



The COOS HEAD SCOOP

June 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.

JUNE IS MEMBER
APPRECIATION MONTH

Contact Us:

✉ OFFICE@COOSHEADFOODCOOP.ORG

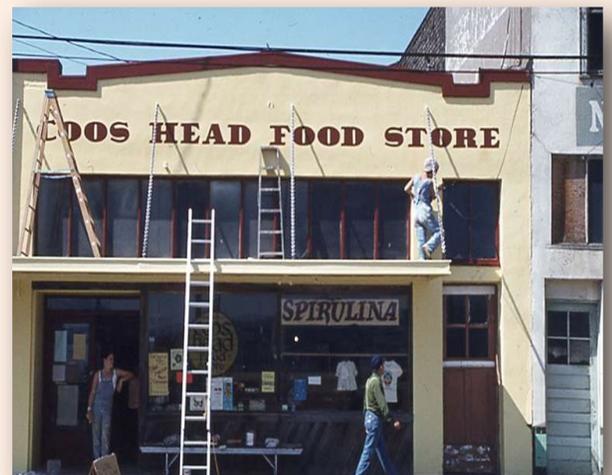
📷 [COOSHEADFOODCOOP1971](https://www.instagram.com/COOSHEADFOODCOOP1971)

📘 [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!!

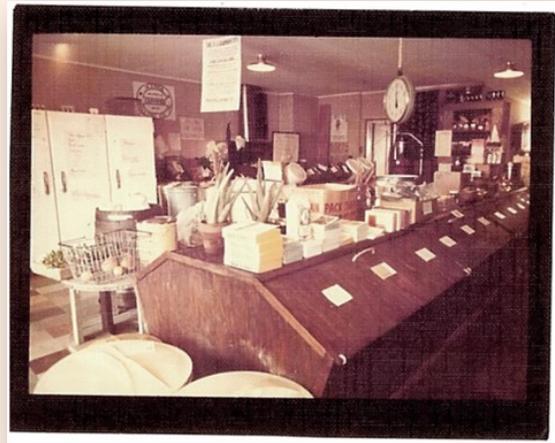
It's a win/win for you and the Co-Op!!! Have you ever wanted to get more for your buck? Paying with either cash or check means zero transaction fees for the Co-Op. The Co-Op is charged, on average, a 2% processing fee for these transactions. Please consider the next time you shop to choose cash or check,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



"50 YEARS OF GROWING COMMUNITY"

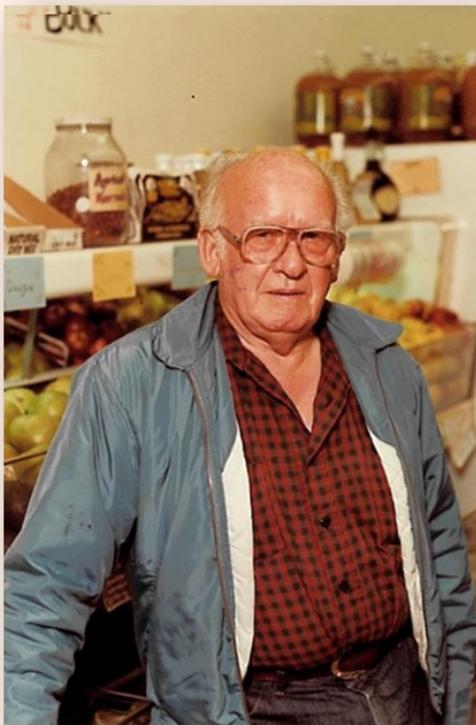


Sheila Nice was one of the first managers of Coos Head Food Co-Op.



Inside of the Co-Op on Marion Street in North Bend.

Dick and Bonnie Woone volunteered every week at the Co-Op, you could often catch them wrapping cheese at the register. The dynamic duo co-signed the loan in order for Coos Head Food Store to purchase the building at 1960 Sherman, downtown North Bend, Oregon.



Dick Woone



Dick and Bonnie Woone receiving their *Lifetime Membership* certificate.

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

Vendor Highlight.....

YOLÉLÉ FONIO PILAF

Yolélé was founded in 2017 to create economic opportunity for smallholder farming communities; to support biodiverse, regenerative, and resilient food systems; and to share Africa's ingredients and cuisines with the world.

“Sharing culture through food has always been my driving passion, and Yolélé was created in that spirit.” —

Pierre Thiam



Our Purpose

Yolélé is changing conditions for rural West African smallholder farmers. This population is among the world's most vulnerable. Many young people seeking job opportunities simply leave – often to overcrowded cities where jobs are hard to find or risk their lives on the dangerous path towards Europe.

