MESSAGE FROM THE BOARD

Happy summer everyone!

With school out for a couple months it can be easy to get out of our regular routine. One that never needs to take a break is reducing our plastic use! We all know of the devastation single use plastics wreaks on the planet, but it also affects our pocketbooks! One way to help both the environment and our budget is to re-purpose plastic containers and other packaging.

Here at the Co-op we promote helping our community as well as the world around us. If you would like to participate in our “Use Less” program, please reach out to the Board, or stop by on a delivery day morning (@ 10:30). We will gladly accept your clean containers or produce bags, and will use them to package your order. Be sure to label everything clearly with your name, and if there is a certain container you want something in (think Tupperware container labeled “mangoes”) so we can do our best to keep everything straight. We know this works as our volunteers have been doing this for the last several orders and, after working the kinks out, it is going well. Thanks to everyone who asked about this, and then did something about it!

It seems like every month or so, the Co-op uses less and less packaging, which is fantastic! It all started with a few people with ideas, who then turned those ideas into action. If you haven’t thought about the plastic you use, below are just a few suggestions to get started.

*Beescloth (or similar) instead of plastic wrap *Empty containers for bulk storage of dry goods *Purchase through the Co-op or Farmers Markets when possible *Bring reusable shopping bags to all stores, not just the grocery *Reusable produce bags instead of plastic bags *Compost produce scraps instead of throwing them away (saves space in the trashcan) *Use glass jars for leftovers instead of ziplock bags *When eating out, bring your own reusable straw or ask for no straw in your drink *Bring a container to take leftovers home when going out to eat.

Already doing so? Feel free to share your ideas and tips with us on (Facebook/Twitter/ Instagram/email)!

Cooperatively yours,
Hannah Green- Board Member

UPCOMING DATES

7/7 Deadline: Midnight
Blue Valley Meats (7/23 delivery)

7/9 Delivery: 5:30pm-8pm
Produce Only
Centennial Hall

7/12 Deadline: Midnight
All Foodclub orders (7/23 delivery)

7/14 Deadline: 3:00pm
Azure Orders (7/23 delivery)

*No Board Meeting Scheduled for July*

7/23 Delivery Day: 5:30 - 8pm
All Orders
Centennial Hall

7/26 Deadline: Midnight
Produce Only
(8/8 A Thursday Delivery)

Environmental Corner:

It’s summertime! Time to enjoy an ice cream cone!

Having your ice cream in a cone instead of using a cup and a spoon reduces waste while you enjoy a tasty treat!

Follow us on Facebook at www.facebook.com/SitkaFoodCoop
MESSAGE FROM THE GENERAL MANAGER

Greetings Everyone -

Wow! Where does the time go? Things have been moving so fast of late it's hard to believe we're halfway through the year already. Well... being at the halfway mark it's a good time to look back and see how we're doing... especially in comparison to where we had hoped to be.

So far 2019 has seen some interesting ups and downs and positives and negatives. Of course, we had all hoped we'd be in a new and more stable location by now, so that is definitely one of the "downers." (Another "downer" was having our "Chill" order sent to Juneau last month.) However, on the plus side, we're still growing, we're still getting new members, and we're still looking at several options to expand, with or without having a new home for our operations.

One of the areas we're now looking at is to create a "home delivery service" for those members and businesses that are interested in such a service. We've thought about this for several years now, but just recently we were fortunate enough to get a grant from the Alaska Cooperative Development Center to have a market and financial feasibility study done in association with the University of Alaska's Dept. of Economics. The study is just now getting underway and should be completed later this summer. So... when you eventually get asked to fill out a survey... please, please fill it out to the best of your ability and be sure to send it back to us. Thanks!

Another piece of positive news is that our Co-op was just awarded a $30,000 grant from the Catholic Campaign for Human Development. The main purpose of this grant is (and will be) to reach out to and empower a larger segment of Sitka's populace than are currently being served by our cooperative model. Did you know that less than 7% of the households in Sitka currently take advantage of what our Co-op has to offer? That means there is sooo much more that we can do to "Bring Good Food & Community Together." If you're interested in helping the Co-op grow (and are looking for a half-time position) know that we plan on hiring a "Community Outreach Coordinator" once all the grant paperwork is in place. Contact me for more information.

So... looking back... and looking ahead... I'm proud to report that the Co-op is doing surprisingly well even without relocating. We've a great Board of Directors, an excellent pool of volunteers, new members joining every month, and some solid support from several state and national organizations that are helping us realize our potential. I know I've said this before (and will undoubtedly say it again) but... Together, we ARE creating an alternative food model for Sitka... and it's something that every member should be excited and proud to be a part of.

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!!
**MEMBERS' ECONOMIC PARTICIPATION**

"Members contribute equally to, and democratically control, the capital of the cooperative. This benefits members in proportion to the business they conduct with the cooperative rather than on the capital invested."

