



The COOS HEAD SCOOP

April 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 it's 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.

APRIL IS MEMBER APPRECIATION MONTH
10% OFF DISCOUNT

Contact Us:

✉ OFFICE@COOSHEADFOODCOOP.ORG

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

📘 [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....

COOS HEAD FOOD CO-OP
10th Free Program
BUY 9 AND GET THE 10TH FREE!

April Item: All
Grab&Go Deli Sandwiches &
Wraps!

Each time you purchase a Deli
sandwich you earn points!



BUILD POINTS EACH
TIME YOU SHOP FOR
YOUR 10TH FREE!

**EXCLUSIVELY FOR
CO-OP MEMBERS!**



The Cash Market building as it appeared in the 1940s.
Courtesy Coos Historical and Maritime Museum.



"50 YEARS OF GROWING COMMUNITY"



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Vendor Highlight.....

HUMMINGBIRD WHOLESALE



“What if, like the hummingbird, all people would sip the nectar of the earth without harming the flower? Is it possible? At Hummingbird we know it is. And we will never give up until this vision comes to fruition.”

OUR VISION

We are instrumental in transforming the world toward a sustainable food production system which supports the health of the people who depend on it, as well as the earth's precious ecosystems. We will not be satisfied until farming in Oregon and the West Coast (and then the world) is 100% organic and sustainable. That's why we started the **#OrganicOregon** **#OrganicWorld** campaign, where at least 1% of our annual profits go toward organic research, educational programs for farmers and trade partners, and to organizations focused on creating healthy, Organic food systems and communities.

OUR MISSION

We offer Organic, high-quality, nutritious foods grown as locally and sustainably as possible.

We take great care and pride in creating long-term, mutually beneficial relationships.

Like the Hummingbird, we seek to sip the nectar of the Earth without harming the flower.

WHAT WE OFFER

We serve a full variety of food businesses, from co-ops and regional retail chains, to restaurants, food service providers and manufacturers. We offer wholesome, Organic food, sourced from the Pacific Northwest as well as the best producers from around the world. Through our farm direct ingredient sourcing, we provide customers with competitive volume opportunities to obtain staple and unique grains, beans and seeds to match their quality expectations.

“We have a big, crazy goal of a completely Organic Oregon and Organic World—that's what gets us up in the morning! We work directly with farmers to create and bring you tasty, nutritious treats. Close your eyes and taste the verdant earth!” —Charlie & Julie

Wholesale, Hummingbird. “Sustainability - Hummingbird Wholesale.” *Hummingbird Wholesale*, <https://hummingbirdwholesale.com/pages/sustainability>. Accessed 2 Apr. 2021.



Vendor Highlight.....

HUMMINGBIRD WHOLESALE

YOUR CONNECTION TO THE SOURCE

Hummingbird focuses on sustainability in setting. Insetting means that we reinvest back into a more sustainable supply chain: what we call Distributor Supported Agriculture. This means that we invest in more fuel efficient, low-emission vehicles, more sustainable packaging, food system infrastructure through our buildings, incubator kitchens and support farmers by providing education, support and fair returns for their products.

We develop relationships with farmers to provide ingredients that are:

- Farm-direct
- Organic, non-GMO, ethically sourced, fairly traded
- Single sourced (from one family farm)
- Identity preserved
- From the Pacific Northwest
- Transparent in origin and sourcing information
- Helpful to people and the planet. Before purchasing, we consider the producer's growing, manufacturing and packaging practices, their social responsibility, the value they place on ethical relationships, and the product's contribution to health, vitality and well-being

NOT damaging to people (including indigenous cultures), flora, and fauna

We promote community and support small businesses:

- We're pioneering Distributor Supported Agriculture (DSA), financially supporting farmers and sharing their risk
- We act as a distributor for like-minded, Organic food businesses
- Our Incubator Kitchen fosters and supports small food businesses in our area, facilitating innovative and healthy products for our community.
- HW owner Charlie Tilt co-founded the Willamette Valley Sustainable Foods Alliance and HW coworkers have acted as officers on the board of directors.
- We collaborated with a local farm to establish Camas Country Mill, a grain mill for Oregon-grown crops.

