



The COOS HEAD SCOOP

December 2020

Fresh Produce, Locally Sourced, & Community Owned Co-Op!

A MESSAGE FROM OUR GENERAL MANAGER..

The light at the end of the 2020 tunnel is near! On behalf of your Local Coos Head Food Co-Op employees, I want to extend a giant THANK YOU for the support and commitment you have shown us through this strange year. We take great pride in providing our community with nutritious foods and supporting our local producers. Stay safe, wash your hands, and, please, wear a mask. Have a wonderful holiday season!

-Patrick Franks, General Manager



FACE MASKS REQUIRED

Due to recent *state mandate* Coos Head Food Co-Op is now requiring all shoppers over the age of 5 to wear face mask and remember to practice social distancing when shopping.

MEMBER APPRECIATION MONTH

10% OFF DISCOUNT

Contact Us:

✉ OFFICE@COOSHEADFOODCOOP.ORG

📷 [COOSHEADFOODCOOP1971](https://www.instagram.com/COOSHEADFOODCOOP1971)

📘 [COOS HEAD FOOD CO-OP](https://www.facebook.com/COOSHEADFOODCOOP)

VISIT US ONLINE AT: [COOSHEADFOOD.COOP](https://www.COOSHEADFOOD.COOP)

MORE BANG FOR YOUR BUCK!!

It's a win/win for you and the Co-Op!!! Have you ever wanted to get more for your buck? Paying with either cash or check means zero transaction fees for the Co-Op. The Co-Op is charged, on average, a 2% processing fee for these transactions. Please consider the next time you shop to choose cash or check, if possible. That 2% can go a long way....

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Curbside Pickup

Your local Coos Head Food Co-Op is now offering grocery pickup service to help keep our most vulnerable community-members safe.

If you're of good health and not in a high-risk group for coronavirus, please visit our store, as we have limited capacity to implement curbside pickup. We are taking many precautions to keep our community safe, store hours are 9am to 7pm weekdays, 9am to 6pm Saturdays, and 10am to 6pm Sundays.

Senior and high-risk groups can now shop on Tuesday and Thursday between 8am and 9am.

If you feel you are in a high-risk group, including seniors and those with compromised immune systems, and need grocery pickup service, we're glad to help do your shopping.

Email your shopping list to office@coosheadfoodcoop.org.

Orders placed Monday–Friday excluding Wednesday before 11am will be available for same day pickup between 2–4pm.

Orders placed after 11am will roll over to the next pickup date.

Your email should include your name, phone number, and a detailed list of the groceries you need. Please limit this list to 15 items or less and let us know if it's OK to make substitutions or if you'd rather we skip an item if it is out of stock.

We will call to confirm we received your order, and to get credit card payment information. We'll do our best to fill your orders, but staff may need to make substitutions on comparable items. All sales are final, and we are not accepting returns currently. Some items may be temporarily out of stock.

When you arrive to pick up your groceries, feel free to call the store and let the staff person know you are outside, we will bring your groceries out to your vehicle. Please have a space cleared so our staff can load your groceries while keeping a safe 6-foot distance.



Vendor Highlight.....

MAPLE VALLEY COOPERATIVE

“Maple Valley, a pioneer in organic and fair practices for maple production, was founded in 1991, became a cooperative in 2007, and continues to produce 100% pure and organically produced maple products year after year. As a cooperative, we offer you a high-quality certified organic product free of additives, preservatives, and formaldehyde – and moreover, we bring you a socially responsible commodity.

Great effort has gone into selecting responsible, organically certified woodland farmers whose standards and practices represent stewardship to the environment and our planet.

Our main processing plant and offices are in Cashton, Wisconsin. Our farmer base encompasses the Great Lakes and the Appalachian region of the United States. We believe in family scale farming, fair wages for producers and employees, transparency, accountability, and sustainable fair business practices.

Our Mission is to produce and market the finest organic maple syrup products with fair and sustainable methods while respecting our farmers, our customers, our vendors, our employees, the environment, and our communities.

