



# The COOS HEAD SCOOP

## January 2021

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

### A MESSAGE FROM OUR GENERAL MANAGER..

Hello 2021! We made it!

Even though we still have a long way to go before we can talk without masks, or freely hug those we care about, the sense of renewed hope fills the air here at the co-op. With our 50<sup>th</sup> Anniversary this year, we'll have a lot to celebrate. So, keep an eye on the newsletter and social media for all the exciting activities we have planned. It's going to be an AMAZING year!

-Patrick Franks, General Manager



From humble beginnings, a small group of folks concerned about access to quality foods, met in the late 60's to start a new business known as the Coos Head Food Store. Now in 2020, we have a thriving community food hub; the Coos Head Food Co-Op has been growing over the course of its history. Join us next month as we celebrate

*50 Years of Growing  
Community.....*

## 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 IS NEXT MONTH

**10% OFF** FEBRUARY IS THE NEXT  
MEMBER MONTH

*Contact Us:*

✉ [OFFICE@COOSHEADFOODCOOP.ORG](mailto: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](mailto: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.



# A glance back at 2020....



We now accept food donations that go straight to South Coast Food Share!



Pickled Dad Fermentation Demonstrations!



Community Seed Bombs for the 50 Anniversary of Earth Day for kids!



Not Diets Michelle King Davis Turmeric Cooking Demonstration!



COVID Response Coos Head Food Co-Op partnered with Bay Area Hospital to be a donation site for hand made mask!



Anders Plastic Community Round Up we collected 1/2 Ton of plastic diverted from the landfill!



Nutritional Educational's with Waterfall Community Health Center, OSU Food Hero and Bay Area Hospital Nutritionist in a 3 part segment for Waterfall patients & community members!

# A glance back at 2020....



We won BEST Health Food Store on the South Coast!



We hosted an Art competition for the 50th Anniversary of Earth Day in partnership with local organizations..



We continue to host community Blood Drive in partnership with 7 Devils Brewing Co & American Red Cross!

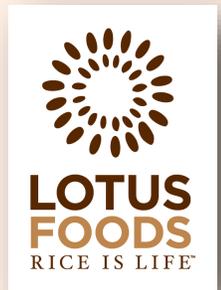


Coos Head Food Co-Op & Coos Bay Public Library partnered to bring community members "Community Cooking with Co-Op" in order to engage community members while we were in quarantine as a response to COVID-19. We have continued this partnership through 2021 as well.



# Vendor Highlight.....

## LOTUS FOODS



We're trying to Change How Rice Is Grown Around the World.

We believe that by pursuing smart product innovation, better growing practices, and delicious whole grain heirloom rice varieties we'll lessen our environmental impact, improve nutrition for our consumers and create more social and economic justice for small farmers.

In 2008 we committed to partnering with small-scale farmers who radically changed how they grow rice, using less to produce more. With a set of practices that we call More Crop Per Drop™ farmers can double and even triple their yields using up to 50% less water on average and 80-90% less seed.

In 2016 we became a fully certified B Corp or Benefit Corporation. B corporations are legally obligated to consider the impact of their decisions on their employees, suppliers, community, consumers, and environment. It's our conviction that we can change the world for the better by how we conduct our business.

### WHAT IS MORE CROP PER DROP™?

What we define as More Crop Per Drop™ is an organic version of a growing process called "System of Rice Intensification." (SRI). SRI was developed to improve rice yields of low-income farmers to alleviate poverty and improve food security. Promoted by development agencies such as Oxfam, Africare and WWF, SRI does not require specialized seeds, chemicals or inputs. All it requires is a willingness to cultivate rice in a different way, to optimize the plants' growing conditions .

The key tenets of SRI are to plant smaller, younger seedlings to reduce transplant shock, to plant them at wider spacing in rows (rather than randomly in clumps) to minimize competition and facilitate weeding, and to keep soils moist but not continuously flooded to promote soil health.