We collaborate with farmers, value-aligned businesses, and our community to create food system solutions



Vendor Highlight.....

DR. BRONNER'S



Dr. Bronner's was founded in 1948 by Emanuel Bronner, a third-generation master soapmaker from a German-Jewish soapmaking family.

He used the labels on his superb ecological soaps to spread his message that we must realize our transcendent unity across religious & ethnic divides: "We are All-One or None!" Still family-owned and run, Dr. Bronner's honors its founder's vision by making socially & environmentally responsible products of the highest quality—and by dedicating our profits to help make a better world. All-One!

1. OURSELVES Work Hard! Grow!

Number one in Dr. Bronner's Moral ABC: Work hard! Prosper! Learn, grow, improve. Success is the engine that makes everything else possible.

1st: If not for me, who am I? Nobody! 2nd: Yet, if I'm only for me, what am I? Nothing! 3rd: If not now, when?!" So begins Emanuel Bronner's *Moral ABC*. The message is clear: We are responsible for ourselves but also each other, and as we grow, we must grow responsibly.



Our Cosmic Principles define our most important relationships, and guide us in everything we do, from soapmaking to peacemaking – All-One!

2. OUR CUSTOMERS Do Right By Customers

First ingredient: love! Lead with heart, take time, give best—serve customers as you would serve mother-daughter-son.

Only the purest organic and fair trade ingredients—most products vegan and certified to the same organic standards as food! No synthetic preservatives, no foaming agents. Body, hair, face, mouth & teeth—food, dishes, laundry, mopping, pets—Dr. Bronner's is the very best for human, home, and Earth.

Vendor Highlight.....

DR. BRONNER'S



3. OUR EMPLOYEES Treat Employees Like Family

Be kind, reward generously, support good and healthy living. Seek and encourage the best in one another. For whatever unites us is greater than whatever divides us!

We're a family business and consider all who work with us to be part of our extended family. Every "family member" in every position within the company has an important role to play and deserves to enjoy the best benefits and compensation programs we can offer.

5. OUR EARTH Treat The Earth Like Home

Make humble and mindful use of the earth's gifts. Do not waste, do not harm the land or people or animals. What comes from the earth must go back!

Regenerative organic farming projects—soil enrichment and tree-planting programs—100% post-consumer recycled packaging—aggressive waste and water-use reduction—yes!

*150 years and 5
generations of
family
soapmaking!*

4. OUR SUPPLIERS Be Fair To Suppliers

Build relationships with organic farmers and producers to create equitable supply chains. Fair prices for farmers, living wages and excellent working conditions for workers, investment in communities, respect for land and people!

Our relationships with our organic suppliers is direct, local, personal, sustainable, tangible, and verifiable. It's a way for customers to know that the products they're purchasing will have a real and positive impact on the people and communities who make them. For us it's a continuation of Emanuel Bronner's legacy. He wanted to change the world for the better with the label on our bottles. We want to do the same with what's inside.

6. OUR COMMUNITY Fund & Fight For What's Right!

Be an engine for positive change—share profits, share talent, share muscle, share voice—give & give, fund & fight!

Dr. Bronner's has always been an activist company, dating back to when Emanuel Bronner was calling on the human race to unite from street corners and auditoriums, selling his peppermint castile soap on the side. Carrying forward that same activist spirit, it is our mission to continue to use the company today to fight for and financially support causes we believe in: regenerative agriculture, fair trade, animal advocacy, industrial hemp and drug policy reform, and living wages among others. We call ourselves the "fighting soap company," and are committed and strategic in the causes we fight for.

Vendor Highlight.....



The word “sustainability” gets thrown around a lot. At OGC, it means doing business in a way that doesn’t compromise the ability of future generations to meet their needs. For us, it is a science-based decision framework that we apply to every aspect of our business. Environmentally, it’s about taking care of the planet. Socially, it means trying to ensure those communities we touch are just and livable. And economically, we use our dollars to invest back into furthering our purpose by supporting those in our network who share our values.

