

The COOS HEAD SCOOP

January 2022

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



The Roundup for Change Program at Coos Head Food Co-op supports local nonprofits and local initiatives along the Southern Oregon Coast actively contributing to the health and well-being of all Earth's inhabitants. The Roundup program aligns with the 7th Principle of Cooperatives having a Concern for Community.



"It says a lot about a community that supports a Co-Op."

Contact Us:

✉ OFFICE@COOSHEADFOODCOOP.ORG

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

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

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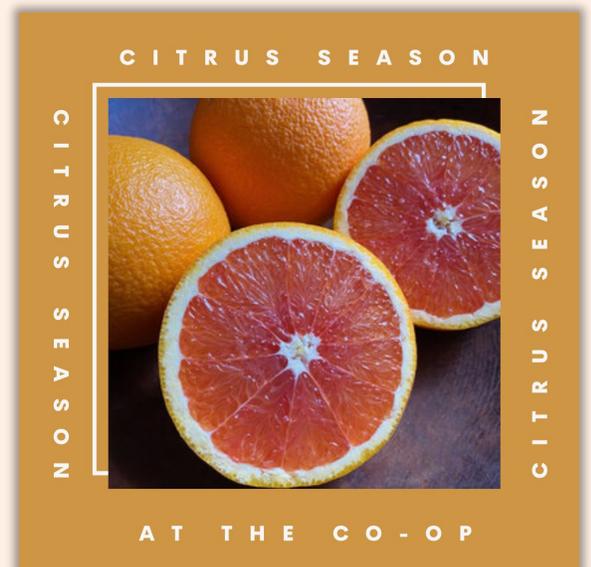


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**COOS HEAD
FOOD CO-OP
-EST. 1971-**

VENDOR HIGHLIGHT.....

ECOTEAS

ECOTEAS was born of the belief that conscious business has a role to play in restoring balance to the earth and our bodies. Lifelong friends Stefan Schachter, Brendan Girard, and Joseph Chermesino founded ECOTEAS in Ashland, Oregon in the year 2000.



In those early years, we packaged our products by hand and served tea at local farmers markets to get the word out. After two decades of service, ECOTEAS remains privately owned and operated by its original founders.

At the end of 2014 we hired Jateshwar Das as our warehouse manager. Jateshwar brings a deep ethic of diligence and care to everything he does. We are grateful to have him on our team!

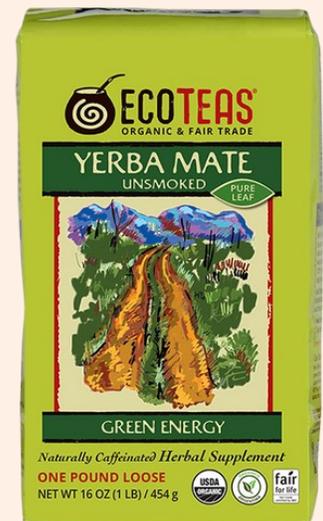
ECOTEAS MISSIONS:

- Support organic agriculture, fair trade, and sustainability.
- Minimize packaging through cutting-edge compostable materials and simplicity of design to deliver exceptional teas with minimal impact on the earth and cost-conscious budgets.
- Expand access to healthy, delicious world teas through affordable, fair pricing.

ENERGY AND WATER:

We offset our office energy use with 100% clean, renewable wind power through the Bonneville Environmental Foundation.

For every ounce of water you use to make our tea, we work in partnership with BEF to put an ounce of water back into the [Middle Fork of the Deschutes River](#) in central Oregon.



VENDOR HIGHLIGHT.....

MAGGIE'S ORGANICS

Rich Heritage

Now feel this.™

Soft, comfortable, functional, with organically grown cotton and wool from small farms in the U.S., Argentina, Peru, Tanzania and India. Made by skilled workers who are treated with dignity and respect, earn fair wages, and work in co-ops that we helped them build as well as family-owned and operated shops. We've traveled near and far to make sure our clothing is made the Maggie's way: Ethical, sustainable, and transformative. In the process, we're changing lives for the better.