### SRI practices result in:

- Less work and disease risk for women due to fewer and lighter seedlings to manage, upright weeding, and no work in standing water.
- More water available for other crops, ecosystems and communities.



*"OUR STORY - Lotus Foods Website." Lotus Foods Website, <https://www.lotusfoods.com/our-story/>. Accessed 4 Jan. 2021.*

# Vendor Highlight.....

## CULINA



A few years ago, I suddenly had to remove dairy, sugar, and gluten (basically everything delicious) from my diet. At that time, there weren't any clean non-dairy yogurt options out there — and what's life without yogurt? Luckily, I'm kind of obsessed with cooking. After, many fails (a few epic), I created Culina, a coconut-based yogurt that was so good my friends kept stealing it from my fridge. Enjoy!

How many CFU's does your yogurt have:

Our unique probiotic blend provides 1 billion CFU's per serving! When it comes to probiotics, it's not about how many but what the probiotics are actually doing for your body (efficiency)! Since our probiotics are so effective, you only need 1 billion CFU's to get the maximum gut health and immune system benefits. Some probiotic strains may require an intake of 10 billion, 50 billion or even more in order to confer the same health benefits as our 1 billion probiotics. More is not always better! Also, most probiotics in food can't survive in your gut and/or aren't actually alive by the time you buy the product off the shelf- crazy right? Our probiotics are guaranteed to be alive throughout the life of the yogurt and specifically designed to activate in your gut to foster good digestive health, immune support and protein utilization.



# culina

*“My Story — Culina Yogurt.” Culina Yogurt, <https://www.culinayogurt.com/my-story>. Accessed 21 Dec. 2020.*

# Vendor Highlight.....

## MIYOKOS CREAMERY

### OUR MISSION IS PHENOMENALLY VEGAN

What do we mean by that? It's the new gold standard for the future of food that emphasizes artistry, integrity, ethics and conviviality. It's the credo that drives everything we do from the creation of our products to inspiring others to try this phenomenal lifestyle. Phenomenally Vegan is how we change the world. Together.

### TASTES REAL BECAUSE IT'S MADE REAL

Miyoko cracked the code on making cheese and butter from organic, real foods like nuts, legumes, and other plant-based ingredients. Using traditional creamery cultures, age-old cheesemaking techniques, and modern technology, Miyoko's products lead the way into the future of food innovation where real food gets reinvented into new and exciting forms.

### WE'RE INTO OMG NOT GMO.

We're about making products that get oohs and aahs. Our ingredients are organic and natural real foods, not a bunch of fillers, additives, and GMO what-nots. We design our products in a kitchen, not a lab, to achieve complex flavors and textures that sing in your mouth. How do we do that? Through natural processes such as fermentation and aging, combined with whole, organic ingredients. We point nature in the right direction and let it do its thing to create amazing flavors that lab suits and test tubes can't do.

### WE LOVE ALL ANIMALS. PERIOD.

We know first hand -- goats just want to have fun, cows just want to be cuddled, and pigs just want their bellies rubbed. Give them love, and they will love you back. And maybe we can share some vegan cheese with them.



*“Phenomenally Vegan – Miyoko’s Creamery.” Miyoko’s Creamery, <https://miyokos.com/pages/phenomenally-vegan>. Accessed 21 Dec. 2020.*

Coos Bay Library & Coos Head Food Co-op present

# COMMUNITY COOKING WITH THE CO-OP

**FREE!** **STARRING JAMAR!** **FUN!**

**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 Kimchi Pancakes & Asian Slaw

*Register for this virtual event @ <https://is.gd/va3Wd9>*

**Thursday, January 28 @ 5:30pm**

**COOS HEAD FOOD CO-OP**  
<https://coosheadfood.coop>

**COOS BAY PUBLIC LIBRARY**  
(541) 269-1101  
<http://coosbaylibrary.org>

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 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, January 28th - Jamar aims to provide safe, easy, and healthy recipes to create at home. Join us virtually for this fun community event! For his January recipe, Jamar will be featuring Coos Head Kimchi Pancakes & Asian Slaw.

