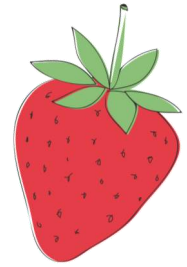


# COOS HEAD FOOD CO-OP



## MAY, JUNE, & JULY 2019 MEMBER-OWNER NEWSLETTER

### SEASONAL HOLIDAYS & STORE HOURS

**Sunday, May 12th**

*Mother's Day*

Mom Essentials Include:

Sock It To Me Print Socks (Portland based), Sulfite-Free Wine, and assorted Fair-Trade Chocolates.

**Monday, May 27**

*Memorial Day*

We will be open for regular business hours 9am-7pm.

**Sunday, June 16**

*Father's Day*

Dad Essentials Include:

Organic Cotton Socks (Gold Beach based), Local Craft Beer, and assorted Hot Sauces

**Friday, June 21**

*Summer Solstice*

Energize yourself for the longest day of the year with Grab & Go Deli treats

**Thursday, July 4th**

*Fourth of July*

We will be open regular store hours 9am to 7pm.

Grab & Go Deli Potato salad and organic make for the perfect last minute BBQ additions!

Catch us at the Firecracker Run & Festival that day in Mingus Park!

### MEMBER-OWNER APPRECIATION DISCOUNT DAYS

**MAY 16, 17, 18**

**THURSDAY, FRIDAY, SATURDAY**

OWNERS RECEIVE

# 10% OFF

PICK YOUR DISCOUNT DAY

### USE YOUR OWNER BENEFIT

IF YOU DON'T RECEIVE YOUR NEWSLETTER  
ON TIME WE WILL HONOR YOUR  
DISCOUNT DAY WITHIN THE MONTH



## YOU OWN IT!

### 2019 Election for Board of Directors

Check out Candidate Statements on Page 3 &  
**VOTE** with the Enclosed Ballot.

## MEMBER-OWNER JUNE

### DISCOUNT COUPON

OWNERS RECEIVE

# 10% OFF

YOUR PURCHASE

CHOOSE ANY DAY IN JUNE TO USE 10%  
OFF YOUR PURCHASE

**DOES NOT APPLY TO ITEMS ALREADY ON SALE**  
MUST PRESENT COUPON TO CASHIER TO REDEEM  
MEMBER DISCOUNT. VALID JUNE 1-30, 2019

MEMBER NUMBER:  
AMOUNT REDEEMED:

### FIND US ON FACEBOOK & INSTAGRAM:

@COOSHEADFOODCOOP &  
@COOSHEADFOODCOOP1971  
STORE UPDATES ARE UPLOADED DAILY!



Coos Bay  
Farmers Market

**WEDNESDAYS 9AM-2PM  
MAY-OCT CENTRAL AVENUE**

Sponsored by  






For INFO: 541-288-0711 • www.coosbaydowntown.org  
We accept SNAP/EBT and WIC benefits, See our Farmers Market Nutrition Program Vouchers.

Coos Head Food Co-op joins other sponsors including Jennie's Shoes, Wild-flour Catering, So It Goes Coffeehouse, and the Coos Bay Downtown Association.

Local starts by shopping at the Coos Bay Farmers Market and Coos Head Food Co-op!



## Coos Bay Farmers Market Season Begins!

Wednesday, May 1st- Wednesday, October 30th from 9am-2pm on Central Avenue

Farmers Market Wednesday's are our favorite day of the week at the Co-op! We love how the market season brings in familiar faces and delicious farm-fresh foods for our community to enjoy. This upcoming 2019 season will be an exciting market season for co-op involvement, Outreach & Marketing Coordinator Ashley Audycki will be the Farmers Market Manager.

Already, the Co-op has become a featured Homegrown Sponsor for the market and the Co-op's logo is on the 2019 season posters. The Co-op is co-branding a Bagito tote bag with the Farmers Market to raise funds for future local food promotion endeavors. Bags will be available for purchase for \$10 at both the Coos Bay Farmers Market and at Coos Head Food Co-op.

Ashley will be keeping an eye out for new products for the store to carry as well as fostering further relations with market vendors that the co-op already works with. We will miss Ashley at the Co-op on Wednesday's and we will meet her at the market!