VENDOR HIGHLIGHT.....

PORTLAND BEE BALM

It was Brad's love of bees, woodworking, and his wife Anika that seeded the existence of Portland Bee Balm. Anika was searching for a more natural, effective lip balm, and Brad was keeping bees. True to the DIY spirit they were brought up in, they took the beeswax from their hives and set out to create a high-quality product that reflected the social and environmental values they hold true. Now, our small team in southeast Portland is spreading those values and bee balms to the wider world.



OUR PHILOSOPHY

As active participants of the world we live in we strive to create meaningful, useful products that are genuinely natural, add value to people's lives, and help bring awareness of our role in the natural environment. With a focus on creating a simple and pure product, we make Portland Bee Balm with beeswax from Pacific Northwest hives, adding a select handful of carefully sourced organic and local ingredients. Then we wrap the balms in real wood instead of processed paper and present them in lovingly handcrafted reusable or recyclable displays.

From the ingredients we source, to the packaging we use, to our interactions with customers, we work to be a business that supports the health and well-being of the environment, our community, and of course, bees and their keepers.



AMERICA'S FIRST SUSTAINABLE URBAN AGRIHOOD DEBUTS IN DETROIT

The Michigan Urban Farming Initiative to open new community center and café

DETROIT – The Michigan Urban Farming Initiative (MUFI) is debuting America's first sustainable urban agrihood, an alternative neighborhood growth model in Detroit's lower North End that positions agriculture as the centerpiece of a mixed-use urban development.

Totaling about three acres and nestled in a neighborhood among vacant land, occupied and abandoned homes, MUFI's urban agrihood features a bustling two-acre urban garden, a 200-tree fruit orchard, a children's sensory garden, and more. Annually, the urban garden provides fresh, free produce to about 2,000 households within two square miles of the farm.

"Over the last four years, we've grown from an urban garden that provides fresh produce for our residents to a diverse, agricultural campus that has helped sustain the neighborhood, attracted new residents and area investment," said Tyson Gersh, MUFI president and co-founder.

In an effort to expand upon MUFI's urban agrihood model, the all-volunteer nonprofit is joining forces with BASF and Sustainable Brands®, a global community of business innovators, to restore a three-story long-vacant building across from MUFI's urban garden into a Community Resource Center (CRC). A healthy food café is also planned to be located on vacant land next to the CRC. Both are scheduled to be unveiled as part of Sustainable Brands '17 Detroit conference held at Cobo Center May 22-25.

The 3,200 square-foot, box-shaped CRC will offer educational programs, event and meeting space, and serve as the organization's new operational headquarters. It will also house two commercial kitchens on the first floor that will service the café and allow for future production and packaging of valued goods. The former apartment complex was purchased by MUFI at auction in November 2011.

"BASF is inspired by MUFI's efforts to build and expand this innovative neighborhood model," said Charlene Warren-Wall, Director of Sustainability, BASF. "Through this project, BASF will support the local community, and showcase our expertise and technologies to improve energy efficiency, increase durability, and speed of construction."

Joining BASF is General Motors, Herman Miller, and environmental firm Green Standards. General Motors is strengthening its commitment to Detroit and will support MUFI's urban agrihood through its recently announced partnership with Herman Miller's rePurpose program. Through the program, which is managed by environmental firm Green Standards, GM is repurposing tens of thousands of pieces of office furniture and other surplus office items resulting from the renovations occurring at its Warren Technical Center, Milford Proving Ground, and global headquarters in Detroit. The GM rePurpose program will outfit the facility, with purposeful spaces designed by Herman Miller for collaboration and community.