Just like our growers, we set high standards for our practices, from our facilities and fleet to our advocacy for organics.

Every day we work to ensure best-practices within our operations. We hold ourselves accountable for partnering with vendors, customers and suppliers to offset impacts and address challenges with innovation. We lend our voice and resources to champion organic standards and sustainable food systems, and engage in trade advocacy in our region and on Capitol Hill.

OUR SUSTAINABILITY GOALS ARE BASED ON THE NATURAL STEP, A SCIENCE-BASED FRAMEWORK FOR THINKING ABOUT AND TALKING ABOUT SUSTAINABILITY AND WHY IT MATTERS.

***Achieve* CARBON NEUTRALITY & ELIMINATE FOSSIL FUEL Use**

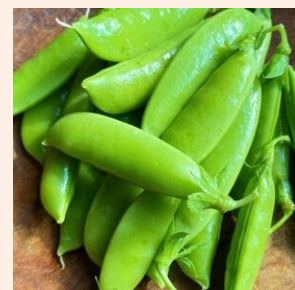
SUSTAINABLE & HEALTHY Food System

***Achieve* ON-FARM SUSTAINABILITY & Small/Medium FARM VIABILITY**

Foster a HEALTHY & FULFILLING Workplace

Build Support & Awareness for a

Eliminate SOLID WASTE & TOXIC SUBSTANCES from Landfills



Organically Grown Company was founded in 1978 by a group of gardeners, small-scale farmers, hippies and environmental activists with a shared vision to expand the availability of and demand for organic produce. They started the business as a non-profit which quickly evolved into a community-led cooperative with a mission to develop a fair and just marketplace. As we continue to be a leader in promoting organic agriculture and sustainable food systems, we work diligently to find innovative solutions that support the ongoing success of our stakeholders — growers, cus-

“Sustainability — Organically Grown Company.” *Organically Grown Company*, <https://www.organicgrown.com/sustainability>. Accessed 3 Apr. 2021.



Vendor Highlight.....

EQUAL EXCHANGE



OUR MODEL: AUTHENTIC FAIR TRADE

In 1986, Equal Exchange was founded to challenge the existing trade model, which favors large plantations, agri-business, and multi-national corporations; support small farmers; and connect consumers and producers through information, education, and the exchange of products in the marketplace. With our founding, we joined a growing movement of small farmers, alternative traders (ATOs), religious organizations, and non-profits throughout the world with like-minded principles and objectives. Underlying our work is the belief that only through organization, can small farmers survive and thrive. The cooperative model has been essential for building this model of change.

STANDARDS AND PRACTICES

Fair Trade is a way of doing business that ultimately aims to keep small farmers an active part of the world marketplace, and aims to empower consumers to make purchases that support their values. Fair Trade is a set of business practices voluntarily adopted by the producers and buyers of agricultural commodities and hand-made crafts that are designed to advance many economic, social and environmental goals, including:

- Raising and stabilizing the incomes of small-scale farmers, farm workers, and artisans
- More equitably distributing the economic gains, opportunities and risks associated with the production and sale of these goods
- Increasing the organizational and commercial capacities of producer groups
- Supporting democratically owned and controlled producer organizations
- Promoting labor rights and the right of workers to organize
- Promoting safe and sustainable farming methods and working conditions
- Connecting consumers and producers

Increasing consumer awareness and engagement with issues affecting producers



“Fair Trade | Equal Exchange.” *Equal Exchange | Fairly Traded Coffee, Tea & Chocolate*, <https://equalexchange.coop/fair-trade>. Accessed 7 Apr. 2021.

Vendor Highlight.....

