



# The COOS HEAD SCOOP

November 2020

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

## A MESSAGE FROM OUR GENERAL MANAGER..

"Annual Meeting Debrief"

If you were not able to virtually attend this year's Coos Head Annual Meeting, here is a summary of the annual presentation.

The Co-Op's financial performance for 2019 was similar to 2018 in that we suffered a Net Loss of approximately 5% of Gross Sales. Gross Sales were down about 10% from 2018 which follows the trend set as new competition came to town. This year has been different. With Covid-19 taking affect in February, sales have risen to the levels seen prior to the new competition. Additionally, Bailey's Health Food Store was forced to close their doors after 47 years of service to the community due to a combination of the new competition and the Covid-19 crisis.

Article continued on page 3.



## VETERANS DAY

**10% OFF & A FREE COFFEE  
WITH THE PURCHASE OF A  
SCONE!**

On behalf of Coos Head Food Co-Op,  
we would like to send a huge thank  
you out to the Veteran community for  
their service.

*Veterans Id needed to redeem  
offer!*

## FACE MASKS REQUIRED

Due to recent *state mandate* Coos Head Food Co-Op is now requiring all shoppers over the age of 5 to wear face mask and remember to practice social distancing when shopping.

**DECEMBER** IS THE MEMBER  
APPRECIATION MONTH WHERE MEMBERS  
CAN REDEEM THEIR 10% OFF DISCOUNT!

### Contact Us:

✉ [OFFICE@COOSHEADFOODCOOP.ORG](mailto: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....

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# *Annual Meeting....*

## **DEBRIEF**

**Between Covid-19 and Bailey's closing, our projected sales for 2020 may reach the level of sales we saw in the first full year in our Coos Bay location.**

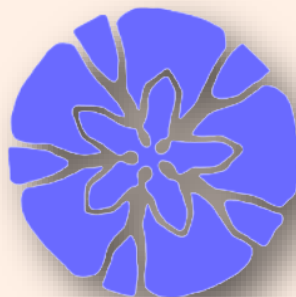
**Membership increases by more than 100+ new members each year since 2018 and continues to grow.**

**If you have not been in for a while, we now have an updated POS system from Store Management Systems (SMS). The new system allows full integration of our retail operations to support merchandising of products and better inventory management. It expands and strengthens our back-office capabilities such as developing Member Loyalty programs and creates efficiencies at the register to speed up customer transactions. We are still in the infancy stage learning the new system and ask customers and members for their patience as we continue to fine tune the system.**

**We continue to strive to support our local producers and give back to our community. We purchase various products from over 50 local producers within 100 miles, and 130 producers from across Oregon. We continue to support our community by hosting various activities such as blood drives & fundraisers and educating the community on the benefits of healthy eating.**

**Last and far from least, all of this would not be possible without the efforts of an amazing staff who show up every day to provide you with access to wholesome, locally produced foods. These folks work tirelessly to keep the store clean, efficient, and operating smoothly. Next time you're in the store, please give them a big "Thank You" as we work through the challenges of 2020.**

**If you have any questions, or wish to know more about the topics above, please reach out to me at [office@coosheadfoodcoop.org](mailto:office@coosheadfoodcoop.org) or call me at 541-756-7264 opt. 5**



# Curbside Pickup

Your local Coos Head Food Co-Op is now offering grocery pickup service to help keep our most vulnerable community-members safe.

If you're of good health and not in a high-risk group for coronavirus, please visit our store, as we have limited capacity to implement curbside pickup. We are taking many precautions to keep our community safe, store hours are 9am to 7pm weekdays, 9am to 6pm Saturdays, and 10am to 6pm Sundays.

Senior and high-risk groups can now shop on Tuesday and Thursday between 8am and 9am.

If you feel you are in a high-risk group, including seniors and those with compromised immune systems, and need grocery pickup service, we're glad to help do your shopping.

**Email your shopping list to [office@coosheadfoodcoop.org](mailto:office@coosheadfoodcoop.org).**

**Orders placed Monday–Friday excluding Wednesday before 11am will be available for same day pickup between 2–4pm.**

**Orders placed after 11am will roll over to the next pickup date.**

Your email should include your name, phone number, and a detailed list of the groceries you need. Please limit this list to 15 items or less and let us know if it's OK to make substitutions or if you'd rather we skip an item if it is out of stock.

We will call to confirm we received your order, and to get credit card payment information. We'll do our best to fill your orders, but staff may need to make substitutions on comparable items. All sales are final, and we are not accepting returns currently. Some items may be temporarily out of stock.

When you arrive to pick up your groceries, feel free to call the store and let the staff person know you are outside, we will bring your groceries out to your vehicle. Please have a space cleared so our staff can load your groceries while keeping a safe 6-foot distance.



# Vendor Highlight.....

## CAFÉ MAM

### SOLIDARITY, DIGNITY AND LIVING WAGES FOR FARMERS

#### Taking a Stand with SPP — a 100% Farmer Driven Initiative

Café Mam was founded on the idea that good relationships make good business. Since the beginning of our company, we have put great importance on developing relationships and working closely with the farmers who grow our coffee, and the cooperatives they are a part of. A big part of this work has been learning to listen to and honor their needs and requests.

It is through this process that we have decided to become a part of the growing number of businesses who support the first fair trade, farmer-owned certification system, referred to as the Small Producers' Symbol (SPP, for its Spanish acronym). The farmers and cooperatives we work with have shown us that this certification system better represents their needs and the needs of their communities, and provides them a way to better represent themselves in the growing, global market of fairly traded coffee.

We are very excited to continue to support and align, in solidarity, with the hardworking farmers in Chiapas, Mexico toward our shared goal of a more just and fair world for all. In the words of the farmers, "The SPP is more than a label. It is a particular way of improving prospects for life and well-being through collective, co-responsible work among small producers, consumers and other stakeholders in the market and in society."

### SPP MISSION STATEMENT

"The Small Producers' Symbol, SPP, is a label that represents an alliance among organized small producers to build a local and global market that values the identity and the economic, social, cultural and ecological contributions of products from Small Producers' Organizations. This alliance is based on a relationship of collaboration, trust and co-responsibility among women and men who are small producers, with buyers and consumers. The SPP is backed by an independent certification system."