AMERICA'S FIRST SUSTAINABLE URBAN AGRIHOOD DEBUTS IN DETROIT

Architectural design and construction is managed by Integrity Building Group of Detroit. Founded in Detroit, the full-service Construction Management and Architectural firm specializes in adaptive reuse/renovation and historic restoration projects throughout Southeastern Michigan, with a primary focus on historic districts of Detroit.

Today's announcement expands MUFI's reach and investment in Detroit's North End. Since 2012, the organization has spurred area investments and volunteer service hours equating to about \$4 million. More than 8,000 volunteers have collectively contributed more than 80,000 volunteer hours over the last four years. According to Independent Sector, a leadership network for nonprofits, foundations, and corporations, a volunteer hour is valued \$23.54 in Michigan.

The centerpiece of MUFI's urban agrihood is its urban garden that features more than 300 vegetable varieties. The urban garden provides easily accessible, free produce to neighborhood residents, area churches, and food pantries. Since its first growing season in 2012, MUFI has distributed more than 50,000 pounds of free produce.

"We've seen an overwhelming demand from people who want to live in view of our farm, Gersh said. "This is part of a larger trend occurring across the country in which people are redefining what life in the urban environment looks like. We provide a unique offering and attraction to people who want to live in interesting spaces with a mix of residential, commercial, transit, and agriculture."

MUFI has several projects underway including the restoration of a long-vacant home into student intern housing, a two-bedroom shipping container home, and the recent deconstruction of a fire damaged home bordering the farm. The home's basement was retained and is being converted into a water harvesting cistern that will automatically irrigate the garden while preventing runoff into the Detroit's sewer system.





**"WELLNESS
RESOLUTIONS
THAT YOU CAN
CARRY
THROUGHOUT
THE YEAR"**

with Jen Thomas

THURSDAY, JANUARY
13TH, 2022 AT 6:30PM
VIA ZOOM

Register in advance for this meeting:

[HTTPS://TINYURL.COM/2P858ZA5](https://tinyurl.com/2p858za5)

New Year resolutions don't have to end up a short-term effort with disappointing results. Jen will share how to set realistic goals that can be built upon and actually kept so that real change stays and simply becomes your life!

COOS HEAD FOOD CO-OP

Grab&Go Deli

THE GRAB & GO DELI FEATURES **FRESH BAKED SCONES, ORGANIC JUICES, DAILY ROTATING SOUPS, SALADS, WRAPS, SANDWICHES & GRAB&GO DELI SIDES .**

WE ALSO HAVE **VEGAN & GLUTEN-FREE** OPTIONS!

- HOURS -

MONDAY – FRIDAY

9 AM – 3 PM

SATURDAY

9 AM – 2 PM

SUNDAY: **CLOSED**



Coos Bay Library & Coos Head Food Co-op present



COMMUNITY COOKING WITH THE CO-OP

FREE!

FUN!

STARRING JAMAR!



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

**Thursday
January 27
@ 5:30pm**

**Event Recipe:
Potato, Leek, &
Mushroom Soup**



**MONTHLY EVENT:
EVERY 4TH THURSDAY!**



**COOS HEAD
FOOD CO-OP**
coosheadfood.coop

For ingredients & access, register
@ <https://bit.ly/3powyqG>



**COOS BAY
PUBLIC LIBRARY**
<http://coosbaylibrary.org>

Need a new recipe? Join us!

In partnership with Coos Bay Public Library, we will be co-hosting Community Cooking with the Co-Op, starring Coos Head's Outreach Coordinator, Jamar, every fourth Thursday at 5:30pm on Zoom (virtual meeting software).

Register for this virtual event @ <https://bit.ly/3powyqG>

Event is FREE and open to everyone!

PERMACULTURE FOOD FOREST: WHY AND HOW TO CREATE ONE

Ever heard of a permaculture food forest? It's a system of food production that utilizes the wisdom inherent in natural woodlands and the understanding of beneficial relationships between plants to create and support landscapes that grow food for human use. This method is also called a forest garden, edible forest garden, and gardens of complete design. In parts of the tropics, food forests have been used for over 1,000 years.

