

March 2021

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

COOS HEAD FOOD CO-OP

celebrating

5 Years

Est. 1971

Of Growing Community...

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.

MEMBER APPRECIATION IS NEXT MONTH

10% Off

APRIL IS THE NEXT MEMBER MONTH

Contact Us:

OFFICE@COOSHEADFOODCOOP.ORG

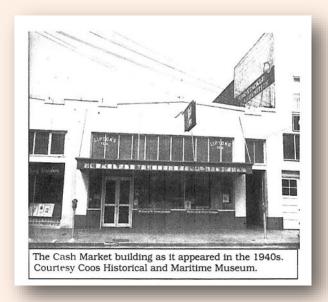
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COOS HEAD FOOD CO-OP

VISITUS ONLINEAT: 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....





"50 YEARS OF GROWING COMMUNITY"







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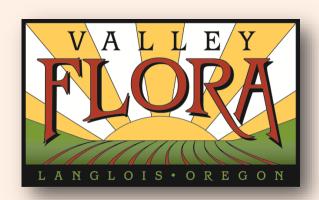
Local Farm Highlight......

VALLEY FLORA FARM

"Betsy, Abby & Zoë make up the Valley Flora trio. As a mother-and-two-daughter team, we cultivate over 100 different crops on our family farm along Floras Creek. We couldn't do what we do without the additional help of our incredible year-round employee - Roberto - our seasonal delivery driver, farmstand cashiers, and part time summer harvest help.

Betsy moved to Floras Creek in the early 70s, where both Abby and Zoë were born and raised. After college, Abby returned to the farm and started up a salad greens business in 1997, known as Abby's Greens. She developed a loyal following of chefs, retail stores and other local salad devotees. Ten years later, after working for various organic farms and non-profits, Zoë and her two draft horses came home to Floras Creek to expand the farm. In 2008, Valley Flora was born, a three-way farming collective. Today, Abby continues to wear the "Greens Queen" crown; she manages the salad production and is the resident apple and orchard expert. Betsy has carved out her niche in the greenhouse, growing row after row of tomatoes, peppers, cucumbers, basil and summer squash. Zoë rounds out the produce line-up with berries, flowers, asparagus, and scores of other outdoor seasonal row crops. Together, the "Florettes" feed over 100 Harvest Basket members through their community supported agriculture program, and help keep the pantry stocked at dozens of local restaurants, retail stores, and foodbanks.."





"Meet Your Farmers | Valley Flora." Valley Flora | Fresh Local Produce from the Banks of Floras Creek, https://www.valleyflorafarm.com/content/meet-your-farmers.

Accessed 26 Aug. 2020.

Local Producer Highlight......

MYRTLE GLEN FARM

Myrtle Glen Farm is a 27 acre organic and permaculture-oriented farm and Bed & Breakfast nestled in the foothills of the southern Oregon coast range mountains near the town of Fairview. Our farm includes lush pastureland with goats and alpacas, a 100 year-old conifer forest, and a clean and clear mountain creek running the length of the property. The farmhouse is surrounded by a productive orchard, sprawling flower beds, and hand-tended veggie gardens, producing enough food to feed organic farm-to-table meals to hundreds of visitors each year. The farm is host to volunteers during our growing season where we trade homesteading education, room, and board, for the help necessary to run the farm and complete permaculture projects.





"---." Oregon Coast Visitors
Association, https://
www.facebook.com/
ThePeoplesCoast, https://
visittheoregoncoast.com/cities/
myrtle-point/accommodations/
myrtle-glen-farm-and-bedbreakfast/. Accessed 2 Mar.
2021.





Local Producer Highlight......

SEACOAST COMPOST

What is Biodynamics?

Biodynamics goes beyond organic and is the next step for agriculture. It is a spiritual scientific approach to building healthy soil and growing vital plants. Rudolf Steiner, a scientist and seer first offered the ideas and techniques in 1924 when plant vitality was already suffering due to agricultural practices that treat soil and plants as chemical mechanisms.

Biodynamics recognizes the earth and all upon it as having a relationship to the cosmos. Living natural systems arise out of the interplay between cosmic and earthly forces. Dr. Steiner created potentized preparations that have a relation to specific cosmic influences. Compost treated with these preparations helps soil receive these forces so it can bear more colorful, vigorous and delicious plants. Demeter USA is the only certification agent for Biodynamic farms, processors and products in the United States. Demeter's mission is to improve the health of the planet and its people by providing certification of products whose ingredients are grown and processed according to the highest agricultural and environmental standards.