EQUAL EXCHANGE

The Fair Trade practices that advance these goals typically, but not always, include:

- Direct trade relationships and long term contracts between importers and producer groups
- Sourcing from small-farmer or artisan co-operatives
- Higher than conventional market prices, either through above-market premiums and/or price floors
- The provision of affordable credit
- Adherence to the policies of the International Labor Organization, especially those concerning child and forced labor and the right to collective bargaining
- The prohibition of the use of the more dangerous pesticides and herbicides
- Substantial price premiums for the production of certified organic crops
- External monitoring, auditing, and certification of these practices by independent third-parties

HISTORY OF FAIR TRADE

Fair Trade started with individual companies called Alternative Trade Organizations (ATOs), who made a commitment to work directly with indigenous peoples and to market their products directly to consumers. By cutting out middlemen, ATOs have been able to pay farmers substantially more while offering a competitive product. Later, organizations like the World Fair Trade Organization were formed to communicate ideas about Fair Trade. With the introduction of Fair Trade certification organizations like TransFair USA, products from around the world started to be certified as fairly traded. In an endeavor to place a world standard on what is fair, these labeling organizations came together and formed the Fairtrade Labelling Organization (FLO).

Deep controversies in the Fair Trade movement have been simmering over the past decade. Fair Trade USA (formerly TransFair USA) has slowly but steadily chipped away at our principles and values. They have taken the name Fair Trade USA, then proceeded to leave the international Fair Trade System (FLO International/FairTrade International), lower standards, eliminate farmers from their governance model, and invite large-scale plantations into coffee and all other commodities.

This is not Fair Trade.

“Fair Trade is for small farmers and small producers who are democratically organized. If you take the democracy out you have traditional aid or world bank development or what the TransFair USA and the European certifiers are now trying to call Fair Trade...If you want the fastest supply chain that produces the most tea or coffee or bananas at commercial terms you have entered into some socially responsible product world of which there are many examples. It just ain't Fair Trade, and it won't have the same positive benefits.”-Rink Dickinson, Equal Exchange Co-Founder and Co-Director, during a [speech](#) given at a conference of the InterReligious Task Force on Central America in Cleveland, Ohio.



Vegetable & fruit rinds & Scraps

Wilting flowers

Shredded paper or newspaper

COMPOST THIS!

Banana peels

Coffee grounds, filters & tea bags

Old spices

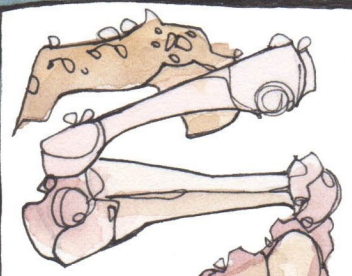
Dryer lint (moisten slightly)

