

# Coos Head Food Co-op

Celebrating 45 years

## Summer 2016



The Co-ops New Store Front can't be missed on 2nd street just south of 7 Devils Brewery!

Sign made by Bill Blumberg

We are moving in AUGUST  
We have a plenty of parking too!

### Upcoming Events

**August 4th**– North West Wellness  
low cost health screening from 9-12  
**September 7th**– We will be open on Labor Day

September 11th -17th marks the 28th anniversary of  
Organically Grown in Oregon Week.

**September 11th-Co-op Annual Meeting** and Albacore  
BBQ 1-4 P.M. at Simpson Park. Bring a potluck dish to  
share and your own tableware.

Please label dishes GF, DF, Vegan

**October is CO-OP Month, FAIR TRADE,  
& Non-GMO MONTH**

Samples on Wednesdays  
August, September, & October  
Try something new

**Owner Appreciation Days**  
**September 22nd, 23rd, 24th**  
choose your day

**Owners Receive 10% off**

(Some restrictions apply.)

Clip and save

**Co-op Owner Coupon  
for 10% off**

Valid 8/1/16 thru 8/30/16

Visit us at [www.coosheadfoodcoop.org](http://www.coosheadfoodcoop.org)  
or on our Face book page

### FINALLY!!!

At last we can talk about a moving date to the new 2<sup>nd</sup> St. building. I know that everyone has been patiently waiting for the new store to open - ever since we purchased the building in May of 2013. All involved have learned that it takes an enormous amount of time and energy to turn a 1970s era warehouse into a new and efficient grocery store. *Thank you* to all who have -and continue to- volunteer their time and expertise toward the completion of the store. Work parties have become a regular part of many of our weekends, thanks to our volunteer coordinator and board member Al Roberts. We have a fantastic group of committed people that are helping us all reach our goal.

We have also been working with a great group of contractors. Plus we have been cooperating with Energy Trust of Oregon to build a more efficient store. This includes very efficient refrigeration and a system to use waste heat from that refrigeration to preheat our water. We also installed all LED lighting with occupancy sensors in the restrooms and daylight dimming sensors in the front of the store to save on lighting during bright days. It is exciting that the refrigeration is up and running, the lighting is installed, the new check-stands are in, new shelving is being assembled, back offices and rooms are nearly finished - it's really looking like a wonderful store! Although there is still a lot of work to do,  
Continued on page 2.....

Board meetings are the third Thursday of each month  
5:30 p.m. ESD Building, 1350 Teakwood, Coos Bay.  
All members are welcome!

.....Cont from page 1

## FINALLY!!!

WE HAVE SET A GOAL –

*with lots of warnings that anything can happen (and has!!) and the date can change – we plan to move the week of August 14th-18th.*

This means that we will be looking for lots and lots of volunteers to help with the move during those dates, so if you are available, please contact.....the Co-OP with your availability times. 541-756-7264

Or Al Roberts, board member and volunteer coordinator 541-756-3440

PLAN TO STOCK UP on all your Co-op needs, since the store will be closed during the move.

We have some other great news as well. We have sold the Sherman Ave. building!! This is exciting because it now allows us to pursue the purchase and repair of the Frontier parking lot that is adjacent to our building and that we are currently renting. We are quite excited by this since it will ensure the continued availability of parking for our customers and owners.

IT TAKES A COMMUNITY TO MOVE AND TO SUPPORT OUR LOCAL CO-OP



**CHECK OUT  
the NEW  
check lanes.  
Al, Scott and  
Jeremey  
putting them  
together.**

No more congestion  
at the check  
out.



