



The COOS HEAD SCOOP

September 2021

Fresh Produce, Locally Sourced, & Community Owned Co-Op!

COOS HEAD FOOD CO-OP

celebrating

50  **Years**
Of Growing Community.

MEMBER PRICING & 10TH FREE PROGRAM

Coos Head Food Co-op appreciates its members and to show our gratitude special member pricing on items and a 10th Free Program has been added to the perks of Co-op membership.

OCTOBER 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)

NEXT MONTH IS NATIONAL CO-OP MONTH:

Under the theme “Build Back for Impact,” this year’s Co-op Month is also a chance to leverage our shared cooperative identity in the face of some of the biggest challenges we face: a global pandemic, climate emergency and systemic racism. As we build back an economy that works for everyone, our biggest impact comes from embracing the values and principles that make us truly unique.

*“It says a lot
about a
community
that supports
a Co-Op”*

TABLE OF CONTENTS

VENDOR HIGHLIGHT: PAGE 3-4

CO-OP RAFFLE "SOLARAY POLAROID": PAGE 5

COOS BAY FARMERS MARKET: PAGES 6

THE CO-OP'S MARKET BOOTH: PAGE 7

DR. DON'S MEXICAN BEANS: PAGE 8-11

CO-OP CALENDAR PLEASE SEE ATTACHMENT: PAGE 12-13

ROUND UP FOR CHANGE: PAGES 14

LITTLE FREE LIBRARY: PAGES 15

COMMUNITY COOKING WITH CO-OP : PAGE 16-17

BENEATH THE SURFACE: PAGE 18

FOOD FOR THE PICKING : PAGE 19-20

AFSP SUICIDE PREVENTION WEEK : PAGE 21-23

HEALTHY BYTES INITIATIVE: PAGE 24-26

THE CO-OP BREAD & NEW MEAT: PAGE 27



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

Vendor Highlight.....



At Café Mam, we take a holistic approach to climate change that involves supporting better stewardship of the land by sourcing only organic coffee; supporting living wages for the farmers; paying above fair trade prices; and an ongoing effort to conduct our business in ways that are more ecologically minded, and sustainably viable for the earth and the people on it.

To that end, in 2019, Café Mam implemented a **Climate Change Mitigation Fund** for our farming partners in Chiapas, Mexico. The fund is a self-imposed premium of \$.10 per pound of coffee. We pay this premium on top of the negotiated price per pound, for all the coffee we buy. It is then used by the co-ops we work with, as they see fit, in combating the effects of climate change specific to their communities and regions. This fund is in addition to the other premiums that are paid from sourcing only certified fair trade and organic coffee throughout our history.

To date, this fund has totaled over \$108,000 USD. Distributed between the five cooperatives we worked with, it has resulted in the planting of over 8000 trees on 3,400 acres, large scale groundcover planting for weed and erosion control, education, and retrofitting coffee processing facilities to clean solar energy.

As a company committed to environmental causes, we intend to continue this fund going forward for all of our coffee purchases, so we might be a resource for small parcel farmers, and give them the opportunity to implement solutions that will work for them. We see climate change as a global problem that needs global participation and teamwork to address.

We know that none of this would be possible without our dedicated customers, so thank you for making this happen. Whether you drink Café Mam for the delicious cup of coffee it makes, or for our sourcing practices, we are truly grateful for your support.



Vendor Highlight.....



We're making strides to create a better earth, and that's why we are now making all our bottles with 100% Post Consumer Resin.

Bottle Remade

It's no secret that Solaray is committed to providing customers with the best ingredients for optimal health.

We're also committed to making the world better than we found it. We're reinventing our bottle game with 100% post consumer recycled plastic.

This change represents a very exciting time for us as we initiate the move to a more sustainable future. Unlike virgin plastic bottles, the earth isn't something we can easily replace.

As a company that draws 100% of its resources from our living planet, we're more committed than ever to reducing our carbon footprint.

Planet Renewed

Each of our new product bottles is as uniquely perfect as our customers.

While still transparent, the new post-consumer resin bottles will all show a slight variance in color, as is inherent in our sustainable approach.

Every bottle will shine a little differently, as it's from a unique source of plastic we've saved from our oceans and earth.



"Well Earth | Frontier Coop." Frontier CoOp Homepage | Frontier Coop, <https://www.frontiercoop.com/community/about/well-earth>. Accessed 31 July 2021.

SOLARAY POLAROID



CO-OP RAFFLE

MUST PURCHASE SOLARAY TO ENTER

Solaray - Polaroid Now iType + Camera bag Raffle

Woohoo, stop in today and enter to WIN in our Solaray Raffle. Solaray crafts 900+ products - Leading the way to better health since 1973 with over 900 solutions, we provide a full line of health vitamins, minerals, herbs and herbal extracts.

