



The COOS HEAD SCOOP

July 2021

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

COOS HEAD FOOD CO-OP

celebrating

50 Years

Of Growing Community.

MEMBER PRICING

Coos Head Food Co-op appreciates its members and to show our gratitude; effective April 1, 2021 we launched a 5% discount for members only on all regularly priced Field Day Organic items.

AUGUST IS MEMBER
APPRECIATION MONTH

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....



"50 YEARS OF GROWING COMMUNITY"



Here we have a couple folks participating in an Auction in 1978. Occasionally, Coos Head Food Co-Op would host auctions to raise money for the Co-Op.



Bill and Mary Saunders walked or rode their bikes from Lakeside, Oregon to work at the Co-op on the weekends. They set an example for living sustainable efforts before it was a way of life. Deb says, "Their paper bags felt like fabric from reusing them so many times."

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Coos Head Food Co-op Mask Requirement Update

Coos Head Food Co-op encourages masks but is lifting the requirement due to new state guidelines. We realize this will come as good news to many, and some may find it uncomfortable. There are community members who cannot receive the vaccine due to weakened immune systems, age, or other reasons. With that in mind, we encourage mask-wearing and social distancing at the co-op.

The decision to continue wearing masks is at the discretion of each co-op customer and employee. We ask that you please be respectful of the personal decision others make. We recognize that this will continue to evolve over time. At this time:

- Co-op Shoppers and Employee will now have a **choice**
- Coos Head Food Co-op will continue to encourage mask and social distancing when shopping the Co-op
- Coos Head Food Co-op will continue to have an early shopping time, and curbside assistance for those with compromised immune systems. Early Shop at the co-op will take place on Tuesday and Thursday from 8AM to 9AM. **Face masks will be required during this window.**

As Oregon reaches a 70% vaccination rate, the governor is ending most Covid-19 restrictions, including the statewide mask mandate. The Centers for Disease Control states fully vaccinated people may resume activities without wearing a mask or social distancing but advises the unvaccinated to continue wearing a mask.

The health of co-op shoppers and staff have been a priority throughout the pandemic. Many safety precautions will remain, and we will continue to be responsive to any future changes or guidance around masks and distancing.

After more than a year of COVID-19 measures, we acknowledge removing the mask requirement is a significant change. We thank you for supporting the co-op as we've responded and adapted to the pandemic. We are hopeful our community will continue to progress in a healthy way and welcome you to our store!

Sincerely,
Coos Head Food Co-op





- PLASTIC FREE JULY -
Take the Challenge



Vendor Highlight.....

MOUNTAIN VALLEY Spring Water



ALL NATURAL GOODNESS

We pride ourselves on truth, integrity, and pure American spring water. Rising naturally from a spring in the Ouachitas, The Mountain Valley spring water filters through granite-based aquifers collecting all the pure, healthy, goodness from the land.

Our water is sodium-free with a naturally detoxifying pH and rich blend of calcium, magnesium and potassium.

THE PERFECT BALANCE

Mountain Valley Spring Water is naturally pure and sodium-free, rich in calcium, magnesium and potassium. Our water has a naturally balanced pH range of 7.3 to 7.7.

PROUDLY BRINGING
NATURAL AMERICAN

**THE
MOUNTAIN
VALLEY**
SPRING WATER

GOODNESS TO
THE NATION,
MOUNTAIN TO
TABLE, FOR

150 YEARS.

PURE SOURCE SINCE 1871

Mountain Valley is the same multiple award-winning clean, pure, premium American spring water it's always been. Bottled right at the source, in The Ouachita Mountains, U.S.A since 1871.



PROUDLY NON-CRAFTED TASTE

Our spring water is naturally mineral-rich, pure, crisp, healthy and delicious. We never mess with it or add anything to it. We simply bottle in our hand-blown glass to preserve its quality and taste. Our sparkling water is the same pure goodness with bubbles and a hint of natural fruit essence.

“Mountain Valley Spring Water | Our Story.” Mountain Valley Spring Water, <https://www.mountainvalleyspring.com/pages/our-story>. Accessed 30 June 2021.

After months of organizing, today Oregon passed the groundbreaking 100% Clean Energy for All Bill (HB 2021)! This ambitious bill will transition Oregon's electricity to 100% clean energy by 2040 while centering benefits for communities of color, rural, coastal, low-income communities and workers. This is a historic victory for energy justice in Oregon and across the nation!

Can you join us in celebrating this victory?



- Share about this major victory on social media (tag #RU4EJ and repost from the Oregon Clean Energy Opportunity Facebook, Twitter, and Instagram)
- Join the Energy Justice Victory Party on Zoom, July 14th at 5:30pm (Register here: bit.ly/ejvictoryparty)

This historic legislation, which was chief-sponsored by the Rogue Valley's own Oregon Representative Pam Marsh, sets the most ambitious timeline for emissions-free energy in the country. HB 2021 will also make Oregon the first U.S. state to ban new development or expansions of fossil fuel power plants and invest \$50 million into community-based renewable energy projects. These community-based energy projects will include things like disaster-resilient solar-plus-battery and microgrid projects to sustain access to electricity during extreme weather events, like today's record-breaking temperatures.