## Patronage Dividend 2015 Update

In 2010, Coos Head Food Store transitioned to Coos Head Food Co-op, attaining our goal of becoming a true co-operative grocery store. We offer a number of benefits to our member/owners but the number one benefit is the existence of a cooperative grocery store in our community! One of the other benefits of this transition was to be able to offer our member/owners a patronage dividend. A patronage dividend is the opportunity for the Co-op to decrease our tax burden, maintain our capital reserves and also, when the store is profitable, return a portion of our net earnings back to the member/owners. This dividend is returned in proportion to your purchases at the store. The patronage dividend is a fiscally responsible option to our owners since they are distributed when we are profitable and after we have made improvements to our community store. This is a different approach than discounts, which are applied at the register before we have met our financial obligations.

A major focus of these last few years has been the Co-op Relocation Project- a project to provide us with a more efficient and spacious store with convenient parking. This has consumed much of our time and resources – and although we did operate in the black in 2015, our net earnings from our member/owners was not enough to allow us to distribute patronage dividends this year. In addition, the board voted to maintain a construction reserve in order for the 2nd St. project to be completed successfully.

We are all confident that by providing this improved and more accessible space to shop, the move will allow for increased sales and will provide a profit beyond the Co-op's needs and let us once again distribute patronage dividends. Thank you to all the Co-op community for supporting the Coos Head Food Co-op Relocation Project and the creation of a great new store!

# New Items at the Co-Op

**Boulder Canyon “Canyon Cut” Avocado Oil Kettle Cooked Potato Chips** boast just three simple ingredients allowing the buttery avocado oil flavor to be truly represented. No cholesterol, MSG, or trans fats; Non-GMO, Kosher, and Gluten Free.

**Boulder Canyon Coconut Oil Kettle Chips** are another simple potato chip snack that are certified Gluten Free, Vegan, and Low Sodium.

**Epic** has taken culinary adventures to a whole new level. This company has gone beyond their bars and ventured further into their commitment to using the whole animal, from nose to tail, to bring you three cooking oils that will transform your recipes into something they hope your Great-Great Grandparents would remember.



First we have **Beef Tallow** which is traditionally used to create flaky biscuits, beef fat fries (really, anything fried), savory eggs, pan seared meats, and roasted sweet potatoes. **Pork Lard** is great in anything baked, authentic tamales, butter replacement, roasted veggies, fried chicken, and making flaky piecrusts or biscuits. **Duck Fat** is also an excellent substitute for butter as well as using it in your homestyle gravy, Asian stir fries, Matzo Ball Soup, fried chicken, your flaky pie crusts, or anything baked. Having these on hand will guarantee you are ready for whatever recipe comes your way! Sold in 11oz jars and located in the grocery department.

**Half Pops** are just what they sound like... half popped popcorn kernels. Try them on sale in August!! Always gluten free and Non-GMO with zero artificial flavors.



**Sonoma Organic Traditional Wraps** are a great alternative to bread yet still full of organic whole grains making them a great source of fiber. Having zero preservatives, you will find these in the freezer section at the Co-Op!!



**Bread Stop Challah Hot Dog Buns** are here for the barbequing season! Soft and slightly sweet, these are a perfect companion to a Field Roast Vegan Brat, Organic Prairie all Beef Hot Dogs, or whatever tasty creation you can come up with.

**Eating Evolved Dark Chocolate Coconut Caramel Cups** have become a hit since they hit the store floor. The combination is not too sweet, but yet satisfies that sweet tooth like no other.

**Deck Farm Stewing Hens for Broth** are new to the freezer set. If you are interested in making your own Organic Chicken Bone Broth, check out the recipe below!

## Chicken Bone Broth Recipe; <https://draxe.com/recipe/chicken-bone-broth-2/>

Total Time: 48 hours

### INGREDIENTS:

- |   |                                      |
|---|--------------------------------------|
| 4 pounds chicken necks/feet/wings                                 | 3 carrots, chopped                   |
| 3 celery stalks, chopped  | 4 garlic cloves, peel on and smashed |
| 2 medium onions, peel on, sliced in half lengthwise and quartered | 1 teaspoon whole peppercorns         |
| 1 teaspoon Himalayan salt   | 2 bay leaves                         |
| 3 tablespoons ACV   | 5-6 sprigs parsley                   |
| 3 sprigs fresh thyme  | 18-20 cups cold water                |
| 1 teaspoon oregano  |                                      |



Place all ingredients in a 10 quart capacity crock-pot. Add in water. Simmer for 24-48 hours, skimming fat occasionally. Remove from heat and allow to cool slightly. Discard solids and strain remainder in a bowl through a colander. Let stock cool to room temperature, cover and chill. Use within a week or freeze up to 3 months.



