MESSAGE FROM THE BOARD

Dear Cooperators,

I recall a time when “Brown Lettuce” was something we saw and bought at the store. It was either the partly brown lettuce or no lettuce at all. So you picked around the brown, and ate the (semi) good stuff. And it was all iceberg, certainly no red leaf or romaine. Add to that a few days on ice in the fish hold on the boat, and it went over the side! That was nearly 50 years ago in Sitka.

But that is not the situation nowadays, we get pretty good produce year-round, at the grocery store, and GREAT produce from our Co-op, year-round! I had some organic pears, from the Co-op not too long ago that were to die for, from the retail table, not even ones I had ordered!

If you like great organic produce, I encourage you to take advantage of it through our co-op, Even ordering small amounts is OK!

Another thing I buy frequently is pork from Blue Valley Meats, if you’re a carnivore like me, you need to try some of this. It’s about five times better than what you can buy in the grocery store here. It’s natural, grass-fed and never uses any hormones or antibiotics. And it’s comparably priced to what you can buy here! Try the ribs or the pork-chops (and the bacon is to die for).

We recently had our annual meeting, and although we didn’t get a quorum together, I was heartened when four Co-op members participated in our last Board meeting. We are a democratic organization and everyone has a voice here! Please feel free to attend any of our meetings. We definitely appreciate your input.

I ended up as a board member only because no-one else was signing up, and organizations need Boards of Directors to successfully direct and our Co-op is no different. I’ve served on several Boards in Sitka over the years. The time involved is minimal and can be a gratifying experience. We have nice board members too!

Thanks.

James Swift - Vice Chair

UPCOMING DATES

4/5 Deadline: Midnight
Produce Only
(4/16 delivery)

4/10 Board Meeting
4:30pm - 6:00pm
Library Meeting Room

4/14 Deadline: Midnight
Blue Valley Meats
(4/30 delivery)

4/16 Delivery: 5:30pm - 8pm
Produce Only
Centennial Hall

4/19 Deadline: Midnight
All Foodclub orders
(4/30 delivery)

4/21 Deadline: 3:00pm
Azure Orders
(4/30 delivery)

4/30 Delivery Day: 5:30 - 8pm
All Orders
Centennial Hall

5/3 Deadline: Midnight
Produce Only
(5/14 delivery)

Environmental Corner

Spring is here! It’s time to think about growing plants and gardening! Why not reuse recycled containers to start seedlings? How about starting a compost pile, or finding a neighbor with chickens to feed kitchen scraps to?
MESSAGE FROM THE GENERAL MANAGER

Greetings Everyone -

"Nothing in this world is so powerful as an idea whose time has come." ~ Victor Hugo

When I first came across this quote I couldn't help but think back to the summer of 2011 when Ann Betty placed a notice in the Sitka Sentinel stating that there would be an open meeting to see if anyone was interested in starting a food cooperative here in Sitka. Back then, Ann was already managing a small "buying club" for her friends and family, but she understood that many other people in town were also suffering under the high cost of living in Sitka. So, she thought... why not see if more people would be interested in creating something together... cooperatively!

I was there at that first public meeting where some 15+ people showed up and sat on the floor of (what was then) Balanced Practice and talked about how hard it was to get wholesome and natural foods in Sitka, and... at reasonable prices. After Ann explained her idea, it was pretty much decided then and there that we should go ahead and create the "Sitka Food Co-op." Within a few months we were incorporated and were working on building the foundation for a successful cooperative operation. What an exciting time that was! Our original hope/goal was to work towards opening a retail store with regular business hours - while continuing to provide pre and bulk ordering to our members. We also decided that our purpose was not to generate a profit for a single business owner - or outside corporation - but to become and stay financially strong so we could serve the needs of our members and to give back to our community. It would be OUR store!

At first, there were plenty of "naysayers" - people who thought the idea of transitioning from a small family oriented buying club to a member owned food cooperative (with retail sales) would never work. Even several national consultants thought we’d never be able to succeed. Well... eight years later here we still are! We're successful... we are growing, and... we're still pursuing our original goal and idea of having a place of our own to operate out of.

We've shown those naysayers that with a team of dedicated individuals (and with the support of members and one's community) we could create an alternative and cooperative food model for Sitka. Believe it or not, national organizations now see us a leader in how to start a co-op in a rural community! Funny... we're just doing it the "old way" - starting small & growing as needed.

Back in 2011 the idea of establishing a food co-op in Sitka was indeed a powerful one whose time had come! With that in mind... we will ALWAYS be grateful to Ann Betty for getting us started!

Keith Nyitray

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!!
Principle 2 - “Cooperatives are democratic organizations controlled by their members—those who buy the goods or use the services of the cooperative—who actively participate in setting policies and making decisions.”

Every year, the Sitka Food Co-op holds an annual meeting (usually end of February or March). At this meeting, elections are held to vote for new Board members. Additionally, members have the opportunity to propose changes to the Bylaws, take a vote, and/or discuss any other concerns they may have. *(Members still have a chance to vote online for Board members and Bylaw changes. An email ballot was sent to all paid members. Have you cast your vote yet? If you didn't receive the invite... please check your spam filter.)*

At any point in time, members are able to request a vote regarding the removal of a specific Board member or hold a special meeting by way of a petition containing the signatures of 15% of the total membership.

Members are also always welcomed and encouraged to participate in all monthly board and committee meetings. *This is YOUR Co-op!*
Klawock has a long, colorful cannery history. Wildfish was founded in 1987 by Phyllis Mueller. She partnered with her son, Greg Scaletta in 2003; now most of the operations are run by his son, Mathew Scaletta, a chef who has spent some time in the foodie paradise of Portland, Oregon.

The family works together to make Wildfish Cannery a success! The cannery prides itself on doing things the old fashioned way: slowly and by hand. Hand harvested and hand packed, the fish and seafood is all wild caught, from local fishermen straight from the docks of Klawock.

The seafood is then brined, alder smoked, then packed and cooked to make a delicious taste of the southeast Alaska waters in every bite.

“Nature provides perfection – we’re here to preserve it,” and “We invite you into our world with every tin of smoked Alaska seafood.”

Check out their website: wildfishcannery.com and find them also on Facebook and Instagram.

**Chewy Plantain Apple Cookies (AIP/Paleo/Sugar-Free)**

**Ingredients:**
- 2 ripe plantains mashed, approx 2 cups
- 2 tbsp coconut oil
- 1/3 cup + 2 tbsp arrowroot starch
- 1/4 tsp Sea salt
- 1 tsp cinnamon
- 1/3 cup chopped apples

**Directions:**
- Preheat oven to 350°F.
- Mix all ingredients together, adding the apple in last.
- Drop by the tablespoon onto a parchment lined baking sheet.
- Bake for 25-30 minutes until edges turn slightly brown.
- Allow to cool and become chewy.
- Enjoy!