How does it work?

Permaculture food forests rely heavily on "polyculture" versus monoculture production. Polycultures can be understood as dynamic, self-organizing plant communities composed of several or many species. In this approach plants are grown in groups known as "guilds" which support each other through various different functions. Guilds are a harmoniously interwoven group of plants and animals that are of benefit to humans while also creating habitat for other organisms.

It helps to take a look at the concept of a food forest by looking at what kinds of relationships can exist around a single tree. For instance, below an apple tree you could plant white and red clover to help fix nitrogen, comfrey to act as a dynamic accumulator which brings up nutrients from deeper down and makes them available to the other plants, tulips, chives and daffodils to attract beneficial insects and repel unwanted pests and suppress grass at the tree's base. All work in harmony to benefit each other, and the apple tree.

Although not all plants are directly edible by humans, they all function together to bring in the larger cycles of nature to create a healthier permaculture food forest landscape.



Why make one?

The benefits of creating a permaculture food forest are *many!* The most obvious one might be that if properly planned out, a permaculture food forest practically runs and maintains itself. It creates a habitat for local wildlife, pest control, pollination and wildlife viewing opportunities. Since permaculture food forests do not require chemical fertilizers or pesticides, they produce much healthier foods and products. These benefits might include products such as fibers, fuels, green manure, materials for crafts, food for domestic animals and can help reduce water usage in the garden.

How you garden is a reflection of your world view. This more harmonious approach to nourishing people also provides nourishment for the earth. It allows you to achieve a means of more independence from the more destructive modern agricultural methods, while at the same time providing you with a more direct relationship to and deeper understanding of the interdependence that is required to support all life.

What is in a Permaculture Food Forest?

Though every food forest is different, there are certain parts and patterns that are found within all of them. These are based on observations of relationships found within natural woodland and forest systems. For starters, most woodland habitats have some of the following structures that function at different levels: a canopy formed by large trees, a small tree to large shrub layer, a small shrub layer, an herbaceous layer, a layer of very low-growing ground cover plants and often some kind of vertically climbing plants. These plants not only grow at different levels above ground, but also have roots that reach different depths and therefore, not only minimize competition but help nourish each other.

PERMACULTURE FOOD FOREST: WHY AND HOW TO CREATE ONE

There are many potential plant combinations that could be used to create a food forest. Please read on for some possibilities.

For the canopy you could grow fruit bearing trees such as apples, pears, peaches or nut producers such as pecans, walnuts, almonds. Between these you could grow dwarf or small fruit tree varieties of plums, nectarines, apples, and cherries. Then between those you could put in shrubs such as beaked hazel, Saskatoon serviceberry, blackberry, raspberry, currants and gooseberries. Underneath the large and dwarf trees you can put some herbaceous plants such as comfrey, daffodils, tulips, hyacinth, yarrow and chicory. For ground cover you could grow red and white clovers, yerba buena, and strawberries. As for climbing plants you could grow peas, beans and others up the trunks of the trees.

Positioning bulbs such as garlic, chives, daffodils, camas and hyacinth around the base of the tree to suppress grass and repel potential pests. Yarrow, chicory, comfrey, plantain are all great dynamic accumulators to help the growth of the plants and trees around them. Clovers, peas, beans, lupines and other members of the legume family are great nitrogen fixers, making nitrogen from the air and soil accessible to the surrounding trees and plants. Plants such as artichokes, comfrey and burdock are great mulch plants and all 3 also happen to have edible parts. You should consider also bringing in nitrogen fixing shrubs such as sea buckthorn, goumi and autumn olive, which all also produce edible fruits.



Where do I start?