# Coos Head Food Co-op August Sales 2016



Good Karma  
Flax Milk

**\$3.99** reg \$4.99

Limited to Stock on Hand  
Sweet Leaf Stevia

35 Packets **\$2.39** reg \$4.19  
70 Packets **\$4.69** reg \$7.69  
4 oz Powder **\$5.99** reg \$10.99



Blue Sky  
All Natural Soda

**.60¢+dep** reg .79+dep

Beanfield's  
Bean & Rice Chips

**\$2.89** reg \$3.89



Lundberg Rice Chips

**\$2.69** reg \$3.69

Sesmark Foods  
Rice Thins

**2/\$5** reg \$3.39



Blue Sky Sugar Free Soda

**.65¢** reg .99¢

Midel Gingersnap Cookies

**\$3.39** reg \$4.39



Nutiva Coconut Manna

**\$8.99** reg \$12.39

Ian's  
GF Panko Breadcrumbs

**\$2.99** reg \$4.19



Ancient Harvest  
Quinoa Pastas

**\$2.69** reg \$3.69

Emerald Cove  
Sea Vegetables

**SAVE 25%**

reg \$5.99-29.99



So Delicious  
Coconut Milk Beverages

**2/\$5** reg \$3.69

Annie's Naturals

Organic Dressings &  
Vinaigrettes

**\$3.89** reg \$4.89



Crofter's

Organic Fruit Spreads

**SAVE 25%**

reg \$4.39-6.19

# Coos Head Food Co-op *August Sales 2016*



**Organic White Quinoa**  
**\$2.99/LB** reg \$4.99/lb



**Whole Parmesan**  
**\$8.99/LB** reg \$10.99/LB

**Organic White Basmati Rice**  
**\$2.59/LB** reg \$3.49/LB



**Organic Valley Stringles**  
**.79¢** reg .99¢



**Organic Raspberry Leaf**  
**\$12.00/LB**  
reg \$20.00/lb



**Kettle Chips Organics**  
Limited to Stock on Hand  
**\$2.39** reg \$3.39



**Organic Walnuts**  
**\$13.09/LB** reg \$15.09/LB

**Sweet Creek Foods**  
Organic Fruit Spreads  
Select Varieties Limited to Stock on Hand

**\$3.99** reg \$4.99



**Santa Cruz Organic Lemonade**  
**\$1.99**  
reg \$3.49



**Justin's Peanut Butter Cups**  
Limited to Stock on Hand

**2/\$3** reg \$1.89



**Field Day Organic Peanut Butters**  
**\$5.69** reg \$7.19

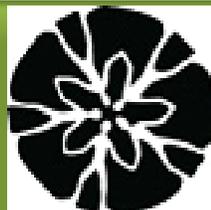
**Coos Head Food Co-op**

1960 Sherman Ave, North Bend, OR 97459 Phone: 541.756.7264

After the Move: 353 S 2nd St, Coos Bay, OR 97420

Open M- F 9am -7 pm; Sat 10am-6 pm; Sun 11am-5 pm (NEW SUNDAY HOURS)

[cooshead@coosheadfoodcoop.org](mailto:cooshead@coosheadfoodcoop.org)



## Valley Flora



After a long rainy Winter it's always exciting to start receiving produce from Valley Flora (VF) farm again each Spring. Valley Flora farm is in the valley of Floras Creek near Langlois, OR and is run by Betsy Harrison and her two daughters Abby and Zoë. Though not certified organic, all inputs to the farm, including using all organic seed, either meet or exceed the requirements of certification. The mother and 2-daughter team of VF is exceedingly committed to the tenets of sustainable agriculture, and to paying their employees a living wage. They use cover crops, compost, and crop rotation instead of chemicals. Not only does this create soil vibrant with microbial and mycorrhizal life, but builds long-term carbon-richness, a key strategy for reducing the carbon dioxide pollution in the atmosphere. Most of the work on

the farm is performed by hand, with the help of 2 tractors and a draft horse.

