, and Anti bug stuff- no synthetics, parabens, GMO's phthalates, or any other nasty stuff –ever! to help you keep your family safe.

Amy's Organic Dandy Bars- two bars in each package, 4 types to choose from chewy, creamy, crunchy, crispy.



Karma Flax Milk-Lactose Free, Gluten Free, Non Dairy, Trans Fat Free, Soy Free, Allergen Free, Vegan, Supports Green Farming, benefits of Omega-3s.

Tumeric Elixir of Life Turmeric drink- high quality fresh organic turmeric, is gluten-free and non-gmo project verified. Tumeric ALIVE works hand in hand with family-owned and operated organic turmeric farms, offering us 100% transparency and traceability to our nutrient-enriched soil.



Yacon Syrup- after many requests it is now on the shelf, pesticide free and purity tested.

Epicurean Organics-Macadamia Nut Oil

Eden Foods-Bonito Flakes, Mirin, and canned pinto Beans-no salt added.

And for the gardeners, there are 8 choices of mini boxes of **Down To Earth Fertilizer**, Gift for those with green thumbs



ONLY \$ 3.89 each box



MAY SALES BULK

OG Organic Pinto Beans
Mt. Ranier Trail Mix
Local Wild Rice
Washington Raspberry Honey



Photo: Wild Rice Harvest 19th Century

SALE reg. price
By The LB

1.69 2.09
7.99 9.49
5.99 6.99
5.59 6.19

CHILL & FROZEN

NEW Good Karma Flaxmilk
Reed's Culture Club Kombucha
OG Rumiano Organic Cheese Random Weight Monterey Jack, Pepperjack, or Cheddar
OG Amy's Enchilada Meal Entrée's
Food For Life Sprouted Tortillas



By The Each

3.79 4.99
2.79 3.49
6.49/lb 7.49/lb
3.99 5.39
2.99 3.99

GROCERY

479 Popcorn
OG Annie's Homegrown Cheddar Bunnies & Squares
Annie's Homegrown Deluxe Rice Pasta & Cheese
OG Annie's Naturals Organic Dressings & Vinaigrettes
OG Annie's Naturals BBQ Sauces, Ketchup, & Mustard
Back To Nature Crackers
OG Bearitos LF Black or Pinto Refried Beans
GF Chebe Natural Baking Mixes Gluten & Dairy Free
Chocolove Chocolate Bars
OG Crofters Premium Fruit Spreads
OG Dr. Bronners Coconut Oil
OG Field Day OG Canned Beans or Baked Beans
OG Garden of Eatin' Party Size Chips
OG Good Boy Organics BOPS Potato Chips
GF Guayaki Fair Trade Organic Energy Mate Drinks (Can)
Jeff's Castevetrano Olives
GF Sesmark Foods Rice Thins
Theo Chocolate
Zevia Zero Calorie Soda



Health & Beauty/ Supplements

Super Citrimax Garcinia Cambogia
Solaray 48h Cleanse Caps
Check Out the NEW Badger Sunscreens & After Sun Balm!!



14.99 16.99
11.99 14.99

Non-Foods

Coshell Coconut Charcoal Briquets 9#

5.99 8.99

Share your passion for Co-ops

The Co-op currently has just over 600 shareholders, we have grown steadily since we reincorporated to an Oregon Co-operative in 2010. Since our announcement of the move to Coos Bay we hear almost daily how much our co-op patrons and others in the community are looking forward to the larger location with better parking off a busy street. At the fund raiser one person told me they plan to join the co-op when we move.



More than once we have had a new comer to the community tell us they are thrilled to find the co-op here. We have even heard that having a co-op here was a factor in their decision to move here.

Or when having to leave our community that one of the things they consider in a new location is if there is a co-op.

We have a whole spectrum of the population that patronize our co-op. Some folks in the neighborhood just come in for bottled water or a snack. Others only for nutritional supplements, beer, brewing supplies, or dog food. Of course many for fresh produce, local bread, and shop the many items in the bulk department. In order to ring a purchase for you the first thing we ask is if you are an owner. For some that are not familiar often the first thing they ask is, "What do I get?" "My first thought is we get this co-op, with out share holders we don't exist.

I value what we have and can do together. That is what sparked my interest when I was first introduced to the co-op and became a volunteer. As a group we have so many resources and working together we can accomplish more. It's like $1+1=3$. *no it's not a typo*. Our project for example has brought a renewed interest and excitement in working together. It has been a great pleasure working with John Schaaf our project manager, Doreen our bookkeeper, the board of directors who have taken on an active role in this with the help of owners who have joined committees to help support their work. Jamie Fereday, Carter & Gregory McClaren, Sherry Mitchell, Robin Sears, and Kathy Verger Muscas. And Jenny Jones with it assistants.