It can help you to begin by observing what you have at the location you wish to create a food forest. Ask yourself:

- What is already here?
- What kind of soil do I have? What is the pH?
- What kind of trees and plants would I like to have in my permaculture food forest?
- Where does the sun fall at different times of the day and during different seasons?
- Where would I want things to go?
- Are there wetter and shadier areas of the location? What might grow better there?
- Are there sunnier and drier areas of the location? What might grow better there?
- If you plant a tall tree here, will it shade-out other plants that needs a lot of sun?



Drawing up a map of the location can be tremendously helpful prior to doing any of the work. Look carefully into what species of trees, shrubs and herbs do well in your region. Pick ones that can handle the rigors and stresses of that region. This will save both you and the plants undue stress and hardship.

Growing a permaculture food forest is a process full of learning opportunities. The most common is related to plant spacing, and often, the most common mistake is to plant too close together. Some of this can be worked out prior to planting by planning out a design on paper. It is generally easiest to start with the largest elements first. Draw out the largest trees on paper as circles and space them according to their growth needs. Different kinds of trees have different requirements of space. Start with how big the crown of the tree is likely to get according to its growth habit, than add at least several feet of

space on all sides of the crown.

Plan out similar considerations for the needs of all the plants you wish to put into your food forest. Remember to leave room for growth. If one thing does not work, try something else. This is meant to be a learning process, so have fun with it!



THE ROUNDUP FOR CHANGE PROGRAM AT COOS HEAD FOOD CO-OP SUPPORTS LOCAL NONPROFITS AND LOCAL INITIATIVES ALONG THE SOUTHERN OREGON COAST ACTIVELY CONTRIBUTING TO THE HEALTH AND WELL-BEING OF ALL EARTH'S INHABITANTS. THE ROUNDUP PROGRAM ALIGNS WITH THE 7TH PRINCIPLE OF COOPERATIVES HAVING A CONCERN FOR COMMUNITY.



**COOS HEAD
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January Recipient: THE DEVEREUX CENTER

"AT THE DEVEREUX CENTER, WE BELIEVE IN HELPING PEOPLE TO DREAM AGAIN. OUR DAY CENTER HELPS THE MENTALLY ILL AND HOMELESS TO MEET THEIR BASIC NEEDS, SO THEY CAN FIND THE HOPE AND DIGNITY TO BREAK THE CYCLE OF HOMELESSNESS AND DEPRESSION."



WHEN MAKING A PURCHASE PLEASE
CONSIDER ROUNDING UP WHEN
VISITING YOUR LOCAL COOS HEAD
FOOD CO-OP.

THE WARMING CENTER IS RUN ENTIRELY BY THE DEVEREUX CENTER'S STAFF AND VOLUNTEERS; FOOD, DRINKS, AND OTHER SUPPLIES ARE DONATED BY THE COMMUNITY. THE WARMING CENTER OPENS WHEN TEMPERATURES ARE 36° OR LOWER AS PREDICTED BY THE NATIONAL WEATHER SERVICE (NOAA) OR UPON APPROVAL BY THE CITY OF COOS BAY.





Zest, Juice, Candy, Bake: Culinary Citrus to Brighten Seasonal Feasting

The season of edible gifting and feasting is a time for sublime citrus to shine! Whether sharing a tasty baked good, passing a dish across the table or clinking glasses, there's a variety for every occasion. Bring in these varieties to inspire shoppers to sneak some sunshine into every gift, slice, bite and sip!

ORGANICALLY

GROWN CO

Organically Grown Company was founded in 1978 by a group of gardeners, small-scale farmers, hippies and environmental activists with a shared vision to expand the availability of and demand for organic produce. They started the business as a non-profit which quickly evolved into a community-led cooperative with a mission to develop a fair and just marketplace. As we continue to be a leader in promoting organic agriculture and sustainable food systems, we work diligently to find innovative solutions that support the ongoing success of our stakeholders — growers, customers, coworkers, and community.