Simply buying more of West Africa's oldest cereal grain helps to alleviate extreme poverty, but we're going a step further to truly unlock opportunity and transform communities in the West African Sahel.

Vendor Highlight.....

YOLÉLÉ FONIO PILAF

Economic opportunity

Most people in West Africa rely on farming to survive, but they don't have access to markets. In West African villages, you often see women by the side of the road hoping to sell their day's harvest, but not enough customers to make a living. These farming communities face extreme poverty and a challenging path towards economic security.

At Yolélé, we're connecting smallholder farmers—mainly women—with local and global markets so they can support themselves from agriculture while increasing food sovereignty in the region.

Resilient Food Systems

Smallholder farmers in West Africa (like everywhere else in the world) have always relied on biodiverse crop systems that are well-suited to the region's hot arid climate and poor soil. They employ regenerative techniques like intercropping, cover-cropping, and crop rotation. Unfortunately, most development funding in West Africa goes towards chemical-intensive, monocropped farm systems that focus on crops from the Global North.

At Yolélé, we are creating a market for traditional crops grown under these resilient farming systems in order to foster a more biodiverse, drought-tolerant landscape across West Africa. Devoting more land to this kind of farming has the potential to regenerate and regreen the Sahel.

African Food Around the World

"As in many cultures, food in Senegal is never only to nourish the body: it's an act of sharing, of showing your love toward others, and bringing people together." – Pierre Thiam.

The ingredients and cuisine of Africa are nourishing, deep, and bright... and at turns funky-fermented, spicy, and vegetable-forward. One taste of egusi, jollof fonio, or efo riro and you'll get what we mean.

Africa's vibrant flavors, ingredients, and food ways deserve a spotlight and a place on tables around the world. That's where Yolélé comes in.

Supply chain

Even when West African farmers can get fonio to market, they face two key problems that prevent them from making money. One is a lack of processing capacity, and the other is low agricultural productivity.

At Yolélé, we're building processing facilities in West Africa that can turn plants into food to be sold locally and globally. We're also collaborating with governments, intergovernmental agencies, and NGO's to train and equip smallholders for increased productivity through conservation farming.



Vendor Highlight.....

PORT ORFORD SUSTAINABLE SEAFOOD

SUSTAINABLE SEAFOOD FROM PORT ORFORD



PORT ORFORD
SUSTAINABLE SEAFOOD

YOU JOIN.

WE CATCH, PACKAGE AND DELIVER. YOU ENJOY.

CAUGHT IN PORT ORFORD, OREGON

The Community Supported Fishery is an idea born out of the CSA movement. In a CSA you develop a relationship with your farmer, and pay them directly for their produce. In our Community Supported Fishery, you directly support the Port Orford fishing community and develop an understanding and appreciation for fishing as a way of life.

Our CSF offers regular deliveries of Port Orford seafood to 12 communities in Western Oregon.



We think it's important to connect with the source of your food. By catching and processing your seafood ourselves, we knock out the corporate link in the supply chain and are able to tell the complete story of where your seafood comes from. We see ourselves as stewards of our environment, we care for it and it cares for us.



FRESH LOCAL SEAFOOD

Community Supported Fisheries reconnect people with their local food system, promote sustainable fishing practices, and strengthen the relationships between fishermen and seafood consumers.

"Sustainable Seafood | Delivered to You | Port Orford Oregon." Port Orford Sustainable Seafood, <https://posustainableseafood.com/>. Accessed 8 June 2021.



Vendor Highlight.....

PORTLANDIA FOODS

Origins of Portlandia Foods

Back in 2010, Jeff Bergadine and Michael Deal decided it was time to disrupt conventional thinking in the condiment market. Their goal: to deliver healthier, more sustainable condiments while remaining affordable and accessible to all. So they developed a recipe for an organic ketchup with less sugar and salt, yet a bold, savory flavor.

Seemingly overnight, our organic ketchup was celebrated by food connoisseurs and critics alike. Two years later Portland Organic Ketchup found its soul mate, Portland Organic Mustard. This flavorful duo of tableside necessities set the stage for Portlandia Foods to become a player in the condiment world.

Today, Portlandia Foods products are available in restaurants and retail stores across the country. We take our mission seriously: to nourish the world with delicious foods at affordable prices without compromise. Cultivating organic ingredients, sustainable production, and wholesome standards to build a healthy, happy tomorrow, together.

Why Shop Organic Condiments?

In today's society, it's accepted that condiments will be full of corn syrup and high in salt. We reject this notion and believe that higher standards are possible for everyone.