There are opportunities for Co-op customers to volunteer to assist Ashley weekly on Wednesday's at both the Co-op & Coos Bay Farmers Market.

Email Ashley at [outreach@coosheadfoodcoop.org](mailto:outreach@coosheadfoodcoop.org) for more info!

# BOARD ELECTIONS 2019

## CANDIDATE STATEMENTS

### YOU OWN IT! YOUR VOICE COUNTS!

The 2019 Election for the Board of Directors is an active example of one of the cooperative principles of "democratic member control". The Board of Directors at Coos Head Food Co-op are made up of member-owners who wish to be part of developments such as the building relocation project, solar panels, and more.

We have the candidate statements for the 2019 election for members to read over. Please enact on your membership benefit of voting with the enclosed ballot in the newsletter. If you do not receive a ballot please pick one up at the Co-op. Thanks!

#### NEW BOARD CANDIDATES

##### **Karlee Cottrell**

The beauty and richness of the Oregon coast surges through my veins. Returning to the coast, I have become inspired by the successes of small, locally-owned businesses that flourish in this community and I would love to see the happiness of our residents continue to grow from these roots. I believe that clean, wholesome eating is the grounding foundation to a healthy and advantageous community and it's members. I would be honored to serve on the board of the Coos Head Food Co-op to support the growth of its business and its impact on this fantastic community.

##### **Jenny Jones**

Having had a host of life changes due to personal choices as well as health challenges, I am a knee-jerk all-organic, prefer-local, love-bulk consumer, and champion/advocate.

While the entire mission of the co-op deeply resonates with me, I am particularly focused on the "local" part of local, organic food; the "motivate, retain, and reward" part of the commitment to employees; and the "sustainable" part of business growth.

As it happens, I am most interested in the "positive" side of collaboration. To bring out the best in ourselves as well as others, I believe that transparency and the best of group problem solving can only grow in an environment of civil discourse.

##### **Ali Mageehon**

I am interested in contributing to the Coos Head Food Co-Op as a Director. I have extensive experience working with education organizations and programs for the purposes of continuous improvement, financial management, and strategic planning. This skill set translates well to serving on the Board. I have lived in Oregon for nearly ten years (two of which have been in Coos Bay), and have actively supported local food systems during that time.

I believe strongly that communities need to support local and sustainable agriculture. For the past three years, I have written a food blog that highlights recipes made from local foods. Education regarding the connection between health and food is so important and Coos Head Food Co-Op plays a vital role in the community to help with this. I will contribute to the mission through decision-making that honors the role of the Co-Op in supporting a healthy environment.

#### CURRENTLY SERVING BOARD MEMBERS

##### **Toni Andrist**

I love being a part of the co-op. I love what it stands for! Vote for me!

##### **Ted Chism**

My family and I moved to Charleston 27 years ago, and one of our first discoveries was the Coos Head Food Store. At the time it was described as "A little ray of light in a land of darkness". We have continued to shop there ever since not only for the fine products that are available but also for the community of people that the store represents. For us the store is an access point not only for local and organic products but also for people and ideas that we find interesting. During the years that I was employed I developed the ability to work with a variety of people to develop and achieve common goals. I enjoy solving problems and seeing a project move forward. I believe that I can be a positive part of the Co-op and would appreciate the opportunity to continue as a member of your Board.

##### **Jamie Doyle**

I have been on the board for four years, and it has been very rewarding to try and help the co-op be the best that it can be, especially through the transition into the awesome new store. I feel that it is each of our responsibility to support the places that we feel make the community stronger. Since moving here over ten years ago, I have valued Coos Head Food Co-op as the place in our community for healthy, local, fresh food; I would like to continue to help it grow.

# CO-OP IN THE COMMUNITY

FIND THE CO-OP AT THESE GREAT EVENTS!

## COMMUNITY TABLING EVENTS

**MAYFLY FESTIVAL**  
SATURDAY, MAY 18TH  
11AM-3PM AT MINGUS PARK

The outdoor community festival combines environmental learning with arts and culture. The Co-op will be at the Mayfly Festival with a farmers market style of samples and other fun treats!

**BEAR CLAW RUN & HEALTH FAIR**  
SATURDAY, MAY 18TH  
9AM-12PM AT SWOCC

The outdoor run helps raise awareness for the Pancreatic Action Network. The Co-op will be in attendance with healthy snacks from Garden of Life and more.  
Stop by to say hi!