Status of Green Crabs in Coos Bay: Monitoring Report 2021

Shon Schooler¹, Sara Stansbury¹, Sylvia Yamada², and Kathy Andreason¹

¹South Slough National Estuarine Research Reserve

²Oregon State University



Adult green crabs in a Fukui fish trap.

Introduction

The European green crab (*Carcinus maenas*) has been transported around the world during the last century and has colonized many temperate coastlines (Behrens Yamada 2001). Numerous research studies have examined the biology and ecology of green crabs and have generally found the green crab to be an aggressive invader that has the potential to negatively impact native species, important estuarine and marine habitats, and fisheries (Behrens Yamada 2001; Howard et al., 2019; Malyshev & Quijo'n, 2011; Garbary et al., 2014; Neckles, 2015; Matheson et al., 2016). The green crab is currently invading the west coast of North America. Green crabs became established in the San Francisco estuary prior to 1989 (Behrens Yamada, 2001). Since then, coastal currents have been seeding green crab larvae into estuaries of the Pacific Northwest, including Coos Bay (Behrens Yamada et al., 2015). In the past, this migration appears to be linked to strong northwards currents during El Niño years (Behrens Yamada et al., 2015; Behrens Yamada et al., 2021), as indicated by a mixture of high abundance years, low abundance years, and extinction events. However, since 2016 the abundance of green crabs has been continuously increasing in Coos Bay and is now at levels where negative impacts are expected to occur.

The purpose of this project is to monitor changes in green crab abundance and evaluate the young-of-the-year (YOTY) age class in the Coos Bay Estuary. The project goals are to: 1) examine change in green crab abundance (CPUE) among sites and over time, 2) examine the YOTY age class to assess size structure and determine whether recruitment is occurring from within Coos Bay.

Methods

At each of the 13 sites (Appendix 1) we set either six Fukui fish traps and/or six crayfish traps (5cm trap opening) during morning low tide and retrieved traps at low tide the following morning (24 hours). Fukui and crayfish traps were baited with raw tuna enclosed in a plastic bait container and staked in place with a 20 inch steel rod. When traps were retrieved, the number of individuals of each crab species in each trap was recorded. Dungeness crabs (*Metacarcinus magister*), red rock crabs (*Cancer productus*), and shore crabs (*Hemigrapsus oregonensis* and *H. nudis*) were counted but not measured. When possible, we recorded water quality data (salinity, pH, temperature) at the trap site using a YSI hand-held meter. European green crabs (*Carcinus maenas*) were counted in the field and then brought back to the laboratory and measured for size (carapace width, mm), weight (g), and sex (m/f). Abdomen color and missing limbs were also recorded.



Jordan Pantoja and Reagan Thomas setting Fukui traps at Empire Docks.



Dr. Sylvia Yamada and Renee Heller collecting crayfish traps at Kentuck Slough.

How to prepare Soft-Shell Green Crabs

(Protocol adapted and printed with permission
from our partner Green Crab Cafe)



Extension



Green Crab Cafe

Cleaning and preparing live soft-shell green crabs for consumption is quick and simple!

1. Wash the crabs in cold water to remove any sand or mud.
2. With scissors, trim off just enough of the face (**a**) (includes the spines between the eyes, eye stalks, antennae, and antennules). Trim off the ends (pointy parts) of the 4 pairs of the legs (**b**).



Dorsal view: trim off the marked area with scissors (face, pointy ends of the legs).



3. Flip the crab over and trim the apron (the V-shaped flap)(**c**) that opens up on the stomach and mouth parts (**d**).



Ventral view: trim off the marked area with scissors (apron, mouth parts, pointy ends of the legs).



4. Gently lift each side of the carapace (top of the crab) and trim off the gills (**e**).



5. Finally, rub a little salt on the crabs, rinse with cold water, and place them in a strainer to be used.

All photographs courtesy of Thanh Thai & Green Crab Cafe.



