MESSAGE FROM THE BOARD

Dear cooperators,

We are living in a time of transition. The season is changing from the depths of winter to the first signs of spring. The co-op is also in a time of transition.

We sit on the precipice of a new chapter in our history. The board is currently negotiating the lease for a new location, as we do this, it will do us good to reflect on the second cooperative principle: democratic member control. This principal requires us to engage in the cooperative in ways a grocery store does not. This is our institution and our voice is what gives it strength.

As we grow into a new physical space, we should set our intentions to strengthen our community. By coming together and investing ourselves and our values into the cooperative we have the opportunity to create a future that reflects who we are and our aspirations for a better place. This can only happen when we exercise our democratic voice as a member of the coop.

There are concrete ways you can make this happen:

1. Attend the annual meeting on March 9th
2. Attend the next board meeting on March 18th
3. Email the board or the general manager with with any suggestions or visions you may have for the future of the co-op
4. Volunteer to sit on the board or committee

In cooperation,

Simon Gorbaty, Member of the Board

UPCOMING DATES

3/9 Annual Meeting: 4-6pm  
Raptor Center

3/10 Deadline: Midnight  
Blue Valley Meats  
(3/26 delivery)

3/12 Delivery: 5:30pm-8pm  
Produce Only  
Centennial Hall

3/15 Deadline: Midnight  
All Foodclub orders  
(3/26 delivery)

3/17 Deadline: 3pm  
Azure Orders  
(3/26 delivery)

3/18 Board Meeting: 4:30-6pm  
Library

3/26 Delivery: 5:30-8pm  
All Orders  
Centennial Hall

3/29 Deadline: Midnight  
Produce Only

Environmental Corner:

March into some spring cleaning! This month, consider the cleaning products you use in your day-to-day life. Often just vinegar and water or a little baking soda paste can go a long way. Also, consider using rags rather than paper towels when possible.
Greetings Everyone -

Steve Jobs, co-founder of Apple, once wrote: "**Great things in business are never done by one person. They're done by a team of people**" - and that's what a cooperative is, and should be, all about... a team of people working together to do great things.

Our Co-op is now comprised of over 230 individuals, households, and businesses that have come together to solve a problem in our community... mainly how to bring in healthy and wholesome foods and products at reasonable prices. But... we are actually accomplishing much, much more than that. By working together cooperatively we've created a “win-win-win-win-win-win-win” situation in Sitka where:

1) The community has increased access to wholesome and natural products;
2) Families can save on their food budget;
3) Additional jobs are created in town;
4) Local and regional growers, producers are supported;
5) Charitable organizations can receive food or financial donations;
6) More of the money spent by members stays in town to create a positive economic multiplier effect on the local economy; and
7) Increased competition with existing commercial suppliers benefits the entire community.

Even if you haven't had a chance to volunteer on a delivery day, or participate in one of our committees, or attend an annual meeting to exercise your right to vote on who will serve on the Board and how our Co-op should be governed... you are still part of our cooperative team!

Your membership fees, your purchases, your participation in our "Co-op Cares" program (rounding up at the register), your testimonials and recommendations to non-members, and your overall general support for what we have created is ever so important to our growing success.

So... next time you see a fellow Co-op member be sure to thank them for being part of our Co-op team! Together, we ARE doing great things.

Keith Nyitray

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**VOLUNTEER WITH THE SITKA FOOD CO-OP!**

Sign-up to volunteer for at least 3-4 hours on delivery days and receive a 10% discount on your order! Check out [www.sitkafoodcoop.org/membership/volunteer](http://www.sitkafoodcoop.org/membership/volunteer) for upcoming opportunities, we are Thankful for YOU, our amazing volunteers!!
## THE 7 COOPERATIVE PRINCIPLES

### 1. Voluntary and Open Membership

Cooperatives are voluntary organizations, open to all people able to use its services and willing to accept the responsibilities of membership without gender, social, racial, political or religious discrimination.