Ashley is set-up at the recent Fertilize Your Mind Garden Seminar organized through the Coos County Master Gardeners at OSU Extension. Join Ashley in tabling to share samples and WHY YOU LOVE TO SHOP CO-OP!

Interested in any of these events? To volunteer at the Co-op's Outreach Table at Community Events, please contact Ashley at [outreach@coosheadfoodcoop.org](mailto:outreach@coosheadfoodcoop.org) for more information.

## COOS COUNTY FAIR

JULY 25, 26, & 27  
MYRTLE POINT FAIRGROUNDS

*Hee-Haw!*

The Co-op will be leading the way for farm-to-fork activities in the Grove area of the fair. We are becoming an important partner in organizing local growers, businesses, and overall delicious samples to showcase the farm-to-fork community in Coos County. The Co-op will be at the Fair for 3 out of the 5 days to share samples, host activities, and more!

**Visit the Co-op on These Days!**

**Thursday, July 25:** Family Fun Day  
(Free Admission for families)

**Friday, July 26:** RODEO!

**Saturday, July 27:** Youth Livestock Auction



3B's Buttons assisted with the Co-op's booth to make it a *BERRY* good time! We look forward to another fun year!



# COOS HEAD FOOD CO-OP

**NEW!NEW!NEW!** SERVING THE COOS COMMUNITY SINCE 1971 **NEW!NEW!NEW!**



## SEACOAST COMPOST

MADE IN **CHARLESTON** WITH LOCAL SOURCES OF CRAB, FISH, SHRIMP, RED ALDER, AND COW MANURE MAKE FOR AN EXTRA NUTRIENT DENSE COMPOSTED GARDEN AMMENDMENT!



## EMMA'S KITCHEN

ANOTHER SET OF NEW LOCAL PRODUCTS! EMMA'S OFFERS US A WONDERFUL CREAMY AND RICH CASHEW QUESO, A CHIMICHURRI, AND DECADENT BLISS BALLS. STOP IN AND SUPPORT LOCAL!



## PECKISH

2 PERFECTLY COOKED "HARD BOILED" EGGS AND ONE CUP OF CRUNCHY FLAVORED QUINOA CRISPS FOR SOME OVER THE TOP DOUBLE-DIPPING EXPERIENCES! CONVENIENCE FOOD THAT YOU CAN FEEL GOOD ABOUT!



## GARDEN OF EATIN'

GRAIN FREE TORTILLA CHIPS! NO CORN HERE!! WITH THREE FLAVOR PROFILES, THESE CHIPS ARE BURSTING WITH FLAVOR, HAVE A GREAT CRUNCHY TEXTURE, AND ARE A GREAT ALTERNATIVE TO STANDARD GRAIN BASED CHIPS! TRUSTED BRAND OF SNACKING CUSTOMERS SINCE 1971.



## SMART SWEETS

BERRY FISH, SOURS, OR GUMMY BEARS. LOADED WITH FIBER, NOT SUGAR. GUILT FREE CANDY NEVER TASTED SO GOOD!

COOS HEAD FOOD CO-OP 353 S 2<sup>ND</sup> ST, COOS BAY, OR 97420 PHONE: 541.756.7264  
FOLLOW US ON FACEBOOK AND INSTAGRAM FOR MORE SPECIALS AND EVENTS!!



OPEN MON-FRI 9AM-7PM, SAT 9AM-6PM, SUN 10AM-6PM \* COOSHEAD@COOSHEADFOODCOOP.ORG



## GRAB & GO DELI



Kevin Dow unexpectedly passed away on April 8, 2019. He will be missed by the Co-op family of workers and shoppers.

"Food reveals our connection with the Earth. Each bite contains the life of the sun and the earth...We can see and taste the whole universe in a piece of bread! Contemplating our food for a few seconds before eating, and eating in mindfulness, can bring us much happiness." Thich Naht Hanh

I wanted to take a brief moment to reflect on our team-member, Kevin. I chose this quote because it captured so well the energy and excitement that Kevin brought to work with him every single day. His passion for cooking, and love of life has left an indelible mark on me and my team. Though the deli doesn't have the usual peals of laughter coming out of it recently, I know that in time, we will continue to heal and to cherish his memory. I am so grateful for the short time I had with him. He was an inspiration and an integral part of our deli. Kevin's delectable vegan bread pudding will be hitting the shelves in May.