They grow over 100 varieties of vegetables and fruit for local restaurants, their farm stand and u-pick, a very popular 110 share community supported agriculture (CSA) program, and Coos Head Food Co-op of course. Their farm stand and U-pick (flowers, herbs, berries) are open every Wed. and Sat. 9-3 through September. So you can visit and see where some of the Co-op's finest local produce is grown.

Recently the farm featured the infectious dance-party inducing California Honeydrops (Bay Area R&B) to help raise funds for a "New Nine" Soil Stewardship Project. The project will allow VF to expand into a new 9 acre field, almost doubling the farm! This will allow them to rotate a full third of the farm into year-round cover crop, growing fertility and maintain long-term soil health.

Currently we are carrying a steady supply of Valley Flora strawberries, Abby's greens (a mixture of 26 varieties of baby lettuce, asian greens, and flowers with a devoted following), several types of lettuce, and a plethora of greens (kales, collards, chard), and expect many more items to become available through late Summer and Fall. We are very proud to carry produce from this ethical, sustainable, local farm.

### Welcome to the Co-op Team

Maria Farinacci and Lauren Zygmunt join Janet Moore, produce manager, and Wendi Tubbs in the produce department all are excited about the new EXPANDED produce department in our new location.

### Employee Anniversary's

#### Co-op Employee Anniversaries

**Josh Peterson**— August- 1 year— Josh is our supplement and body care buyer. He often wears a bandana and a big smile while offering a sample from his department. Josh also cashiers and helps out with freight.

**Wendi Tubbs**- September -2 years. Wendi works in produce part time, fills in as a cashier and she has her own business growing wheatgrass & micro greens which are also sold at the Co-op.

**Stevie Adams**— August -3 years Stevie currently works in the bulk department, she also cashiers, received and stocks freight and is delightful as you all know.

**Patrick Coulson**— August -4 years. Patrick has worked stocked and worked bulk and He has serious interest and in the supplement department, sends out the e-mail newsletter but always lets out a good belly laugh.

**Cari Pickett**— August -9 years Cari started her Co-op career working in produce, cashiers and received freight. Now she is the buyer for the grocery, chill, frozen, wine and beer, cheese, and non-foods. Cari also grows the best organic spring seedlings offered in town and maintains the Co-ops Facebook page, check it out.

**Rosalie Wray**— September 18 years— how fortunate for our Co-op to have Rosa's dedication to meet and greet new and regular co-op owners. She keeps things organized at the front has a charming way about her.