Here's how to enter:

- Purchase a Solaray Product
- Fill out the contact form
- Then you have been ENTERED

This is a 2 Week only RAFFLE the end date is: 9-15-2021

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/>

THE CO-OP'S MARKET BOOTH

Coos Head Food Co-op is a proud sponsor of the Coos Bay Farmers Market. The farmers market takes place every Wednesday on Central Avenue in the heart of downtown Coos Bay for 9AM–2PM.

Coos Head Food Co-op will be at the Coos Bay Farmers Market on
SEPTEMBER 8TH & OCTOBER 13TH



DID YOU KNOW?

Coos Head Food Co-op has a number of volunteer opportunities available at the Co-op. If you are interested in volunteering please email us at outreach@coosheadfoodcoop.org with the subject title as VOLUNTEER.



OLD NATUROPATH'S FAVORITE DIETARY APPROACH AND RECIPES

ALI GOBBI VARIATION ALI (POTATO) GOBBI (CAULIFLOWER)

The name apparently comes from Hindi, the most dominant of the 121 languages of the India subcontinent. India also has a different writing script in several of its largest states. While the writing looks like all the same strange stuff to most westerners, it as different as English from Russian script or Greek. So, the spellings of Indian words as they are transcribed into English varies a lot. In addition, the Indians will often use the English spellings of their colonial exploiters, eg., tyre for our tire. You may see Aloo Gobbi or other variations. Nonetheless, potato and cauliflower are what is common to my, and very many other, ali gobbi recipies.

Some of the more deeply Indian herbs are not easily gotten here in our small town, eg kalonj (also known as kalanji, or black nigella) or curry leaves. When I can find them, I use them.

This is my recipe based on my wife Amy's friend Reeta and her mother's version and one I got years ago from a woman I knew from Mysore, India.

In a large pot melt coconut oil or just add olive oil about 2 Tablespoons. After the first couple times adjust these amounts and all the rest to your tastes... experiment.

Saute' about 1 teaspoon of salt, turmeric, curry powder, cumin seeds, mustard seeds (I prefer yellow) and Fenugreek seed. Add the Fenugreek last because you do not want to cook them too long as they get bitter.

{I make my own curry powder grinding cumin, coriander, black pepper, black cardamon, clove and mustard seed and add turmeric, ginger, asafoetida, and garlic powders. All in equal amounts no more than 1 tsp of asafoetida to a 8 ounce mix. Asafoetida adds bit savoriness and reduces excess bowel gasses. Ginger, black pepper and tumreic are anti-inflammatories, aid digestion and calm the stomach. Coriander has many health benefits including may lower blood sugar, increase immune system. Fenu-greek has many of same benefits and may increase testosterone. Black cardamon and clove have many of the same benefits and may be anti-cancer and help reduce halitosis. These herbs of course are being used here for seasoning not as a medicine which requires different amounts and formulations. Nonetheless over all they add to digestion, bowel health and general well-being.}

Add chopped onion and garlic, simmer a minute. Both garlic and onion have well known benefits for cardiovascular system and immune support.

Add a ½ cup white organic wine.

OLD NATUROPATH'S FAVORITE DIETARY APPROACH AND RECIPES

Stir in chopped organic cauliflower and organic potatoes (I microwave potatoes for about 3 to 4 minutes to precook and I use yellow potatoes). I use about half a medium cauliflower and 5 to six medium sized yellow potatoes. You can vary amounts or types of potatoes as you play with the recipe. Potato is a complete protein but only a small percentage protein, cauliflower is anti-cancer and one of the brassica family from which some anti-cancer extracts have been made.

Add a bit more turmeric for color. Turmeric as noted has many health benefits from reducing inflammation to lowering some cancer risks. In southern India (where I spent some time) many people put the turmeric powder on their skin to prevent burning and cancer from the hot sun. As noted, All these herbs are also used as medicines in Ayurvedic medical practices in various ways in the various states of India.

Optional: I add chopped walnuts for the protein and taste as well as the many nutrition benefits from reducing inflammation, benefiting the cardiovascular system, lowering risk of some cancers, etc.,. I also add a package of Quorn pieces for additional vegan protein. This is derived from network of fungal threads or hyphae from which things like mushrooms grow. I admit I do not understand as much about their processing as I would like, but I have used it for nearly twenty years now and have found it to be a good protein addition. Still I recommend you research it and look into it on your own to see if it might work for you. It is definitely optional.

Another option that I usually reserve for the reheat of the leftovers is to add chopped tomatoes either fresh, or if need be, canned but either way after draining. I save the liquid in freezer for soups. Tomatoes have many health benefits including lycopene which is particularly beneficial for the retina. Stir all of these till they take on the color of the spices. Add a bit of water if needed and cover and simmer at low heat till veggies are softened to your taste. For me about 10 to 15 minutes.