This event is FREE and open to everyone. For ingredients and access, please register by going to <https://is.gd/va3Wd9>

# COOS HEAD BREAD SCHED.....

Monday: **No Bread Delivery**

Tuesday: **Farmhouse Bakery, Bagel Sphere, Farmstead Bread**

Wednesday: **Empire Bakery**

Thursday: **Breadstop Bakery**

Friday: **Farmstead Bread, Empire Bakery**

Saturday: **Ladybread Bakery**

Sunday: **No Bread Delivery**

*Feel free to place a bread order by calling 541.756.7264*

**Did you know that Coos Head Food Co-op has the largest selection on local and Oregon based meats in town?**

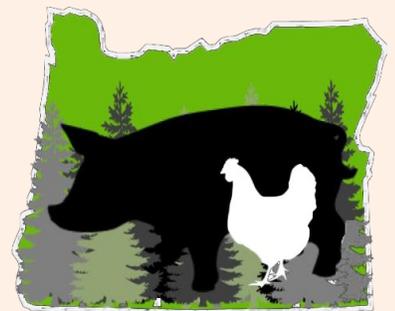
1. Knee Deep Cattle Company, raises 100% grass fed beef on lush green pastures in the heart of the Willamette valley.

2. Wagonhoffer Meats offer delicious, healthy, natural rabbit meat, brats and sausage.

3. Deck Family Farms is a 320-acre organic farm in Oregon's Willamette Valley, selling beef, lamb, pork and chicken.

4. Pachamama Farm is a 100-acre farm in Days Creek, Douglas County, ran by Michael Antoci.

5. Busch Ranch, non-GMO, No Soy, whole chickens, skinless breast, leg quarters, wings & soup bones. Located in Oakland, Oregon.



## DECK FAMILY FARM

WILLAMETTE VALLEY, OREGON

WAGONHOFFER **WM** MEATS

A TASTE OF THE GREAT NORTHWEST

# *Its Citrus Season at the Co-Op.....*

## **CITRUS GALETTE**

- 1 1/2 cups flour
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 8 tablespoons unsalted butter, chilled and cubed
- 5-6 tablespoons ice cold water
- Assorted winter citrus fruit, such as mandarin oranges, grapefruit -and blood orange
- Cottage cheese Filling (recipe follows)
- 1 egg
- 1 teaspoon water
- 2 tablespoons cane sugar
- 1 tablespoon honey, for garnish
- 3 tablespoons chopped pistachios, for garnish

1. To make the dough, place the flour, sugar and salt into the bowl of a food processor and pulse to combine. Slowly add the chilled and cubed butter and pulse until it looks like coarse meal.

2. Continue pulsing and add the ice cold water, 1 tablespoon at a time until the dough comes together into a ball.

3. Remove the dough from the food processor and press together, but do not over knead. Wrap the dough in plastic wrap and refrigerate for 1 to 2 hours or overnight.

4. Very gently cut the peel off from the flesh of the citrus and slice each one into thin rounds. Set aside until ready to use.

5. Once you are ready to bake, heat the oven to 350 F and prepare a sheet pan with parchment paper.

6. Once the dough is chilled, bring the dough back to room temperature and roll out the dough into a 12-inch round disc.

7. Spread a thin layer of Cottage Cheese Filling to cover the dough, but leave a 3-inch perimeter to save room for folding the edges over.

8. Gently layer the citrus fruit over the filling and fold the edges over in a rustic form.

9. In a small bowl, whisk the egg and water together. Brush dough with egg wash and sprinkle the entire galette with turbinado sugar to add a sweetness.