SeaCoast Compost is redefining compost with its high – grade recipe of diverse, wild – caught seafood by-products (fish, crab, and shrimp), organic cow manure, pristine red alder, and the enlivening biodynamic preparations. Each raw material is carefully selected for its unique nutritive and revitalising qualities. Slow – aged for 2 years, SeaCoast Compost is a rich, one – of – a – kind, treatment that helps your soil bear more vigorous and healthy plants.









"Homepage - SeaCoast Compost -Compost Tea- Potting Soil - Whole Sale." SeaCoast Compost, http:// redefiningcompost.com/. Accessed 2 Mar. 2021.

Local Farm Highlight......

COOS RIVER RANCH

"Established in 2017, Coos River Ranch is a Market Farm who's foundation is getting people in touch with where their food comes from. We do this by growing chemical-free produce so that all can have the option to eat sustainably, locally and seasonally. We practice sustainable farming and are as biodiverse as possible. We incorporate a methodological structure that encompasses environmental stewardship, fairness, health, business and family aspects on a farm setting. The treating of animals, crops, and soil as a single system. We also recycle, repurpose and reuse as many recycled materials as possible back into all aspects of our planning.

Our farmhouse is surrounded by beautiful views of the Coastal Mountains and sits on 145 feet of river frontage with some of the best salmon and steelhead fishing in the Pacific Northwest. Spring fed Bridges Creek intersects the farm and is a tidal creek which flows year round. We have a barn and tool crib, two fully functioning greenhouses and many new projects in the works. We have 2 bird aviaries housing roughly 70 birds (various ducks and chickens), grow roughly 2 acres of vegetables, herbs and more for our U-Pick Operation. We compost on a large scale. We have in its infant stages berries, fruit trees and a flower garden. We have an on-site Farmstand and attend Farmers Markets and events. We have two dogs. We make many different farm direct products such as birdhouses, feed tote bags, flower and vegetable starts and more. Our operation utilizes small farm equipment and implements, full array of carpenters and woodworking tools and hand tools. We intend to farm and improve our land to it's fullest potential.

We grow many different varieties of vegetables here like corn, potatoes, onions, tomatoes, cucumber, zucchini, squash, pumpkins, herbs, peppers, broccoli, cauliflower, cabbage, brussel sprouts, carrots, beets, beans, lettuce, spinach and more."

Coos River Ranch U-Pick Farm





COMMUNITY GARDENS Lady Bug Landings

Lady Bug Landing broke ground in April, 2005 in downtown Coos Bay. It was the first garden developed in Coos County and has been used as a model for future community gardens. This garden park has 60 individual raised garden beds, including some that are wheelchair accessible. Coos County Oregon State University Master Gardeners,

the Garden Coordinator and volunteer gardeners, maintain demonstration garden plots of vegetables, berries, herbs and perennial flowers on the perimeter of the garden. Lady Bug Landing donates all the food they raise in the demo beds to a local Food Bank.

Public educational opportunities regarding gardening knowledge and techniques are available at the garden through the Master Gardeners Association and Garden Coordinator, they are on site Saturday mornings from 9:30 am until Noon, April-September and Wednesday mornings 9:30 am to Noon, to tend the demonstration beds, harvest produce and answer garden questions. Lady Bug Landing is located at 8th & Anderson near downtown Coos Bay.



Please visit https://socoastcommunitygardens.org/ for more information about South Community Gardens.

COMMUNITY SUPPORTED AGRICULTURE

Community-supported agriculture (CSA) is a food production and distribution system that directly connects farmers and consumers. In short: people buy "shares" of a farm's harvest in advance and then receive a portion of the crops when harvested.

The term "CSA" is also used to refer to an individual farm's CSA program.

Farmers earn important early-season capital and have a guaranteed market for their produce. Barring a disastrous harvest, consumers enjoy overall lower food costs, field-fresh produce, and greater access to high-demand fruits and vegetables like long-stem strawberries and heirloom tomatoes.

Some CSAs offer more than fruits and vegetables.

Eggs, honey, flowers, and even poultry and other meats can be part of a vibrant CSA program. Some farms keep the magic going post-harvest by offering members jams, pickles, or other preserves they've made during the peak of harvest.