If you care to share why are you a Co-op owner or your passion for co-ops in general, please send an e-mail to cooshead@coosheadfoodcoop.org, snail mail, drop a note in the suggestion box, tell me in person, or give a call.

THANKS, I hope to hear from you– Deb Krough, general manager



**Co-op Logo
Water Bottles
Hats & Bags**
The 5 people in a circle holding hands is representative of owners supporting the Co-op together for their common interest.



Co-op Survey Results

THANKS for Participating in the Coos Head Co-Op Survey.

We would like you to know we heard you and we are considering the information compiled to help us make decisions as we move forward with our new location. Over 85% of the responders were member owners. Here are some highlights:

Fresh fruit & vegetables and our bulk section are very important to our shoppers

Quality/freshness, availability of natural/organic, and local foods are high priorities.

Important categories for shoppers include friendly & knowledgeable staff, quality/freshness, and local/natural/organic foods. The Co-Op meets or exceeds at a "well" or better level in these categories.

Over 90% of respondents feel the Co-Op meets their needs at a 'satisfactory' or higher level.

Responding members value the Co-Op concept e.g. ownership, specials, patronage refund, appreciation days and voting for board.

Shoppers overall 90+% are satisfied with Coos Head Food Co-Op.

Over 92% would recommend the Co-Op to colleague or friend.

Over 36+% of respondents use the internet for most of their news & entertainment, and radio is second.

The Co-Op's information about food, products, agriculture & social issues is perceived as satisfactory or very satisfactory (70%).

Many of you had comments and from those we learned the Membership would like:

- ☺ A gathering area or place to sit, eat, and have coffee.
- ☺ A deli or grab and go section.
- ☺ A new larger location with better parking. (We are working hard to make the move!)

THANKS AGAIN FOR FILLING OUT OUR SURVEY!! - Community relations committee

Suggestion for the board of directors can be placed in the suggestion box by the front door.



Oregon Right to Know is a non-partisan grassroots campaign to label foods in grocery stores produced using genetic modified organisms or GMOs. GMO food is patented because it has been engineered in a laboratory.

Last year on May 25th we Marched against Monsanto at the Coos Bay Board walk. One of our owners, Erin Dye, took on the challenge to organize the event. Many of us showed up to spread awareness and participate in the camaraderie of the event. Photos are posted on the Coos Head Food Co-op Website. coosheadfoodcoop.org

On April 16th, 2014 the state of Vermont became the first state to pass a law to label GMO's. This year Oregon also has an opportunity to pass a law to label GMO's.

Oregon Right to Know is a resource that educates and supports people around the state to effectively make this happen.

In order to get an initiative on the ballot in November we need to collect 82,000 signatures between May and July.

Individuals who would like to volunteer to collect signatures can contact Oregonrighttoknow.org

At this time they have no one on the Coast signed up to collect signatures.

The majority of Oregonians want labels on GMOs because we have a right to know what's in our food so we can make our own decisions about what we eat and feed our families.

The co-op has made a list of resources for self education documentaries, websites, books,

These will be posted on our website or you can pick up the list at the co-op. Please contribute more resources to add so we can share them with everyone.

This is our opportunity to get this law passed. We can each participate in our own way, whether we host a film showing to our neighbors, gather signatures, etc.

One way I started to share information with others was when I was approached by a solicitor, I switch the focus and tell them about my concern with GMO's in our food supply. Telling them of websites, u-tube, and documentaries available to them so they can learn more.

Let's all do a part and educate Coos County and help Oregon Get Labeled!

-Deb

Check the spring 2014 issue of In Good Tilth for articles about Seeds, Organic Agriculture, GMO's and litigation with GMO. So much starts from a single seed



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

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

A rendition of the co-ops new building can be seen on the co-op bulletin board.
-- - - - Compliments of Perry St John with Sol Coast Construction.

Sample Local Grass Fed Beef Hot Dogs from Knee Deep Cattle Company on May 23rd from 12-2 P.M.

Mike & Alvina Stevenson, owners of Knee Deep Cattle Company, provides the Co-op with ground beef in 1 lb. chubs, stir fry strips, all beef hot dogs, 2 flavors of jerky, and marrow bones.

With the help of their 9 border collies and 5 horses Mike & Alvina manage a 400 head herd in 5 rural locations from Florence to Eugene. In addition to herding cows, Alvina oversees the butchering at the processing plant, acts as sales representative and does deliveries. Meet her in person offering samples of the all beef hot dogs.

Get ready for the summer season of back yard
BBQ's with Local Grass Fed meat from Knee Deep Cattle Company.



Certified Humane Raised and Handled-Meets the Humane Farm Animal Care Program standards, which include nutritious diet without antibiotics, or hormones, animals raised with shelter, resting areas, sufficient space and the ability to engage in natural behaviors.

Lane County Livestock Association announced Knee Deep Cattle Company as 2013 Producer of the Year.