Portlandia Foods aims to correct this imbalance by partnering with local distributors, who in turn partner with organic and sustainable farmers. All our products are Oregon Tilth Certified Organic (OTCO) and USDA Certified Organic, GMO free, contain less



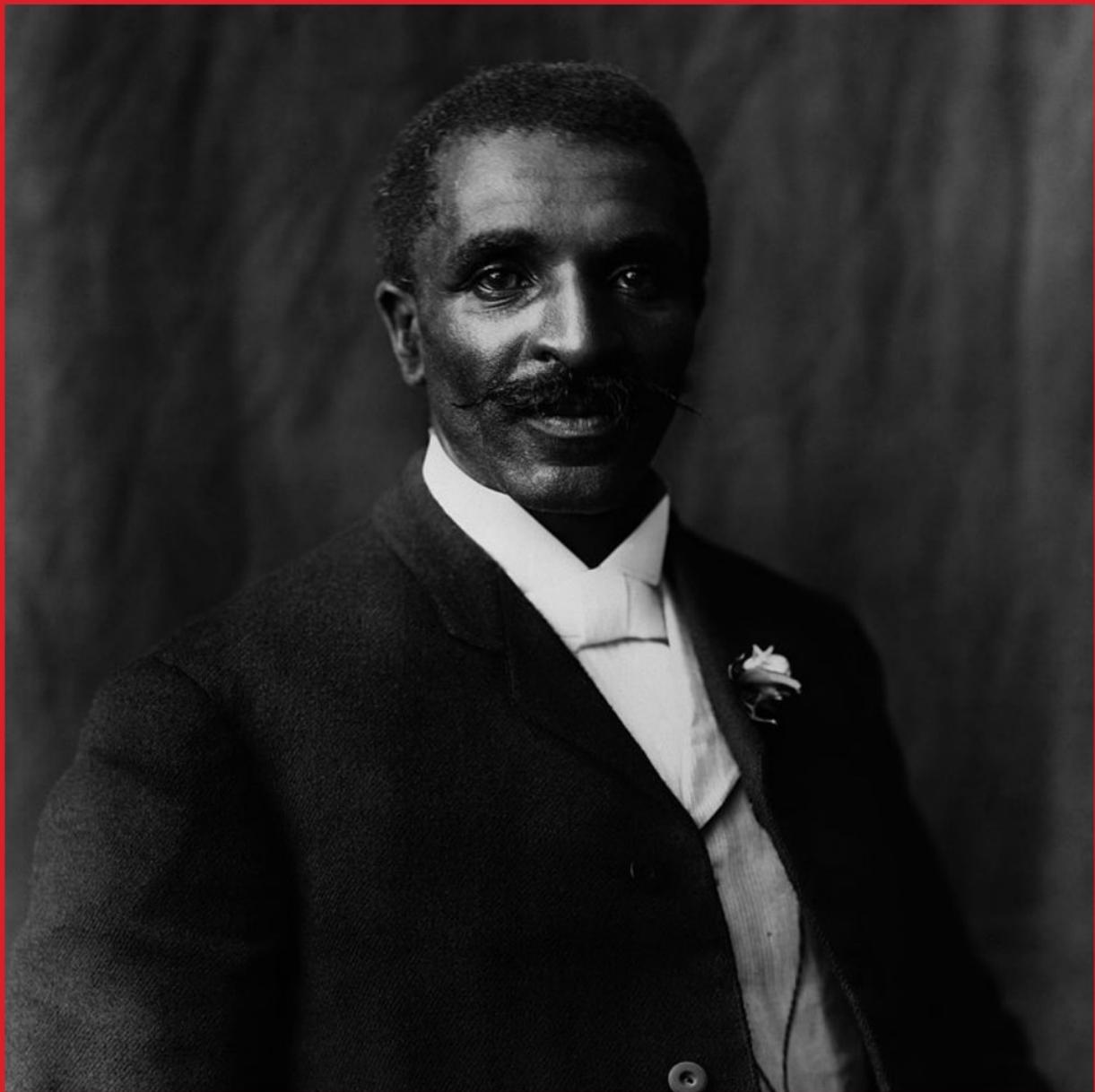
"About – Portlandia Foods." Portlandia Foods, <https://portlandiafoods.com/pages/about>. Accessed 7 June 2021.



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/>.



DR. GEORGE WASHINGTON CARVER

Organic farming and sustainable agricultural practices are an African-Indigenous system developed over thousands of years, and Dr. George Washington Carver is credited with reviving this system in the early 1900s at Tuskegee Institute in Alabama. Often overlooked in the history of organic farming and sustainable agriculture, Dr. Carver is considered by many to be the father of modern regenerative agriculture in the US.