This is usually served with other great Indian foods, but for me, as I make it, it is a complete meal in itself. This type of food is rich in nutrients, complex carbs and protein and good oils.

Short version.

1 to 2 tablespoons of coconut or olive oil in 3 or 4 quart pan on low heat.
Add 1 teaspoon of each of following: salt, curry powder, cumin seeds, mustard seeds (I prefer yellow) and Fenugreek. Add Fenugreek last because cooked them too long it becomes bitter.
Add chopped onion and garlic, simmer a minute or so then
Add a ½ cup white organic wine.
Stir in chopped organic cauliflower and organic potatoes. Potatoes pre-cooked 3-4 min.in microwave.
Add a bit more turmeric for color and hot water if needed to stir in seasonings.
Optional: 1 cup chopped walnuts, one package Quorn chicken tenders, chopped, drained fresh or canned tomatoes. A dash of lemon juice.
Stir gently on medium heat, leave covered on low heat for a couple minutes and serve.

OLD NATUROPATH'S FAVORITE DIETARY APPROACH AND RECIPES

DR. DON'S CHANA MASALA

Chana is Hindi for chickpea (garbanzo beans) and masals means spice mix.

This recipe also uses garam masala which basically means hot spice mix, though, my mix is not hot. I use garam masala in spices dishes that tend be dark in color or lots of tomato. I also just add a bit to omelets that I cook in butter or ghee. The garam masala mix that I use contains Nirav Shahjeera (premium caraway seeds), black pepper, cloves, long pepper (pippali, piper longum), ginger, cinnamon, mace, nutmeg, cardamon coriander. I grind from seeds myself except for ginger, cinnamon, mace, nutmeg. I buy these powdered. I put about the same amount of each (except for cardamon, mace and nutmeg) in the mix. I ratio to half or less of each of the other three. If I start with 1 tsp, I add only ½ tsp or less of these three.

I do this because they are strong and can overwhelm the spice. I also have a sense of caution about two of them because of other aspects about their capacities. Nutmeg and mace can be a hallucinogenic in large amounts, albeit a nasty experience apparently. Cardamon is a great herb for the bowel reducing spasms antibacterial, immune support, reduces swelling, but can be overpowering.

As noted in the past, all these spices from Asia are not only tasty but have great benefits to digestion and the GI tract and our health in general. The movement from traditional to fast food diets has been well documented for its horrible effect on the Asian peoples.

The recipe below is meant to be a filling and complete meal in itself with complete protein, fiber, complex carbohydrates and great nutrients and taste.

Ingredients: Organic of Course

Kabul chana aka chickpeas or garbanzo beans: 1 Cup (canned -easiest b/c precooked)

Onion 1 chopped

Tomato (fresh or jar) 1

cauliflower, chopped to bite size ½ head

Quorn pieces, pre-cooked to warm 1 package

Green chili 1 chopped

Garlic 4-5 peeled and chopped

Ginger 1 inch or tsp of powdered

Bay leaf 2-3

Turmeric powder ½ tsp

Red Chili (not hot) powder 1 tsp

Coriander powder 1 tsp

Garam Masala 1 tsp

Red wine 1/4 cup

OLD NATUROPATH'S FAVORITE DIETARY APPROACH AND RECIPES

DR. DON'S CHANA MASALA

Optional: if you are cooking garbanzo from scratch use bag of black tea in the water.
Coconut, olive or mustard oil 3 tablespoons
Garnish with coriander leaves aka cilantro

Putting it all together:

Blenderize the onion, tomato and grind chili, ginger, and garlic to make paste or just leave them chopped. Each way is different, so experiment. I blenderize.

Heat the oil in a large 2 quart or larger pot

Add bay leaves for 30 secs, then add the blenderized mix.

Cook on medium heat till golden brown.

Add red chili powder, turmeric, coriander, garam masala and salt (to taste and your health requirements).

Mix well and cook 2/3 minutes

Add red wine and enough warm water to make gravy. Bring to gentle boil.

Add canned or cooked garbanzo beans, cauliflower, Quorn pieces.

For added delight garnish with cilantro leaves if in season.

Stay tuned for more Recipes
from Dr. Don!





COOS HEAD
FOOD CO-OP
-EST. 1971-



THE SAFE PROJECT
SAFETY. ADVOCACY. FREEDOM. EMPOWERMENT.

ROUND UP FOR CHANGE SEPTEMBER RECIPIENT IS THE SAFE PROJECT

Funds raised will directly support The Safe Project mission to create a society where domestic violence and sexual assault are not tolerated; to promote a culture that respects, supports, and empowers survivors while holding abusers accountable.