100% Clean Energy for All also lays the foundation for a just energy transition for workers and impacted communities across Oregon. The bill ensures benefits for workers in the clean energy industry and job training opportunities, especially for communities of color, rural and low-income people. The bill also caps energy costs for utility customers and requires consultation with Federally-Recognized Tribes for clean energy development that could impact their cultural and natural resources.

This victory is the result of frontline communities coming together across the state to get organized. Together:

- Community members sent over 680 hand-written postcards to legislators' offices in support of the 100% Clean Energy for All (HB 2021), Healthy Homes (HB 2842), and Energy Affordability bills (HB 2475)!
- People from across the state met on Zoom with two-thirds of legislators' offices to communicate their support for 100% Clean Energy for All!
- Community advocates testified virtually before House & Senate Committees (many for the first time!)
- Dozens of community members got letters to the editor published in the Oregonian, Portland Tribune, Coos Bay World, Medford Mail Tribune, Bend Bulletin, Columbia River Gorge News, and Daily Astorian. Special thanks to Cailin, Janét, Katherine, and Abby!

Thank you to everyone who took action to make 100% Clean Energy for All a reality!

Onwards,
Alessandra, Jess, and Allie

“Our mission is to empower Southern Oregon communities most impacted by climate change, including low-income, rural, youth, seniors, and communities of color, to win climate justice by organizing for clean energy, sustainable jobs, and a healthy environment.” - Rogue Climate

5 Activists Who Are Transforming Plastic Waste Into Beautiful Art, Accessories, and More

Nzambi Matee



On Feb. 28, 2017, Kenya's plastic bag ban officially came into effect — the world's toughest single-use plastic ban.

Before the ban came into place, Kenya was using and discarding an estimated 24 million plastic bags every month; drainage systems would often get clogged up; and more than 50% of cattle in urban areas were found with plastic in their stomachs.

In 2018, Nzambi Matee and three other young Kenyans established a social enterprise called Gienge Makers, which manufactures bricks using discarded plastic. Before launching their enterprise, they would collect plastic waste, sort it, and sell to bigger recycling companies. Their plan soon changed and they started to collect it for themselves for their own projects.

They collect and shred the plastic, and combine it with sand to make environmentally friendly products, such as paving bricks and manhole covers. The products they produce are used by schools and to make paved footpaths all over Kenya.

Adeyimi Emmanuel

Adeyimi Emmanuel is a Nigerian visual artist and environmentally conscious fashion designer, who describes himself as “an environmental artist busy creating life out of plastic.”

Emmanuel owns a line of bags called ECO, which are primarily made out of plastic waste. He has also branched out to make several art pieces using plastic bags and other recyclable products.

Lagos, where Emmanuel lives, has a huge plastic pollution problem and the plastic clogs the city's streets and drains, and can often cause flooding when it rains. The amount of plastic waste in Lagos inspired him to want to raise awareness on the issue, and create art out of the discarded plastic.



5 Activists Who Are Transforming Plastic Waste Into Beautiful Art, Accessories, and More

Daniel Webb

In 2016, Daniel Webb was taking a run along the coast at his home in Margate, England, when he came across a heap of seaweed that was entangled in plastic. After that encounter he became much more aware of his plastic usage, and the amount of plastic packaging he came across in stores and supermarkets.

For one year, Webb stored his everyday plastic products — enough to fill over 22 garbage bags. With all the plastic waste he collected during that period, he then made “Everyday Plastic”, a huge mural that is now located in an amusement park called Dreamland in his hometown.



Suzette Hendricks

Hendricks is from Port Elizabeth, South Africa. She is a house parent at Lake Farm Center, a registered home for adults with disabilities. While watching a YouTube video on how to make floor mats out of plastics, Hendricks had the idea to try it out for herself.

Now, she and the Lake Farm residents team up making the mats using old plastic bags — and find it to be a really efficient way

of using up spare plastic, as a single mat takes about 250 plastic bags.

Once the mats are completed, they are given to people who are homeless and sleeping rough in her area and in neighboring areas.



FANNIE LOU HAMER

Renowned activist Fannie Lou Hamer may be less known for her work in food justice, but her contributions to the movement are just as substantial. In 1969 Hamer began the Freedom Farm Cooperative in the Mississippi Delta, a community economic development project for low-income Black farmworkers, providing them with food, employment, housing and education. The FFC aimed to bring agency to Black farmers and their families who had been routinely and systemically denied loans for land, forcing them to find work elsewhere or work in sharecropping. By 1973, the FFC had 600 acres of land, hundreds of families involved, as well as job training, affordable housing, education, health care.

