MESSAGE FROM THE BOARD

Dear Co-op Member -

We are currently living in uncertain times in Alaska. Thousands of people may lose their jobs, fundamental elements of our social safety net are being threatened, and the economic future of the state looks bleak. Ideological based decisions are proposing to cut over $21 million for low income seniors, $40 million from public education, $90 million from health and social services, and $130 million from the University of Alaska system. The affects of these cuts would be far reaching, long lasting, and, devastating. In many ways, we are experiencing a manufactured crises. Still, this is not the first time and it will not be the last time our futures and economic livelihoods will be under threat.

Where does the Sitka Food Co-op fit in this? The definition of a cooperative encompasses all sorts of enterprises: everything from a credit union (like ALPS), a workers cooperative, a marketing cooperative, a producers cooperative (like Sitka Seafood Producers Cooperative), or a consumers cooperative (that’s us!). One thing all cooperatives share is that they are voluntary, democratically controlled organizations. This is usually summed up in the phrase one member, one vote. Beneath this is the radically fundamental notion that people matter and we are stronger if we work together.

I urge all of us to flex our imaginations. Think of a world where human life takes precedence over profit and ideology. What would a cooperative society look like? What if every business became a cooperative? Every bank became a credit union? In a small way, this is what the Sitka Food Cooperative attempts to do on a regular basis. This is antithetical to our current political moment.

As members of the Sitka Food Cooperative, we are responsible for creating a general vision of what the co-op can be. As a Board, we are responsible for diving deep into the visioning process. The Board is doing just this during a retreat on September 6-7. This is also going to be the same weekend as our annual volunteer appreciation picnic. As a Board, we love and welcome big picture ideas for where the food co-op should go next.

Simon Gorbaty - Board Member

Replace Disposables: Wherever possible, try replacing disposable products with reusable ones. Think razors, food storage containers, batteries, ink cartridges (buy refill ink), coffee filters, shopping bags, water bottles, etc.).
Greetings Everyone -

There's so much happening with our cooperative I'm not sure where to begin. First off, we've seemed to have reached a "plateau" in annual sales. For the first time in years our rate of growth has actually leveled off. That's not necessarily a bad thing. I always knew this was bound to happen sooner or later without us expanding to a new, more permanent location. Unfortunately, it appears that this leveling off is due in large to the fact that many of our members have left, or are leaving, town. Some have seen their contracts expire and have rotated out, some have moved closer to their families elsewhere, but many have left and are leaving due to the high cost of living in Sitka. Naturally, we wish the best of life wherever they relocate to, but the question becomes... how do we continue to grow and serve the needs of those who live and remain in Sitka?

One thing... know that WE are not going anywhere. "Bringing Good Food & Community Together" is our mission and we will not stop striving to do so. Together we can... and will... create an alternative food model that benefits our community.

Despite our recent lack of growth in sales, the good news is that our co-op is growing in other ways. This year we've been extremely fortunate to receive several grants to figure out ways on how best to grow and support our community. Two of them have centered around Board and Staff training. Another grant is helping us look into the feasibility of creating a "home-delivery" service for those who can't make it to our deliveries. (A survey will soon be sent to all members to help us with this study.) But one of the more exciting grants - and one we're in the process of finalizing now - centers around creating an "Outreach & Education" program. This will include hiring an outreach coordinator to help us connect, and work, with those individuals and organizations and businesses in our community that could benefit from being part of our cooperative.

So, how do we continue to grow and serve the needs of our community? We do so by continuing to look for ways to improve our operation and expand our services; we do so by reaching out to friends, family, and co-workers to help them gain an understanding of who we are and what we do, and; as members we find ways to participate in creating the vision for the Co-op, and ways to get us to that vision/goal.

It doesn't take much time to volunteer at a delivery... or attend a Board meeting... or help out on a committee. If you can... please think about taking a more active role in YOUR co-op!

As I always like to say: "We can't do what we do without member support!"

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!!
A co-operative is an association of independent persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

Co-operatives are autonomous, self-help organizations controlled by their members. If they enter into agreements with other organizations, including governments, or raise capital from external sources, they do so on terms that ensure democratic control by the members and maintain their co-operative autonomy.
You know that colorful stuff that washes up with the tides, sometimes in ribbons, sometimes in ruffles, sometimes in bulbs? Seaweed, one of Nature’s purest snacks, already tasty and salted by Mother Earth. If you like seaweed as a snack, but don’t have the time, knowledge or expertise to gather and process your own, hang on to your Xtra-Tuffs! The Co-op will be offering roasted seaweed snacks from Alaska Coastal Seaweed, based in Juneau, starting this month.

Seaweed is gathered from beautiful and clean southeast Alaska waters, away from any cities or villages, and harvested sustainably during our short growing season by taking only from above the root and taking only a small portion of each plant to allow the seaweed to keep on making more seaweed. It is dried and roasted at low temperatures to maintain its color, nutrients and flavor. You can get your seaweed in various flavors like Teriyaki, Sriracha Lime, Alder and Au Natural.

Keep an eye out for this product, new to the Co-op, coming soon to the retail tables at deliveries in August!

**Nomato Sauce**

**Ingredients:**
- 2 T olive oil
- 1 large onion, diced
- 8 carrots, diced
- 8 cloves of garlic, diced
- 1 small butternut squash, peeled and cubed (optional)
- 4 beets, peeled and diced
- 1/4 cup fresh lemon juice
- 1 cup broth
- 2 bay leaves
- 1 bunch fresh basil, or other herbs you enjoy, roughly chopped
- 1/2 tsp sea salt

**Directions:**
- Add olive oil to pan and sauté. Add onion and carrots and cook for 4-5 minutes, stirring occasionally. Add garlic and sauté an additional 1-2 minutes or until the vegetables begin to soften.
- Add remaining ingredients and stir until evenly combined.
- Put lid on and let simmer. Simmer for 40 minutes
- Remove bay leaves and use an immersion blender to puree into a sauce.
- This sauce is Nightshade Free and can be used on anything you would normally use “tomato” sauce on. Spaghetti, Lasagna, Sloppy Joes, and Pizza bases!