When making a purchase please consider rounding up when visiting your local Coos Head Food Co-Op.



LITTLE FREE LIBRARY

We would love your help.

Your Library Needs: Inclusive and Diverse Books for
Children, Youth, Adults and Seniors

**Thank You For Your
Donation**



A Community with a Little Free Library and a HUGE Heart

Coos Head Food Co-op, would love your help in filling your Little Free Library located here at the Co-op. We are looking for donations of Inclusive and Diverse books for Children, Youth, Adults and Seniors.

Thank You for Your Donation

Coos Head Food Co-Op is located at 353 South 2nd Street, Coos Bay, OR 97420 between Curtis and Elrod in Coos Bay.



NEED A NEW RECIPE? JOIN US!

Coos Bay Library has teamed up with Coos Head Food Co-op'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!

MONTHLY EVENT: EVERY FOURTH THURSDAY!

For this month's recipe, Jamar will be featuring Coos Head Bánh mì. Scroll down for ingredients.

Virtual: Thursday, September 23rd, 2021 5:30pm - 6:30pm

Register for this virtual event @ <https://is.gd/va3Wd9>

Event is FREE and open to everyone!

COMMUNITY COOKING WITH THE CO-OP

Community Cooking with the Co-op, collaborating, cooking, laughing, singing, tasting, and yes even dancing. We would like to thank Coos Bay Public Library, Paul Addis, Coos Head Food Co-op Staff, Allen Bartel, Joshua Whitty and last but certainly not least all of the participants that have showed up each time ready to cook.



COOS HEAD
FOOD CO-OP
-EST. 1971-

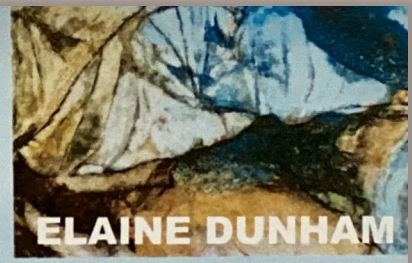


COOS BAY
PUBLIC LIBRARY





GERALYN INOKUCHI



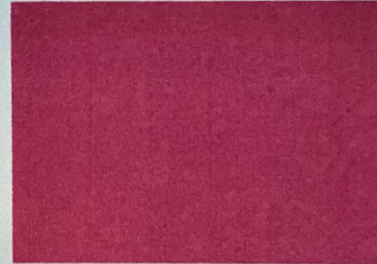
ELAINE DUNHAM



BONNI SILVER



SUSAN LEHMAN



SHARON JENSEN

BENEATH THE SURFACE

OPENING RECEPTION: Sunday 12 September 2021 from 2:00 pm to 4:00 pm
Black Market Gourmet | 495 Central Avenue | Coos Bay, Oregon
541-269-0194 The show will be hanging until the end of October.

BENEATH THE SURFACE

The five local artists are:

- Elaine Dunham, Geralyn Inokuchi, and Bonni Silver of Coos Bay
- Susan Lehman of Bandon
- Sharon Jensen of Langlois

The work of all five women tends to be abstract. The meaning of their paintings usually is not immediately apparent. Artwork by Elaine, Geri, Sharon, Susan, and Bonni encourages viewers to stop, look, think, and look again.

An opening reception is scheduled for Sunday, September 12, 2021, from 2 to 4 pm. The show will be installed by September 4th, so you need not wait for the opening reception to go see it.

If you don't make it to Black Market Gourmet to see "Beneath the Surface" in September, be sure to stop in during the month of October.

FOOD FOR THE PICKING

By. Connie Earhart

I am still researching useful and edible shrubs for my 'Forest Garden'; my forest is mostly young fruit trees so far. I have a goal of finding as many evergreen and drought tolerant edible plants as I can find, and to that end my current favorite is Ceanothus or California lilac. It's a wonderfully fragrant early spring to summer pollinator plant which the bees and butterflies favor, additionally the leaves can be used for medicinal herbal tea and to make soap. The bloom color is generally white or blue, and the plant is a nitrogen fixer that improves the soil for itself and the plants around it. Ceanothus is a low mound of glossy green foliage, it can tolerate some shade and is drought tolerant once established. Too much water can cause yellow foliage.

This plant has earned a place in my landscape because of the blue blooms, quick growth and glossy foliage. I know that nitrogen fixing will help my plants and the early bloom will benefit my early blooming currants to set fruit. Deadheading and good fertilization can help get a second bloom in October!!!



Wild Plants - Rosehips and Madrone Bark

Madrone trees are found throughout the Pacific Coastline from British Columbia to Baja California. Typically found in mixed forests near the coast. The outstanding and beautiful peeling bark of this evergreen tree is useful for tea; for flavoring sauces, soups and stews; or for dyeing boiled eggs and smoking meat. The bark peels mostly in the fall and can be harvested and dried further for storage. The spring fruit is also edible.