“Honoring Black History Month • Slow Food USA.” Slow Food USA, <https://facebook.com/slowfoodusa>, 2 Feb. 2021, <https://slowfoodusa.org/honoring-black-history-month/>.

Wild Rivers Coast

FOOD TRAIL



"The Wild Rivers Coast Food Trail is a collaborative effort to connect locals and visitors to the bounty available on Oregon's South Coast.

A group of 40+ businesses from Brookings to Reedsport, and inland to Myrtle Point, make up the Wild Rivers Coast Food Trail. All of the businesses feature local food, sourcing food within 150 miles of their respective locations. There are 7 categories of businesses – Farms & Ranches, Eateries, Seafood, Markets, Craft Beverages, Artisan Products, & Lodging.

Supporting local food is a way to support our local communities and the producers/crafters that work hard to grow and use our local ingredients."

When you visit any of the destinations listed in the booklet, let a staff member know you are a Passport participant. There is no purchase necessary to receive your stamp; still we encourage you to support these local businesses. Of course, the Passport stops appreciate your business! Once you hit 5, 10, 15, 20 and 30 stamps you are eligible for different prizes. The prizes get better as you go! Only one stamp per business."

You can now have your passport stamped here at your local Coos Head Food Co-op.



CO-OP PLASTIC ROUND UP

COOS HEAD FOOD CO-OP

SECOND FRIDAY OF EACH MONTH FROM 5-7 PM

-Collecting Only-

CLEAN PLASTICS (#2, #4, & #5)

-NO ADHESIVE LABELS-



We will **NOT** be able to take items that have not been properly cleaned and still have labels.

AWESOME, label free and clean- We will **ACCEPT**.



IF YOU HAVE RECYCLING QUESTIONS PLEASE
CONTACT US AT

OUTREACH@COOSHEADFOODCOOP.ORG

353 S. 2ND STREET, COOS BAY, OREGON 97420

Plastic Free July: 5 Tips for Reducing Disposables for the Summer Challenge

BY SOPHIE HIRSH

The zero-waste movement goes on every day — but if there's any time to get started, it's now. For the entire month of July, people all over the world will take part in Plastic Free July, a global challenge to reduce personal consumption of single-use plastic. The prospect of not using any plastic for an entire month may sound impossible — and unfortunately, it pretty much is. But that's not meant to be discouraging. It's meant to show that Plastic Free July isn't about perfection (and neither is the zero-waste movement), so don't let the fear of not being perfect hold you back from trying. Instead, it's all about reducing plastic in a way that works for your lifestyle — while still challenging yourself, of course.

With the world still facing the COVID-19 pandemic, it may be trickier than usual to avoid single-use plastic this July — and that's completely understandable. It's important to prioritize our health and safety above being zero-waste, so please don't be hard on yourself. But for instances when it is possible to use something reusable instead of something single-use, health experts do agree that reusables are just as safe as single-use items.

Plastic Free July first began in Australia in 2011. In 2017, the campaign's founder Rebecca Prince-Ruiz and a group of people from her local government formed a non-profit called The Plastic Free Foundation, which is the official organization that runs Plastic Free July. In 2018, a total of 120 million people participated — and 90 percent of those participants made permanent habit changes beyond July, according to Green Queen.

On Plastic Free July's website, people can take a pledge to participate in a variety of ways. You can pledge to observe the challenge for just one day, one week, the entirety of July, or for July and beyond. You can also pledge to reduce your plastic in a few different ways: you can avoid single-use packaging, you can avoid the "big four" (more on that later), or you can aim to go completely plastic-free. Additionally, you can pledge to making these changes on a personal level, at your work, at your school, at an upcoming event, in your community, or anywhere else you are involved.

Basically, Plastic Free July doesn't have to be an intimidating phrase, and if the month helps open your eyes just a bit more to the plastic pollution epidemic, you'll be able to consider it a success. And single-use plastic is a pretty significant problem at the moment, meaning there's no better time to get involved.

Plastic is derived from fossil fuels, making the material a nonrenewable and unsustainable resource. Plastic has only been in use since 1907, and it has become the preferred material for just about everything, from bags to straws to food packaging to water bottles to wipes to diapers. And all of the plastic that has come into existence over the past century is still on Earth.

Plastic is not biodegradable — it is either downcycled into new plastic (but only 9 percent of plastic actually gets recycled), it sits in a landfill emitting methane, or the sun breaks it down into microplastics. And considering the impact that plastic pollution and drilling for fossil fuels has on the environment, it's so important to focus on reducing plastic use on Earth as much as possible.

Before the plastic boom in the 1960s, people all over the world got along just fine without single-use plastic — so we can in 2020, too. Plastic Free July's website is full of tips for getting started, on maintaining a plastic-free habit, and on instituting changes in your community.

Here are five of our favorite tips for reducing your plastic use this Plastic Free July.



Hirsh, Sophie. "Plastic Free July 2020: Our Best Tips for Reducing Disposables." Green Matters, Green Matters, 1 July 2020, <https://www.greenmatters.com/p/plastic-free-july>.