The deli has been working hard to create new and exciting treats for spring and summer. We recently added a delicious Seafare Pacific tuna to our fresh daily sandwich lineup. I am creating some refreshing and nourishing fresh new juices too.

Keep an eye out for some very special weekend bakery treats coming soon. I will be offering small batch goodies on Saturdays and Sundays. Some things in the works will be the world's best banana bread and possibly a secret family recipe coffee cake.

-Kat Huttlinger, Grab & Go Deli Manager

## HEALTH & WELLNESS



Looking for another super-food seed? Apricot seeds are among the top ten super-food seeds that you may not know about. The seeds are packed with the following benefits:

- Vitamins B17 & B15 along with A & E
- Naturally occurring enzyme
- High in fiber, protein, & monosaturated fat

The apricot seeds are an important part of the Hunza peoples' diet in Pakistan. They eat apricots all year round, fresh and dried forms. The seeds are extracted and made into culinary oils, dressings, and used in baking; as well as made into facial lotions. It is reported that the Hunza people live healthy well into their 100's and they consume apricot seeds. They also have an active lifestyle that is infused with a low-calorie intake and mineral rich water.

Come on in & take a peek at this amazing super seed!



Seafare Pacific Albacore Tuna Salad Sandwiches, Available Every Day at the Grab & Go Deli!

# Farm-Fresh Finds

## Spring Produce

April Showers bring May Produce! The Co-op has been entering out of the winter citrus season and is facing a taste of the local foraging spring finds. Local foragers have been bringing in great finds that include: fiddle-head ferns, stinging nettle, wild spring onions, and mushrooms (hedgehog, yellowfoot, and wild oysters).

We are starting to receive colorful produce varieties that include: purple sprouting broccoli, red cabbage raab, rainbow bunched carrots, red bananas, and black garlic. The addition of different colors to these varieties reflects the biodiversity that once reigned in agriculture. We appreciate the opportunity to be providing consumers the chance to purchase this produce outside of the local growing season from Organically Grown Produce.

The Produce Department is gearing up to purchase from Valley Flora Farm in Langlios as well as farmers from the Coos Bay Farmers Market. If you can't make the Wednesday market, we will be bringing in the freshest finds of the market into the store for you to purchase.

Every day is a farmers market at the Co-op!

## Simple Mushroom Recipe

### Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 1/2 cups onion, chopped
- 3 cups of sliced mushrooms
- Salt & Pepper to taste

### Instructions

- Heat Oil in a large skillet over medium-high heat. Add garlic and onion; cook until onion begins to soften, about 3 to 4 minutes.
- Add mushrooms, salt and pepper. Cook with occasional stirring until liquid evaporates and mushrooms begin to brown.
- Refrigerate leftovers within 2 hours.

**Makes:** 1 1/2 cups **Prep Time:** 7 minutes

**Cook Time:** 10 to 15 minutes.

Recipe from Food Hero, OSU Extension Service



Janne is seen holding seasonal spring produce that includes purple sprouting broccoli (left) and red cabbage raab (right). Perfect to use in stir fries!



Blue Oysters Mushrooms locally cultivated in Bandon.



Locally-foraged Wild Oyster Mushrooms

## WHERE LOCAL MATTERS THE MOST ...

### BBQ SEASON IS HERE!

May, June, & July are perfect opportunities to utilize local products in your seasonal barbecues. Here are some of our favorite local finds for a Better BBQ!

- Empire Bakery (Empire, Coos Bay)
  - Between sourdough loaves and ciabatta rolls, this local bakery crafts a fantastic base to hold any protein for a BBQ!
- Facerock Creamery Cheese (Bandon)
  - This local creamery is available at the Co-op, we are carrying their block cheddars that include: Pepper Alpine, Super Slayer, Vampire Slayer, In Your Face Pepper, and 2 year Aged Cheddar. The tremendous flavor of the cheese makes for a perfect addition to any burger!
- Pachamama Pork (Days Creek)
  - Forrest-raised, this pork has a bounty of flavor available in ground, chops, sausages (assorted types), and shoulder roast.
- Port Orford Sustainable Seafood (Port Orford)
  - 100% Traceable Seafood is the mission for this Community-Supported Fishery. We carry packaged products of their Lingcod and Rockfish (multiple varieties) in the meat freezer section. Grilled Fish is always a hit at a BBQ!