- SPP Coop

***All Café Mam Bulk Coffee is on SALE for the month of November.***

"Frontier Co-Op Wholesale." Frontier Co-Op Wholesale, <https://wholesale.frontiercoop.com/whoweare.html>. Accessed 2 Oct. 2020.



**SPP**  
The Inherent Strength of Small Producers

SPP, Small Producers' Symbol, is an intercontinental network of ecological small-producer organizations. In partnership with committed companies and consumers and legitimized by independent certification, we fight for the recognition of our work and high-quality products, a dignified life, and a healthy planet for all.



Only SPP Offers:

1. A 100% producer-driven initiative
2. Real solidarity between organized small producers, committed companies, and consumers
3. High quality products that are organic, agroecological, and healthy
4. Prices based on real production costs and free of exploitation
5. Complete traceability from producer to consumer
6. Living income for producers
7. Independent certification



CONSISTS OF 120 SMALL PRODUCERS' ORGANIZATIONS  
REPRESENTS 500 mil FAMILIES AMONG LATIN AMERICA - CARIBBEAN, AFRICA AND ASIA  
PRODUCTS FROM 30 PRODUCTION COUNTRIES  
SOLD IN 50 CONSUMERS' COUNTRIES



I am a small producer and, for me, SPP represents my voice and my products which are produced with respect for the environment while securing a dignified future for my family and community.



I am a brand-owner and SPP allows me to advocate for a better world, together with small producers, who produce high quality products and take care of environment.



I am consumer and with SPP products, I recognize how valuable the work of small producers is and how that work contributes to the betterment of the world.

As small producers are making Global Contributions. Will you join us?



Be part of the #UnitedSPPFamily!  
Search for and demand that SPP Products be available in your favourite store!



# Veteran Spotlight



In celebration of this year's Veterans Day, your local, community-owned food co-op would like to spotlight one of our own valued veteran employees, Patrick W. Coulson. Patrick enlisted in the Armed Forces in 1984 in Oakland, California and later relocated to Fort Jackson in South Carolina for his basic training. After undergoing months of training, Patrick later relocated to Fort Gordon in Augusta, Georgia where he later became a Single Channel Radio Operator. After that he was posted to Fort Hood,

Texas and later was stationed in Stuttgart, Germany. When asked about what being a Veteran means to him, he mentions observing veterans being disrespected after returning home from deployment has helped him realize he is a part of a community that should be supported and respected for their continued service to the United States of America. He continues to advocate for those who have fallen in the line duty and for the veteran community.



**VETERAN'S DAY**

**10% DISCOUNT**

**AND FREE COFFEE WITH THE PURCHASE OF A DELI SCONE!**

# Food For Thought

## FUN FOOD FACTS

By. Denise Ehrendreich

Member: 4374

Vegetables and Fruits are classified as either Monocot or Dicot. Both breathe in carbon dioxide (CO<sub>2</sub>) and expel oxygen (O). This is the opposite of humans, animals and mushrooms, which breathe in oxygen and breathe out carbon dioxide. Concerning Vegetables and Fruits, there are distinct structural features that distinguish a Monocot from a Dicot.

**Seeds:** Differ by how many leaves emerge from a sprouting seed. A Monocot will shoot up a single leaf, such as yams, corn and rice. A Dicot will sprout 2 leaves such as sweet potatoes, apples and apricots.

**Roots:** Monocot roots are fibrous. Dicots grow a tap root.

**Stems:** The primary function of both Monocot and Dicot stems are to transmit water and nutrients from root follicles to the growth points such as buds, leaves and flowers. Monocot stems can feature rhizomes, which are underground stems. Dicot stems develop cambium, which is a layer of cells located just inside the bark or “skin” of a plant. Cambium also increases the girth of a stem.

**Leaf:** The veins in a Monocot grow in a parallel pattern, while a Dicot’s veins develop in a net-like pattern.

**Flower:** A Monocot’s flower grows in a pattern of three. A Dicot’s flower grows in patterns of four and five.

## A TALE OF 2 DICOTS

One of the most popular Dicots in history is the Apple. Apples are a widely cultivated fruit in the world. The majority of the world’s supply grows in China.

Not all Dicots need or thrive in the same conditions. For example, Apples require a dormant season to replenish resources. These need a cool to cold climate to produce the best harvest. That is why these thrive in places like Washington State rather than in tropical locales like Florida.

In contrast, Apricots prefer warmer climates and require deep watering.

## PLAYING WITH YOUR FOOD

The Garden of Eden in the Genesis story is said to have been a well-watered and protected climate of perpetual warmth. Many believe it was situated in the Fertile Crescent of Mesopotamia, a region now named the Near East. Archeological evidence and folklore show this region to be a semi-arc from the Zagros Mountains in the east where present-day Iran and Iraq border with each other. The Fertile Crescent goes through the Ararat and Taurus mountain ranges in the north down through the southwest to the hill region of Syria, Lebanon and Israel. Agriculture began here. The Fertile Crescent was deeply watered by 4 major rivers.

The Tree of Knowledge of Good and Evil in the Garden of Eden is implied to be a Dicot. But nowhere in the Genesis story is an Apple explicitly mentioned. Perhaps a mistranslation occurred in the early, early days before words were written down. An Apricot grows perfectly in a place such as the Fertile Crescent, while an Apple does not.

### **BELIEVE IT OR NOT**

There are well known phrases such as:

- \*An Apple a day, keeps the doctor away.
- \* As wholesome as Mom's Apple pie.
- \*You are the Apple of my eye.

How different would these kernels of wisdom be if we had long ago accepted the Apricot as the Tree of Knowledge of Good and Evil rather than the Apple?

Consider the seed of the Apricot, which has long been considered poisonous, such as the tomato and cucumber were in the 17<sup>th</sup> Century. None of these are poisonous. Apricot seeds are edible in moderation. Recommended doses are 3-10 seeds a day. The seeds are very bitter and extremely high in Vitamin B17. The Hunza people in Pakistan eat a lot of Apricots, both fresh and dried. The seeds are eaten raw, ground or roasted.