Plastic Free July: 5 Tips for Reducing Disposables for the Summer Challenge

BY SOPHIE HIRSH

1. Tackle the Big Four

According to blogger Kathryn Kellogg from Going Zero Waste, a great place to start is with the Big Four: plastic bags, water bottles, straws, and coffee cups. These changes are all much easier than you think — it's just a matter of replacing your existing habits with new habits. Make it part of your daily routine to pack a tote bag, a reusable water bottle, a reusable straw, and a reusable coffee cup on any day where there's a chance you'll buy something or need a coffee. Instead of looking at this step and saying "I'm no longer going to use those items," think, "I'm going to pack these reusable alternatives every day."

2. Look at Your Trash

Once you've mastered the Big Four, you'll be more than ready to reduce waste in other areas of your life. It may sound icky, but next time your trash cans are full, take a comfortable seat on the floor and look through the contents.

See a ton of takeout containers and utensils? Start bringing your own containers to restaurants to pack your leftovers or to pack a takeout order, and carrying around a set of reusable utensils (of course, with the coronavirus pandemic, this may not be possible — and that's OK). Notice a ton of baby diapers and wipes? Consider investing in cloth diapers and reusable wipes. Notice a lot of food packaging? Acquaint yourself with a grocery store's bulk section (again, this is probably not an option for the time being), or start centering meals around produce and other foods that are typically sold plastic-free. See a lot of plastic shrink wrap or plastic baggies? Use a reusable alternative like wax wrap, Stasher bags, or good old Tupperware containers.

For the record, Plastic Free July has nothing against using reusable plastic that you already have, such as Tupperware or a Nalgene bottle. What we need to focus on is reducing single-use plastic — something that is used once but stays on the planet forever. That said...

3. Go Beyond Single Use

As you begin to master replacements for single-use items, take things a step further and look at other items you regularly buy that typically come packaged in plastic. For example: toothpaste, dish soap, ketchup, online shopping orders, lotion, and sponges. There's a plastic-free alternative out there for everything.

One of the best ways to reduce your plastic use in the upstream (aka the plastic you don't see) is by eating less fish. According to a study published in Scientific Reports, fishing nets account for at least 46 percent of ocean plastic in the Great Pacific Garbage Patch, with most of the remainder consisting of other fishing paraphernalia, such as eel trap cones and oyster spacers. So by eating plant foods instead of fish, you are lowering your environmental impact and your contribution to ocean plastic.

4. Go Beyond Yourself

Plastic Free July's website encourages participants to spend some time in July on reducing plastic in their communities — whether that's at your place of work, your school, your neighborhood, your gym, your apartment building, or anywhere else you frequent. Because while committing to drinking your morning coffee from a reusable mug every morning is great, getting your office's kitchen filled with mugs so that all of your coworkers can drink from reusable coffee cups is even better.

5. Spread the Word

Step outside your comfort zone this month by talking about Plastic Free July with your friends, family, coworkers, barista, and that stranger in the grocery store who's staring at your reusable produce bags with a confused face. Keep a positive attitude, and tell people in your life how excited you are to be reducing your contribution to plastic pollution this month. You can also spread the word on social media using the hashtag #PlasticFreeJuly.

How to Participate in Plastic Free July

by Kaitlin Grable

Plastic Free July begins today, and it provides an opportunity for us to choose a future with cleaner communities and oceans through refusing single-use plastics. Here's how you can get involved!

We live in a broken system, where corporations take advantage of the current throw-away culture of our society and plague our world with disposable products, giving us virtually no choice but to purchase plastic in some way.

Our oceans are slowly turning into a plastic soup, and the effects on ocean life are chilling. Discarded plastic fishing lines trap and entangle turtles and seabirds, and plastic pieces of all sizes choke and clog the stomachs of creatures who mistake it for food, from tiny zooplankton to whales. Plastic is now entering every level of the ocean food chain and is even ending up in the seafood on our plates.

But it doesn't have to be this way. That's why we are campaigning to end the flow of plastic into our oceans. We are calling on big corporations to act to reduce their plastic footprint – and stop producing plastic packaging that is designed to be used once then thrown away.

Until corporations find ways to deliver their products to us that don't involve destructive single-use plastics, reducing and refusing these disposable plastics is important in



© Pierre Gleizes / Greenpeace

So, how do you participate?

All you have to do is commit to one month of trying to avoid disposable plastic. You can challenge yourself and commit in different levels.

Beginner: You can pick one disposable item to avoid all month, like single-use plastic straws, coffee cups, grocery bags, or water bottles, and create a new solid habit of bringing your own reusables!

Intermediate: You can commit to eliminating those big four (single-use plastic straws, coffee cups, grocery bags, or water bottles) or another mixture of single-use plastic items you notice in your lifestyle.

Expert: You can go all in and avoid all disposable plastic all month!