Most CSAs require an annual or quarterly buy-in and provide weekly deliveries or pick-ups, but some well-established programs offer monthly or even weekly "memberships."

Many CSAs also offer farm visits, u-pick days, and other special events for members.

ALSO REFERRED TO AS A "CSA"

"What Is Community-Supported Agriculture (CSA)?" The Spruce Eats, https://www.thespruceeats.com/community-supported-agriculture-csa-2216594.

Accessed 26 Aug. 2020.

COOS HEAD FOOD CO-OP Coos Head Cares Committee

7th Principle of a Cooperatives: Concern for Community!

What is the committee?

The Coos Head Cares Committee is a member led committee that looks at the Co-op's mission and how the Co-op community can support local organizations and initiatives. Once those organizations have been selected they are voted on by the members.

What is the Impact?

In 2020 we were able to raise funds through Coos Head Cares Round Up Program for organizations such as South Coast Food Share, CASA of Coos County, Fire Relief Funds for both Ashland and Medford Food Co-Op bringing the total amount raised to

\$2,194.18

Your Co-op:

As the oldest operating food Co-op on the Southern Oregon Coast, we are committed to encouraging and educating our community in a positive and renewing relationship with the Earth and its inhabitants.

We are looking for committee members that have a passion for community and a knowledge of local organizations in the community to help with identifying the needs in order to nominate organizations.

If you are interested in please email outreach@coosheadfoodcoop.org

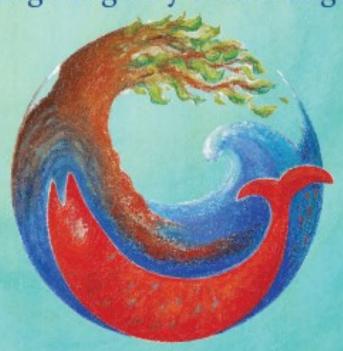


We invite you to

SEACOAST GARDENS Grand Opening

March 5-6 from 9am - 5pm

There will be free food, give aways, and special offers.
91152 Cape Arago Highway next to Englund Marine.



- Unique, coastal plants
- Organic vegetable starts
- · Fruit trees
- Berries
- · Perennials

- Hanging baskets
- Premium pottery
- · Annuals
- Shade and flowering trees
- · Raised beds
- SeaCoast Compost and Potting Soils

Round Up for the -Transformation Ink Project -

7th Principle of a Cooperatives: Concern for Community!

COOS HEAD FOOD CO-OP

Coos Head Food Co-Op will be hosting a Round Up for Transformation Ink Project for the month of March.

"Transformation Ink project removes trafficking brands to help with victims' rehabilitation" Suzen Tattoozen

"2013 marked the creation of Suzen's genuine passion project; Transformation Ink. A project specifically designed to use her art in tattooing to transform lives and empower women."



"Women who are freed from sex-trafficking, who aren't helped by a program like this, can carry these scars and horrific memories through the rest of their lives. Suzen takes these Brands and covers them over completely with fresh and beautiful tattoo art, taking the focus away from the forced mark and creating a restored sense of empowerment and beauty."

How can you help?

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

These works of restorative art are funded solely through donations.
The client is never charged for this service. Clients can feel that they've put this past behind them as the brand they once wore is now transformed into a work of beauty. A life forever changed, empowered, and set free from a recurring and painful reminder.



Community Blood Drive

Coos Head Food Coop & 7 Devils Brewing Co.

American Red Cross Bus 353 S. Second Street Coos Bay, OR 97420

Monday, March 22, 2021 2:00 p.m. to 7:00 p.m.

To make a donation appointment, please visit www.RedCrossBlood.org and use sponsor code: 7Devils. All presenting donors will receive a free pint for a pint!

(Non-alcoholic beverages are available for donors under 21 years.).



Your donation is essential. We'd like to show our gratitude for being a vital part of our American Red Cross community with a special gift. Get an exclusive Red Cross T-shirt when you come to give March 15-26, while supplies last.

Why Omica Organics Stevia?

Why does Not Diets approve Omica Organics stevia over others? Why is their "Michelle approved" tag on this brand? Do we just arbitrarily select products? Aren't all stevia products the same? The answer to the last 2 questions is no. All stevia is not the same. Formerly, we used a different stevia which appeared to be pure by the label. One day, when I purchased a bottle, there was a sticker added that said, "Product of China." I was alarmed. My organic stevia was a product of China? What were their organic standards and how was it produced? Immediately, I began to study what made a pure stevia product and to find one I could endorse.