Port Orford Sustainable Seafood crew with KCBY's Lauren Negrete on the Pick-Up Day #1 for the Community- Support Fishery Membership.



Member orders are placed in bags and stored in a freezer waiting for pick-up. Information can be found at: [possustainableseafood.com](http://possustainableseafood.com)

### BREAD DELIVERY SCHEDULE

NEVER FEAR, LOCAL BREAD IS HERE! Here is a guide to help you with deliveries throughout the week!

- MONDAY'S AT 9AM- FRANZ BAKERY
- TUESDAY'S AT 3PM- FARMHOUSE BAKERY
- WEDNESDAY'S AT 11AM- EMPIRE BAKERY
- THURSDAY'S AT 1PM- BREAD STOP BAKERY
- FRIDAY'S AT 5:00PM- FARMSTEAD BREAD

After 47 Years of serving awesome bagels Humble Bagel is no longer in business. We greatly appreciate the opportunity to have their bagels, muffins, and magic bars to offer the community. We are looking to have other local options and house made treats in the future.

Thanks!



Farmstead Bread made a special bread with the South Slough logo for the Earth Day Fair.



# SAVE THE DATE!

## GROCERY STORY BOOK TOUR!

TALK & BOOK SIGNING  
WITH AUTHOR JON STEINMAN  
FRIDAY, NOVEMBER 22ND AT 6PM  
IN THE MYRTLE ROOM IN THE  
COOS BAY PUBLIC LIBRARY  
525 ANDERSON AVE, COOS BAY  
CO-OP REFRESHMENTS WILL BE SERVED!

**Hungry for change? Put the power of food co-ops on your plate and grow your local food economy.**

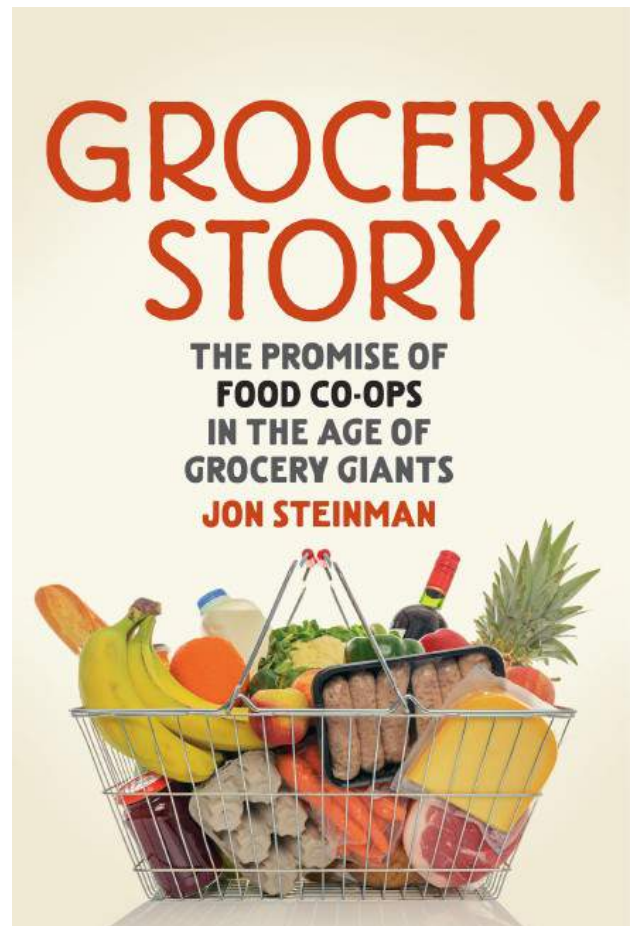
Food has become ground-zero in our efforts to increase awareness of how our choices impact the world. Yet while we have begun to transform our communities and dinner plates, the most authoritative strand of the food web has received surprisingly little attention: the grocery store—the epicenter of our food-gathering ritual.