It's important to keep in mind when going into the Plastic Free July commitment that reducing plastic in our lives, even just for one month, can be very difficult and time consuming. For many people, plastic-free options are not feasible or affordable. We are living in a broken system, and to combat the issue of plastic pollution, we need to stop plastics at the source. If your bathtub was overflowing, you wouldn't immediately reach for a mop. You would first turn off the tap. That's what we need to do with plastics. So, this Plastic Free July, advocate for the elimination of single-use plastics with us.

Demand big corporations to act to reduce their plastic footprint now!



THE COOS BAY PUBLIC LIBRARY AND THE COOS HEAD FOOD CO-OP WORK TO IMPROVE FOOD SECURITY AND FOOD LITERACY

THE COOS BAY PUBLIC LIBRARY RECEIVED
A \$3,000 NATIONAL GRANT FROM THE
AMERICAN LIBRARIES ASSOCIATION
INITIATIVE LIBRARIES TRANSFORMING
COMMUNITIES.

WITH THIS GRANT, WE INVEST IN THE
HEALTH OF OUR LOCAL COMMUNITY
IN THIS EXCITING, FREE PROGRAM!



Community Cooking with the Co-op

Join us virtually
on Zoom as Jamar
guides you through
healthy recipes to
create at home!

Thursday, July 22
and August 26
at 5:30PM

For ingredients & access, register
@ <https://is.gd/va3Wd9>

GET A \$20 FOOD VOUCHER
TO PURCHASE HEALTHY
INGREDIENTS FROM THE CO-OP
FOR "COMMUNITY COOKING WITH
THE CO-OP STARRING JAMAR"!

TO REGISTER, EMAIL
librarycoosbay@gmail.com

INCLUDE YOUR:

- NAME
- EMAIL ADDRESS
- PHONE NUMBER
- WHETHER YOU PLAN TO ATTEND
THE JULY OR AUGUST
COMMUNITY COOKING



COOS BAY
PUBLIC LIBRARY

<https://www.coosbaylibrary.org>



COOS HEAD
FOOD CO-OP

coosheadfood.coop

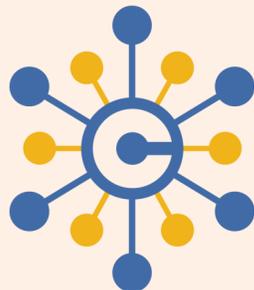
PLEASE REGISTER FOR FOOD VOUCHERS
BEFORE THESE DATES:

July 7 for the July event
August 11 for the August event



COMMUNITY COOKING WITH THE CO-OP

Community Cooking with the Co-op, a years worth of collaborating, cooking, laughing, singing, tasting, and yes even dancing. We would like to thank Coos Bay Public Library, Paul Addis, Zion, Coos Head Food Co-op Staff, Allen Bartel, Joshua Whitty and last but certainly not least all of the participants that have showed up each time ready to cook.



COOS BAY
PUBLIC LIBRARY



COOS HEAD
FOOD CO-OP
-EST.1971-



FOR IMMEDIATE RELEASE

Contact:

Paul Addis

Reference Librarian

Coos Bay Public Library

(541) 269-1101

paddis@coosbaylibrary.org

**COOS BAY PUBLIC LIBRARY RECEIVES NATIONAL GRANT FOR SMALL AND RURAL LIBRARIES
\$3,000 Grant Will Help the Library Work with Residents to Increase Food Security and Literacy**

COOS BAY — Coos Bay Public Library has been selected as one of 300 libraries to participate in Libraries Transforming Communities: Focus on Small and Rural Libraries, an American Library Association (ALA) initiative that helps library workers better serve their small and rural communities.

The competitive award comes with a \$3,000 grant to help us increase food security, provide food literacy, and mitigate barriers that prevent individuals and families in Coos Bay from being food secure.

“We are so proud to be chosen for this opportunity to work with our community” said Reference Librarian, Paul Addis. “This grant will allow our library to get to know our residents better and help us build a happier and healthier community for our citizens by providing more access to healthy food and nutritional learning opportunities.”

As part of the grant, Coos Bay Public Library staff will take an online course in how to lead conversations, a skill vital to library work today. Staff will then host conversations with residents about Food Security and Literacy, using the grant funds to increase access to our *Community Cooking with the Co-op* program, a collaboration with Coos Head Food Co-op and their Outreach Coordinator, Jamar Ruff. Fifty community members will receive \$20 vouchers to obtain the ingredients needed to participate in our July and August programs on Zoom. In September, we will hold two community conversations with participants and community partners to discuss these and other grant-related activities.

