

Coos Head Food Co-op

Celebrating 44 years

Winter 2015 NEWS

February is our Co-op's 44th Anniversary!

Introduce someone to the Co-op

Feb. 14th-Valentines Day! Sjaaks organic chocolates for your Sweetheart: Fine wines, fair trade chocolate, or skin care.

Feb. 19th- Member Appreciation Day owners receive 10% off all day. Sample local micro greens 4-6 P.M

March 8th-Daylight savings begins, get out the BBQ, and impress your guests with Grass Fed Meat.

March 17th - St. Patrick's Day-sample something green

March 20th -North Bend Sip N' Stroll

March 21st- Spring begins-Territorial Seeds are here.

Local food security begins in your own backyard.

April 1st- No fooling. YOU OWN IT !

April 5th- Sorry CLOSED Easter Sunday

April 22nd-Earth Day, Members get 10% discount on Bulk Food. Remember: When you bring your own sustainable

grocery bag, a nickel goes to South Coast Food Share any day. Your participation helps feed people in need right here.



Celebrating 44 Years
1971-2015

**Owner
Appreciation Day
February 19th**

**Owners Receive
10% off All Day
BULK DAY APRIL 22nd**

(Some restrictions apply.)



**Members get 10% off
on all Bulk Foods
Earth Day APRIL 22nd**
Make your shopping list to save.

CALL FOR APPLICANTS TO SERVE ON THE BOARD OF DIRECTORS

Election Date: April 13, 2015

Application Deadline: March 4, 2015

***This is a great opportunity for you to help us build a strong committed Board
to lead Coos Head Food Co-op in its mission
of providing quality whole foods and sustainable products for our community!***

Beginning Monday, February 2nd 2015, member/owners who are interested in running for a position on the Coos Head Food Co-op Board of Directors can pick up an Application Packet at the store. The deadline for filling out and returning the Application and Statement of Agreement on Ethics and Conduct is the close of business on Wednesday, March 4th, 2015.

Under the Coos Head Food Co-op Bylaws, the number of Directors can be a maximum of 9, and no less than 5. Three of our current officers are up for election, so there are up to 2 additional positions available.

Eligible applicants must have been active member/owners for at least six (6) months prior to the election date (on or before October 13, 2014), not have any overriding conflicts of interest with the Co-op, and should support the purpose and mission of the Co-op. See Application Packet for additional requirements and preferences.

Visit us at www.coosheadfoodcoop.org
on Face book page.
541-756-7264

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



44 Years and Moving Forward

2015 brings our Co-op into the 5th year of being an Oregon Co-operative, and our 44th year serving our community.

This year there has been a lot of participation from owners who have volunteered in various ways to help with the building relocation project. Al Roberts took on the task of coordinating those who signed up, and he reports that 22 people have volunteered a total of 677 hours at the site to date. This doesn't include board/committee meeting time, or the time spent by the board members on research prior to meetings.

This figure definitely doesn't account for the endless hours contributed by John Schaaf, whose professionalism and diligence on this project has been incredible. His support, intelligent leadership, and problem solving attitude has gotten us to where we are today: Always forward-looking, and considering factors for the best possible long term outcome. We are all very grateful for his tireless participation in leading the way and getting us through this phase of the project.

The most commonly asked question at the store is, "When are you moving or where is the new location?" We had made an estimation of when we would move in, way back when we first announced the new location., but did not meet that goal. Current estimate would be sometime in the latter part of 2015. Understanding the cost and complexity of the refrigeration portion of the project has been a challenge, and taken longer than anticipated.

The Co-op's future location is 351 S. 2nd Street in Coos Bay. This is the block between 7 Devils Brewery, and Bi-Mart, one block west of HWY 101. Many of the Co-op owners have visited the site, for our annual meeting in November 2013. Since then, the ceiling, walls, and carpet have been removed. The roof has been replaced, and the wiring and plumbing removed. It is actually two buildings, which are approximately 10 ft. apart from each other. The next phase of the project is constructing a connecting building,, which will house the restrooms. The front building will serve as retail space, and the back building will be offices, employee break room, storage, and a room we hope to use as a future community room. As the newsletter goes to press, the plans for the new construction are underway.