In 2007 the founders of Maple Valley created a co-op with five classes of membership: Producers, Customers, Investors, Vendors, and Employees. The Organic Maple Cooperative was designed to represent all of our stakeholders as a way to leverage the strength of our producer base, our outstanding employee knowledge, and our strong customer following, and to represent investors who believe in cooperatives as a socially responsible investment vehicle.”

MAPLE VALLEY

cooperative



“Maple Valley Organic Syrup Cooperative.” *Maple Valley Cooperative*, https://www.facebook.com/maplevalleycooperative/?ref=br_rs, <https://maplevalleysyrup.coop/about-maple-valley-cooperative/>. Accessed 30 Nov. 2020.

Vendor Highlight.....

BOODA ORGANICS

“Here at Booda Organics, we provide the purest body care necessities to support your greatest health and well-being! Our products are handmade with lots of love, thoughtfulness and integrity — choosing only the highest quality, food-grade, organic, non-GMO, sustainable, vegan ingredients. And just as importantly, our formulas never contain anything unnecessary or harmful because we understand that 'What goes ON your skin, also goes IN!' Booda's products are gentle, yet highly effective — and gentle on our planet too!

We began creating our own body care products out of a desire to purify and simplify our lives. Using organic, unrefined ingredients found ONLY in nature not only brought us peace of mind, but we quickly realized that they truly work! In 2010, we began joyfully sharing our natural creations with family and friends, only to be gratefully received. And shortly thereafter, with a big heart and open arms, Booda Organics was born and cofounded in love! We remain a family-run business fueled by the smell of cocoa and love letters from our boodaful customers. Our facility here in Bellingham, Washington is filled with smiles and excitement for what lies ahead.

We promise to remain conscious of our choices, to stay true to our core values and always place the well-being of other people and the planet first. Our friendly, blissful Booda is a symbol for the purity, simplicity, and love that is poured into each and every container.”



“Booda Organics.” Booda Organics, Booda, 2020, <https://boodaorganics.com/pages/about-us>.

Vendor Highlight.....

MALK

“Every day, we’re inspired by customers who thank us for making a healthy dairy alternative they feel safe serving their families.”

August Vega, MALK Founder

MALK is more than a product—it’s a passion.

Born with a severe dairy allergy, founder August Vega spent most of her lifetime struggling to find foods that wouldn’t make her sick. Years later, when her son was born with the same allergy, that condition motivated her mission: create a better dairy alternative.

Along with August’s brother Justin Brodnax and cousin Joel Canada, Almond MALK soon became the newest member of the family—and an integral part of their lives.

As MALK grows, we too continue to grow and change. We will seek out the freshest new flavors, the most wholesome ingredients and new ways to inspire employees in our fair-wage workplace. But one thing that will never change is our passion for excellence and commitment to our customers.



“About Us - Malk Organics.” Malk Organics, <https://malkorganics.com/about-us/>. Accessed 9 Dec. 2020.



Coos Bay Library & Coos Head Food Co-op present

COMMUNITY COOKING WITH THE CO-OP



FREE!

STARRING JAMAR!

MONTHLY EVENT: EVERY 4TH THURSDAY!

Coos Bay Library has teamed up with Coos Head's Outreach Coordinator, Jamar, to provide safe, easy, and healthy recipes to create at home. Join us virtually on Zoom for this fun community event!

Event Recipe:

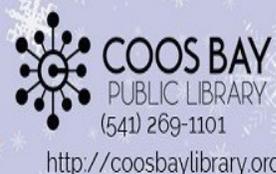
Coos Head
Holiday Noshes

FUN!



Register for this virtual event @ <https://is.gd/0PTIGU>

Thursday, December 17 @ 5:30pm



Coos Bay Public Library and Coos Head Food Co-Op would like to invite the community to join in on the virtual cooking segments “Community Cooking with the Co-Op.” We introduce community members to cooking with ingredients that they aren't familiar with and encourage stepping outside of their comfort zones. Together, we are able to engage each other and our community via zoom, while unable to meet in person. Virtually we are able to all cook, laugh, learn and eat together.