Rosehips are ripening now and can be harvested after lower temperatures trigger sweetening and up until the rains get heavy. Rosehips can be harvested from several types of roses, including the multiflora, heirloom, rugosa, canina and many of the newer shrub roses. Rosehips are a flavorful, nutritious source of vitamin C and it's associated compounds. It is recommended for arthritis, fighting infections and to help prevent free radical damage. It can be used as a tea, powdered, jelly, in capsules, candies or mixed with other fruit for syrups.

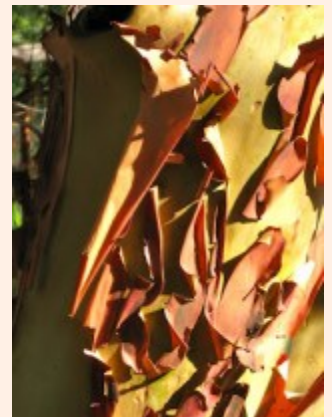
Here is a great recipe for rosehip jelly with Madrone [Bark Tea](#). [Wild Food Adventures](#) in Portland and others are leading field trips this Fall on Wild Fruits of the Northwest and Neighborhood Foraging. I hope to learn more that way myself!



Rosehips ripening harvested rosehips



Madrone tree Madrone bark



Growing Tips - Fertilizer numbers

Fertilizers, whether organic or not, always have three basic numbers, and sometimes a bunch more if they are listing the micronutrients. The Big Three are listed like 10-10-10 or 20-4-5, depending on the formulation.

The first number is always Nitrogen, this is for leaf growth. So lawn food has a lot (30-5-5, or so) because that's what we want... leaf growth. A deficiency will be recognized by lack of growth, poor color or the lower leaves starting to yellow. The plant can move the nitrogen from the lower leaves, so this is an easy-to-use indicator. Organic matter will provide plenty of Nitrogen in the long run, but a fresh application can bind the nitrogen until the material is broken down.

The second number is always Phosphorus, this is for flowering, fruiting and root growth. This nutrient is frequently in short supply and very important for food gardens, flower beds and new transplants. A deficiency is mostly noticed in lack of flowering or fruiting, you will also see some red to violet coloration in the leaves or leaves that are a dull green. This nutrient does not move in the plant and is slow to move in the soil, so a steady supply is important. Organic forms like bone meal or rock phosphate are very slow to absorb and should be applied in the fall where possible.

The third number is Potassium, this is for plant nutrient absorption and energy production. Some soils are rich and applications are not necessary. Deficiency symptoms can appear as brown or yellow leaf edges, curling of leaf tips and yellow between the veins on older leaves, as potassium is also mobile within the plant. Seaweed is a wonderful source of potassium and many of the micronutrients our plants need.

These three numbers can be really helpful in getting our plants going. The first two numbers seem most useful and make the most difference. If you want lush plants, don't forget to add the proper nutrition. Compost will have a good array of these nutrients, but it's good to be proactive in plant nutrition to make the most of the growing season.

Growing Right Now - Dividing perennials

September is the beginning of fall plant division and transplanting season. Most of the spring or early summer blooming perennials can be divided in the fall before the cold weather and rain, so the roots can get established in the warmer soils.

Many perennials can be dug and split with a shovel or hand trowel, this allows more plants for around the yard or for gifts and to sell. Sometimes the plant just gets too big, so we can keep the better portion of the clump and compost the rest if it has nowhere to go. Many perennials thrive with periodic refreshing, otherwise the blooms may be reduced and a hollow spot in the center of the clump can develop.

To do this, dig up the entire clump and with a shovel or knife, cut the clump into as many portions as seems reasonable. The clump may split itself or guide you to sections that are obvious. It's best to replant the clumps the same day, but you can pot up or store the clumps on a tarp in the shade until you are ready. The faster the replanting, the better the rebound!



September 5 - 11, 2021

NATIONAL SUICIDE PREVENTION WEEK



American
Foundation
for Suicide
Prevention

National Suicide Prevention Week *September 5–11*

People have become increasingly comfortable talking about their mental health, particularly this past year. But the topic of suicide – when it comes up – is still scary for many people to think about.

It's time to deepen the conversation. Some are afraid that by asking someone if they're having thoughts of suicide, it will put the idea in their head, or push them to take their lives. (Which research shows is not true.) Some are worried that they won't know what to do, or how to help, if the person tells them, "Yes – I am thinking about suicide."

It's only by learning more about what leads someone to suicide, the ways we can help to prevent it, and what resources are available – and not being afraid to ask when we're worried about someone, or for help when we need it ourselves – that we can empower our communities to address this leading cause of death.