Our Co-op has grown in owner numbers, and gross sales every year; this year more in owners joining, and less in sales' volume It is a good time to introduce new people to the Co-op, so we may continue to grow our owner numbers. Here's how you can help: During the Co-op's anniversary Month of February, introduce someone new to the Co-Op, and receive a coupon for 10% off one shopping trip in March. (Your friend will receive a coupon ,too.) Enjoy extra savings with a friend, just by sharing what having/supporting a true Co-op grocery in our community means to you and your family.



Our Local Growers Met

The produce department seeks to increase the number of locally grown items we carry, and to encourage/support bioregional sustainability (growing farmers!). Part of the purpose and mission of the Co-op is to "emphasize locally produced, organically grown, and ecologically sound products." (section 1.2 of the bylaws). Furthermore, the promotion of community, the local economy, and environmental quality is in alignment with the Co-op's values. On Jan. 14th, Janet met with several local organic green-thumbs in an open discussion format. (No need to feel left-out if you were unable to attend, there will be more opportunities to participate!) Some discussion was about the National Organic Program (NOP) standards. These are the baseline of the store's produce standards, certified or not. The law contains scientifically researched requirements to ensure safety about such things as manure applications (no less than 120 days prior to harvest for crops in direct ground contact), and mandates the maintenance or improvement of soil conditions. There are some synthetic substances allowed in the law that we, as a community growers' group, may want to exclude. You can read the law from the government's eCFR website (part 205), or in a nicer format on a certifier's website here: [NOP Standards Manual | CCOF - Organic certification, education and outreach, advocacy and leadership since 1973.](#)

Ideas to promote and strengthen local food systems included: keeping the discussion going and creating a facebook page for growers, sharing a table at the farmers' market, having a special table or section at the new store to promote goods from this area, getting a USDA certified kitchen, identify resources and coordinate efforts with the many other groups working to promote local sustainable agriculture! Let us know how you can help (produce@coosheadfoodcoop.org) and encourage area restaurants, schools, hospitals, jails, and other grocers to source organic food locally. Thank you. - Janét



Coos Head Food Co-op *February Sales 2015*

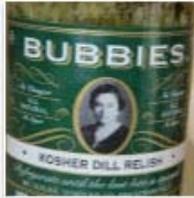


Bubbies Sauerkraut & Bread & Butter Pickles
\$5.99/ea
reg \$7.69/7.99



Kingdom Organic Sharp Cheddar Wedge
\$5.49/ea reg \$6.99

Bubbies Dill Relish
\$3.99
reg \$4.99



Sesmark Crackers
\$2.49 reg 3.39



Natural Sea Albacore Salted or Unsalted
\$2.99 reg 3.99



Late July Saltines or Classic Rich Crackers
\$2.99 reg 3.99

Beanfield's All Varieties of Chips!!
\$2.79 reg 3.79



Lundberg Rice Chips
\$2.79 reg 3.69



Annie Chun's Seaweed Snacks
2/\$3 reg 1.99



Dr. Kracker
\$2.99 reg 4.39

Bob's Red Mill GF Quick Oats
\$5.29 reg 7.29



Spectrum Organic Olive Oil 25.4oz
\$12.99 reg 17.99



Bob's Red Mill GF Steel Cut Oats
\$4.19
reg 6.19



Udi's GF Pizza Crust
\$4.99 reg 6.99



Bragg's Apple Cider Vinegar 32oz
\$4.49 reg 6.49

CHFC 44th Anniversary*February Sales 2015



Siggis Yogurt
2/\$3 reg 2.19



New England Naturals
\$4.49 reg 7.19

**Food For Life GF Brown
Rice English Muffin**
\$4.99 reg 6.99



**Organic Valley Protein
Shake** **\$3.29** reg 4.59



**Nutiva Chia Black,
White or Milled**
Save 25%



Van's GF Waffles
2/\$5 reg 3.99

OG Whole Cashews
\$9.99/LB reg 12.59



**Luna & Larry's
Coconut Bliss**
\$5.39 reg 7.39



Millet **\$1.29/LB**
reg 1.89

**Amy's Low Sodium
Soups** **2/\$5**
reg 3.29/3.99



**Roasted & Salted
Pistachios** **\$8.99/LB**
reg 11.99



Chocolove
2/\$5 reg 3.49



Xylitol **\$5.99/LB**
reg 7.69

**Endangered
Species** **2/\$5** reg 3.49



Air Scense
\$6.99 reg 9.99



Coos Head Food Co-op

1960 Sherman Ave North Bend, OR 97459 Phone: 541.756.7264

Open M- F 9 am - 7 pm; Sat 10 am - 6 pm; Sun Noon - 5 pm

cooshead@coosheadfoodcoop.org





Redeem this Coupon for

\$ 3.00 OFF



Co-op Logo Item-BAG, HAT, H2O Bottle

Cloth bags serve an environmental purpose and help provide a solution to a local concern. Each time you use a sustainable grocery bag the Co-op sends a nickel to South Coast Food Share. YOUR CONTRIBUTIONS HELP THE ENVIRONMENT AND FEED PEOPLE IN NEED

Expires 2-28-15

Local Pastured Raised Eggs at the Coop

We started the year off with another local egg supplier, not normally the time of year to expect good egg production. These eggs are provided by Candace Carnahan on Floras Creek, which is just a half mile from Valley Flora Farm. The pasture raised hens forage on green pasture year-round, and are supplemented as needed with a grain-based feed that does not contain soy. Candace has been raising chickens for egg production since 2011. She has egg production year round, and her flock has grown large enough that she can now provide eggs to our Co-op. Her eggs are sold at other stores, and through Valley Flora Farm, with their produce shares. Every Friday, after she takes care of the hens and gathers the morning's eggs, she delivers the eggs to the Co-op. Filling the egg cartons doesn't take her as long as you might think. Having become very ambidextrous, she can handle 6 eggs at a time!

Carnahan's poultry flock serves an important purpose, besides providing wonderful eggs with bright yolks, and strong shells. As it turns out, they are the perfect grazing complement to feeder cattle. The cattle graze the fields short, so the grass stays nutritive, and edible for chickens, then the birds pick through the soil and manure, cleansing it of bugs, leaving behind rich fertilizer.

Her healthy happy hens are shown grazing in the photo here.



Note: The feed includes winter red wheat and corn, all grown in Oregon and is SOY FREE. It is not certified organic

CLEAN GLASS JARS WANTED

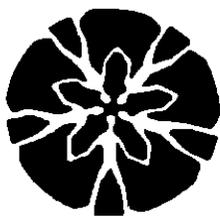
For years, Lin Babcock has been quietly, providing clean recycled glass jars at the Co-op with barely any recognition of her contribution, as she goes about the task of retrieving donated jars from the back room. Lin then takes them to wash and remove the labels, sterilizes them in the oven, finally attaches a label with a bit of ribbon to the jar for you to record your tare weight and plu#.

The hope and intention is to encourage each of us to continue to bring these jars back as our own, and refill them, the habit we all strive to gain. But when we forget or shop impulsively, Lin has us covered with a clean safe container. Recently, she mentioned that the shelf is often empty, and requested a call for MORE JARS PLEASE.

If you are recycling **suitable jars** with lids and would like to help Lin provide a more steady supply, please bring in clean jars with lids for her.



Territorial Seeds are in, & garden planning is in full swing!



Coos Head Food Store
1960 Sherman Avenue
North Bend, Oregon 97459

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

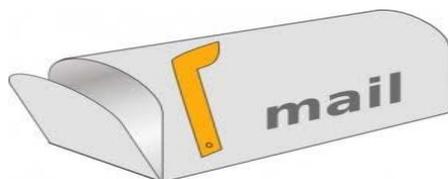
Micro greens

Sunflowers are commonly known for a huge flower on a tall sturdy stock. Those seeds, once sprouted, offer an enzyme -rich, more digestible option. We now have fresh local sunflower sprouts in the produce department. They are a delicious, crunchy addition to any salad or a satisfying salad as the main ingredient. Sunflower greens are a nutritional powerhouse packed with vitamins A, B complex, D, and E; they also contain minerals including calcium,



copper, iron, magnesium, potassium, phosphorus and zinc. In addition to these vitamins and minerals, sunflower greens are a rich source of lecithin which helps break down fatty acids into an easily digestible water soluble form, and chlorophyll which benefits many functions within the body, including building blood supply, revitalizing tissue, calming inflammation, activating enzymes, and deodorizing the body. Organic seeds, organic soil, or organic fiber mat and filtered water is used to grow them. No pesticides or chemicals are used.

Samples will be offered on member day February 19th from 4-6 P.M. Come try some, members save 10 %. Bring a friend.



Make sure you get your mail. Keep your e-mail and mailing address current with us: for mailing your quarterly newsletters, ballots for board elections, and, in the event the co-op is able to give patronage dividends, we will be able to get yours to you. Thanks!