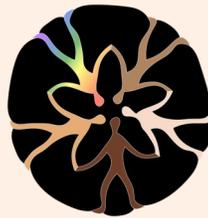
Realizing that years of monocropping cotton had stripped southern soil of nutrients, Dr. Carver developed a crop rotation method which alternated cotton crops with legumes like peanuts and promoted the practice of composting. These practices brought nutrients back into the soil, revitalizing the land and diversifying the crops for farmers in the south to grow and sell. At the Tuskegee Institute, Dr. Carver educated local farmers, encouraging them to “look at the permanent building up of our soils.” Dr. Carver truly set the stage for the regenerative agricultural practices today.

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

COOS HEAD FOOD CO-OP

Coos Head Food Co-Op is committed to *encouraging* and *educating* our community by actively contributing to the health and well being of all inhabitants by serving as a source for wholesome, natural, and organic foods!

Co-op's across the United States have committed to placing Diversity, Equity and Inclusion at the forefront of their everyday operations. Assisting and sometimes create space in the community for Everyone through partnership, education for members and staff, and working along other Co-ops to establish a more sustainable and impactful co-op community.



Definition of a Cooperative

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

Cooperative values

Cooperatives are based on the values of **self-help, self-responsibility, democracy, equality, equity,** and **solidarity**. In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility and caring for others.



Cooperative Principles

The cooperative principles are guidelines by which cooperatives put their values into practice.

1. Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all persons able to use their services and willing to accept the responsibilities of membership, without gender, social, racial, political or religious discrimination.

2. Democratic Member Control

Cooperatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary cooperatives members have equal voting rights (one member, one vote) and cooperatives at other levels are also organized in a democratic manner.

3. Member Economic Participation

Members contribute equitably to, and democratically control, the capital of their cooperative. At least part of that capital is usually the common property of the cooperative. Members usually receive limited compensation, if any, on capital subscribed as a condition of membership. Members allocate surpluses for any or all of the following purposes: developing their cooperative, possibly by setting up reserves, part of which at least would be indivisible; benefiting members in proportion to their transactions with the cooperative; and supporting other activities approved by the membership.

4. Autonomy and Independence

Cooperatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by their members and maintain their cooperative autonomy.

5. Education, Training, and Information

Cooperatives provide education and training for their members, elected representatives, managers, and employees so they can contribute effectively to the development of their co-operatives. They inform the general public - particularly young people and opinion leaders - about the nature and benefits of co-operation.

6. Cooperation among Cooperatives

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

7. Concern for Community

Cooperatives work for the sustainable development of their communities through policies approved by their members.

“Cooperative Identity, Values & Principles | ICA.” International Co-Operative Alliance | ICA, <https://www.ica.coop/en/cooperatives/cooperative-identity>. Accessed 7 June 2021.



Coos Bay Library & Coos Head Food Co-op present



FUN! COMMUNITY COOKING WITH THE CO-OP FREE!

STARRING JAMAR!



MONTHLY EVENT:
EVERY 4TH THURSDAY!

The 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!

**Thursday
June 24 @ 5:30pm**

Community Cooking
is 1-year old!
Come celebrate
with us!

