MESSAGE FROM THE BOARD

Hello everyone,

I’m so grateful to be writing to you as the newest elected member of the Board. What an exciting way to move into the next cycle of the year. As the season turns to late spring, I’m reminded of the impermanence of winter. I feel that sense of stickiness melting away, and new energy and vitality filling these long sunlit days. I feel a sweet collective surge of bravery and curiosity as we prepare ourselves for summer adventures.

Many people have been asking about the status of negotiations with the Presbyterian church; regrettably, the time has come to begin looking at other options for a permanent location. Moving on from a vision can be hard, but the approaching summer has our hearts feeling open to growth and change. If you know of a spot that might work for our operation, reach out to us!

If you’re feeling inspired and activated by the seasonal turn, consider donating your time or talent to be a part of the Co-op’s evolution! Right now we could really use some creative energy like yours on some of our newly formed committees. We have a group working on rebranding, others working on outreach with local businesses, and a handful more! To join a committee, just shoot us an email and we’ll help you get plugged in. Do you have any skills or ideas that could help improve the functionality of the Co-op? We’re all ears!

Not knowing exactly what the future holds can feel a little uneasy. The Board would like to express its deep gratitude for all your support and patience in this endeavor, it is a tremendous comfort knowing that no matter where we land, we all share a vision of success and longevity for our Co-op. As always, a huge thank you to all members and volunteers, without whose faithful service the Co-op could not operate.

Warmly,

Evanne Kegley
Board Member
Greetings Everyone -

There's something that we don't often talk about (or promote) but is something that's an important part of who we are and what our Co-op is all about... and that is how the Co-op works to support our community above and beyond the selling of wholesome and natural foods and products at reasonable prices.

I was reminded of this when I attended the most recent Wooch.een Health Networking luncheon - a gathering of numerous organizations here in town that share a desire to improve the health of our community and are actively seeking ways to support and work with one another. Since food is so important to one's health, it's only natural that the Co-op attend meetings like these.

Anyways... towards the end of the meeting one of the attendees spoke up and gave a wonderful testimonial about why he had just joined the Co-op... and it wasn't about food. He'd known about us for years, but it wasn't until he learned of the various programs we have that go towards supporting our community that he decided to join. The programs that impressed him... and the ones we all should be proud of... include:

- Our sponsorship program - where we donate up to $2,000 worth of food to local events and organizations each year;
- Our "Co-op Cares" program - where members by "rounding up at the register" are now donating ± $1,000/year to two local charitable organizations (± $500 each);
- Our "New Beginnings" program where we have hundreds of pre and postnatal products at reduced prices to support Sitka's new and young families;
- Our support for the Federal workers who went without pay during the Government shutdown;
- Our willingness to waive membership fees for those in financial distress, and;
- How we will also waive membership fees for all the young interns who come to work in and support Sitka for little or no pay (think Americorp). It's our way of thanking them for helping all of us in Sitka.

Yes... the Co-op sells food... but we also do so much more than that! As a community owned and operated cooperative two words should always come to mind when you think about our Co-op. These being: Community.... and Cooperation!

What a wonderful combination... especially when you add great food to the mix!

Keith Nyitray - General Manager

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 for upcoming opportunities, we are Thankful for YOU, our amazing volunteers!!
**DID YOU KNOW THAT....**

- Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity and solidarity?

- Our Co-op is locally owned and operated by its members and everyone has a say in how the Co-op is run?

- Over 240 households and business in Sitka have gained access to wholesome foods and natural products through our Co-op?

- Approximately 6-7% of the households in Sitka are now members of our Co-op?

- The Co-op is bringing an average of 5.7 tons of produce and products into Sitka each month and is on track to sell over $440,000 worth of goods this year to it's members and the community at large?

- The Co-op... even though it’s registered as a "for profit" business it operates as if it's a “non-profit” organization?

- The Co-op is people driven... not profit driven.

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**UNFI SPECIALS**

**ORDER BY 6/14 FOR 6/25 DELIVERY**

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
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<tbody>
<tr>
<td>Forager Yogurts (assorted, organic)</td>
<td>$1.60/5.3 oz</td>
</tr>
<tr>
<td>Wholesome Pancake Syrup (organic)</td>
<td>$6.75/20 oz</td>
</tr>
<tr>
<td>Medjool Dates (organic)</td>
<td>$6.95/lb</td>
</tr>
<tr>
<td>Boulder Canyon Chips (assorted)</td>
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</tr>
<tr>
<td>Rumiano Cheese sliced (assorted, organic)</td>
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<tr>
<td>Lentils (organic)</td>
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<tr>
<td>Marukan Rice Vinegar (organic)</td>
<td>$3.15/12 oz</td>
</tr>
<tr>
<td>Barley, Pearled (organic)</td>
<td>$1.75/lb</td>
</tr>
<tr>
<td>Clif Bars (assorted, organic)</td>
<td>$1.50 each</td>
</tr>
</tbody>
</table>

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**Coffee with the Co-op**

Come chat with a SitkaFood Co-op Board or Staff member!

Ask Questions
Learn How To Order
Place An Order!

Drop in Thursday June 6th
4:30 - 6:00 pm at the Highliner Coffee Co.

Bringing Good Food & Community Together
Alaskan Grown
Juneau Greens

Ahh, it’s almost summer in southeast Alaska. Are you craving fresh lettuce, but never quite got around to building those raised beds or growing some starts in your not yet assembled greenhouse?

What can you do? Juneau Greens to the rescue.

Juneau Greens was started in the summer of 2017 by a couple of guys, Trevor Kirchhoff and John Krapek, who wanted to bring fresh basil and greens to the capital city.

One of their core goals is to support the local economy, in addition to providing fresh and quality produce in an environmentally sustainable way. They have expanded the kinds of greens and herbs they grow to include a variety of lettuces, kale, spinach, bok choy, mustard, mint, dill and cilantro, to name just some of the things they sell.

Their produce is pesticide free and grown in a controlled, indoor environment.

If you lived in Juneau, you could find their greens at some local stores or could sign up to get a Leafy Greens Box every week, but have no fear, now you can get their produce right here in Sitka.

Keith, the general manager of our Co-op is bringing in a dozen or so orders of basil and butterleaf lettuce with each delivery. You can even pre-order by checking out the Foodclub produce ordering page.

We will continue to offer Juneau Greens products to our members and on delivery days, and hope to provide even more as they expand their offerings.

Check them out at www.juneaugreens.com or find them on facebook at Juneau Greens

Ingredients:
1 can (15 oz) chickpeas, rinsed and drained
1/2 c peanut butter
1/3 c pure maple syrup, or honey
2 teaspoons vanilla
1/2 t salt
1/4 t baking powder
1/4 t baking soda
1/3 c carob or chocolate chips

Topping:
2 T carob chips
Coarse sea salt for sprinkling

Chickpea Blondies

Preheat oven to 350 degrees F and spray 8x8 inch pan with nonstick cooking spray.
In a food processor, add all ingredients except chocolate chips and process until batter is smooth. Fold in 1/3 cup of chocolate or carob chips. *Note: Batter will be thick.

Spread batter evenly in prepared pan then sprinkle 2 tablespoons of carob or chocolate chips on top. (Pro Tip: Spray spatula with cooking spray first to prevent batter form sticking to it.)

Bake for 20-25min. or until toothpick comes out clean and edges are a tiny bit brown. The batter may look underdone, but you don’t want them to dry out! Cool pan for 20min. on wire rack. Sprinkle with sea salt then cut into squares. Makes 16 blondies.

Store covered in the fridge for up to 3-5 days.

Find Recipe here: