



COOS HEAD FOOD CO-OP

WE CAN DO IT!

SPRING 2018



SEASONAL HOLIDAYS & STORE HOURS

Sunday, May 13th

Mother's Day

Local Flowers & Greeting Cards will be on hand.

Saturday, May 26th

Memorial Day Parade

Downtown Viewing Party at 10:45am

The Co-op will remain open regular hours but our cross streets will be closed off to traffic beginning at 11 am

We invite our Co-op Customers to view the parade with us by bringing in chairs and blankets to hang-out on the grass.

Monday, May 28th

Memorial Day

We remain open at regular store hours.

Sunday, June 17th

Father's Day

Organic Socks & Craft Beer are here to get you in the cheer!

Thursday, June 21st

Summer Solstice

Fuel Yourself for the longest day of the year!

Wednesday, July 4th

Fourth of July Holiday

We remain open until 5pm for your holiday needs.

THE BOARD OF DIRECTOR'S 2018 ELECTION

DON'T FORGET YOUR ENCLOSED BALLOT!

YOU OWN IT!

COOPERATIVE PRINCIPLE:
DEMOCRATIC MEMBER CONTROL

Co-op Member-Owners have the opportunity to practice one of the Seven Cooperative Principles by actively voting through the ballot enclosed with the Spring Newsletter.

We are able to grow as a cooperative community by cultivating member involvement in our Board of Director's. It may be too late to run for a 2018 Election Position but never too late to attend a Board of Director's Meeting.

BOARD OF DIRECTOR'S MEETINGS:

3RD THURSDAY OF EACH MONTH
MEET AT EDUCATION SERVICES BUILDING-
1350 TEAKWOOD DRIVE

MEETING STARTS PROMPTLY AT 5:30PM

MEMBER-OWNER APPRECIATION DISCOUNT DAYS

**MAY 17TH, 18TH, & 19TH
THURSDAY, FRIDAY, SATURDAY**

OWNERS RECEIVE

10% OFF

PICK YOUR DISCOUNT DAY

USE YOUR OWNER BENEFIT

IF YOU DON'T RECEIVE YOUR NEWSLETTER
IN TIME WE WILL HONOR YOUR
DISCOUNT DAY WITHIN THE MONTH

MEMBER-OWNER JUNE U-PICK DISCOUNT COUPON

OWNERS RECEIVE

10% OFF

PICK YOUR DISCOUNT DAY

CHOOSE ANY DAY IN JUNE TO USE
10% OFF A SINGLE PURCHASE

**DOES NOT APPLY TO ITEMS ALREADY ON SALE
MUST PRESENT COUPON TO CASHIER TO REDEEM
MEMBER DISCOUNT.**

FIND US ON FACEBOOK & INSTAGRAM:

@COOSHEADFOODCOOP &
@COOSHEADFOODCO-OP1971

**MEMBER NUMBER:
AMOUNT REDEEMED:**

GRATITUDE IS OUR ATTITUDE!

Local. Organic. Community-Owned.

Coos Head Food Co-op has been through amazing growth & changes over the last 47 years nourishing the Coos Community. The original organic retailer, Coos Head has been a key stakeholder in the formation of the vibrant food community that we see through the growth of fresh restaurants, cottage businesses, and now Big Box competitors who are eager to enter the local marketplace.

Lately, we have been receiving a lot of questions of "how are we going to compete?" Our answer is to keep our focus on what YOU love about Coos Head Food Co-op! The Co-op Staff is going through transitions to show our community the best products and service that we can provide.

Since August 2016, Co-op Owners have been shopping in the new location that they visualized for the Coos Community. Now it is important more than ever to showcase what YOU love about Coos Head Food Co-op to friends, family, and community.

We grow because of YOU!

New Parking Lot? Co-op Deli Options? More Product Selection? Sustainable Product Packaging? More Bulk Products to Choose From? Whatever the concern has been, Coos Head Food Co-op has been working on growing products and services available for the last 47 years.

We look forward for more years to come!



BE ON THE LOOK OUT!

PARKING LOT PAVEMENT & IMPROVEMENT PROJECT

Parking Lot will be closed for the pavement project. Dates will be announced in a future date to notify our customers.

We look forward to a new look for the spacious lot.



CONTACT US TO HOST EVENTS AT THE CO-OP!

WE WELCOME OUR COMMUNITY TO UTILIZE OUR CO-OP FOR EDUCATION AND ADVOCACY

FIND OUT MORE INFO!
EMAIL THE OUTREACH TEAM
AT OUTREACH@COOSHEADFOODCOOP.ORG

CO-OP FIELD TRIP! SATURDAY, JULY 28TH HERB PHARM TOUR

The Co-op will be coordinating a field trip to Herb Pharm in Williams, Oregon. This company specializes in medicinal tinctures and grows majority of the herbs they utilize. We are in the process of scheduling transportation arrangements as the tour will be in the early morning to mid-afternoon. The tour is for free but we may charge for transportation.
Contact Josh if you are interested in signing up.

CO-OP COMMUNITY EVENTS

SATURDAY, MAY 19TH

MAYFLY FESTIVAL WITH COOS WATERSHED ASSOCIATION

Meet us at the environmental, arts, and music festival in Mingus Park from 10am to 2pm.

The Banana Slug String Band will be the music headliner! Find us at the event, we will be hosting a pollinator themed food booth!

2ND THURSDAYS COQUILLE VALLEY SEED COMMUNITY MEETINGS

COOS COUNTY ANNEX
225 N ADAMS STREET, COQUILLE

Join this organization dedicated to collecting and distributing locally-adapted, heirloom-quality seeds.

FRIDAY, JULY 6- SUNDAY, JULY 15TH COBB EXTRAVAGANZA!

Participate in a 9 day natural building course located in Bandon. Contact Tammy Van, for cost and registration, at 541-347-7801

IN-STORE EVENTS

FIRST FRIDAY MESSAGES

1:30PM-5:30PM ON 1ST FRIDAY OF EACH MONTH
Becky Phillips, LMT will be at the co-op to assist customers with massages to unwind from the week!

ANCIENT NUTRITION BONE BROTH DEMOS

1ST & 3RD FRIDAYS 2PM-5PM
Glen will be joining us to share the Bone Broth Protein & KETO Line Products.

HEMP HISTORY WEEK

JUNE 4TH-10TH
Celebrate Hemp Week as Dr. Bronner's & Other Companies share the power of hemp products!

LOW COST BLOOD SCREENING

THURSDAY, JULY 12TH, 9AM-1PM
Glen with NW Wellness will be back to the Co-op to perform low-cost blood screenings.

LOCAL MEAT BBQ DEMO- TO BE DETERMINED!

NEW ITEMS!! OVER 500 NEW ITEMS ADDED SINCE OUR LAST NEWSLETTER!!!



SUPERFOODS!!!! We brought in some of their crackers and dressings last quarter and have rounded out the selection with **Foods Alive Pea Protein Powder** and **Foods Alive Raw Carob Powder**. Have you noticed that so many on the go foods contain a decent amount of protein but are lacking the usual soy or milk bases to get there? **Pea Protein** is the magic ingredient and is trending right now in fitness and food allergy awareness groups. Great mixed in smoothies, easily digested, and a single sourced ingredient (it is just yellow split peas!), makes this a great option for switching up to a less controversial plant based protein source. **Raw Carob** is not as sweet as the roasted in taste, but is just as perfect as a chocolate substitute. Part of the legume family and native to the Mediterranean, the carob pod has been recorded as being eaten raw by the Egyptians, Greeks, & Romans. High in minerals and B vitamins, raw carob may also be helpful to alleviate diarrhea. For more specific information on this or anything else regarding this great roots based company, go to the **Foods Alive** website; <https://foodsalive.com>.



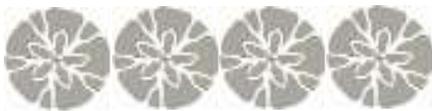
LOCAL!!!! New **Nut Butters** from **Hummingbird Wholesale (Eugene)** have been nothing short of a hit with all of you! Oregon sourced **Organic Creamy Hazelnut Butter**, USA sourced **Organic Creamy Pecan Butter** (this one is over the top divine), and USA sourced **Organic Sunflower Seed Butter**. The hazelnuts used in the **Lightly Roasted Creamy Hazelnut Butter** come from one of very few organic hazelnut farmers in the industry and we are lucky to have them a mere 200 miles away in Aurora, Oregon. Per the Hummingbird website, hazelnuts are exceptionally rich in folate, an excellent source of vitamin E; and a rich source of minerals, including manganese, potassium, calcium, copper, iron, magnesium, zinc, and selenium. Nuts are rich in dietary fiber, vitamins, and minerals and packed with numerous phyto-chemicals. Store in a cool dark place. Once opened, store it with the lid on. Shelf life is one year if refrigerated, or 3 months if kept out.