Event Recipe:
Coos Head Tacos
Two Ways



coosheadfood.coop

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



http://coosbaylibrary.org

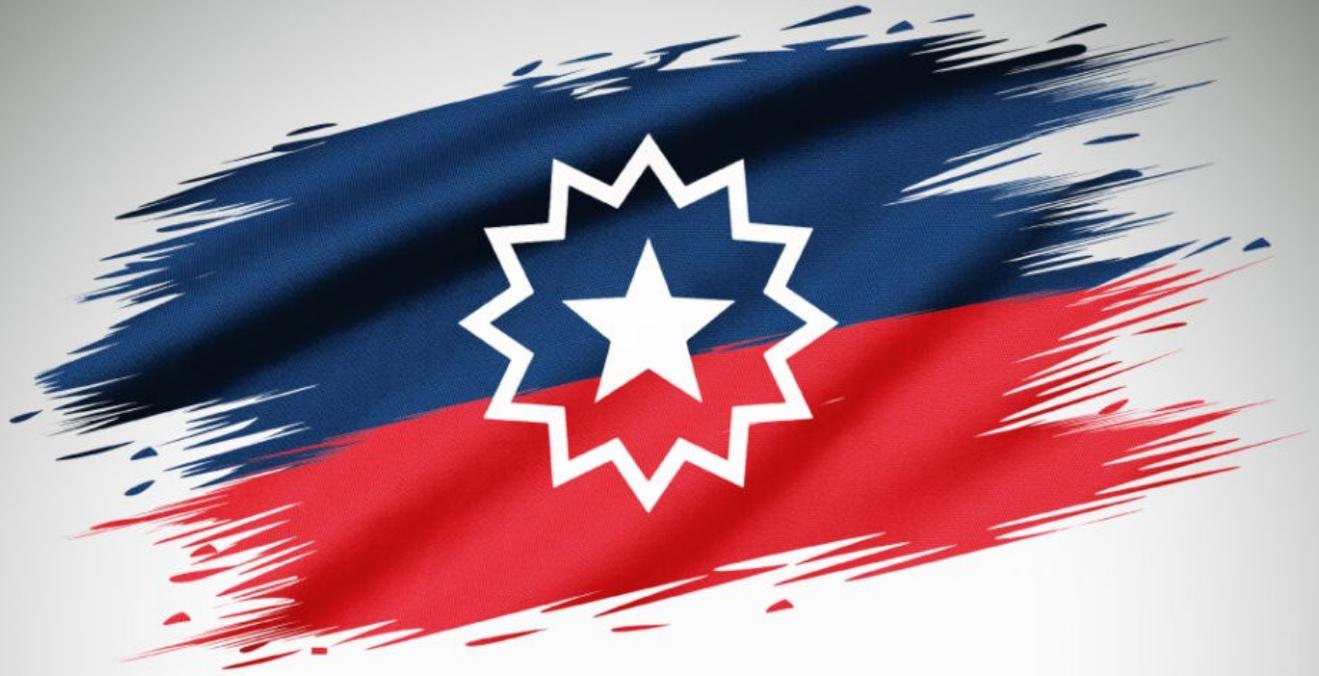
[Coos Bay Public Library](#) and Coos Head Food Co-Op would like to invite the community to join in on the virtual cooking segments "Community Cooking with the Co-Op." We introduce community members to cooking with ingredients that they aren't familiar with and encourage stepping outside of their comfort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

Next Event: Thursday, June 24th starting at 5:30 till 6:30 - Jamar aims to provide safe, easy, and healthy recipes to create at home. Join us virtually for this fun community event!

For his June recipe, Jamar will be featuring Coos Head Tacos Two Ways.

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

[Join us virtually](#) for this fun community event - we will be hosting a cooking class every 4th Thursday of each month. For more information please visit: <https://www.coosbaylibrary.org/events/upcoming> or contact Paul Addis paddis@coosbaylibrary.org.



JUNETEENTH

REFLECTION, REPARATION, CELEBRATION

JUNE
19 / 10AM - 5PM / COOS
HISTORY
MUSEUM

CELEBRATE WITH US

June 15th, 6:30 PM – 8:00 PM: *Learn* what Juneteenth is all about including the history behind it, the importance and significance of it, and how it is celebrated today.

June 19th, 10:00 AM – 11:00 AM: *Witness* the unveiling of the Equal Justice Initiative Historical Marker acknowledging the lynching of Alonzo Tucker in Coos Bay, Oregon and lynching throughout United States history.

June 19th, 10:00 AM – 5:00 PM: *Participate* in our Juneteenth Celebration community word cloud to mark your participation in this inaugural event.

June 19th, 11:00 AM – 5:00 PM: *Experience* a free day at the Coos History Museum and grab a Juneteenth Celebration take-home kit to learn, play, commemorate, and celebrate with family and friends.

WHAT IS JUNETEENTH?

Juneteenth (short for “June Nineteenth”) marks the day when federal troops arrived in Galveston, Texas in 1865 to take control of the state and ensure that all enslaved people be freed. The troops’ arrival came a full two and a half years after the signing of the Emancipation Proclamation. Juneteenth honors the end to slavery in the United States and is considered the longest-running African American holiday.

Confederate General Robert E. Lee had surrendered at Appomattox Court House two months earlier in Virginia, but slavery had remained relatively unaffected in Texas—until U.S. General Gordon Granger stood on Texas soil and read General Orders No. 3: “The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free.”

The Emancipation Proclamation issued by President Abraham Lincoln on January 1, 1863, had established that all enslaved people in Confederate states in rebellion against the Union “shall be then, thenceforward, and forever free.”

But in reality, the Emancipation Proclamation didn’t instantly free any enslaved people. The proclamation only applied to places under Confederate control and not to slave-holding border states or rebel areas already under Union control. However, as Northern troops advanced into the Confederate South, many enslaved people fled behind Union lines.

In Texas, slavery had continued as the state experienced no large-scale fighting or significant presence of Union troops. Many enslavers from outside the Lone Star State had moved there, as they viewed it as a safe haven for slavery.