10. Place the galette on the sheet pan and bake 35-45 minutes or until the dough has become a light golden color.

11. Allow the galette to cool for 5 minutes, drizzle the honey all over and sprinkle with chopped pistachios.

12. Cottage cheese Filling: In a small bowl, whisk together 1 cup Cottage cheese, 1 egg and 1 tablespoon honey until smooth. Refrigerate until ready to use.



Contributor, Kristen Massad|Special. "Make the Most of Meyer Lemon and Winter Citrus Season with This Rustic Tart." *Dallas News*, The Dallas Morning News, 18 Jan. 2019, <https://www.dallasnews.com/food/cooking/2019/01/18/make-the-most-of-meyer-lemon-and-winter-citrus-season-with-this-rustic-tart/>.



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.

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**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.



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](http://www.RedCrossBlood.org) and use sponsor code: 7 Devils

**Streamline your donation experience and save up to 15 minutes by visiting [RedCrossBlood.org/RapidPass](http://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](http://RedCrossBlood.org) | 1-800-RED CROSS



## You may need a health coach!

Have you read any of these books? If so, you are likely sold on the truth that plant-based living is OPTIMUM for health and weight management. It is one thing to believe this and quite another to make it work in day-to-day life. That is why Not Diets exists. Not Diets daily online coaching can help you take it from theory to reality. Accountability is huge when making lifestyle changes. Having someone who checks what you eat, how much you move, sleep and manage stress can enable you to improve your life. Michelle King Davis assists with goal setting and recipe ideas for your success. It takes time to build new habits. Support in the process is invaluable. Perhaps it is what you need to get from where you are to where you would like to be in 2021. Feel free to check out her website [notdiets.com](http://notdiets.com). You can link from there to Not Diets Facebook, Instagram or YouTube. If you want more information, text or call Michelle at 541-217-4222.

# Food for the Picking

Submitted by Connie Earhart

There is an amazing book at the library in both print and audiobook formats - *Eating on the Wild Side* by Jo Robinson. It has great information about how our food plants have been hybridized to taste sweeter at the expense of phytonutrients. She has many recommendations about how to shop for 'best' versions of our currently available fruits and vegetables. There is also a lot of this information on her website at [eatwild.com](http://eatwild.com).

There are simple tips like chopping garlic and letting it rest about 10 minutes before cooking. This allows full development of the health giving allicin, heating it immediately will give you a milder taste with less nutritional value. This is true of broccoli as well (Dr. Greger), with a rest after chopping of up to 45 minutes to develop the sulforaphane that is so good for us. There will be some more information included in this newsletter with other suggestions to help us get the most from our produced aisle!

## Wild Plants - Tree syrups

Maple syrup is always a favorite sweetener. There are many other trees and varieties of maples that can provide syrup, including birch trees and the Big Leaf maple that is so widespread in our area. The different trees will have different flavored syrups. Right now, Neil's Bigleaf Maple Syrup in Seattle is selling out at \$2.00 per ounce! Manitoba maple is marketed out of central Canada that is from Boxelder maples and is competitive with sugar maple syrup. All these trees may have lower yields than the sugar maple, but they are here and so are we!

Tapping trees for sap is done after the coldest part of winter, generally starting in late February. It takes some prep, so planning now would be great. Select trees that are at least 12 inches in diameter and that are close to an outdoor cooking location. It can take 40 or more gallons of sap to cook down to 1 gallon of syrup. There are kits with the stiles, hooks and pails available online and the main other tools you need are a mallet, drill and a 7/16" drill bit (or sized to your stiles). A 3-inch-deep hole should be drilled at an upward angle, the stile is pounded into that, the hook hangs on the stile and pail hangs on the hook. The pails have lids, or you can use a piece of foil fitted to keep debris out of the sap. Check the sap several times per day and replace buckets as needed, this will vary with the weather. The sap is kept cold until you have enough to cook. There are lots of instructions online and you could make most of the equipment yourself.