Perhaps the greater lesson to consider is to willingly take the bitter with the sweet in this life. A freshly picked Apricot on a hot Summer day is truly a heavenly treat on the tongue. A fully ripened Apple tastes best on a crisp Autumn day. Perhaps the greater lesson here is to harvest our rewards as they become ripe for the picking. We should rush no pleasure before its time or we may get a queasy gut.

Perhaps to embrace the brief chance of tasting perfection is to be sought over having a keeper to store for another day's pleasure. Perhaps a deeply watered soil produces a fruit more perfect for its time than a fruit that can grow in heavy soils with poor drainage. The ability to use knowledge and see all sides of a situation is perhaps the root of all worthy harvests.

### **THE HARVEST**

Coos Head Food Co-op offers our members and the public many Monocots and Dicots as they become ripe. We have raw Apricot seeds, fresh Apricots in season and dried Apricots for the off-season. We are also proud to have the best local Apples when in season and dried when not. We are lucky to have so much abundance. We are blessed to be endowed with wisdom. It's not all doom and gloom to be able to discern and learn. It's a good thing to get to the core of a situation. Enjoy the goodness. Be glad you have choices.



# An Eco-Friendly Kitchen

By. Jayme Halasz  
Member: 4509

Of any room in a house, none quite feels so much like home as the kitchen. But a kitchen is perhaps the biggest contributor to waste than any other room. Let's take a look at some easy things you can do to help make your kitchen a more eco-friendly place to enjoy.

You can start by tackling food waste. Meal planning, better grocery lists and using up all your leftovers is a great first step. Next, look into composting. When it comes to kitchens and trash, composting helps to massively reduce waste. All fruit and vegetable scraps should go into a compost bin as will cardboard, paper packaging, and napkins. There are lots of composting options out there. A good place to do some research and see what works for you is your local library. They have lots of great books on the subject. Next, stock up your kitchen the right way. Shop in bulk whenever possible. The Coos Head Co-Op is a great place to find many things you will need in your kitchen. Much of our food, especially processed stuff, comes with an abundance of packaging. An eco-friendly kitchen does its best to avoid excess packaging.

Take advantage of the bulk section to stock up on legumes, grains, nuts, spices, snacks and other kitchen necessities. Use reusable bags to buy these items and store them in repurposed glass jars at home. Otherwise,

try to buy large, single packages of items rather than individual servings or boxes with multiple bags inside (such as with snack cakes or chips.)

Also, try to reduce water usage whenever possible. I like to fill the sink to wash veggies or dishes instead of letting the water run. Keep pasta water to water your plants and just be mindful of your water usage.

Lastly, if possible, look into replacing appliances with energy efficient options. Or, utilizing the appliances you have in the most efficient way possible. Never run your dishwasher half full and don't over pack the fridge.

Obviously, there are many more things we can do in the kitchen but simply taking a few steps in the right direction will add up to a much cleaner planet. That's how we start truly shifting to a greener way of living.



# Food For The Picking

By. Connie Earhart  
Member: 4505

Most of our vegetables belong to a narrow group of plants. They grow similarly, in similar conditions and provide us a narrow range of nutrients and phytochemicals. To receive a full range of healthful phytonutrients for optimal health, we can add herbs, teas, spices and hopefully Wild Plants! This takes awareness of the plants and the environments we find them in. Sometimes these are on our own property, but if not, be sure you know the history, safety, and ownership of the area. The Coos County Library has some great books on foraging. Do your own research, try some new tastes, and know there is always food outside your door.

## Wild Plants - Sheep Sorrel

Sheep Sorrel is nearly everywhere in disturbed soils, lawns, pastures, forest edges and even near water. The plant is a low creeping mound, the leaf is a distinctive arrowhead or rocket shape 1 to 3 inches, the blooms are red spikes in late summer, and the plants spread by seed and root rhizomes. Harvest this Sorrel with scissors to avoid picking up dirt, then wash and remove any stems. It is used whole in salads or chopped to be used as an herb. Sheep Sorrel is good in recipes asking for lemon flavor - fish, eggs, salads, avocados, soups, sauces, and broths. Sorrel soup is a refreshing tonic and the herb is used to detoxify, regenerate cell growth and in Essiac alternative cancer treatment.

## Growing Tip - Beets

Beets are a favorite vegetable that can be a challenge to grow in sandy soil. Adding organic material, compost and plenty of water is not enough. Turns out, boron was needed and lacking in the sand. Happily, a quick fix can be found! A solution of Borax at 1 TBS/6 QTS for 100 feet of row, applied annually is all it takes! If you are mid-season the results are quick! Beets like sandy

soil with added compost, but do not forget the boron! Coffee grounds and mulch applied through the season are helpful too.

## Growing Right Now - Garlic

Prepare your garlic beds with deeply dug compost now and rake the bed, letting it set until planting. If you can do this earlier in October, a green manure crop could be planted and dug in prior to planting. During November plant garlic bulbs 2 inches deep at 4-12 inch spacing, watering if dry. Planting garlic too early causes premature leaf growth and small bulbs. Be sure to add a top-dress of compost, coffee grounds or natural fertilizer in spring to get maximum early leaf growth. Harvest and eat the flower scapes, let the leaves die back before harvesting the bulbs. Mine were ready in early August, varieties will vary.



# Round Up for Relief

7th Principle of a Cooperatives: Concern for Community!

## COOS HEAD FOOD CO-OP

**Medford**  
**Food**  **Coop**



Coos Head Food Co-Op will be hosting Round Up for Relief for the month of November to raise funds for those impacted by the wildfires. We will be donating to Ashland Food Co-Op and Medford Food Co-Op Fire Relief Funds. Concern for Community which is the 7th Principles of Cooperatives states: co-ops are community minded, they contribute to the sustainable development of their communities by sourcing and investing locally.