After the war came to a close in the spring of 1865, General Granger’s arrival in Galveston that June signaled freedom for Texas’s 250,000 enslaved people. Although emancipation didn’t happen overnight for everyone—in some cases, enslavers withheld the information until after harvest season—celebrations broke out among newly freed Black people, and Juneteenth was born. That December, slavery in America was formally abolished with the adoption of the 13th Amendment.

The year following 1865, freedmen in Texas organized the first of what became the annual celebration of "Jubilee Day" on June 19. In the ensuing decades, Juneteenth commemorations featured music, barbecues, prayer services and other activities, and as Black people migrated from Texas to other parts of the country the Juneteenth tradition spread.

In 1979, Texas became the first state to make Juneteenth an official holiday. Today, 47 states recognize Juneteenth as a state holiday, while efforts to make it a national holiday have so far stalled in Congress.

“The Oregon Senate unanimously agreed Tuesday, June 1st to officially recognize Juneteenth as a state holiday beginning in 2022. On a 28-0 vote, senators passed House Bill 2168. It recognizes the June 19 holiday’s cultural and historical significance. The bill passed the House on April 8, 53-0.”



United Way
of Southwestern Oregon

REGISTER FOR EVENTS AT:
SOCP600SCOUNTY@GMAIL.COM

OR

SOUTHERN OREGON COAST PRIDE ON FACEBOOK

SAFE ZONE TRAINING

QUEER 101

THURSDAY,
JUNE 3RD
6PM-7:30PM

QUEER 102

TUESDAY,
JUNE 8TH
6PM-7:30PM



DRAG QUEEN
STORY TIME
WEDNESDAY,
JUNE 9TH
6:30PM



KIT
READS
ON
FACEBOOK
LIVE

Author Meet & Greet

April Daniels
author of
"Dreadnought"
Friday, June 25th
6:00pm
via Zoom



Suicide Prevention
Talk Saves Lives
Wednesday,
June 23rd
7:00pm
via Zoom



CO-OP PLASTIC ROUND UP

with *Master Recycler Anders*

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

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/>

Food For Thought

By. Denise Ehrendreich

Start with Where We're At

There is much going on now that is adversely affecting our world's food supply and food chains. Not only has the world's population at least quadrupled in the last 70 years, the climate is changing and humans have advanced some scientific discoveries to the point where consequences may be irreversible for centuries.

These challenges to human survival may harshly test human ingenuity for conquering and resolving problems. People will need to be alert, smart, thoughtful and aware enough to do it as successfully as possible.

What Maslow Knows

According to Maslow's Theory of Hierarchy of Needs, before humans can begin to experiment and imagine better outcomes to life's challenges, the most primal and fundamental needs must be mostly met. The first and most basic primal need is to sustain the very life of a person. People must have food, water, air, sleep, health, clothes and shelter. This first level of needs has to do with survival. When these needs are mostly met, a person will naturally and instinctively seek to satisfy the 2nd level of Maslow's Hierarchy of Needs.

The 2nd level of needs are an extension of the most basic primal 1st level. Here, though, a person evolves into striving for security in life. Personal safety, emotional satisfaction, financial security and overall well-being are of utmost importance at this level.

After the 2 most basic levels of needs are mostly met, only then will a person find that the need for love and acceptance predominates. People will now crave interpersonal relations with other people. Reaching the 3rd level of Maslow's Hierarchy of Needs, humans like and need to feel a sense of belonging to social groups such as clubs, associations, co-worker relations, religious groups, sports teams, gangs, and conspiracy cults along with family, lovers, friends and neighbors. Dysfunctions happen when these needs are not mostly met at this and at every level. When they are mostly met, a person will strive instinctively towards the next level.

The 4th level of the Hierarchy deals with our needs for Esteem. Here a person seeks respect from others, status, recognition, fame, prestige and attention. Now the personal characteristics of self-respect, inner strength, competence, mastery, self-confidence, independence and freedom are developed and cherished.

At the 5th and final level of the Need Hierarchy, a person seeks Self-Actualization and Transcendence. People become motivated to be the best they can be. Not everyone's goals are the same, but the intentions are. Some try to be the best parent or mate or athlete or inventor or artist and such that they can become. Humans seek to master their abilities and talents and to finally give one's self over to actions beyond the usual. Altruism and Spirituality dominate here.

All Hands On Deck

The very basic need for food must be satisfied before any human can contribute to helping our world survive. When the belly growls and aches, no one cares about solving the world's complex problems. And now our world's problems demand that all hands be on deck and ready to act and think and create. Our Earth is requiring the fullest use of our abilities, energy and resources.