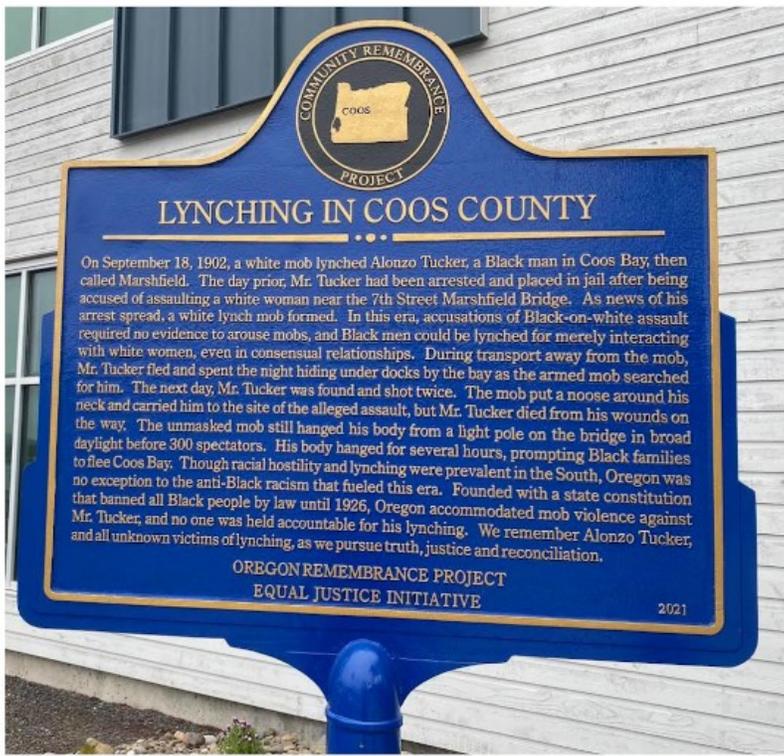
Coos County's most recent Community Food Assessment (CFA) stated that "In terms of nutritional health and eating habits of a community, it is evident that poverty and lack of education are serious contributors to the problem."

If you are interested in getting involved or taking part in the conversation, please contact Paul Addis at paddis@coosbaylibrary.org or (541) 269-1101 x222.

Since 2014, ALA's Libraries Transforming Communities initiative has re-imagined the role libraries play in supporting communities. Libraries of all types have utilized free dialogue and deliberation training and resources to lead community and campus forums; take part in anti-violence activities; provide a space for residents to come together and discuss challenging topics; and have productive conversations with civic leaders, library trustees and staff.

“Libraries Transforming Communities: Focus on Small and Rural Libraries is an initiative of the American Library Association (ALA) in collaboration with the Association for Rural and Small Libraries (ARSL).”

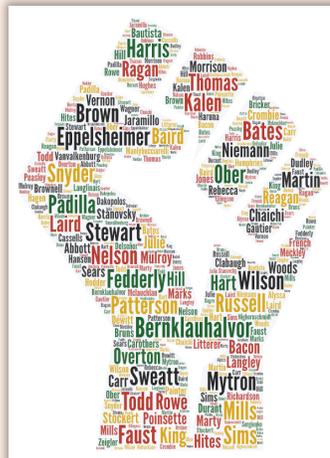
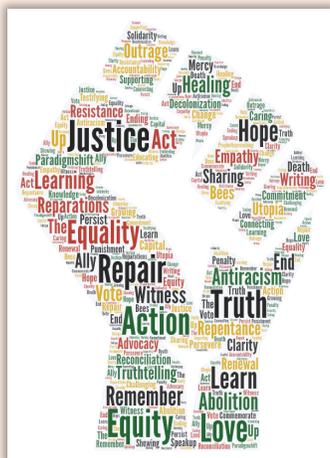
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After arriving late, the Alonzo Tucker Historical Marker has been placed in Coos Bay. Over 500 people attended or tuned in virtually to witness the Equal Justice Initiative Historical Marker unveiling Saturday. Tucker was a black man lynched by a white mob in Coos County in 1902 after being accused of assaulting a white woman. The inaugural Juneteenth Reflection, Reparation, Celebration event was held at the Coos History Museum. It started with an earlier Tuesday Talk featuring panelists who discussed the meaning and importance of Juneteenth and ended with the unveiling and open house at the Coos History Museum.

Speakers included Keiana West from the Equal Justice Initiative and Taylor Stewart from the Oregon Remembrance Project. Stewart outlined the process that began more than a year before to memorialize Alonzo Tucker's death that began with soil collection from three key places throughout the bay area. Stewart said that reconciliation is found not with just the knowledge of lynching, but by what is done with that knowledge including critically evaluating the present and making changes.

The historical marker is located near the entrance of the Coos Historical and Maritime Museum's front door.



These are images from the community word cloud from the Juneteenth event at the Coos History Museum. It showcases words that create imagery from the event along with capturing all of those who were in attendance.

COOS BAY FARMERS MARKET



Coos Bay Farmers Market

Wednesdays May 5 - October 27 | 9:00 AM to 2:00 PM
Central Ave. Downtown Coos Bay

The Coos Bay Downtown Association will host the Wednesday Farmers Market in Downtown Coos Bay. The Market will be held every Wednesday through October 27th, from 9am until 2pm.