Stevia is an herb. You can purchase a green stevia plant and just throw a leaf into your tea or smoothie to sweeten. The problem is, stevia plants are indigenous to South America and warmer climates. My stevia plant did well in Oregon over the summer, but it did not make it through even our mild Oregon winter. The fact that stevia is an herb is what sets it apart from chemical sweeteners like Splenda (Sucralose), NutraSweet (aspartame) or Sweet-n-Low (saccharin). Not Diets does not recommend any of these chemical options for sweetening.

During my search for a pure stevia product, I learned that just because stevia is an herb, that doesn't make all stevia products equal. It matters how the herb gets from leaf to white powder sweetener. Some stevia products go through as many as 40 steps and carcinogens (cancer-causing agents) are used to extract the sweetness from the leaf. Omica Organics has a green stevia product that is simply finely crushed stevia leaves. The chemist at Omica spent time talking with me, explaining why their process was different, resulting in a superior, pure product. He was a

biodynamic farming instructor and knew his facts. He spent time with me, telling me he was encouraged that someone cared to find a pure product. He told me their purest product was the crushed leaves. He also told me that, unlike other companies, they use just one organic product, to take the stevia from the leaves and make the white powder. I tried the green powder product as well as the white powder, now sold by Coos Head. The green powder is fine for some uses, but I prefer the Omica Organics white powder for most recipes.

Pure stevia is extremely sweet. It is 200-400 times sweeter than table sugar. Any stevia product purchased that measures like sugar has a whole lot of some sort of filler. Because Omica Organics stevia is pure, it is very sweet and a little goes a long way. I use a "doonk" to measure stevia. That is 1/32 of a teaspoon. This stevia does not come with a "doonk" scoop, but Coos Head had/has a supply of them. If you purchase the product, ask at the check out to purchase a "doonk."

Fruit should be our main "sweet." But when we want to sweeten a cup of tea or an occasional dessert, stevia is my sweetener of choice. I like it because it is safe for diabetics. It does not raise blood sugar or create sugar cravings. This is important to me since a couple decades ago when I plunged into plant-based living, I was addicted to sugar. I can tell when I use some sweeteners that they have the same glycemic effect on me as sugar. I have used stevia for years and Omica Organics is the best tasting, purest product I have found. When I put my name on a product, many of them have a similar back story.

Submitted By. Michelle Davis Your local health coach, Not Diets, LLC. www.notdiets.com



Talking Compost: Say What Compost?

You are what you eat is not a cliche but truth. If you are under 55 years old you may not have ever been told this fundamental biological truth. Moving forward as you turn your priorities to Earth and Human Justice you will come to know we are our COMPOST and what we choose to do with it. If you have a small bucket in plain view for kitchen scraps everyone becomes closer to the new food compost ensures WHEN TREATED WITH RESPECT.

Compost is a process as old as the color brown. When thinking about your home system to recycle minerals from the kitchen to another meal, keep it simple. The little container on your counter is an hourly reminder just how dependent we are upon Nature. Try not to see a mess. Baby poop in a diaper is not a mess it's a sign post of our future. In a funny way a baby's future is defined by their nuclear families compost.

Remember the only way to mess up compost is by not composting. Once you see the whole picture you'll become a composter for life. Even if you don't compost food scraps the knowledge will remain and like a skunks smell you'll not wash it off.

Here are the how, where, when and who will let you understand the why for this ETERNAL process. Being primal is the new bling because materialism has lost and Creation Abides!!

How: "Think Lasagna. Layers of cow poo (preferred), food waste (carbon fresh or mature) and water. There are ways to speed the process and ways to adjust the results but nothing needs to change while we make compost. Since it may be a or meditation composting is like yoga and prayer, you can't be wrong adjustments are required.

It is critical the water applied have an exit to avoid drowning things and wasting a long list of benefits from the proper mixture. Putting a small pile to corn stalks or other high fiber "mature carbon" components will absorbed the water before it is wasted into the ground. Some people make compost on cement to capture ALL the water and its magic TEA in their system.

Where: Make it easy for the family by keeping a waste container on the kitchen counter. Put a sign on it to remind the world you are growing as a human in awareness. Your kids can pay their way through college by understanding the process and results as they pertain to life in general and money in particular. Knowing how the food you eat affects our collective best interest makes you a doctor really. You may want to put a larger "covered" container outside or near the kitchen door. The size of the can is proportional to

how often you'd like to make and agitate the pile. It can become a piece of art work with a dedication or a mound of poo, food scrapes and water ... no big deal: JUST MAKE IT.