**A huge THANKS TO ALL  
our crew for their  
service and dedication to the Co-op.**

## Meet Hummingbird Wholesale at the Co-op

In mid-July I (Cari) was invited to attend a tour our bulk buyer, Jim had recently attended, put on by Hummingbird Wholesale and Manufacturing of Eugene. We first learned a bit about owners Julie and Charlie Tilt and their Hummingbird vision. I was truly impressed by their desire to be a steward of the environment, the farmer, their employees, and anything/one else they can serve, when it makes sense. Next, farm liaison, James, spoke about "Farm Connections" and showed us some farming currently happening in our region and how Hummingbird is helping these farmers to improve in whatever ways that again, make sense. We then headed to where some of the magic grows at Hunton Farm in Junction City (est. 1950). This is a 3<sup>rd</sup> generation conventional and organic farm covering 3100 acres in Lane County where upwards of 35 varieties of grasses, cereals, and brassicas including wheat, barley, rye, teff, and garbanzo beans grow. They do not just stop there, three other businesses exist: SURE-CROP Farm Service (est 1982) is a crop input supplier for a five county area; Hunton's Warehouse (est 1962) is an Oregon Certified Seed Cleaning warehouse holding organic certification; Camas Country Mill (est 2010) is the first stone mill in our area since the 1930's and mills strong seven days a week. This mill also holds Kosher and Organic certifications. Three of the four businesses employ 26 full time employees with Camas Mill having an additional 9 full and part time employees, and up to 21 more seasonal hires throughout. Hunton Farm recently added an on farm bakery and I was in the first group to try a gluten free Teff Ginger Cookie. It was beyond delightful. What a great place to stop and grab a snack traveling though the valley. Hunton Farm is located just outside of Eugene off HWY 99.

If hearing a little about this local, organic goodness hasn't begun to make your mouth water, let's learn some more about Hummingbird and what makes its heart beat. Service. Sustainability. Support. Those three words resonated with me after meeting with their sales staff and hanging out on the tour with employees and the humble owners of this flourishing company. The one thing that was made abundantly clear to me was to do what makes sense. A farmer had a batch of popping corn that didn't pop well due to a harvesting issue. Rather than a wonderful product sitting idle, they put their heads together and tried something different. The result was some of the best tasting polenta you will ever taste. Here is a blip from Hummingbird to make your heart beat.

*Hummingbird Wholesale is a family-owned wholesale distributor and manufacture focused on being a*

*positive force for change in the organic food industry. Established in 1972 as Honey Heaven, and purchased in 2003 by Julie and Charlie Tilt, the business is recognized for our commitment to regionally grown food, excellent service, sustainable choices, and mutually supportive relationships with our customers and vendors.*

*We actively support local farmers transitioning from growing grass seed to growing food crops, and contract directly with regional farmers whenever possible for organic or transitional grains, beans, seeds, nuts, and dried fruit. We implement a zero waste policy, use compostable or recyclable packaging, reuse returnable containers, buy 100% green power, deliver by bicycle, and create unique products, such as Ariel's 'Om Grown Granola—our raw sprouted organic granola sourced 100% in Oregon. We appreciate our customers'*

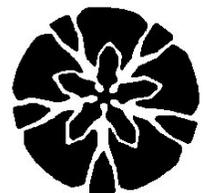
*support and encouragement for our sustainable choices, and we in turn support other small businesses with aligned values. We have received numerous awards for our innovative sustainability and business practices, and our dedication to the natural foods community.*

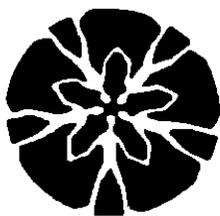
Therefore, we are bringing it home. All the way home, to your table. As Co-Op owners you expect to support these same farmers that Hummingbird is diligently working with to see grow and prosper in their particular areas, again, where it makes sense. Products that are aligned with our Co-Op values and farmers/brands/companies that are striving to maximize the output with the ideals of sustaining our viable resources long into the future are who we are bringing to your shelves in the new store. Look for the Hummingbird, Camas Country, and Farm Connections labels and know you are supporting farmers that are doing it how you would want it done... right.

Cari; Buyer of Grocery and More



**The Co-op offers 64 bulk items from Hummingbird with an emphasis on sustainability, quality, locally sourced products, Join us in supporting them and their goal to transition Oregon's agriculture to 100% organic.**





Coos Head Food Co-op  
1960 Sherman Avenue  
North Bend, Oregon 97459

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

Coos Head Food Co-op  
**Annual Meeting and Potluck**

Sunday, September 11th  
1-4 P.M.

Simpson Park, North Bend

label your side dish for gluten intolerance, vegan, dairy free, etc.

*Bring a “local” side dish to share*

**BBQ Tuna & Drinks**

will be provided by the co-op

***Please RSVP for TUNA count 541.756.7264***