The Market features vendors that provide the community with fresh locally grown produce, eggs, honey, meat, baked goods, roasted coffee, ready-to-eat food, and more. This weekly popular event strives to bring high-quality, Oregon-produced items to the historic downtown atmosphere neighboring Highway 101.

Covid-19 Restrictions may still be active at the start of the market.

For more information on how to be a vendor, visit our website: <https://coosbaydowntown.org/farmers-market/>

Town & Country Garden Tour and Plant Sale

Coos Bay Garden Club is gearing up to invite the community to take part in a self-guided garden tour and plant sale, both held on Saturday, August 7th, 10 am to 3 pm. You can purchase your \$10 ticket here at Coos Head Food Co-Op.

By purchasing a Tour ticket, you are helping a student fulfill their educational goals. All proceeds from ticket sales go to CBGC's separate scholarship fund.

The Town & Country Garden Tour ticket sales provide a \$1000 scholarship to a graduating Bay Area high school student. This year's \$1000 award went to our 2021 North Bend High School graduate, Jacob Mitchel. Jacob will be attending SWOCC to pursue a two-year degree in Forestry and Natural Resources before obtaining a Bachelor of Science degree from Oregon State University.

Plan to take a stroll and gather up new ideas for your garden. Whether you focus on vegetables, flowers, herbs, container gardening or a dish garden, there is something for everyone.

Coos Bay Garden Club members are also hosting a Plant Sale at Garden #5, along with refreshments. There you will find plants as well as garden art and garden related items for sale. Profits from the plant sale will go back into community outreach programs in which the Club participates.

As an added feature this year, two other gardens on tour will have pottery and succulents to purchase. Both vendors will have a handmade drawing prize gift on display. Tour attendees may enter the drawings to be awarded at 3 pm. Two winning tickets will be drawn at 3 pm. Be sure to write your phone number on the back of the tickets you purchase for 50 cents each. This fundraiser will go directly to the ARK Program (At Risk Kids) located on the Marshfield HS campus.

Food For The Picking

Written By. Connie Earhart

It's always fun to find plants we love that are truly nutritional treasures. I recently learned that the magical Black Cumin is one of my favorite reseeding annuals - known to me as Love in the Mist or *Nigella sativa*. This plant has been in my life since my grandmother introduced the delicate and charming blue plant by the back door. (it can come in other colors)



Black cumin is helpful for digestive and respiratory health as documented in this Library of Medicine article, which also suggests help with allergies and inflammation. Dr Greger's article Benefits of Black Cumin for Weight Loss show promise for ½ teaspoon per day as a proven weight loss aid. Other benefits may involve hypertension, cholesterol, cancer treatment and hyperthyroidism. The seeds are easily shaken out of the pretty pods and can be used at the table in a pepper grinder. Their taste reminds me of oregano, cumin and onion. They can be dry roasted to increase the smoky flavor and are frequently used in Indian recipes. There are a few other plants also known as black cumin, but this is the one we can easily grow here! Nutrition is big here with good fiber, protein, vitamin C, antioxidants, minerals and a host of other phytonutrients.

Wild Plants - Wood Sorrel

Often mistaken for clover, the wood sorrel is a tasty sour green (also called sour grass or shamrock) and we can safely consume the entire plant despite its moderate amount of oxalic acid. It is often useful for a thirst quencher eaten fresh or made into a lemonade-type tea, it is also used to flavor soups or stews and brighten salads. Use is in the same recipes as Sheep sorrel or French Sorrel, both very different plants.

Wood sorrel is used to treat fevers, throat or mouth sores, and nausea. The plant has a host of nutrients we may not get with store-bought produce.



Wood sorrel has a 'cousin' called Oca, which is grown for the enlarged tubers known as New Zealand Yam. Oca is becoming available in the Permaculture world.

Growing Tips - fruit thinning

If you have a very heavy crop on your fruit trees, it can be very beneficial to thin the fruit now. One of my favorite benefits is larger fruit! By thinning the crop, you can reduce the stress on the tree to prevent limb breakage as well as alternate year crops. Using pruners, scissors or even your hands, carefully remove the smaller, infected and deformed fruit. Some fruit may be thinned heavily down to one fruit per spur, and the OSU website has a great fruit thinning article that will get you started. Some fruit like peaches will naturally drop fruit in late June, while plums can be so prolific that they will need a lot of thinning.



Growing Right Now - looking forward to Fall gardens!

July is good for starting crops of fall carrots, greens, cole crops - brussel sprouts, cabbage, broccoli, cauliflower, kale, etc., as well as peas, beets and turnips! Direct seeding of these crops is easy now, no need to start them in containers. It's easy to put off these plantings, but you will be rewarded if you can get it done. Keeping the seed moist while it sprouts will be your biggest challenge!

A suggestion from Stephen Prokunier.