Cooked or uncooked grains

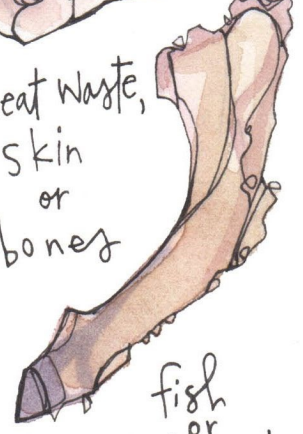
Crushed egg shells

Old bread, crusts & crackers

DON'T COMPOST



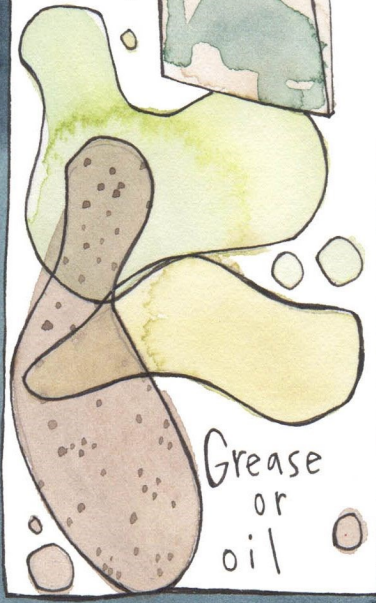
Meat Waste, skin or bones



fish or fish waste



Dairy products



Grease or oil

deliciousliving.com
deliciousliving.com/naturalkitchen



Energy Efficiency at your local Coos Head Food Co-op



4 Years &
Going Strong!

Coos Head Food Co-op reaps the rewards of energy efficiency

COMMUNITY LEADERS CELEBRATE COOS HEAD FOOD CO-OP'S NEW ENERGY-EFFICIENT STORE IN A DOWNTOWN UNDERGOING REVITALIZATION

COOS BAY, Ore. — April 14, 2017 — Community leaders helped celebrate Coos Head Food Co-op's new energy-efficient store today with Coos County Commissioner Melissa Cribbins, Coos Bay Mayor Joe Benetti and Energy Trust of Oregon Executive Director Michael Colgrove attending.

The Coos Head Food Co-op has been a part of the Coos Bay business community for more than 40 years. Last fall, the co-op made the move to downtown Coos Bay into a much larger building with modern equipment, triple the shelf space and a great deal more freezer and refrigerator space. By making energy efficiency a priority and working with Energy Trust to invest in energy-saving equipment, the co-op kept its energy bills the same as the previous, smaller space.

“By saving energy, we’re able to redirect more funds to our core mission: contributing to the health and well-being of our community,” said Deb Krough, manager, Coos Head Food Co-op. “We appreciated the technical assistance and guidance from Energy Trust that helped

make this happen. Membership is growing and we’re proud to be a part of our community’s ongoing downtown revitalization efforts.”

The energy-efficient features of the new store include LED lighting, smart refrigeration systems, ductless heat pumps and a water heating recovery system. These features are expected to cut the co-op’s annual energy expenses by more than \$6,500. The co-op is served by Pacific Power.

Energy Trust presented the Coos Head Food Co-op with an incentive check of \$18,792 for its commitment to energy efficiency at the event.

“Coos Head Food Co-op is a perfect example of how teamwork and a strong vision can make ambitious energy-efficiency goals achievable,” said Michael Colgrove, executive director, Energy Trust, who made remarks at the event. “Energy Trust helps similar organizations like the co-op throughout the state invest in energy efficiency to improve their bottom line.”





Why

Shop



BULK?

Why and How to Shop in Bulk

When I first started transitioning to a plant-based diet and cooking more, stocking up on pantry staples was one of my main tasks. I'm talking about rices, whole grains, nuts, etc. I went on a grocery shopping binge to get my hands on everything I just might need in order to cook awesome plant-based meals. Now, I may have gone a little overboard, but one thing I learned in the whole process was the beauty of buying bulk.

I can hear you now: "Bulk? Like at BJ's?" No, my friend, I'm not talking about stocking up on 25 rolls of toilet paper- though that might not be such a bad idea seeing how often I run out! Rather, I'm talking about buying basic pantry items from the bulk bins, whether those be at your grocery store, the local food co-op or somewhere else. Buying from the bulk bins is the key to curating a well-stocked (but not uselessly overstocked) kitchen, filled with interesting foods that make cooking feel like a fun adventure! Do you need more encouragement? Read on.

Life, Jen Costanza |. Rooted. "Why and How to Shop the Bulk Food Bins — Rooted Life." Rooted Life, Rooted Life, 19 Feb. 2020, <https://www.rooted.life/blog/why-shop-bulk-foods>.

TOP 5 REASONS TO SHOP FROM THE BULK BINS

YOU CAN BUY THE EXACT AMOUNT YOU NEED.

Let's say you want to bake some cookies for a friend's birthday. Your friend is trying to avoid gluten. So, you head to your local grocery store to pick up gluten-free flour, and lo and behold, the only option is to purchase a three-pound bag. But you only need two cups! Solution: buy from the bulk bins and buy only as much as you really need. This strategy becomes even more useful when it comes to expensive ingredients where you only need a little bit. For instance, some spices can be quite pricey, and buying from your local bulk store means you can really buy just a couple of teaspoons instead of an entire jar- especially if it's a spice you're trying out for the first time. Which brings me to the second reason to shop from the bulk bins....