## How can you help?

When making a purchase at the Co-Op, please consider rounding up or donating to our Round Up for Relief Program when visiting your local Coos Head Food Co-Op.



Visit us online for updates  
[Coosheadfood.coop](http://Coosheadfood.coop)



Coos Bay Library & Coos Head Food Co-op present



# COMMUNITY COOKING WITH THE CO-OP



**FREE!**

**STARRING JAMAR!**

**FUN!**

**MONTHLY EVENT: EVERY 4TH THURSDAY!**

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!

Event Recipe:

**Stuffed Acorn Squash**



Register for this virtual event @ <https://is.gd/0PTIGU>



**COOS HEAD  
FOOD CO-OP**

<https://coosheadfood.coop>

**Thursday, November 19 @ 5:30pm**



**COOS BAY  
PUBLIC LIBRARY**  
(541) 269-1101

<http://coosbaylibrary.org>

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, November 19th - Jamar aims to provide safe, easy, and healthy recipes to create at home. Join us virtually for this fun community event! For his November recipe, Jamar will be featuring Stuffed Acorn Squash.

This event is FREE and open to everyone. For ingredients and access, please register by going to <https://is.gd/0PTIGU>

# South Slough Reserve November Events



## Birds on the Estuary

Wednesday, November 4 (10 am to 11:30 am)

Explore the shores of Charleston in search of winged wildlife. Interpreter and binoculars provided. Dress for the weather. Meet at the Charleston Visitors Center [Max. – 6 participants] FREE

[www.southsloughestuary.org](http://www.southsloughestuary.org)

## Introduction to Crabbing

Friday, Nov. 13 (10 am to 11:30 am)

Come learn about the amazing life cycle of crabs, their importance to the local economy and experience the various techniques for capturing this delectable Crustacean. Dress for the weather and meet at the Charleston Visitors Center. [Max. – 6 participants] (FREE but registration is required) [www.southsloughestuary.org](http://www.southsloughestuary.org)

## Kayaking the Estuary

Saturday, November 14 (10:00 am- 12:30 pm), Tuesday, November 24 (10:00 am- 12:30 pm)

We now rent kayaks!! During the two-mile paddle, experienced guides will show you areas of the Reserve rarely seen by visitors. Bring your own kayak or canoe or rent one of our sit-on-top kayaks. Feet and legs may get wet and muddy at launch points. Meet at the South Slough Visitors Center located five miles south of Charleston on 7-Devils Road. The paddle trip is FREE however kayak rentals are \$20 each. [Max. – 6 participants] (FREE but registration is required).

[www.southsloughestuary.org](http://www.southsloughestuary.org)

## Nature Hike at the South Slough Visitors Center

Wednesday, Nov. 18 (1 pm to 3 pm)

Come for a walk in the woods and explore the flora and fauna on some of South Slough's most popular trails. The two-mile loop is well maintained and relatively level. Please dress for the weather, wear sturdy shoes, and bring plenty of water and snacks. [Max. – 6 participants] (FREE but registration is required) [www.southsloughestuary.org](http://www.southsloughestuary.org)

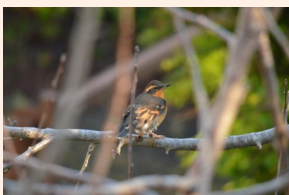
## Birding at the Millicoma Marsh Trail

Saturday, November 21 (10:00 am-12:00 noon)

Come enjoy great views of the bay and one of the best birding spots in Coos County. Interpreter and binoculars provided. Dress for the weather. Meet in the parking lot directly behind Millicoma Middle School on 4th Ave. [Max. – 6 participants] FREE [www.southsloughestuary.org](http://www.southsloughestuary.org)

Reservations are required for each program! A week or so prior to the event you will receive an email containing further information about our new safety guidelines to help combat the spread of COVID-19. Your health and wellbeing are our top priority! Among other things you will need to wear a mask when social distancing of 6 feet cannot be maintained and temperature check, using a no-touch digital forehead thermometer, will be performed at the beginning of the program. Any participants with a temperature greater than 100.4 F agree not to participate. Reserve Visitor Center remains closed until further notice. Trails and waterways are open daily dawn to dusk.

Restrooms open Monday-Friday, 8:00-4:00



# IMMUNITY DURING COVID-19

BY. STEPHEN PROCUNIER MEMBER# 2462



My Colleagues and I agreed that with the firestorm of a pandemic continuing to hang around, maybe for several more months, that it was time for an article on immunity and what could be done prophylactically to protect ourselves from infection. Immunity is a very complex subject and for the purpose of this writing we are giving you things to do without investing in the intellectual immunology of the virologists.

So to begin, continue with what we have been told to do in the last 8 months, and that is wash your hands, wear protective face coverings, social distance, and stay at home as much as possible. As we all know, there is debate about the efficacy of all of the above, but mostly we see what happens when those are not observed. Adhering to the above, for as long as we already have, and then may have to continue to comply, is stressful for all concerned; which is where I want to start. Stress itself can have a huge impact on immune function.

Regarding stress and its relationship to immunity we consider physiochemical stress and psychological stress. The body has a tenacious ability to adapt to changes in the environment. The body unable to adjust to either results in dysfunction.

Physiochemical effects result from environmental factors like how food is raised and prepared, toxins (like the virus itself), infections and inflammation. The psychological effects are slow progressive changes to the chemistry of body from within that threatens the homeostasis of

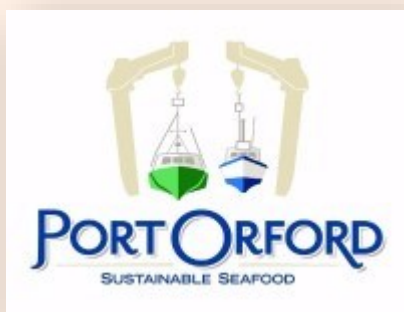
the organism. Basically the body responds either sympathetically (flight, fright, or freeze) or parasympathetically (the brakes or calming mechanism) or a balance between the two. A person in sympathetic response is anxious, angry, and in a state of constant “doing”. This creates chemical imbalances that can lead to severe internal disharmony and illness. In the case of a viral infection it can interfere with the body’s ability to fight infections and inflammation.