When: Every time we touch the Earth is a stoke so how often would you like to be stoked? Just seeing a clean compost container on counter is enough to remind me of what's really going on within my life. Its good to work a pile before a rain and really best to leave it alone following big weather (same with garden beds btw allow them to rest following such a pounding by rain). Its ready when you are ... it does not need to be "finished as it seems in a bag.

When your garden beds are shaped and the water is available put what you have in the ground irrespective, a banana peel or avocado pit. We can call it "in bed" composting and helps simplify the process in a busy world.

Who: EVERYBODY composts eventually. The younger the better because ALL of Nature is forgiving, compost is ALWAYS capable of adjusting or being adjusted. If you have worms you have an ecology to build your gardens capacity. If you don't have worms ... its most likely dry. Adjust as your understanding allows for worm eggs and biological microsystems to do what they do.

Remember; It is both natural and normal for people to care about what we eat and how such awareness affects OUR (plants and animals too) next 7 Generations. If you do not understand perhaps read the why above again?

Submitted By. Dale Hodges



Food for the Picking!

The idea of foraging and growing your own food has a huge potential in boosting plant nutrients in your diet. By eating fresh plants you can get the maximum potential of inherent nutrients, and by eating wild plants you eat a much wider range of nutrients that are missing in standard fruits and vegetables. Using herbs, teas and any safe plant for nutrition will provide even more nutrients to address your body's needs. Variety in your diet will provide you with more of the gifts from the Plant World, eat something different every day if you can!

These skills of foraging and growing food are also your first line food-security actions. Learning and practicing these skills makes me feel more empowered.

Wild Plants - Henbit and Purple Deadnettle

Henbit and Purple deadnettle are closely related members of the mint family (square stems!). These plants look similar, taste similar, and grow low to the ground in lawn and field areas. They both occur during the winter and early spring, finishing their cycle as the heat of summer triggers them into dormancy. The blooms are starting to show now and



are a good way to identify the plants and be assured of their safety. The henbit has a shorter habit with pink

blooms, while the purple deadnettle has lavender blooms and spreads wider and somewhat taller. See photos and further references.



They both have a similar herbal flavor that lends

well to cooked recipes and can be used similarly to kale, and in the blender adding a ton of nutrition. Pesto is a good use of both these wild plants, as the stems are fuzzy and a little stringy. The ForagedFoodie.blogspot.com site recommends a pesto made with onions and macadamia nuts that is delicious! These wild plants are both good sources of iron, Vitamins A, C and K and healing herbs for digestion.

Growing Tips - Grow Lights for Spring 'Tis the Season to grow some plants, start your favorite varieties and satisfy that deep winter's urge! The most important environmental requirement for growing strong, quality plants is adequate light. To meet the light needs of a fast growing seedling crop, the light source can be as simple as 4ft shop lights - fluorescent or LED. There are many lights available and the spectrums are not as important for this vegetative stage of growth, so cheap and temporary is good. Once you have light, it is very important to keep the light source VERY CLOSE to the plants. The intensity of the light will affect this. If your plants are 'stretching' / reaching for the light or growing excessively tall then, the lights are not close enough. To this end, the lights will need adjustments to allow raising and lowering the fixture. This may mean that you need more lights, but two 4ft shop lights will raise a lot of plants very reasonably.

If you rotate your crops and don't try to grow the plants too big, then you can cycle a lot of plants through a small system. If you want to grow longer and are after blooms or fruit, then a different light system may be required. This tip pertains to quick spring crops.

Growing Right Now - It's March!!! Oh my!

It's time to plant a lot of stuff, now, all of a sudden! Crops like all the coles (kale, cabbage, broccoli, mustards, cauliflower, pak choi and more), beets, carrot, radish, parsley, peas, fava beans, cold tolerant greens, onions, shallots. They can all tolerate cooler temperatures and last I checked my soil was up to 45degrees, so the early gardening season is here! It's a good time to add compost, start some green manure crops, divide summer or fall perennials and to finish pruning.

I am so excited that it is March! Enjoy!

Submitted By. Connie Earhart



ITT SAYS A lot about a community # Mat SUPPORTS A CO-Op"