There are now so many people on Earth, our food supplies and food chains are stretched to the breaking point. We must now be aware of and open to alternative food sources and to be willing to share them with others for our greater good. We are lucky to be living in Coos County at this point in history. With our abundance of organic food choices and seafood and natural rainfall, we are more fortunate than most of the world.

Where We're Going...Like It Or Not

To feed the multitudes of hungry people, entities and countries have developed techniques to modify the weather. Cloud Seeding has taken place in America for decades. It is done by injecting small amounts of silver iodide (a.k.a liquid nitrogen or dry ice) into clouds that potentially hold moisture. A reaction then takes place which causes condensation to fall as rain.

China is now leading the world in Geo-Engineering, which is jacked up Cloud Seeding. They are now capable of modifying the weather over an agricultural area of 2.1 million square miles. That equals more than 1.5 times the total size of India. In the next 5 years, another 224,000 square miles will be under the control of Geo-Engineering.

China is the most populous country on Earth. India is the 2nd most populous and the USA ranks in 3rd place. Ultimately, Geo-Engineering is done to ensure and increase the food supply needed by growing populations. Genetically Modified Organisms (GMO) are the dominant food sources being nourished because they can feed the most people at the cheapest cost. Many people are becoming more tolerant and accepting of food editing and modification because they have no choice.

Geo-Engineering is also being used to help with disaster relief, emergency response, forest and grassland fires, troop movements, heat waves and droughts caused by climate changes. One of the biggest problems with Geo-Engineering is the intentional or accidental side effects. Chinese weather modifications overlap into India and the Himalaya Mountains. In February of this year, a huge chunk of a Himalayan glacier broke off causing a huge flood that slammed into 2 hydroelectric plants and dams in India. Many were killed and there was massive destruction. Speculation is that China's Geo-Engineering effects spill over its' country's boundaries to the detriment of their neighbors. It can become a vicious cycle. Feed the people, kill the people, if you don't feed the people, the people die. If people are hungry, a country stagnates and chaos ensues.

Cultured Chicken

There are also a myriad of other actions taking place to confront and overcome hunger as resources dwindle. Humans probably at the 3rd, 4th and 5th levels of Maslow's Hierarchy of Needs have been thinking creatively with scientific breakthroughs. There are not only GMO and Food Editing that now occurs to feed people. There is now a new technique to grow meat. It is called 'Cultured Chicken'. An American company has developed this process and has just received its' first approval to introduce it into the human food chain. Singapore is the first country to approve its' use for human consumption. No animals are killed in this process. Rather, small amounts of an animal's cells are harvested and fed amino acids, carbohydrates, minerals, fats and vitamins. This cell cultivated meat uses self-replicating animal cells to grow muscle tissue in a bioreactor, kind of similar to how beer is brewed. This first product will be served as "chicken bites" in Singapore restaurants. Discussions are now taking place with the U.S. Food and Drug Administration and the Department of Agriculture to get approval for consumption in America. The demand for animal protein is increasing around the world. Proponents say this method can ease the environmental impact of producing meat for an exploding world population. We may soon be glad to have such a food option. Or not.

The Tip of the Iceberg

Heat waves in unusual places like Siberia, increasing ocean acidification, nitrogen-depleted soils and tundra thawing are just some of the other enormous challenges we must confront sooner than we think. It will take full bellies and sharp minds to mitigate these problems. We must become adaptable to use the greatest brain power possible. We're going to need all hands on deck. We're also going to have to increase and refine our compassion towards each other. Sometimes generosity for the greater good is rare in our country. Rugged individualism does not always leave room in the heart for the empty bellies of others.

There is a true story from 1941 in which 7 people successfully escaped from a Soviet labor camp in Siberia. The snow was 2-3 feet deep, temperatures were frigid and they had no map or compass. They had only an axe head, a homemade knife and each other. They did know their closest hope for rescue was in the British sanctuary of India which was 4,000 miles away. They braved incredible odds getting through the desolate Siberian tundra, countless icy rivers, the great Gobi Desert and through the Himalaya Mountains. Always they were desperate but determined to survive. They discovered the kindness of strangers in Tibet and Mongolia. These people generously gave the refugees sustenance with no judgements or questions asked. After they finally reached their goal, they all agreed they would not have survived without the help of the Tibetan and Mongolian people.

Could we count on our fellow Americans to help in such a horrible situation? Would Americans be so kind and generous? It's a crucial time in history and we must start to open our hearts and minds to help those in need. Do unto others as you would have others do unto you.