YOU CAN EASILY TRY NEW FOODS.

Take a look at the bulk foods aisle of your local grocery store and see how many new foods are there that you've never tried. You can get ideas for meals just with a quick glance around! Never cooked millet? Now's your chance, and you can purchase just a little bit to see if you'll like it. A few months ago I was at my local bulk foods store and they were selling Madagascar red rice. It was totally new to me! I ended up buying that instead of my usual brown rice. The nutritional value is just as good (because it's a whole grain rice) but it cooks up a little faster than regular brown rice and adds a new color to my meals. There's so many cool new foods you can try in bulk, I could go on forever.

YOU'LL GET FRESHER FOOD.

Something you might not have considered is that your pantry staples will usually be fresher (and therefore higher quality) if you buy from the bulk bins. Assuming you purchase from a high traffic store, bulk items have a quick turnover rate. Also, when you buy just the

amount you need, you won't have old food sitting around in your pantry.

YOU'LL SAVE MONEY.

In most cases, shopping from the bulk bins will save your money. First of all, you'll buy only what you know you need- so you're not paying for extra. Second, bulk food is often cheaper by weight because you don't have to pay for packaging or the marketing expenses that go into packaged brand-name foods. Taking it one step further, the difference in price between purchasing a can of beans and cooking those beans from scratch is pretty huge. All of that said, be aware that for certain items, the cost of buying from the bulk bins might not be cheaper. Sometimes, that's because the bulk version is organic or higher quality. This all means that you need to decide what's important to you, and if cost is important, you may need to do a little homework.

YOU'LL BE HELPING THE ENVIRONMENT.

By only buying what you need, you'll be cutting down on food waste. According to the Environmental Protection Agency, in 2017 38.1 million tons of food were wasted in the United States, and 94% of that food ended up in landfills. The National Resource Defense Council offers some similar scary statistics: about 40% of food in the US is wasted. Think about the resources that went into that wasted food and you can start to see the magnitude of this problem: land, water, fertilizers and pesticides, labor, and transportation, and energy. In short, wasted food taxes our natural environment.

Buying in bulk helps the planet in a couple other ways. Much less packaging is involved in delivering bulk foods from their place of origin to your kitchen. And because bulk foods require so much less packaging, it can be transported more efficiently.

Life, Jen Costanza | Rooted. "Why and How to Shop the Bulk Food Bins — Rooted Life." Rooted Life, Rooted Life, 19 Feb. 2020, <https://www.rooted.life/blog/why-shop-bulk-foods>.

-Earth Day-

THE FIRST EARTH DAY

Every year on April 22, Earth Day marks the anniversary of the birth of the modern environmental movement in 1970.

ORIGINS OF EARTH DAY

Earth Day 1970 gave a voice to an emerging public consciousness about the state of our planet —

In the decades leading up to the first Earth Day, Americans were consuming vast amounts of leaded gas through massive and inefficient automobiles. Industry belched out smoke and sludge with little fear of the consequences from either the law or bad press. Air pollution was commonly accepted as the smell of prosperity. Until this point, mainstream America remained largely oblivious to environmental concerns and how a polluted environment threatens human health.

However, the stage was set for change with the publication of Rachel Carson's New York Times bestseller *Silent Spring* in 1962. The book represented a watershed moment, selling more than 500,000 copies in 24 countries as it raised public awareness and concern for living organisms, the environment and the inextricable links between pollution and public health.

Earth Day 1970 would come to provide a voice to this emerging environmental consciousness, and putting environmental concerns on the front page.

1970

FIRST EARTH DAY



1 Billion

INDIVIDUALS MOBILIZED FOR
ACTION EVERY EARTH DAY

190+

COUNTRIES ENGAGED

“The History of Earth Day | Earth Day.”

Earth Day, [https://www.facebook.com/](https://www.facebook.com/EarthDayNetwork/)

[EarthDayNetwork/](https://www.earthday.org/history/), [https://](https://www.earthday.org/history/)

www.earthday.org/history/. Accessed 6 Apr. 2021.