NH Sea Grant is based at the University of New Hampshire as part of the National Sea Grant College Program, which is administered by the National Oceanic and Atmospheric Administration (NOAA). seagrant.unh.edu



How to prepare Hard-Shell Green Crabs

(Protocol adapted and printed with permission
from our partner Green Crab Cafe)

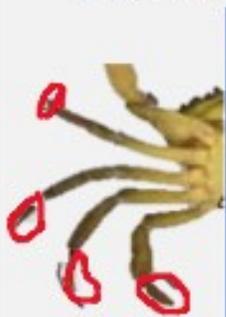


Cleaning and preparing live hard-shell green crabs for consumption is a bit more time-consuming than it is for soft-shell crabs

1. Wash crabs in cold water to remove any sand or mud.
2. Remove carapace using your fingers (a). You need to apply pressure when removing the carapace because it is hard and the crabs are fast! With your thumb under one side of the carapace, lift up while holding onto the belly with your other thumb and push down. Separate the carapace from the rest of the body (b).
3. With your fingers or scissors, remove the mouth parts from the body, these are small, bony protrusions and remove the gills from either side of the body (the feathery looking tissue) (c).



4. Break or cut off the distal tips of the legs and discard (d).
5. With scissors or a knife, lift up the apron (V-shaped flap on the abdomen) and pull off (e).
6. With a knife, remove the yellow/orange colored roe or 'crab mustard' from the middle of the body (f) and from the inside of the carapace and save.



Optional: You can clean the prepared crabs with a salt rub (2 tsp-1 Tbsp). Rinse with cold water several times to remove the salt. You can also use vinegar (2-3 Tbsp) to wash, then rinse with cold water immediately. Do not let the crabs soak in salt or vinegar as it will change their taste and texture.

All photographs courtesy of Thanh Thai & Green Crab Cafe.



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How to Pick Meat, Roe and Crab Mustard from Cooked Green Crabs

(Protocol adapted and printed with permission from our partner Green Crab Cafe)



Picking cooked green crabs for meat, roe and crab mustard is certainly more time-consuming but it is worth it for the sweet flavor!

1. Clean live crabs well in cold water. Boil crabs in water for 5-7 minutes. Crabs will turn red when cooked. Let cool.
2. Remove carapace (top shell) from cooled crabs **(a)**.
3. Scoop the roe and crab mustard (yellow-orange material) from the carapace **(b)**. Keep roe and mustard if desired. Discard the carapace.
4. Gently pull the apron (V-shaped flap on abdomen) to remove the intestine and discard **(c)**.



5. Remove the roe from the body, if any, and save **(d)**.
6. Use a knife to cut the body into 4 sections **(e)**. Remove the meat between the cartilage and save **(f)**. Discard the gills, cartilage, shell bits and any non-edible parts.



8. Use a nut/lobster cracker to gently crack or break the shell of the claw and remove the meat **(g)**. Remove and discard the cartilage located inside the middle of the claw.
9. Look through the meat, remove and discard any shell or cartilage.



All photographs courtesy of Thanh Thai & Green Crab Cafe.

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COOS HEAD
FOOD CO-OP
-EST. 1971-

PLASTIC ROUND UP



3rd Fridays of Each Month

Collecting

#2's, #4's & #5's Clean Plastics

Your local Coos Head Food Co-op will be collecting Clean & Label Free Plastics (#2, #4, & #5) from 5pm-7pm at the loading dock in the back of the Co-op.

- ♻️ Plastics cannot be dropped off early to the Co-op.
- ♻️ Plastics must be clean before turning in at the time of the Round Up.

Our Plastic Round Up takes place every 3rd Friday of each month.

For any questions please email

outreach@coosheadfoodcoop.org

Coos Head Food Co-Op is located at 353 South 2nd Street, Coos Bay, OR 97420 between Curtis and Elrod in Coos Bay.

“Once
upon a
time all
food was
organic.”