## Growing Tip - Growing plant starts

Starting garden plants indoors is a wonderful project for spring. It's easy to get excited and start plants too early. Plants like tomato and peppers take about 6-8 weeks before transplanting outdoors, while plants in the squash and cucumber family only take about 3-4 weeks. Both of

Questions? Connie Earhart  
these types of plants should be planted outdoors 2-3 weeks after the last frost, so scheduling is important as overgrown plants don't survive transplanting well and yield can be reduced.

Young seedlings require extremely high light due to their rapid growth. If your seedlings tend to get long and stretched out, then they are not getting enough light. Keeping a shop light or grow light close to the tops of the plants, moving the lights up as the plants grow. A slow will also help toughen the tissue to avoid disease and shock when transplanting. Bottom heat is important for the warmer season crops and helps with most germination. This can be provided by a heat mat or a heat lamp placed to radiate on the bottom of the containers. I have used old waterbed heater mats, so use your imagination! After the plants sprout, keep them growing rapidly with adequate water and constant light fertilization. Before transplanting, it helps to harden off the plants for about a week by exposing them to gradually increasing hours outdoors.

## Growing Right Now - Onions

With our last frost date coming soon, mid-March or so, it is time to start onion plants indoors! This allows a greater choice in varieties (red for highest nutrition) and the onions are in a rapidly growing state, as opposed to sets or even transplants. The size of your long-day onions will be determined by the number of leaves it can produce before the long days of summer. The neutral or short-day varieties are suited for more southern areas where the day lengths do not get to 14 hours in the summer. You can still grow them but yield and storage will be reduced. Later planting dates can mean smaller onions, but you will still have a nice crop.

Onions should be started about 100 days before transplanting outside after the last hard frosts. Seeds germinate readily and should be grown under lights for 10-12 hours per day or in a greenhouse with supplemental light to get those hours of light. Onions can be planted outdoors with rain protection, but they will not germinate and grow as quickly.

Questions? Connie Earhart



## Food For Thought

# ROOTS

*Submitted by. Denise Ehrendreich*

There are four Blood Types throughout humankind on Planet Earth. They are Types O, A, B and AB. The oldest and original blood type is called Blood Type O. It originated in Africa about 50,000 B.C. These humans lived off of meat proteins. They ate the same high fat, meat-based diet and breathed in the same organisms and germs. They were at the top of the food chain.

Anthropology is the scientific study of the origin of and the physical, social and cultural development and behavior of humans. The Anthropology timeline refers to these people as Cro-Magnons.

Cro-Magnons ate a high fat diet that included very few carbohydrates. Their lifestyle thrived on intense physical activities. Their overall health depended on a low stomach acid level.

The population grew quickly and after awhile much of the big game within their hunting ranges were decimated. The migration of the human race began as a search for more food.

Blood Type A developed about 20,000 B.C. Cro-Magnons were forced to change from a carnivorous diet to the low-fat diet of the omnivorous diet. They came to eat a mixed diet of berries, grubs, nuts, roots and small animals. Populations thrived along coastlines, lakes and rivers where fish were abundant. They became Agrarians concerned about land and its' ownership, its' cultivation and their tenure on it. They became domesticated, sedentary and devoted to farming and agricultural matters.

The changing cultural and environmental conditions forced humans to develop different racial characteristics. Less temperate climates created lighter skins, different hair, smaller bone structures and higher stomach acid levels than what the Type O's had. Type A's also did not tolerate dairy products well. Dairy created problems in their sinuses and respiratory passages. Type A's also did best with lighter exercise of less intensity. By 10,000 B.C. humans had migrated to every main landmass, except for Antarctica.

The Blood Type B came into existence between 10,000-15,000 B.C. This happened in the area of the Himalayan highlands which are now Pakistan and India. Their diets were dependent on herding and domesticating animals. Type B's thrived on a combination of meat and cultured dairy products. They were both sedentary and nomadic.