The parasympathetic function is how the body carries out normal rhythms and functions that we consider healthy. We need both, but we do not need either one to be dominant for long periods of time. Examples that nurture the parasympathetic function are creativity, music, yoga, meditation, walking in nature, writing, and the joy of joining with one another in love. Habits to enhance this function are sound sleep, regular eating habits, with wholesome foods and plenty of water. Make sure you are drinking at least 64 oz of water/day (although this is weight dependent), plenty of high quality proteins like eggs, fish, tofu, tempeh and quinoa. Organic vegetables and whole grains, all organic and non GMO. Healthy nuts and seeds and fiber in these vegetables and fruits.

Eating these foods not only provides the vital nutrients necessary for body to function optimally, but they provide a certain psychological boost of caring enough for ones self to make good choices. Coos Head Food Co-Op takes pride in providing locally grown and raised food that is safe and healthful. Our deli provides delicious handmade soups, salads and sandwiches for those of you on the go or to take home.

We support the idea that good food is medicine. We also have a vast supplement section to support those that feel the need to boost immune function anytime and not just during the pandemic. The publication **US Pharmacist**, suggests the following management protocol during (and after) the pandemic: Vit C (which often means just ascorbic acid and not a complex of Vit C) 500 mg/day, Quercetin 250-500mg 2x/day with Zinc 75-100 mg /day, Melatonin .3-2mg at night, and Vit D3 1,000-4,000 IU/day. There are many herbs and other supplements that are either available or that we would be happy to get at your request.

Nothing replaces conscious habits I listed above, but above all treat one another with dignity and love and come in and experience Your Locally Owned Coos Head Food Co-Op. Stay well and smile.



Port Orford fishermen use low impact, hook and line fishing gear to catch wild seafood from the Pacific Ocean. Port Orford Sustainable Seafood provides storied fish like you see in the pictures above to help bridge the connection between Port Orford fishermen and you! Every fish is handled individually, promptly iced, and delivered to us within hours of coming on board.

Once at our micro-processing facility, our crew of fish cutters turns these whole fish into approximate 1lb portions which are then vacuum packed and blast frozen locking in that catch day freshness! Each package is labeled with the species, name of the Fishing Vessel, and captain that caught the fish.

Every Monday we send an email to the CSF membership telling the story of the fish that were caught/processed in the week prior. This is your inside scoop into Port Orford fishing where you are able to begin customizing each of your monthly shares.

Using your kitchen, and some culinary cues from us, you too can be creating masterful seafood meals! For the 2021 fishing year we've teamed up with local cafe owners, as well as other chefs and foodies from around the state to send our recipes game to the next level.

### BE ENTERED INTO OUR EARLYBIRD RAFFLE!

By signing up this year, you are automatically entered into our early bird raffle with 1st, 2nd, and 3rd place prizes! Also, you gain additional raffle entries for each friend you refer into the program.

You're probably wondering - "What do I win, when I win?"

#### 1st place GRAND PRIZE

- \* \$100 in-store credit
- \* POSS canvas tote bag
- \* Five 6oz Albacore Tuna pouches
- \* POSS Neck Gaiter

#### 2nd place

- \* POSS canvas tote bag
- \* Five 6oz Albacore Tuna pouches
- \* POSS Neck Gaiter

#### 3rd place

- \* POSS Neck Gaiter



### CHECK US OUT ON SOCIAL MEDIA

Click the Facebook and Instagram links below to give us a 'Like' and start Following us. It's another fun way to see what we're up to around here!

<https://posustainableseafood.us4.list-manage.com/track/click?u=1063d6fe0bda39645abb39493&id=ef3f6c65dc&e=df756ac820>

<https://posustainableseafood.us4.list-manage.com/track/click?u=1063d6fe0bda39645abb39493&id=f94d42d614&e=df756ac820>

Go ahead, follow the link below and register as a CSF member for the 2020/21 Fishing Season. As a member you'll be able to login to 'The Dock' and begin shopping! 'The Dock' is what we call our members only online storefront.

<https://portorford.gosoftware.co/login/skipper/registration.php>



# Did Someone Say Mushrooms?



Amateur mycologist  
With questionable morels!



I'm a fun-guy!



I hunt mushrooms because  
I have no morels!



Shiitake Happens



You make me feel  
All mushy, I love  
you so mush!



Shiitake just got real!



May the spores  
be with you!

# THE WONDERS OF GOAT MILK

BY. STEPHEN PROCUNIER MEMBER# 2462

First off the title I took from one of my mentors, from early in my life, Dr. Bernard Jensen. He was a Chiropractor, Naturopath and PhD. I read his material in the 70's and 80's and always relied on his expertise toward living sanely. He died in 2001 at 93. Dr. Jensen always promoted the use of goat milk in our diets long before fad diets and even before cow's milk was ultra pasteurized and homogenized and filled with antibiotics and steroids.

Goat's milk has been used the world over for thousands of years. Goats provided man with not just milk but meat. Goats helped us by packing supplies, fiber for clothing and managing the land. Early in man's evolution he found that up to 35% of us could not use cow's milk because we lacked the enzyme Lactase to convert the sugar lactose which creates bloating, diarrhea and even vomiting. But man figured out that fermentation solved much of that concern and so we have yogurt and keifer. In the US the most common food allergy for children under 3 yrs is cow milk. Severe allergies can even lead to anaphylactic shock. This is caused by the allergen known as Alpha s1 Casein found in high levels in cow milk. The levels of Alpha s1 Casein in goat milk is 89% less than cow milk providing a less allergenic food. Approximately 93% of children allergic to cow milk could drink goat milk with no problem.



I grew up in So. Dak. and had the good fortune to be around farm animals as a boy and we always had fresh cow milk and we made our own butter. That was done with a separator but if you put cow milk that is not homogenized in the refrigerator it will separate into skim milk and cream without a separator. That separation is caused by a compound called agglutinin. Very few Americans have ever experienced that process because cow milk is homogenized. Homogenization is accomplished by forcing the milk under pressure through a tiny hole that destroys the fat globule cell wall and allows the milk and cream to stay suspended and mixed. The problem with this process is that the broken cell wall releases a superoxide free radical called Xanthine Oxidase. This free radical can cause DNA mutations.