We all have mental health. It's time we take the next step, ask more deeply about what someone is experiencing, and if we need it, find help together. **Together, we can help #StopSuicide.**

CRISIS SERVICES

24/7 Crisis Hotline: National Suicide Prevention Lifeline Network

www.suicidepreventionlifeline.org

[1-800-273-TALK \(8255\)](tel:1-800-273-TALK) (Veterans, press 1)

Crisis Text Line

Text [TALK to 741-741](tel:741-741) to text with a trained crisis counselor from the Crisis Text Line for free, 24/7

Veterans Crisis Line

Send a text to [838255](tel:838255)

Vets4Warriors

SAMHSA Treatment Referral Hotline (Substance Abuse)

[1-800-662-HELP \(4357\)](tel:1-800-662-HELP)

RAINN National Sexual Assault Hotline

[1-800-656-HOPE \(4673\)](tel:1-800-656-HOPE)

National Teen Dating Abuse Helpline

[1-866-331-9474](tel:1-866-331-9474)

The Trevor Project

[1-866-488-7386](tel:1-866-488-7386)

Also visit your:

- Primary care provider
- Local psychiatric hospital
- Local walk-in clinic
- Local emergency department

YOU ARE NOT ALONE,

Whether you have struggled with suicide yourself or have lost a loved one, know you are not alone.

If you or someone you know is experiencing mental health distress and/or is in crisis, support is available.

LGBTQ CRISIS HOTLINES

The Trevor Project

Providing confidential support for LGBTQ youth in crisis, 24 hours a day, 7 days a week.

TrevorLifeline

[1-866-488-7386](tel:1-866-488-7386)

Crisis intervention and suicide prevention phone service available 24/7/365.

TrevorChat

Confidential [online instant messaging](#) with a Trevor counselor, available 24/7.

Access through a computer.

TrevorText

Text START to 678-678

Confidential text messaging with a Trevor counselor, available 24/7/365.

Standard messaging rates may apply.

SAGE LGBT Elder Hotline

Talk and be heard at the SAGE LGBT Elder Hotline. Connects LGBT older people with friendly responders. For LGBT elders and caretakers.

[1-877-360-LGBT \(5428\)](tel:1-877-360-LGBT)

Confidential support and crisis response, available 24/7.

Trans Lifeline

A 24/7 hotline available in the U.S. and Canada staffed by transgender people for transgender people.

[1-877-565-8860](tel:1-877-565-8860) (United States)

[1-877-330-6366](tel:1-877-330-6366) (Canada)

Confidential, 24/7 crisis support.

self-care check-in

WHICH TYPE OF SELF-CARE ARE YOU NEEDING ?

↓ COMMENT AN EMOJI BELOW ↓



LEARNING AND
CURIOSITY



SOLITUDE/
REFLECTION



CREATIVITY/
SELF EXPRESSION



TIME WITH
LOVED ONES



OUTSIDE PLAY
AND MOVEMENT



ORGANIZATION
AND CLEANING

@SELF CARE IS FOR EVERYONE

YOU MATTER

FEELING STRESSED?

Try engaging all your senses.

- NAME 5 THINGS YOU CAN SEE
- NAME 4 THINGS YOU CAN TOUCH
- NAME 3 THINGS YOU CAN HEAR
- NAME 2 THINGS YOU CAN SMELL
- NAME 1 THING YOU CAN TASTE



YOU DON'T
ALWAYS HAVE TO
BE AT YOUR BEST



YOUR MENTAL HEALTH MATTERS

SLOW DOWN WITH THIS EXERCISE:

- Place one hand on your heart
- Place the other on your stomach
- Inhale then exhale; and repeat
- Follow a natural rhythm
- Simply observe your breath



For more information please visit the American
Foundation for Suicide Prevention online at
<https://afsp.org/>



Bok Choy

By Jessica Warrick, BS, Dietetic intern, OSU Extension

Bok choy is a type of Chinese cabbage, is a high nutrient dense cabbage that can promote health, prevent chronic disease, help build strong bones, and improve blood circulation. Originated in China but can be found in many areas around the world, especially Europe. Bok Choy can be found at many larger grocery stores.

Bok Choy is rich in vitamins and minerals including vitamin A, E, K and B6, potassium, phosphorus, copper, manganese, and selenium. Powerful antioxidants and flavonoids like lutein, beta-carotene, vitamin C and quercetin can fight off free radicals and reduce inflammation in the body to prevent chronic disease. Eating Bok choy may help lower your risk of developing cancer.