All members have access to the finances of the Co-op. They also have equal say and ultimate control of them through the petition and voting process written in the Bylaws.

The Co-op has always done its best to bring healthy food to Sitka as inexpensively as practicable. This comes as a direct benefit to its members. The more a member spends on Co-op goods, the more they can save. However, outside of a member loan campaign, there is no benefit to giving the Co-op any capital and should be seen as a donation rather than an investment.

Remember that your participation is a large part of how YOUR Co-op works!

### UNFI SPECIALS

ORDER BY 7/12 FOR 7/26 DELIVERY

<table>
<thead>
<tr>
<th>Item Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muir Glen - Tomatoes (assorted, organic)</td>
<td>$1.95 / 14.5 oz</td>
</tr>
<tr>
<td>Dry Soda - Bottles (assorted)</td>
<td>$7.61 / 4/12 oz</td>
</tr>
<tr>
<td>Rumiano Sliced Cheeses (assorted, organic)</td>
<td>$3.78 / 6 oz</td>
</tr>
<tr>
<td>Terra Chips (assorted)</td>
<td>$3.40 / 6 oz</td>
</tr>
<tr>
<td>Bubbies Sauerkraut</td>
<td>$7.95 / 25 oz</td>
</tr>
<tr>
<td>Hope Hummus (assorted, organic)</td>
<td>$2.90 / 16 oz</td>
</tr>
<tr>
<td>Almond Breeze (assorted)</td>
<td>$5.63 / 64 oz</td>
</tr>
<tr>
<td>Barley, Pearled (organic)</td>
<td>$1.75 / lb</td>
</tr>
<tr>
<td>Oats Quick (organic)</td>
<td>$1.25 / lb</td>
</tr>
</tbody>
</table>
If it comes from cows or chickens, Organic Valley carries it! They believe in handling the earth and its inhabitants gently, so they believe in food that is organic, non-GMO, grown and gathered sustainably. The cows are free to roam in organic pastures and sometimes even wear pedometers (or are they hoofometers?) to detail how much they roam! Small herds with an average of 75 cows means more attention and TLC per cow. The egg-laying chickens are also truly cage-free as they are free-range and eat only organic, natural feed.

Organic Valley also uses wind and solar power where they can, to keep with their earth conscious reputation. In Alaska, our Organic Valley products come from Washington or Oregon to keep them as fresh and local as possible, reducing their carbon impact. They also are active in their communities, working with farmers to help them adopt some of the same ideals that Organic Valley believes in. People helping people and good, healthy food. What could be better?

Typically when someone mentions Organic Valley, they are talking about eggs, milk, cheese and other dairy products, but Organic Valley also dabbles in snack kits, meats and produce!

Check out their website for more information https://www.organicvalley.coop/ and as always, look to the Sitka Food Co-op to provide these healthy and nutritious foods to you locally through our vendors.

According to the Cornucopia Institute's organic dairy scorecard Organic Valley ranks 1310 "Excellent." To see more, type the link below into a web browser: https://www.cornucopia.org/scorecard/dairy

Ingredients:
- 6c fresh berries(any kind)
- 1.5c arrowroot starch
- 1c coconut flour
- 2t baking soda
- 2t cream of tartar
- ½ t salt
- ½ cup coconut oil, melted
- 1-14 oz can full-fat coconut milk
- ½ c applesauce
- ½ c raw honey
- ½ t vanilla extract
- 1T lemon juice

Coconut Whipped Cream:
- 3-14oz cans coconut milk(use cream only, see note on right)
- 5-6T maple syrup

Mixed Berry Trifle:
- Preheat oven to 350. Grease a 9x13" pan.
- Mix dry ingredients in large bowl. Mix wet ingredients - except lemon juice- in smaller bowl. Pour wet ingredients into dry and stir. Add lemon juice and stir until incorporated.
- Spread cake batter into greased pan and bake 20-25 minutes, until toothpick comes out clean. Let cool completely. While cake is baking, whip coconut cream and slowly add maple syrup, 1 tablespoon at a time. Set in refrigerator.

To assemble trifle:
- Cut the cooled cake into small squares. Crumble 1/3 of the cake into the bottom of a trifle bowl.
- Top the cake with ⅔ of the coconut whipped cream. Then, add ⅓ of the fresh berries.
- Repeat on the 2nd layer, saving a bit of the fresh fruit to decorate the top. Then finish the trifle with the 3rd layer with the remaining whipped cream and fruit
- Cover with plastic wrap. Chill in the refrigerator.

Tip~Refrigerate 3 cans of coconut milk to separate cream from coconut water. Drain excess liquid(use in smoothies!) before whipping.

Vendor Spotlight

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https://fedandfulfilled.com/paleo-triple-berry-trifle/

Hope you had a Safe and Happy Independence Day!!