“(Uncle Matt’s) the best bottled fresh grapefruit juice I have ever tasted,” Coos Head customer this last month. In 1999, basing his knowledge off of his families organic practices long before certification was ever needed., fourth generation citrus farmer, and real life uncle to 10 nieces, **Matt**, founded and launched his organic juice line for all of us to enjoy. Nineteen years later, **Uncle Matt’s Organic Orange and Grapefruit Juices** are still not from concentrate, support many organic citrus growers in the US, and continue to be stewards to the land by creating healthy soil to insure healthy citrus groves. Ever more instilling, “Soil is a living ecosystem, and is a farmer’s most precious asset. A farmer’s productive capacity is directly related to the health of his or her soil.” Howard Warren Buffett



MIYOKO’S Smoked Vegan Mozzarella is creamy yet dense in texture, wood-fire smoked with a savory flavor; suggested melted onto bruschetta or as an addition to risotto or pasta. **Sundried Tomato Double Cream Vegan Cheese Wheel** is pungent in flavor and can be added to pasta for a quick cheesy sauce or is great spread on crackers or veggies. A personal favorite is the **Garlic Herb Double Cream Vegan Cheese Wheel**. This is perfect on a baked potato, bagel, or on crackers.



Miyoko's Phenomenally Vegan Creamy Artichoke Dip

2 tablespoons oil or Miyoko’s European Style Cultured Vegan Butter
1 onion, diced small
32 ounces marinated artichoke hearts, drained
1 wheel of Miyoko’s Classic Double Cream Chive Vegan Cheese Wheel
Salt and pepper to taste

STEP ONE: Heat the oil in a deep skillet or wide saucepan, and add the diced onion. Sprinkle with a pinch of salt, and saute the onion until translucent and tender.

STEP TWO: Add the artichoke hearts and stir. Now break up the cheese wheel and add to the pan, stirring to combine all.

STEP THREE: Heat the mixture, stirring, until it is piping hot and melty looking.

STEP FOUR: Serve hot with bread or crackers. If made ahead of time, reheat by placing in a baking dish and baking at 350F until hot and browned on top.

Miyoko's tip: you can break up the artichoke hearts with a wooden spoon and leave it as a chunky dip, or you can use an immersion blender and process briefly to a texture of your liking (or you can transfer to a food processor and do the same).



COOS HEAD FOOD CO-OP MAY SALES 2018



NORTH COAST
ORGANIC GRAVENSTEIN OR
GALA APPLE JUICES 32OZ

\$3.99 reg \$4.99



FAMILIA MUESLI 32OZ
\$5.69 reg \$7.39

AMY & BRIAN
COCONUT WATER
2/\$4 reg \$2.99



KIND
PROTEIN BREAKFAST BARS
\$2.99 reg \$4.19



REED'S GINGER BREW 4PK

\$4.99 reg \$6.39



LARABAR
NUTRITION BARS
2/\$3 reg \$1.99

SANTA CRUZ
ORGANIC
LEMONADE
\$1.69



EVOLVE
READY TO DRINK PROTEIN DRINKS
\$3.39 reg \$4.39
PROTEIN BARS
\$1.89 reg \$2.69



PACIFIC NATURAL FOODS
HEMP MILK 32OZ

\$2.99 reg \$4.39



KIND BITES
\$4.69 reg \$5.99

MT HAGEN
ORGANIC FREEZE DRIED COFFEE
\$8.99 reg \$11.99



GO MACRO NUTRITION BARS
\$2.39 reg \$2.99



LIVE SODA
PROBIOTIC DRINKS
\$1.99 reg \$2.99



EREWHON
ORGANIC BROWN RICE CRISPS
\$3.69 reg \$5.69

ORIGINAL NEW YORK SELTZER
SPARKLING WATER 8PK
\$2.99 reg \$4.39



ARK NATURALS
PET MOBILITY TREATS
\$9.99-11.99 reg \$12.99-14.99





**FARMHOUSE CULTURE
GUT SHOTS 16OZ**
\$5.39 reg \$6.99



**CALIFIA FARMS
ALMOND MILK 48OZ**
\$4.39 reg \$5.69

**STRAUS
ORGANIC WHOLE MILK
YOGURT QUARTS**
\$4.99 reg \$6.69



DAIYA CHEEZECAKE
\$6.99 reg \$9.39



**CAPPELLO'S
FROZEN PALEO PASTA**
\$4.69 reg \$6.69



HARMLESS HARVEST
16 OZ **\$4.39** reg \$5.99
32 OZ **\$8.99** reg \$11.99
SAVE 25%