Bok Choy can improve bone structure and density as it contains critical minerals such as calcium, zinc, iron, and magnesium that can help preventing osteoporosis as we age. This dense vegetable is a good source of vitamin K and can lower the risk of bone fractures in older age and is a blood clotting agent necessary for wound healing. Bok choy contains iron which is necessary for red blood cell formation and circulation.

According to the CDC, heart disease is the leading cause of death in the United States. Eating a diet rich in fruits and vegetables may help lower the risk of developing heart disease. Bok choy can be a great addition to promote heart health as it contains folate and vitamin B6 which help remove a compound called homocysteine from your blood. Excess homocysteine can be damaging to blood vessels and increase the risk of cardiovascular disease.

During pregnancy, folate intake needs to double as insufficient folate can lead to birth defects like spina bifida and anencephaly. Bok choy can be incorporated into the diet to help increase dietary folate intake for women who want to become pregnant and who are pregnant.

Though this versatile cabbage has many health benefits, there is something to watch out for when consuming bok choy. Due to its high vitamin K, this acts as a blood clotting agent. For those who are using blood thinners, such as warfarin, should consult their doctor before adding this cruciferous vegetable to their diet.

When choosing bok choy, find a bundle that is firm, compact and fresh. There should be no brown spots and avoid slightly wilted leaves. Larger leaved bundles are great for soups while smaller ones with narrow stems are better for stir frying. Store bok choy in a perforated plastic bag in the refrigerator for 2-3 days. This Chinese cabbage does wilt faster than a regular head of cabbage so they will need to be used sooner after purchasing them.

Versatile and delicious, bok choy can be used in many dishes and is a popular ingredient in Asian cuisine. There are many ways to use this leafy vegetable including shredded for salads, steamed, chopped, added to stir fry, grilled, and used in soups. Prepare the cabbage cutting it lengthwise or into quarters then wash thoroughly to remove any dirt. Trim any wilted or blemished leaves. Bok choy cooks quickly within 5-10 minutes depending on the recipe. When cooked correctly, it will have a light refreshing taste, but if overcooked it will become mushy and dull. Experiment and enjoy the amazing health benefits of this tasty cabbage.

Sources:

<https://www.organicfacts.net/health-benefits/vegetable/bok-choy.html>

<https://www.webmd.com/diet/health-benefits-bok-choy#2>

https://harvesttotable.com/bok_choy_bok_choy_has/#:~:text=How%20to%20Choose%20Bok%20Choy%201%20Choose%20bok,leaves%20whole%2C%20choose%20baby%20bok%20choy%20or%20hearts.

Health Benefits of Bok Choy



Bok choy is a type of Chinese cabbage, and falls within the cruciferous vegetable family with broccoli, cauliflower and other cabbages. Like it's cruciferous brothers, it contains sulfur compounds that protect against cancer. It is rich in nutrients like antioxidants beta-carotene and vitamin C which fight free radicals known to contribute to aging and disease. Although Bok choy originated in China, it can be found in around the world, and in most US grocery stores.

WHAT MAKES BOK CHOY GREAT?

Nutrition

1 cup raw or 1/2 cup cooked Bok choy contains 9 Calories, 1 gm protein, 1 gm fiber, 0.1 gm fat and no cholesterol.

Powerful Antioxidants and Flavonoids

Powerful antioxidants and flavonoids like lutein, beta-carotene, vitamin C and quercetin can fight off free radicals and reduce inflammation to prevent chronic disease. Eating Bok choy may help lower your risk for developing cancer.

Vitamins

Bok Choy is rich in vitamins and minerals including vitamins E, K and B6. Vitamin E fights free radicals, supports immune function and keeps arteries clear. Vitamin K is important for blood clotting and wound healing and building bone cells.

Vitamin B6 is involved in more than 100 reactions in the body like protein metabolism, neurotransmitter production and maintaining normal levels of homocysteine. Excess homocysteine can be damaging to blood vessels and increase the risk of cardiovascular disease.

Riboflavin (B2) found in Bok choy is important for cellular growth and development, energy production and fat metabolism.

Minerals

Bok choy contains calcium and magnesium which both contribute to bone health and muscle contraction, especially the heart muscle. Iron in Bok choy is necessary for red blood cell formation and circulation of oxygen to the tissues.

Bok choy is also a good source of potassium and low in

sodium, making it an excellent choice for preventing or controlling high blood pressure.

Folate and Prevention of Birth Defects

Folate is important for building DNA and RNA. During pregnancy, folate needs double as insufficient folate can lead to birth defects like spina bifida and anencephaly. Bok choy can help increase dietary folate intake for women who are pregnant or thinking of becoming pregnant.

Folate deficiency is also associated with megaloblastic anemia, a condition in which the bone marrow produces immature red blood cells which cannot carry oxygen to tissues. This type of anemia could also be caused by a B12 deficiency.