EARTH WEEK

APRIL 17TH - 24TH

CELEBRATE OUR AMAZING PLANET WITH A WEEK OF LEARNING AND ACTION. JOIN VIRTUAL AND OUTDOOR COVID-SAFE ACTIVITIES.

17TH, 11 AM – 1 PM, BASTENDORFF BEACH CLEAN-UP

SURFRIDER & SOLVE

18TH, 10 AM – 2 PM, MILLICOMA MARSH STEWARDSHIP

COOS WATERSHED ASSOCIATION

21ST, 4 – 5 PM, EVERYTHING EATS WEBINAR

CHARLESTON MARINE LIFE CENTER

22ND, 9 AM – 7 PM, SEEDS & FUN KITS

COOS HEAD CO-OP & COOS HISTORY MUSEUM

24TH, 10 AM – 12 PM, ESTUARY STEWARDSHIP

SOUTH SLOUGH RESERVE

CALL OR VISIT ORGANIZATION WEBSITES FOR MORE INFORMATION.



JOIN US FOR.....

COOS COUNTY HOUR OF NO POWER

ACTIVITY KITS WILL BE AVAILABLE APRIL 22ND AT THE
COOS HISTORY MUSEUM & COOS HEAD FOOD CO-OP



Available During Business Hours:

Coos Head Food Co-op: 9-7pm

Coos History Museum: 9-5pm



CELEBRATE EARTH DAY

Earth Day Seed Bombs

BUILD A Seed Bomb using
native pollinators **& ENJOY AN**
OUTDOOR ADVENTURE
WITH OUR Activity Kits!

While items are available!



4.22.2021



COOS HEAD
FOOD CO-OP
-EST.1971-





Spring Beach Cleanup!

**@ Battle Rock Beach
4.17.2021, 10:00am**

Register at solveoregon.org



Coos Bay Library & Coos Head Food Co-op present



FUN!

COMMUNITY COOKING WITH THE CO-OP

FREE!

STARRING JAMAR!

MONTHLY EVENT:
EVERY 4TH THURSDAY!

Event Recipe:
Coos Earth
Tempeh Tacos



Coos Bay 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!

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

Thursday
April 22
5:30pm



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, April 22nd - Jamar aims to provide safe, easy, and healthy recipes to create at home. Join us virtually for this fun community event! For his April recipe, Jamar will be featuring Coos Head Earth Tacos.

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.

Fix Me a Little Lunch: Spotlight on Beets

Written By. Ali Mageenon

I believe we all have a vegetable that sparks fierce debate over whether we love it or hate it. One of the more popular love-it or leave-it veggies is beets. When we decided to sign up for Valley Flora's CSA last year (with its super-convenient Coos Head Co-Op pick up spot), my biggest hesitation was what would I do with all the beets.

Fortunately, Coos Head has all the ingredients I needed to do some creative cooking with my beets all season long. Beets are a tremendously versatile veggie, so for those of us who have issues with boiled, unseasoned beets from our childhood (maybe it's just me), here are some quick tips about learning to love beets.

First up, there are more beets out there than just the large red ones. Coos Head regularly carries (and often from Valley Flora) chioggia beets, various varieties of red beets, and golden beets. chioggia beets are beautiful: they trend toward a dark pink skin but then have perfect candy stripe colors inside. I'm a huge fan of Chioggia beets chopped thinly and included raw in salads all spring and summer long. All beets can be eaten raw, though my personal preference is to do so with chioggia or golden beets, as their flavor can be sweet and mildly less earthy.

Second, beets are so good roasted! My favorite preparation for large red beets is to do a salt roast. This technique involves putting the beets on top of a 1/4 inch layer of

kosher sea salt in baking dish and then covering them with more kosher sea salt. I like to add a sprig or two of rosemary for extra flavor. The beets get covered and roasted at 425 degrees for about an hour. Remove the beets from the salt, peel, and enjoy on salads or with goat cheese.