Through penetrating analysis and inspiring stories and examples of American and Canadian food co-ops, *Grocery Story* makes a compelling case for the transformation of the grocery store aisles as the emerging frontier in the local and good food movements.'

Author Jon Steinman:

- Deconstructs the food retail sector and the shadows cast by corporate giants
- Makes the case for food co-ops as an alternative
- Shows how co-ops spur the creation of local food-based economies and enhance low-income food access.

*Grocery Story* is for everyone who eats. Whether you strive to eat more local and sustainable food, or are in support of community economic development, *Grocery Story* will leave you hungry to join the food co-op movement in your own community.





# Wild Rivers Coast FOOD TRAIL

The Wild Rivers Coast Food Trail is a collective effort that connects locals and visitors to the bounty of the Wild Rivers Coast. Supporting local food is a way to support our local communities and the producers/crafters that work hard to grow & use our local ingredients.

Your experience along the trail should not end when you leave the area. We encourage you to bring a taste of your journey back home to share with friends and family as a reminder of the unique bounty available along Oregon's Wild River's Coast.

Organized through a Travel Oregon partnership

COOS HEAD  
FOOD CO-OP  
IS JOINING THE  
WILD RIVERS  
COAST FOOD  
TRAIL MAP!

There will be  
map brochures  
available  
in-store for  
those who want  
to explore the  
wild rivers  
coast!

## OTHER TRAIL PARTICIPANTS



- Myrtle Glen Farm
- Valley Flora Farm
- Noster Kitchen
- Coos Bay Farmers Market
- Port Orford Co-op
- 7 Devil's Brewery
- Bayside Coffee

**Share your experience.**

## CO-OP OUT IN THE FIELD TRIPS

DATE'S TBA

SIGN-UP BY EMAILING ASHLEY AT  
OUTREACH@COOSHEADFOODCOOP.ORG

### FARMSTEAD BREAD

The Myrtle Point-based bakery crafts their own stone-ground flour and bakes bread in a wood-fired cob oven. Estimated Tour Date, May or June.

### THE THYME GARDEN

The Alsea-based herb garden offers tours of their culinary and medicinal gardens that end in a delicious meal. Tour+Meal cost \$30 each. Estimated Tour Date, July or August

### VALLEY FLORA

Langlois-based farm that is the main local produce supplier for the Co-op for over 10 years. We look forward to touring the farm during the delicious strawberry season.

### HERB PHARM

The Williams-based medicinal and herbal tincture farm and herbal processing plant offers a great insight to Herb Pharm brand.

## CONSISTENT IN-STORE EVENTS

### MATE MONDAY

10AM-3PM ON EVERY MONDAY!

Enjoy a complimentary cup of Guayaki Yerba Mate to get a jumpstart to the week! Come to life with this energizing coffee alternative sourced from South America!

### TEA TUESDAY

10AM-3PM ON EVERY TUESDAY!

Enjoy a complimentary cup of tea as we feature a different variety weekly with an informational card about the flavor and brew process.

We feature Mountain Rose Herb Teas!

### WELLNESS WEDNESDAY

11AM TO 4PM ON EVERY WEDNESDAY!

Wellness Buyer Josh organizes various demos to highlight different products and health benefits! Demos will be featured on the monthly community calendar!

TACO THURSDAY'S

## Sprengelmeyer Fish Tacos

HANDMADE ORGANIC TACOS  
MADE WITH CO-OP INGREDIENTS

Offering: Tacos (meat,  
veggie, and fish),  
Chowder, Rice Bowls,  
Salad Bowls, & More!

Thursday's from 11am-6pm

at Coos Head Food Co-op  
353 S. 2nd Street in Downtown Coos Bay

## EVERY DAY IS A FARMERS MARKET AT THE FOOD CO-OP



The Sprengelmeyer's will be serving tacos out of their food truck that they have been working on during the winter season. We look forward to being the source of ingredients and a host site for this great family-owned business.



Coos Head Food Co-op

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



**MAY, JUNE, JULY 2019**  
**MEMBER-OWNER**  
**NEWSLETTER**

**YOU OWN IT!**  
**2019 BOARD OF**  
**DIRECTOR'S ELECTION**  
**BALLOT ENCLOSED**  
**RETURN BY MAY 13TH**