As many of us know that it is near impossible to get unpasteurized "whole" cow milk unless you raise cows for milking because the FDA has stepped in to "protect" us. So this is where goat milk is king. It is naturally homogenized!! The fat globule is much smaller and has higher levels of medium chain fatty acids. Because of this it is easier to digest the protein and form a much softer curd than cow milk.

Lactose is common in both cow and goat milk. There are two different conditions that people encounter with milk. Cow milk allergy is due to a protein allergen and Lactose intolerance is due to a carbohydrate sensitivity because lactose is a sugar. Goat milk has maybe 10% less than cow milk so why is it easier to digest than cow milk? It is speculated that it is in the superior digestion process that less lactose is left undigested.

So goat milk is the closest to human mother's milk. It contains higher amounts of essential fatty acids like linoleic acid and arachidonic acid, with greater amounts of B-6, Vit. A, niacin and potassium. The potassium makes goat milk react in an alkaline way in the body vs. the digestion of cow milk. For mother's unable to breast feed for any number of reasons goat milk can be used as the base to make a near exact replica of human mother's milk.

We, here at Coos Head Food Coop are fortunate to have fresh unpasteurized and of course naturally homogenized goat milk from **Ferns Edge Goat Dairy in Lowell, Oregon!** Please help us keep it in stock by purchasing it. This is wonderful tasting goat milk in glass 1/2 gal jars.

# NOVEMBER IS NATIONAL DIABETES MONTH

## 25 Simple Snack Ideas:

Snacks can serve a lot of purposes—tiding you over between meals, preventing hypoglycemia, helping you recover from a workout and more. Whatever the reason for your snack, we've got 25 simple ideas to help you make healthy choices.

- 1. Turkey Cheese Wrap:** Stack a slice of cheese on top of a slice of turkey deli meat. Top with a handful of fresh greens such as spinach or arugula and wrap tightly. *(110 calories, 2 g carb)*
- 2. Green Wrap:** spread  $\frac{1}{4}$  of an avocado over a small (6-inch) whole-wheat tortilla. Top with a handful of fresh greens such as spinach or arugula and wrap tightly. *(160 calories, 18 g carb)*
- 3. Savory Yogurt Parfait:** top  $\frac{1}{2}$  cup nonfat plain Greek yogurt with  $\frac{1}{4}$  cup chopped cucumber. Drizzle with 1 tsp olive oil, and season with salt and pepper. *(120 calories, 5 g carb)*
- 4. Yogurt Parfait:** top  $\frac{1}{2}$  cup nonfat plain Greek yogurt with  $\frac{1}{4}$  cup berries or other chopped fruit and 1 tbsp chopped nuts. *(130 calories, 9 g carb)*
- 5. Ranch & Raw Veggies:** dip raw veggie sticks (like cucumber, red bell pepper, or radishes) in 2 tbsp ranch dressing. *(140 calories, 5 g carb)* [Try this recipe](#)
- 6. Guacamole & Raw Veggies:** dip raw veggie sticks (like cucumber, red bell pepper, or radishes) in  $\frac{1}{4}$  cup guacamole. *(120 calories, 5 g carb)* [Try this guacamole recipe](#)
- 7. Avocado Bowl:** Top half an avocado with 1-2 tbsp salsa and 1 tsp shredded cheese—eat it right out of the avocado skin. *(125 calories, 7 g carb)* [Try this recipe](#)
- 8. Fruit & Cheese:** have one small piece of fruit (like a plum or clementine) with a string cheese. *(110 calories, 9 g carb)*
- 9. Edamame:** 1 cup steamed edamame in pods, sprinkled with reduced-sodium soy sauce. *(115 calories, 8 g carb)*
- 10. Cucumber Boats:** Slice a small cucumber in half lengthwise and scoop out the seeds. Fill one cucumber half with  $\frac{1}{2}$  cup tuna or chicken salad. *(160 calories, 9 g carb)* [Try this chicken salad recipe](#)
- 11. Plain Cottage Cheese:**  $\frac{1}{2}$  cup low fat cottage cheese. *(90 calories, 5 g carb)*
- 12. Savory Cottage Cheese:**  $\frac{1}{2}$  cup low fat cottage cheese topped with  $\frac{1}{4}$  cup chopped tomato and/or cucumber. *(100 calories, 6 g carb)*
- 13. Sweet Cottage Cheese:**  $\frac{1}{2}$  cup cottage cheese topped with  $\frac{1}{4}$  cup fruit such as berries, chopped pineapple, or peaches. *(100 calories, 8 g carb)*
- 14. Cream cheese & Cucumber sandwiches:** sandwich 1 tsp of cream cheese between 2 cucumber slices (make 6 sandwiches total). *(80 calories, 1 g carb)*
- 15. Peanut Butter Sandwich Crackers:** sandwich 1 tsp peanut or other nut butter between 2 whole grain crackers (make 2 sandwiches total). *(160 calories, 13 g carb)*
- 16. Celery & Peanut Butter:** fill a few celery sticks with 1 tsp of peanut butter each. Optional: dot each with a few raisins. *(100 calories, 4 g carb)*
- 17. Roasted Chickpeas:**  $\frac{1}{4}$  cup roasted chickpeas. *(75 calories, 9 g carb)* [Try this recipe](#)
- 18. Popcorn:** Drizzle 1 tsp olive oil over 2 cups air popped popcorn. Season with salt and pepper or other spice blends such as Old Bay, cajun seasoning, lemon pepper, etc. *(100 calories, 12 g carb)*
- 19. Apple slices & Nut Butter:** slice half of a medium apple and dip in 1 tbsp peanut or other nut butter. Add a sprinkle of cinnamon for flavor. *(150 calories, 15 g carb)* [Try this recipe](#)
- 20. Hummus & Raw Veggies:** dip raw veggie sticks (like cucumber, red bell pepper, or radishes) in  $\frac{1}{4}$  cup hummus. *(140 calories, 15 g carb)* [Try this hummus recipe](#)
- 21. Trail Mix:** combine 1 tbsp each of pumpkin or sunflower seeds, chopped nuts, and raisins or other dried fruit. *(125 calories, 10 g carb)*
- 22. Peanut Butter & Chocolate:** 2 mini Hershey's Special Dark Chocolate bars dipped in 2 tsp peanut butter. *(135 calories, 12 g carb)*
- 23. Nut Butter Toast:** 1 slice whole grain bread, toasted, topped with 1 tbsp peanut or other nut butter. *(185 calories, 18 g carb)*
- 24. Avocado toast:** 1 slice whole grain bread, toasted, topped with a quarter of a small avocado. Optional: top with 1 tsp sunflower or pumpkin seeds. *(155 calories, 18 g carb)*
- 25. Hard-Boiled Egg:** Prepare several [hard-boiled eggs](#) and store unpeeled in the fridge for a quick protein-packed snack. Optional: season with salt and pepper or hot sauce. *(80 calories, 0 g carb)*