The Sitka Food Co-op is voluntary and open to all members of the community. Additionally, membership comes with many rights. Members have the right to participate, select and recall the Board of Directors. Members also have a right to participate and to obtain information on Board actions as well as the Co-op operations and finances.

Paid members receive the additional benefit of membership discounts when pre-ordering, but as always, everyone, including non-members, is welcome to shop the Co-op. It is the diversity of our members that makes our Co-op special!

For more information on how to join or volunteer, use your web browser and type in the link provided here to learn more about YOUR Co-op: [http://sitkafoodcoop.org/membership/how-to-join/](http://sitkafoodcoop.org/membership/how-to-join/)

### UNFI SPECIALS

**ORDER BY 3/15 FOR 3/26 DELIVERY**

<table>
<thead>
<tr>
<th>Product</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy Baby - Stage 2 Foods (organic)</td>
<td>$1.59/4 oz</td>
</tr>
<tr>
<td>Bob’s Red Mill Granola</td>
<td>$3.45/12 oz</td>
</tr>
<tr>
<td>Bubbies Sauerkraut</td>
<td>$8.25/25 oz</td>
</tr>
<tr>
<td>Late July Tortilla Chips (organic)</td>
<td>$2.95 10 oz</td>
</tr>
<tr>
<td>Monte Bene Tomato Sauces</td>
<td>$3.90 24 oz</td>
</tr>
<tr>
<td>Imagine Foods (organic) Assorted Broths</td>
<td>$3.30/32 oz</td>
</tr>
<tr>
<td>North Coast Applesauce (organic)</td>
<td>$3.45 24 oz</td>
</tr>
<tr>
<td>Medjool Dates (organic)</td>
<td>$6.95/lb</td>
</tr>
<tr>
<td>West brae Canned Beans (organic)</td>
<td>$2.30/15 oz</td>
</tr>
</tbody>
</table>
Buying something from a car trunk sounds shady, right? Well that’s how Annie’s got started! Annie Withey believed it was possible to have a successful, socially conscious business, so she began selling Mac & Cheese from her car trunk in 1989 when she co-founded the company known as Annie’s Homegrown.

Annie’s believes in using the best organic ingredients to make our food, our health and our planet a safer place for all of us! Organic means non-GMO, no synthetic pesticides or fertilizers, and this helps make the food healthier for people and for the soil, water and environment.

You might be familiar with Annie’s boxed Mac & Cheese or their Bunny crackers or fruit snacks. Well, there’s more!

They have cereals, soups, frozen foods, baked goods (their cinnamon rolls are to die for!), salad dressings, sauces and items for special diets, such as gluten-free, vegan, and low fat. Many items are packaged for lunch boxes too, to make life just a little easier for busy parents!

Forward-thinking, yummy, different – all words used to describe Annie’s! Check them out at www.annies.com. Enjoy!

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**APPLE GARBANZO BEAN CAKE**

- **Ingredients:**
  - 1 19-ounce can of chickpeas (West Brae brand on sale!)
  - 4 eggs beaten
  - 1 cup sugar or sugar substitute
  - 1 tsp baking powder
  - 3 tsp ground cinnamon
  - 1/2 tsp ground cloves
  - 1 medium apple grated through a fine grater
  - 1 tsp grated lemon rind

- Preheat oven to 350 degrees.
- Drain and rinse chickpeas, process until smooth in a blender or food processor. Spoon the puree into a bowl and add the remaining ingredients, stirring until fully combined. *The mixture will be runny, this is normal*
- Grease a 8×8 cake pan. Pour the batter into the pan and bake for 50 minutes or until a skewer inserted into the center comes out clean.
- Remove from the oven and let cool completely before cutting into squares. Enjoy and don’t give the secret away until after your family/guests have eaten it! They’ll never guess what the secret ingredient is and that it’s actually good for them! Original recipe can be found at https://www.ibreatheimhungry.com/apple-and-garbanzo-cake-2/