South Coast Food Share

Coos Head Food Co-op is proud to help support South Coast Food Share (SCFS). This fine organization has been focused on providing hunger relief since 1965. SCFS serves as the Regional Food Bank in Coos and Curry counties and is part of the Oregon Food Bank Network. They are committed to the belief that no one should be hungry. SCFS distributes an average of 1.8 – 2 million pounds of food annually. This amazing organization has 5,134 volunteers who have given at least 59,762 hours of their time to help make this happen for the greater good. Please consider helping others to eat whenever you can. Who knows what brilliance may be unleashed during this chaotic time when all bellies are full. How do you know until you know?



Food For The Picking

Written By. Connie Earhart

Growing and foraging for food provides a deep connection to Nature. Connections to Nature have been proven to have many physical and mental health benefits for us - reduction of stress, heart rate and blood pressure; increased brain function and happiness; physical fitness; and social wellness! According to Nurtured by Nature in the American Psychological Association journal, being in Nature even makes us nice.

Gardening gives us a deep understanding of perseverance, consistency and abundance. There are so many deep parallels in our lives - vigilance and caring, rewards for efforts and the fun of observation and surprises... We are truly nurtured by Nature if we give it a chance.

Wild Plants - Plantain weed

Plantain weed is an annoyance in lawns, but such a magical healing and nourishing plant to harvest. It can be found almost anywhere in sun or shade, there are wide and narrow leaf kinds, all are identifiable by the parallel veins and spiky seed heads. Take care to harvest them in areas that have not been sprayed.

This is the time of year to enjoy the green leaves, before the flower stalks appear and the leaves begin to toughen. For greens, cut the leaves only - as the stems can be tough. Cook the greens like spinach and it is also useful in pesto... a favorite for most greens! The seed heads can be cooked while they are young, similar to asparagus, and once they are mature they will yield the seed we know as psyllium.

Anytime the plant is present, we can harvest and use it as a poultice for bites, small wounds and stings. Just crush the leaves, or chew them, into a poultice and apply fresh to the injury. Dried plantain leaves can also be used to make teas, tinctures, oils and salves to use as an antiseptic, stomach and lung soothers as well as to draw out splinters and pus. It is diuretic and thins blood, so take care if these are issues for you.



Growing Tips - More plants, please!

It is fun and easy to make more of our favorite plants. This time of year is good for dividing perennials, especially if they have already bloomed. Generally it is best to divide clumps of perennials after they bloom or in their opposite season (fall blooming plants are divided in the spring). To divide plants, just a neat slice through the clump will do, preserving roots and tops in each portion. These should be replanted or potted soon after division.

Another fun technique for this time of year is layering. Many shrubs can be multiplied by pinning a portion of the branch down to the ground and covering it with soil. By late summer or fall, these branches will have formed roots and can be separated and planted on their own.

June is also a time for softwood cuttings of roses and others. These are similar to houseplants cuttings, where the new growth is cut and placed in soil. It's helpful to provide humidity to the leaves until they root using a plastic or glass covering unless you have a mist system. One or two nodes should be in the soil, leaving only a few leaves on the tip of each branch. The node is the 'joint' where a leaf would emerge, this is a location where cell tissue can convert to root tissue. Rooting hormones are frequently helpful.

Growing Right Now - Officially 'Summer'

The warmer nights of June allow us to really get summer crops growing. Tomatoes, peppers, squash and beans all appreciate the warmer nights, although in our coastal area anything we can do to keep the night warmth in will help speed fruiting. These crops and others are all dependent on warm nights to set fruit, so finding that warm spot or making one will really help. Wind protection is important as well, to help hold temperature up around the plants and reduce water loss. Hoops, individual plant covers and greenhouses are traditional ways to get these effects, as well as strategic shrubs, windbreaks, alcoves near the house can all create microclimates to help. With a little help, Summer can be more fruitful!





**American
Red Cross**

Communities Coming Together

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

**American Red Cross Bus
353 S. Second Street
Coos Bay, OR 97420**

**Wednesday, July 14, 2021
1:00 p.m. to 6:00 p.m.**

To make a donation appointment, please visit www.RedCrossBlood.org and use sponsor code: 7Devils. All presenting donors will receive a free pint for a pint! (Non-alcoholic beverages are available for donors under 21 years.)

Come to give July 1-31 and you'll automatically be entered for a chance to win a trip for four to Cedar Point or Knott's Berry Farm! Includes travel, hotel, park admission and more! Terms and conditions apply, visit rcblood.org/CedarFair for details.

Download the Blood Donor App | redcrossblood.org | 1-800-RED CROSS | 1-800-733-2767

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[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