CROFTER'S ORGANICS
SAVE 25%
reg \$4.39-6.19

**SO DELICIOUS
COCONUT MILK YOGURT**
\$1.89 reg \$2.39



**PALEO PASSION POPS
STRAWBERRY**
\$4.99 reg \$6.39



**NEW BARN
ORGANIC ALMOND MILK**
\$4.99 reg \$6.69

**DAIYA
VEGAN FROZEN PIZZA**
\$7.99 reg \$9.99



JOLLY LLAMA SORBET POPS
\$3.99 reg \$5.39



SUNSHINE BURGER
\$3.99 reg \$5.99

**ALDEN'S
ORGANIC ICE CREAM 48OZ**
\$7.99 reg \$9.99



TOFUTTI SOUR SUPREME
\$2.69 reg \$3.69



Coos Head Food Co-op

CELEBRATING 47 YEARS!!!!

353 S 2nd St, Coos Bay, OR 97420 Phone: 541.756.7264
Open M-F 9am-7pm; Sat 9am-6pm; Sun 10am-6pm
cooshead@coosheadfoodcoop.org

Every day is **EARTH
DAY** at **YOUR Co-Op!!**





COOS HEAD FOOD CO-OP MAY SALES 2018



SMASHMALLOW CRISPY
\$3.99 reg \$4.99



RAW ORGANIC ALMONDS
\$9.99/LB reg \$14.99/LB

JUSTIN'S PEANUT BUTTER CUPS
2/\$3 reg \$1.99



MAPLE SYRUP
\$6.99/LB reg \$8.99/LB



CHOCOLOVE CHOCOLATE BARS
2/\$5 reg \$3.39



GROUND TURMERIC
.69¢/OZ
SALE PRICE \$11.04/LB reg .89¢/OZ

COCOMELS
1 OZ **\$1.39**
3.5 OZ **\$3.69**
reg \$1.99-4.99



DELISH FISH OR JELLY BEANS
\$8.99/LB
reg \$11.99/LB



BARK THINS
\$3.99 reg \$4.99



CRUNCHMASTER MULTIGRAIN CRACKERS
\$2.99 reg \$3.39

ALTER ECO TRUFFLES
.69¢ reg .89¢



GARDEN OF EATIN' PARTY SIZED ORGANIC TORTILLA CHIPS *ALL VARIETIES*****
\$3.99 reg \$5.99



EQUAL EXCHANGE CHOCOLATE
\$2.99 reg \$3.89



LATE JULY RESTAURANT STYLE CHIPS
\$2.99 reg \$4.39

THEO CHOCOLATE BARS
2/\$5 reg \$3.69



LUNDBERG RICE CHIPS
\$2.69 reg \$3.69





DREW'S ORGANICS
DRESSINGS & MARINADES

\$3.39 reg \$4.39



NATIVE FOREST
ARTICHOKE HEARTS

\$3.69 reg \$4.89

FRONTERA COOKING SAUCES

\$1.89 reg \$2.69

SAVE 30% SAVE 30% SAVE 30%



FOOD FOR LIFE
ORGANIC SPROUTED CORN OR
BROWN RICE TORTILLAS

\$3.39



ANNIE'S NATURALS
DRESSINGS & VINAIGRETTES

\$2.89 reg \$4.89



AMY'S KITCHEN
ORGANIC REFRIED BEANS

\$2.99 reg \$3.69

SPICEOLOGY SPICE BLENDS

\$4.99 reg \$6.39



SAN-J GLUTEN FREE
SAUCES & MARINADES

\$3.39 reg \$4.39



ANNIE CHUNS
RICE NOODLES

\$2.69 reg \$3.89

MAYA KAIMAL
SIMMER SAUCES

\$4.69 reg \$5.69



MISO MASTER
RED, WHITE, OR BROWN RICE 16OZ

SAVE \$3

reg \$10.99-11.99



THAI KITCHEN
ORGANIC COCONUT MILK

2/\$5 reg \$3.39

TASTY BITE ORGANIC
FAMILY SIZED 16OZ
READY TO HEAT & EAT
BASMATI OR BROWN RICE

\$3.39 reg \$4.39



PJ'S ORGANICS
BURRITOS

\$2.99 reg \$3.99

WISDOM SWEET LEAF
LIQUID STEVIA 4OZ

\$15.99 reg \$22.99



EVERY WEDNESDAY IS WELLNESS WEDNESDAY!! STOP IN FOR FREE SAMPLES!