BUYING AND USING BOK CHOY

Buying

When choosing Bok choy, select bundles with firm stalks and crisp leaves. Larger leaved bundles are great for soups while smaller ones with are better for stir frying or consuming raw.

Store Bok choy unwashed in a perforated plastic bag in the refrigerator. This cabbage wilts faster than a cabbage heads so use within 2-3 days. Separate leaves and wash well before slicing.

Using

Because of its mild flavor, Bok choy can be used in many dishes, raw or cooked. Shred raw into salads or use as a wrap for beans. Stir fry, steam, grill or toss into soups.



**Oregon State
University**

Jessica Warrick, BS, OSU dietetic intern
stephanie.polizzi@oregonstate.edu
631 Alder Street, Myrtle Point, OR 97458
541-572-5263 ext 25291
<http://extension.oregonstate.edu/coos>

Bok choy cooks quickly within 3-5 minutes depending on the recipe. When cooked correctly, it will have a mild, sweet flavor, but if overcooked it may become mushy.

REFERENCES

<https://ods.od.nih.gov/factsheets/forVitaminsandminerals>

Garlic Baby Bok Choy Stir Fry

thewoksoflife.com

Ingredients:

- | | |
|-----------------------|-----------------|
| 1 pound baby Bok choy | 1/8 tsp sugar |
| 2 tbs oil | Salt and pepper |
| 5 garlic cloves | to taste |

Directions:

1. Trim the bottoms off each bundle of Bok choy and split them in half or quarters.
2. Wash thoroughly with cold water. Shake off excess water and transfer to a colander to drain.
3. Heat a wok or pan over high heat and add 2 tablespoons oil. Swirl around the oil so the wok is coated. Add the garlic and immediately add the Bok choy. Move quickly to stir and sauté the greens in the oil and garlic.
4. Once the vegetables begin to wilt, about 30 seconds, add salt, pepper, and sugar.
5. Plate and serve immediately.

Bok Choy Salad with Sesame Dressing

whiteplateblankslate.com

Ingredients:

- 1 clove fresh garlic, pressed through garlic press
- 6 Tbsp. rice vinegar
- 2 Tbsp. maple syrup
- 2 Tbsp. low-sodium soy sauce
- 2 Tbsp. toasted sesame oil
- 2 Tbsp. canola oil
- 2 tsp. toasted sesame seeds
- 2 medium baby bok choy, sliced on a diagonal
- 1 medium carrot julienned
- 2 Tbsp. peanuts, toasted and coarsely chopped
- 1 scallion, thinly sliced on a diagonal

Directions:

1. In small bowl, combine garlic, rice vinegar, maple syrup, soy sauce, sesame and canola oil. Stir.
2. In medium bowl, combine the Bok choy, carrot, peanuts and scallions. Drizzle dressing over and toss to combine.

Bok Choy & Wild Mushroom Soba Noodle Soup

simple-veganista.com

Ingredients:

- 1 package (9 oz) soba noodles (wheat or buckwheat)
- 4 oz shiitake or other mushrooms, chopped
- 2 to 3 baby Bok choy, ends trimmed
- 2 to 3 tablespoons miso paste or veggie broth
- 4 cups water
- 2 to 4 oz tofu, cubed (optional)

Garnish:

- 2 scallions, sliced
- fresh cilantro sprigs, chopped
- sesame seeds
- red pepper flakes (optional)

Directions:

1. Cook soba noodles according to package, rinse under cool water, set aside. Buckwheat noodles are gluten-free.
2. In a wok or medium pan, heat ¼ cup water over medium-high heat. Add mushrooms and stir fry for 4 – 5 minutes.
3. Reduce heat to medium and pour 4 cups of water and Bok choy into the pan. Add miso (or broth) and stir gently to dissolve.
4. Cook over medium to medium-low heat for 10 -15 minutes, or until Bok choy is tender, stirring occasionally. Add the optional tofu to the soup to warm through. Do not let soup boil.
5. In individual serving bowls, add ½ soba noodles and top with Bok choy and mushroom mixture. Top with sliced scallions, cilantro and a sprinkle of sesame seeds.

[The Co-op 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

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.

WEDNESDAY: EMPIRE BAKERY, FARMSTEAD BREAD

EMPIRE BAKERY Focaccia, Plain, Cranberry Walnut, Roasted Garlic, and 9-Grain Sourdough breads.

FARMSTEAD BREAD is a local bakery focused on flavor, freshness and crafting community with each handmade loaf.

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 in the Meat Dept.]

- PACHAMAMA CHICKEN APPLE MAPLE
- DIESTAL GROUND WHITE TURKEY 1 LB
- BEELERS CHORIZO GROUND NON-GMO
1 LB

“Once
upon a
time all
food was
organic.”