The Diabetes Food Hub Team. "25 Simple Snack Ideas." *Diabetes Food Hub*, American Diabetes Association, Sept. 2020, <https://www.diabetesfoodhub.org/articles/25-simple-snack-ideas.html>.

# TAKING CARE OF YOUTH WHO HAVE DIABETES



November is National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. This year's focus is on taking care of youth who have diabetes.

**Diabetes is one of the most common chronic conditions in school-age youth in the United States, affecting about 193,000 youth under 20 years old.** Regardless of their age, sometimes youth who have diabetes need support with their diabetes care. That's why it's important to help your child or teen develop a plan to manage diabetes, and work with their health care team to adjust the diabetes self-care plan as needed.

Here are some tips to consider for your youth's diabetes self-care plan:

- **Manage blood glucose levels.** Make sure your child or teen takes their medicines as prescribed, at the right time, and the right dose—even when they feel good or have reached their blood glucose, blood pressure, and cholesterol goals.
- **Encourage healthy habits.** Follow a healthy eating plan (especially if your youth is taking insulin), get enough sleep, and aim for regular physical activity. Youth with type 1 diabetes should also check their blood glucose levels before, during, or after physical activity.

**Stay prepared for emergencies.** A basic “go-kit” could include:

- medical supplies and equipment (at least a week's worth)
- emergency and health care professional contact lists
- a medication list, including doses and dosing schedules, and an allergy list
- Face coverings, hand sanitizer, and disinfecting wipes may also be added to your “go-kit” during a pandemic.

**Monitor for diabetes complications.** Early diagnosis and treatment can help reduce risk for heart disease, vision loss, nerve damage, and other related health problems.

**Seek mental health support.** Encourage them to connect with other youth who have diabetes. Youth may not be used to talking about feeling anxious or alone about their diabetes. Speak with your health care team for help.

# *A Love Letter to Chicories*

We love things for different reasons, not all the same. Sometimes we love things that are completely perplexing to others. Now and then we learn to love something we never imagined we could have the capacity to love. That's a remarkable feat of growth, testimony to the wonder of the human heart.

One of the things I love is chicories - something that many of you may not love, may never love - but perhaps if I tell you why I love them it will spark your curiosity, and from there love might be just around the corner. As a farmer whose very being is tied to the magic of seeds, the miracle of germination and photosynthesis, the vibrancy of plants and the wax and wane of seasons, this time of year can be accompanied by a tiny trace of grief. It's marked mostly by senescence, things dying, going dormant. All around me the life force of the farm is drawing inward, downward, going quiet. There is no longer the robust energetic noise of seeds sprouting everywhere, new plants popping out of the ground, an endless list of colorful new things to harvest. And sometimes there's a subtle feeling of loss that attends that shift. Also, and without a doubt, I enjoy this time of year immensely because it means we finally get a little break from the madness (picture cozy fire lit in woodstove, soup on stove, reading books with my kids in the evening, hallelujah!). But also, that tiny trace of grief...

**So here are the exceptions to the inevitability of senescence right now:**

1. cover crops (sprouting and growing like crazy in all the fields, delighting me);
2. parsnips and celeriac (not my favorite crops, but yes I'm glad they're out there gearing up to be dug for Thanksgiving)
3. Chicories

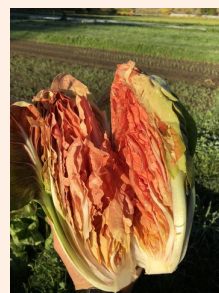
Perhaps the best way to explain my love for chicories is with a photo or two, and save us all a few thousands of words:



*Chicory Rainbow*



*Chioggia Radicchio*



*Rosalba*

The colors! What else is flaming magenta or bridesmaid pink at this time of year, contrasted against the black sky of a pacific storm on the march?

What else withstands hard frost and holds up against the fiercest squall?

What else can you turn into a fantastic, fresh salad in pastel pink and deep purple, at Christmas - or even Valentine's day no less!?

***In short: What's not to love?!***

There is enormous diversity in the world of chicories, and often quite a bit of phenotypic variability within a given variety. They are beautiful, startling, a gift of winter. You'll see a couple other varieties in your share in the coming weeks and I hope they win you over - if need be, with a little help from bacon.

*Article submitted by Valley Flora*



## **Oranges: Nutrition and Tradition**

**By Stephanie Polizzi, MPH, RDN, CHES, DipACLM**



Sweet and juicy oranges are the most highly consumed fruits around the world and are grown in more than 140 countries. Best known for their high vitamin C, oranges also contain an abundance of healthful vitamins, minerals and phytonutrients that fight illness and disease.

For example, oranges are known to contain B vitamins thiamine, niacin, riboflavin, B6, pantothenic acid and folate and minerals potassium, magnesium and calcium. They are also a good source of dietary fiber. Other plant-based nutrients include more than 49 types of flavonoids, like carotenoids, which provide antioxidant and anti-inflammatory effects. A large study demonstrated frequent intake of flavonoid-rich foods is associated with reduced risk of heart disease, lower blood lipids (cholesterol and triglycerides) and improved vascular function. Flavonoid intake has also been associated with reduced risk of gastric, breast, lung and colon cancer.