FIRST FRIDAY MASSAGES WITH BECKY! MAY 4TH 1:30-5:30PM

THURSDAY 5/17 5:30pm @ THE ESD BUILDING **BOARD MEETING**

MAYFLY FESTIVAL SATURDAY 5/19 @ MINGUS PARK COME SAY HI AT THE COOS HEAD BOOTH AND GET A SURPRISE!!



EAT~BUY~LOVE...LOCAL FOOD

What is the *buzz* all about with **LOCAL**? Between farmers market, local businesses, and larger grocery chains -the word LOCAL has been appearing in forms of advertisements, social media, and shelf tags. Yet the question remains, what does local really mean?

Geographically, we consider Coos, Curry, Douglas, and Lane counties as a part of our local food community. Often overlooked is the sea! We support local and growing companies that look to bring the bounties of the sea to your door!

Unlike organically certified foods, there is no government oversight on the usage of the term local in product marketing. For the last 47 years, Coos Head Food Co-op has been a regional hub for small farms and businesses. We have been one of the first retail establishments to carry many of the natural food companies based out of Eugene that are now internationally availability. Check out the list below!

57.7%
of total egg sales were
LOCAL in 2017
that's eggcellent!
Customers prefer local eggs
compared to organic
competitors.



COOS-CURRY BUSINESSES IN-STORE!

- BLACK MARKET GOURMET
- PISCES TUNA
- SEAFARE PACIFIC
- CHUCK'S SEAFOOD
- BUTTER CULTURE
- OREGON MICROGREENS
- PURE WILD OREGON
- BAYSIDE COFFEE
- CARNAHAN EGGS
- VALLEY FLORA FARM
- 7 DEVILS BREWERY

EUGENE AREA COMPANIES

- SPRINGFIELD CREAMERY (NANCY'S YOGURT)
- SWEET CREEK FOODS
- SURATA FOODS
- TOBY'S FAMILY FOODS
- DE CASA FINE FOODS
- THE BREAD STOP
- YUM! SAUCE
- YOGI TEA
- CAFÉ MAM
- FARMHOUSE BREAD
- BLUE LOTUS CHAI TEA
- HUMBLE BAKERY
- MOUNTAIN ROSE HERBS
- SO DELICIOUS!
- COCONUT BLISS



SO LONG, FAREWELL!

LOCAL VENDOR PRODUCTS THAT WE WILL MISS!

CIRCLE STAR, LANGLIOS LOCKERS, & GREENFIELD BUFFALO WILL NO LONGER HAVE WHOLESALE MEAT PRODUCTS AVAILABLE.

OVEN SPRINGS BREAD WILL BE RETIRING AFTER 10 YEARS, LAST DELIVERY DATE WILL BE JUNE 1ST.

THANK YOU
FOR SUPPORTING OUR CO-OP!

HUMMINGBIRD WHOLESALE
EUGENE-BASED COMPANY FOCUSING
ON PNW GROWN PRODUCTS
(LISTED IN NEXT COLUMN)

3.4% OF OVERALL
PRODUCTS ARE SOURCED
FROM OREGON FARMERS. *

7,093 ACRES WERE
CONTRACTED IN THE STATE OF
OREGON DURING THE YEAR
2016, NEARLY **TRIPLING**
THEIR ORIGINAL GOAL! *

BULK UP WITH LOCAL
*2016 SUSTAINABILITY REPORT

OREGON-GROWN PRODUCTS
AVAILABLE IN-STORE!