By this time, the sea levels of the Earth had risen, removing the land bridge between the Americas and Asia. Types A and B never migrated into North America. Native Americans were exclusively Type O.

About 10,000 B.C., the last Blood Type AB was created. Type A's had begun to meet, intermingle and intermarry with Type B's. Less than 5% of the world's population is now AB. It seems that some of the strongest and weakest traits of Types A and B mix in the AB blood type.

### BLOOD LINES

Understanding your blood type can help you make better and more informed decisions concerning your choices of food, health and exercise. The science of Genetics shows that every human is utterly unique. No two people are exactly alike. Even siblings and twins can have different blood types. It is not logical for people to be expected to eat and easily digest the same foods. People also can't be expected to get the same benefits of high intensity exercise versus more relaxed physical activity. Optimal personal health and the ability to cure illnesses and diseases must take into consideration how different blood types affect our DNA and genetic codes. Some of us do better on a meat-based and/or dairy based diet. Others of us operate best on a strictly vegetarian and low-fat diet. Our blood types can explain why our digestive and immune systems react differently from person to person. Blood types can impact our weight gains and losses and perhaps even our personality.

### BLOOD BANKS

Every four seconds someone needs a blood transfusion in this country. Blood is desperately needed at least 37,000 times a day for people to survive accidents and illnesses. Because our blood types differ, not every person's body will accept the blood of another person. Blood-typing is done by Blood Banks. It is done to ascertain compatibility in advance of any safe blood transfusion. Blood types of donors must be compatible to prevent adverse reactions in the recipient. In the reverse sense, cross-matching the recipient's blood type is vital to survival.

Type O blood is known as the Universal Donor. Type AB is called the Universal Recipient. Statistics show that if we reach 72 years of age, over 95% of us will require a safe blood transfusion at some time in our life.

# Food For Thought continued....

## **BLOOD BROTHERS**

Coos Head Food Co-op and 7 Devils Brewery Company will co-sponsor American Red Cross Blood Drives four times this year. In 2021, these dates are: Tuesday January 12, Monday March 22, Wednesday July 14 and Thursday September 16. Donating blood not only saves another person's life, it can help save your own. The American Red Cross can tell you what your blood type is. Donating blood is painless and quick. It takes 5-15 minutes to donate one unit of blood. Sterile, disposable needles are used by highly trained phlebotomists (a.k.a. vein-drainers). These experts follow strict safety protocols. There is no money exchanged. Good karma is the only reward for your donation.

You may be interested in donating blood but are feeling squeamish because you don't like needles. Think about it...if you were the kind of person who likes needles, they probably wouldn't want your blood anyway.

Become informed about and generous with your blood. No two of us are identical but we all need blood for survival. We are each other's keeper. We are all citizens of this world bonded by blood. Please come to our Blood Drives whenever you can.



***This newsletter submission is personally sited through experience with the subject matter and does not come from a trained medical professional.***



### We have a new baby!

Wendell Hacker joined us on December 22nd. We are all feeling healthy, happy and grateful to be together.

We are extending our winter break this year to spend extra time with our newly expanded family and to work on projects both in the bakery and around the farm.

Please see the attached calendar for our reduced bake schedule. In May everything will be back to normal, but until then we thank you in advance for your continued support and patience through this break in bread. Please let us know if you have any questions.

Take care and stay in touch.

Rebekah, Phil, Hazel & Wendell

~\*~

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)

As well as the flavors listed on this calendar:

January 2021						
Sun	Mon	Tues	Wed	Thurs	Friday	Sat
					1	2
3	4	5	6	7	8 Bake Break for NEW BABY!	9
10	11	12	13	14	15	16
17	18	19	20	21	22 Seeded Whole Wheat (WW) Jalapeno Cheddar	23
24	25	26	27	28	29 Cinnamon Raisin (WW) Plumpkin Seed Polenta	30