Next Event: Thursday, December 17th - Jamar aims to provide safe, easy, and healthy recipes to create at home. Join us virtually for this fun community event! For his December recipe, Jamar will be featuring Holiday Noshes.

This event is FREE and open to everyone. For ingredients and access, please register by going to <https://is.gd/0PTIGU>

FELLOW BREAD FANS,

Speaking of quickly approaching deadlines, our new baby will be here in less than two months!

We will be taking a month off baking from mid-December until mid-January to spend some time with our newest little family member.

If you would like to pre-order bread to stash in the freezer to get you through our break, please let us know at least 4 days ahead of time so we can make sure to get it to you.

Our following schedule is still a bit up in the air. We will start baking again mid-January and continue to bake each Friday. We will figure out more details as the time approaches, but we wanted to give you plenty of advanced notice that our Tuesday / Wednesday bake schedule will be reduced for a while.

Take care and stay in touch,
Rebekah, Phil & Hazel

This month in wood-fired goodness:
Each bake we will offer
Whole Wheat (100% freshly milled wheat)
Country (50% freshly milled wheat)
Rustic White (10% freshly milled wheat)
Kamut (100% freshly milled Kamut)
Vollkornbrot (100% freshly milled rye)



December 2020						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Happy Thanksgiving No Bread	2	3	4 Seeded Whole Wheat (WW) Jalapeño Cheddar	5
6	7	8 Olive Oil Herb (WW) Kalamata Olive	9	10	11 Cinnamon Raisin (WW) Pumpkin Seed Polenta	12
13	14	15 Seeded Whole Wheat (WW) Jalapeño Cheddar	16	17	18 Taking a month off to meet our new baby! <3	19
20	21	22	23	24	25	26
27	28	29	30	31		



ACTIVISM AGAINST GENDER VIOLENCE

Day 3 of the 16 Days of Activism Against Gender Violence. Today our friends at Coos Head Food Co-op Stand with Zonta in Saying NO to violence against women. Even before the pandemic, food insecurity was identified as a leading cause of gender violence.



Per a study arising from University of TX at San Antonio, households with food insecurity 1 in 5 children saw or experienced violence, compared to 1 in 25 children in homes with access to healthy food.

We can and must do better!

Round Up for CASA

7th Principle of a Cooperatives: Concern for Community!

COOS HEAD FOOD CO-OP

Coos Head Food Co-Op will be hosting a Round Up for CASA for the month of December.

What does CASA stand for? CASA stands for Court Appointed Special Advocate.

What makes the CASA program different? CASA programs are the only volunteer organization directly connected to the court; volunteers are appointed and sworn in by a judge to speak for a child who would otherwise not be heard. As adults come and go in the lives of abused and neglected children, these children desperately need one adult to stay with them for the length of their court case—someone who develops knowledge of the child's particular needs and may prevent a child from falling through the cracks of the system.

CASA of Coos and Curry Counties' mission is to recruit, train, and supervise volunteers to advocate for the best interests of abused and neglected children.



How can you help?

When making a purchase at the Co-Op, please consider rounding up or donating to our Coos Head Cares Round Up Program when visiting your local Coos Head Food Co-Op.



BE THE LIFELINE PATIENTS NEED.

Give blood.



Community Blood Drive **Coos Head Food Co-op** **& 7 Devils Brewing Co.**

Coos Head Food Co-op
353 S. Second Street
Coos Bay, OR 97420

Tuesday, January 12, 2021
12:30 p.m. to 5:30 p.m.

Give a Pint, Get a Pint

All presenting donors will receive a voucher for a pint of your favorite beverage.

To make a donation appointment, please visit www.RedCrossBlood.org and use sponsor code: 7 Devils

Streamline your donation experience and save up to 15 minutes by visiting RedCrossBlood.org/RapidPass to complete your pre-donation reading and health history questions on the day of your appointment.

Give Something that Means Something® | RedCrossBlood.org | 1-800-RED CROSS



WHAT ARE THESE TAGS?

I am seeing around the Co-Op as I shop and what is Not Diets? Who is Michelle?