- HAZELNUTS
- DRIED BLUEBERRIES
- STREAKER BARLEY FLAKE
- PURPLE KARMA BARLEY
- ORCA HEIRLOOM BEANS
- BUCKWHEAT FLOUR
- BLACK BEANS
- GARBANZO BEANS
- YELLOW EYE BEANS
- PUMPKIN SEEDS
- CRANBERRY BEANS
- STAR THISTLE HONEY
- CLOVER HONEY
- MEADOW FOAM HONEY



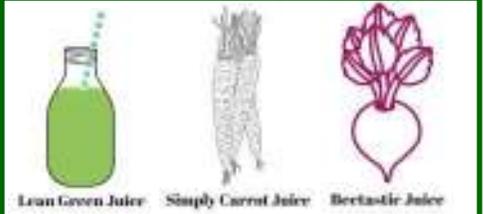
DON'T MISS A BEET!

DELI DEPARTMENT INTRODUCES JUICE BLEND MENU!

Deli Manager Andrew has introduced a new juice blend menu to highlight an organic approach to healthy lifestyle. We are excited to share what is offered at the deli! Juices are available in 8, 16 and 32 ounce containers.

Simply Carrot & Pure Wheatgrass Juices are still available!

Turmeric can be added for an additional \$1.00 per juice.



SAY HELLO TO CELLO-PHANE BAGS!

BULK BUYER VINCENT HAS INTRODUCED NEW COMPOSTABLE CELLOPHANE BAGS! CHECK OUT THE SUSTAINABLE PACKAGING THAT SELECTED BULK ITEMS CAN BE FOUND IN. THE WOOD-BASED BAG PRODUCT ASSISTS WITH PROVIDING EASE & CONVENIENCE FOR OUR CUSTOMERS. BE ON THE LOOK OUT FOR NEW BULK PRODUCTS!

BEETASTIC BEETS, APPLES, CARROTS, GINGER

8OZ \$2.49
16OZ \$5.49
32OZ \$10.49

LEAN GREEN GREEN APPLES, CELERY, CUCUMBER, KALE, LETTUCE, & GINGER

8OZ \$3.49
16 OZ \$5.49
32OZ \$12.49

ORGANICALLY-FRESH CONSCIOUS CONSUMPTION WITH MATTHEW VIGE

New Changes to Produce! I suppose everyone at this point has noticed that produce has a brand new appearance, if not you should stop by! I would like to take the time to talk briefly about why—on a broader and more tangible level. I try to be available on a personal level to answer any and all questions regarding the produce department to provide the best customer service possible. I truly value and appreciate all of our members. Any and all feedback is taken into serious consideration.

As the new leader of our department, I have taken the opportunity to reorganize our produce department in order to not only make it more beautiful, but also to create an easier and more comfortable place to shop. In turn, the new merchandising enables the produce department to effectively expand upon best sellers as well as bring in new and exciting items.

It is our pleasure to be able to have your favorites more abundant as well as be able to introduce new healthy additions to our selection. We will continue to have enlightening and educational demos and samples in order to inspire you to try new things.

We have a great mix of new, knowledgeable, and experienced staff that will be present to not only keep the produce looking fresh and beautiful, but also able and willing to assist your every need.

Final Highlight— making the department greener and more efficient for your shopping needs. We are reducing wasteful and non recyclable packaging as much as possible. Featuring bulk peeled garlic instead of prepackaged. You can now buy exactly what you need/want without taking home needless waste!



FLASH SALE!

During April, Matthew & Sheera worked together on setting up a farmers market style citrus display.

BRING THE PRODUCE BAG!

Last but not least, we are featuring a small array of reusable bags for your valuable goods in order to reduce garbage within our community! The less waste the store produces via plastic bags, the more our environment will benefit. If we can reduce as much time and money spent on packaging waste we can pass on savings to you our valued members and guest.



Coos Head Food Co-op

Presorted Standard
U.S. Postage Paid
North Bend, Or. 97459
Permit #84

SPRING NEWSLETTER 2018!

DON'T FORGET TO VOTE!

CHECK OUT THE
ENCLOSED BALLOT!

MAIL OR DROP OFF AT THE CO-OP



"IT SAYS A LOT ABOUT A
COMMUNITY THAT
SUPPORTS A CO-OP"

THANK YOU
FOR SUPPORTING YOUR
COOS HEAD FOOD CO-OP !!!