Tere and I had the privilege of viewing the movie *The Wisdom of Trauma* in its first release June 8-14. It is vital to see this film. It is a documentary about the work of Dr Gabor Maté. It addresses so many questions of a social order out of control. It is beautifully filmed on the street and in therapeutic situations that will tear at your heart. It is an honor to bring this to the attention of our community. In deep gratitude.

Stephen Prokunier

One in five Americans are diagnosed with mental illness/yr. Suicide is the second most common cause of death with youth aged 15-24. Drug overdose kills 81,000 in USA/yr. Autoimmunity affects 24 million/yr. What is going on? And how are these statistics connected to anxiety, Chronic illness and substance abuse? Dr Gabor Maté makes the case for the invisible force shaping our lives in the form of childhood trauma. Please make space to view this documentary July 28- Aug. 1, 24/7. It is free with suggested donations. Go to www.wisdomoftrauma.com to view a trailer and please register to view the movie and download the *Wisdom of Trauma* booklet.

ABOUT THE FILM

THE WISDOM OF TRAUMA

FEATURING DR. GABOR MATÉ

Trauma is the invisible force that shapes our lives. It shapes the way we live, the way we love and the way we make sense of the world. It is the root of our deepest wounds. Dr. Maté gives us a new vision: a trauma-informed society in which parents, teachers, physicians, policy-makers and legal personnel are not concerned with fixing behaviors, making diagnoses, suppressing symptoms and judging, but seek instead to understand the sources from which troubling behaviors and diseases spring in the wounded human soul. With this film, we hope to touch many people, begin a conversation, and develop a common understanding about how trauma impacts our individual lives, communities and society as a whole.*

ABOUT DR. GABOR MATÉ

A renowned speaker and bestselling author, Dr. Gabor Maté is highly sought after for his expertise on a range of topics including addiction, stress and childhood development.

Rather than offering quick-fix solutions to these complex issues, Dr. Maté weaves together scientific research, case histories, and his own insights and experience to present a broad perspective that enlightens and empowers people to promote their own healing and that of those around them.

After 20 years of family practice and palliative care experience, Dr. Maté worked for over a decade in Vancouver's Downtown EastSide with patients challenged by drug addiction and mental illness.

The author of four books published in over twenty-five languages, Dr. Maté is an expert on addiction, trauma, childhood development, and the relationship of stress and illness. His book on addiction received the Hubert Evans Prize for literary non-fiction.

Visit <https://wisdomoftrauma.com/> to sign up to view this movie for FREE.

Jamie. "Can Our Deepest Pain Be a Doorway to Healing? - Wisdom of Trauma." Can Our Deepest Pain Be a Doorway to Healing? - Wisdom of Trauma, 12 Apr. 2021, <https://wisdomoftrauma.com/>.

[Bread Schedule]

Your local Coos Head Food Co-op receives fresh bread throughout the week and we also have a special ordering system set in place to ensure the customers needs are fully met.

MONDAY: NO BREAD DELIVERY

TUESDAY: FARMHOUSE BAKERY, FARMSTEAD BREAD

***FARMHOUSE BAKERY** Sliced sandwich loaves are made with freshly ground flour. Farmhouse Bakery, out of Cottage Grove, offers Dakota, Wheat, White, Spelt, Sourdough, and a hearty round Rye, great for a Reuben. The Cinnamon Raisin is unsliced and perfect for breakfast toast.*

***FARMSTEAD BREAD** is a local bakery focused on flavor, freshness and crafting community with each handmade loaf.*

WEDNESDAY: EMPIRE BAKERY

***EMPIRE BAKERY** Focaccia, Plain, Cranberry Walnut, Roasted Garlic, and 9-Grain Sourdough breads.*

WEDNESDAY: LADYBREAD BAKERY

***LADYBREAD BAKERY** We make Artisan, Hand-crafted bread, fresh and local*

THURSDAY: BREADSTOP BAKERY

***BREADSTOP BAKERY** A selection of sliced sandwich breads. This bakery is in Eugene.*

FRIDAY: FARMSTEAD BREAD, EMPIRE BAKERY

***FARMSTEAD BREAD** is a local bakery focused on flavor, freshness and crafting community with each handmade loaf.*

***EMPIRE BAKERY** Focaccia, Plain, Cranberry Walnut, Roasted Garlic, and 9-Grain Sourdough breads.*

SATURDAY: LADYBREAD BAKERY

***LADYBREAD BAKERY** We make Artisan, Hand-crafted bread, fresh and local.*

SUNDAY: NO BREAD DELIVERY

[New Meat]

Pachamama Farm Jalapeno Cheddar Chicken Sausage and Blueberry Chicken Sausage. Free range and pasture raised chickens are treated humanely with open space and plenty of bugs and grass for foraging.

Smart Chicken Organic Drumsticks sounds like a fried chicken picnic. Pair some with the deli's delicious organic potato salad.

“The only
thing that
will redeem
mankind is
cooperation”

-Bertrand Russell