Michelle is the co-author of *Never Be Fat Again*, a book on how to *live* healthy so we don't need diets. Michelle moved to North Bend in January, 2009 from Florida to marry her husband Jeff. While in Florida, Michelle worked at Hippocrates Health Institute, where people came from all over the world to learn to heal and reverse many diseases on plant foods and green juices. When she arrived in Oregon, she began a health coaching business called Not Diets, LLC. She has taught plant-based lifestyle classes locally and also done personal training from her home-based studio since 2011. If you want to know more about Not Diets, please visit the website www.notdiets.com.



The tags around the store help the hundreds of locals who have been through her classes to shop for products that fit with what she teaches about living to THRIVE. You can follow Not Diets from the website on Facebook, YouTube or Instagram.



New Year
New Me!

DITCH SODA FOR GOOD
BREW YOUR OWN PROBIOTIC DRINK

KOMBUCHA BREWING 101 ONLINE CLASS

Learn the science and the fun behind kombucha through online video demonstrations, an interactive forum, and more! All local classmates receive a free starter SCOBY.

**THE CLASS WILL OPEN ON JANUARY 4 2021,
COMPLETE AT YOUR OWN PACE.**

CALL 541-888-7352 TO REGISTER FOR CRT*0180*65
\$35 COST | FIRST THREE TO REGISTER GET A FREE BREW KIT



Southwestern is an equal opportunity employer and educator.



Wonderful Walnuts

By Stephanie Polizzi, MPH, RDN, DipACLM

Walnuts are a crunchy, delicious and healthy addition to your daily diet. But did you know walnuts are good for your heart? Like other tree nuts, walnuts are rich in vitamins, minerals, healthy oils and fiber. Despite their high fat content, walnuts contain mainly healthy, unsaturated fats and have more omega 3 fat than any other plant food. Omega 3 fats help lower blood pressure and slow the development of plaque in the arteries. Walnuts do not contain cholesterol (only found in animal foods) but do contain a plant version of cholesterol, called *phytosterols*, which helps lower LDL cholesterol and triglycerides, reducing your risk for heart disease.

Walnuts contain folate, which lowers homocysteine, a compound associated with arterial disease. Other nutrients include niacin, B6, vitamin E (antioxidant), calcium, magnesium and potassium. These nutrients, along with the low sodium content of walnuts, work together to protect against bone loss, hypertension and insulin resistance. Several of the bioactive compounds in walnuts, like *ellagic acid* and *polyphenols*, are associated with lower risk of colon and prostate cancer.

Walnuts are also a good source of protein, which is made up of amino acids. One amino acid found in nuts is L-arginine, which helps the body to produce nitric oxide. Nitric oxide is a vasodilator, increasing the artery diameter so more blood can circulate, keeping artery walls smooth and flexible. This helps the body to deliver more oxygen and nutrients to cells and organs, which benefits multiple disease states.

Raw walnuts can be a great addition to any diet. Even though they are high in fat, they are not associated with increased risk of obesity. One ounce, about 14 walnut halves, is considered a daily serving. Be careful not to choose commercially-roasted and salted nuts since this adds fat and sodium, likely to counter the benefits. To get the most flavor from your walnuts, try toasting whole walnuts by heating in a dry skillet over medium heat, stirring constantly for 1-2 minutes until they are golden brown and start to smell delicious. It is recommended not to chop walnuts before toasting. Because of the high oil content of walnuts, store them in the refrigerator if you plan to use them right away. Keep extra in your freezer in an air-tight container. Chop or grind right before you use them for the best flavor. If walnuts sit too long in an opened container, the oils can go rancid or spoil. Although still edible, the flavor is undesirable.

There are many ways to include walnuts into your meals. Toss them into salads, vegetable side dishes or oatmeal, or fold into meatloaf or burgers. You can use walnuts to create meat alternatives like taco meat or meat balls for tomato sauce. Use in cookies, muffins or bread for an added crunch. Puree in a high-speed blender to make walnut pesto for pasta, hummus for vegetables, or walnut butter for your morning toast. This holiday season, add walnuts to your mashed sweet potatoes or butternut squash. However you choose to use them, walnuts are a great, nutritious addition to a heart-healthy diet for the whole family.