More than a third of citrus fruits are processed into juice, which wastes the flesh, peel, segment membrane (pith) and seeds, all of which contain nutrients associated with our health. Peels are rich in essential oils often used in food production, cosmetics and supplement products. The pith, or white strings between the peel and fruit, contains as much vitamin C and flavonoid content as the flesh of the fruit. The pith is also a good source of soluble fiber, known to lower cholesterol and regulate blood sugars. Removing the pith can lower the fiber content of the orange by almost 30%.

It is best to eat the whole orange, rather than drinking orange juice. One 3" orange contains 62 Calories, 12 grams of sugar and 3 grams of fiber. In contrast, one cup of orange juice contains 110 Calories, 25 grams of sugar and no fiber, increasing the sugar load and eliminating the fiber to regulate blood sugars. Juiced oranges have had the pulp and oils removed and have been heat-pasteurized to inactivate enzymes and kill microbes. Nutrients like protein, vitamin C, B vitamins, calcium, and potassium are reduced by at least half in juice compared to the whole orange. Processing also removes compounds responsible for aroma and flavor, which are sometimes added back using chemical flavor packs.

Although not optimal, orange juice is still a better option than orange "drinks" which may contain only a small percentage of real juice and additives like high-fructose corn syrup or yellow food coloring.

Fresh oranges are readily available year-round but have traditionally been a staple at holiday meals. When I was a child, I always had a clementine orange in the toe of my Christmas stocking, a custom thought to originate during the great depression (and a great alternative to candy). We poked dried cloves into oranges to create decorative accents for our Thanksgiving table. Sometimes we candied the zest, or skin of the orange, dipped them in chocolate and bagged them as gifts to our school friends. You can also dry orange peels and mix with cloves and cinnamon sticks to make a holiday potpourri.

Besides a juicy snack, fresh oranges are a great addition to a green salad or nutty spread, cranberry sauce or marmalade. Add slices to punch, hot tea or cider. Toss into smoothies, puree with spices for an oil-free salad dressing. Orange segments add zest to jicama slices, brighten up the cream cheese on crackers, and mix well with mango and walnuts for a healthy snack or dessert.





NOVEMBER

# MOSSY LOTUS

158 MARKET AVE. 541.217.0400

## YOGA

11am

**SATURDAYS 11AM**

**VINYASA FLOW YOGA** w/SAILEE

Intermediate yoga class. Breath focused flow!

**SUNDAYS 11AM**

**RESTORATIVE YOGA** w/SHANTI

Passive Opening in supported poses.

6pm

**SUNDAYS 6PM**

**LEARN MEDITATION** w/DANIEL

Learn Philosophy, Practice Technique, & Share with Support the effects of meditation

**TUESDAYS 6PM**

**YOGA FOR RELAXATION** w/SAILEE

A class for beginners and those looking to decompress

**WEDNESDAYS 6PM**

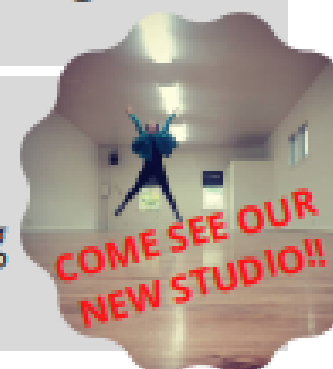
**MINDFUL MOVEMENT** w/MICHAEL

Learn Qigong, the Art of Doing Nothing!

**THURSDAYS 6PM**

**HATHA YOGA** w/DANIEL

A gentle mindful yoga class to bring awareness to body and mind.



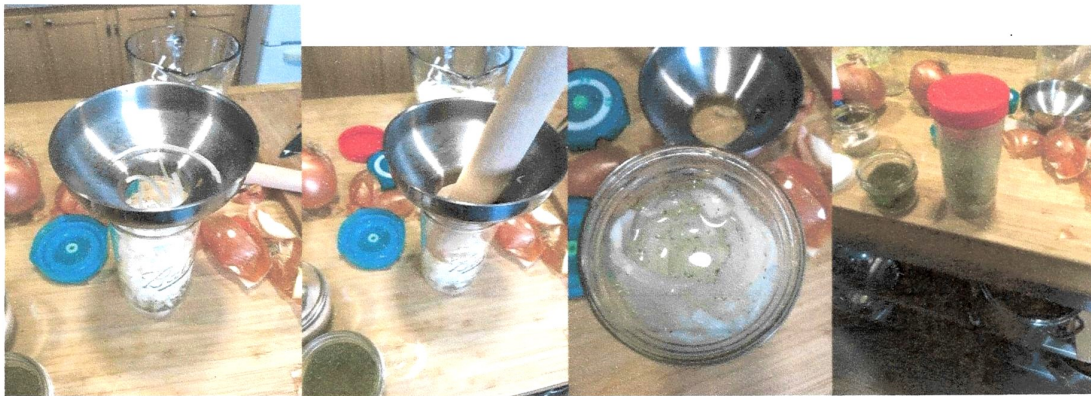
**PASS OPTIONS: \$15/CLASS 4/\$50 10/\$100**

# Onion Fermentation

By. Mike Powter Member#: 3900



Thin sliced onion, dill, salt and water. I use organic or home garden onions, pure sea salt and organic or home garden dill. Add 1 heaping teaspoon of salt and a pinch of dill to a mason jar and a splash of water



Fill about a 1/3rd jar with onion. Add a pinch of dill and another 1/3rd of onion and then a pinch of dill and the last 1/3<sup>rd</sup>. Push it down to leave about 1 inch. Fill it with water to about 1/4" from the top. Put a leakproof cap on it and shake.



Place a weight and push it down and add more water to almost full. Put a lid on it and date it and store at room temperature for at least 2 weeks.

**You can find all of your fermentation needs  
here at your local Coos Head Food Co-Op!**