Third, beets are good for breakfast. Any type of beet makes a great base for a smoothie bowl. An easy preparation for this is to boil two or three beets for about an hour (cover the beets in your saucepan with water, bring to a boil, and drop to a simmer). Let the beets cool, peel, and then puree. Combine the pureed beets with a little yogurt (I'm a huge fan of the non-dairy yogurts at Coos Head) until the beets are at the consistency you'd like for your smoothie bowl. Top with any of the great nuts or dried fruits you can find in the bulk section of Coos Head. My favorite combination is a beet smoothie bowl with a little flaked coconut, banana chips, and awakened walnuts.



Food For The Picking

Written By. Connie Earhart

Food nutrition includes the macronutrients of protein, carbohydrates, and fats. These are the most commonly considered things in diets for weight loss and growth. The micronutrients include the vitamins and minerals that we hear about, take supplements for and generally assume are present in our foods. Unfortunately, much processed food and produce from heavily farmed land is lacking in the micronutrients that are so important to our health. In addition to micronutrients there are cofactor nutrients that include important antioxidants, enzymes and coenzymes that help our body function and process food or waste products in our bodies. Even the microbes on and in 'naturally grown' foods help us.

According to **The Curious Case of the Antidepressant, Anti-Anxiety Backyard Garden** article in Yes magazine, Jill Litt of the University of Colorado has been studying the benefits of working in the soil and ingesting untreated plants to introduce microbes to our bodies. These microbes have been found to increase immunity and now even our mood! So whatever we can do to grow or collect our own food from nature is going to benefit our bodies and our minds.

Wild Plants - Stinging Nettle

Stinging nettle is a superfood, and by now you have seen it in teas and early season in the produce section of the Coos Head Coop. It is a great source of Vitamins A, B6, K, Riboflavin, Folate, Calcium, Manganese, Magnesium, Iron, Phosphorus, Potassium and more! Once the nettles are wilted or cooked, the sting is gone, but gloves are recommended for picking! Stinging Nettle is a wonderful green, cooked like spinach or your favorite green, and can be frozen or dried. Of course, it also makes a great pesto, tea and pizza topping. There are also a number of medicinal uses, including some cancer fighting properties. Nettle tea is also used as a liquid fertilizer and soil stimulant for gardening and biodynamic farming promoting growth and health.

Stinging Nettle is generally found in wet areas near streams, undisturbed shady areas, and wetlands. It will grow over 3 ft tall, but we want to pick it early and small at about 6-12" of base growth. Once they bloom in May or June their value is done for the season. It may be easiest to find a patch in bloom when it is easy to identify and mark it for the following spring, and it's truest identifier is the sting! Research this plant and appreciate it's abundant benefits.



Sting Netteles



Sting Nettle ready to pick

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Growing Tips - Grow Tunnels

Low grow tunnels can be made inexpensively out of #9 or other heavy gauge wire or even poly pipe or wire fencing, plastic and twine. To create a 3 ft wide bed, cut supports or fencing to 6-7 ft lengths one for every 2-3 feet of bed length, these are a long term resource that will last many seasons. Insert the supports into the ground on either side of the bed along the entire length. Secure the length of covering (plastic or grow fabric) at the end by gathering and securing it to a stake. To keep the plastic from blowing and make it adjustable, run a twine on the outside of the plastic in a zigzag manner across and over the tunnel to a point between the supports. This sandwiches the plastic between the supports and the twine, allowing movement of the plastic to allow for venting and access.

Growing Right Now - Busy April!

The slow build up to Spring has ended and there is much to accomplish and enjoy in the garden! Typical clean up, weeding, fertilizing, planting, moving and more!

According to OSU Extension information we can now plant seeds or transplants of beets, cabbage, carrots, cauliflower, celery, chard, slicing cucumbers, endive, leeks, lettuce, onion sets, peas and potatoes. I'm not so sure about the cucumbers, but will start mine indoors about 3-4 weeks before transplanting.

Enjoy getting out there!



Connie Earhart



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