



# SITKA FOOD CO-OP NEWSLETTER

## DECEMBER 2018

BRINGING GOOD FOOD & COMMUNITY TOGETHER

## MESSAGE FROM THE BOARD

Hello fellow Co-op members,

Happy holidays to everyone! Hopefully you have been eating well and finding things to be thankful for. Did the Blue Valley Meat turkeys hit the spot? I feel so thankful to have the Sitka Food Co-op and to have members and volunteers like you. We literally couldn't do what we do without you.

I am also thankful for a new Board! Please welcome Joann Torgeson, Simon Gorbaty, Hannah Green, and Ariane Goudeau. A big thank you to Jim Swift for stepping up as chairperson over the last few months as Geof Goudeau had to step down. We also have a new staff member. Makenzie DeVries is taking over Maury Hackett's position. Additionally, we have 3 committees at the moment: Business Planning Committee, Capital Campaign Committee, and the newest, our Newsletter Committee. If any of these interest you, please let us know! We can always use some extra hands.

As always, members are welcome to sit in on any of our meetings.

The capital campaign has been slow and steady. We are still hoping to use the Presbyterian Church as our new distribution center. However, we are still months away from anything final.

Thank you for all those who have considered our loan program and especially to those pledging. Another thing to be thankful for is that our "Co-op Cares" program is on track to donate  $\pm$  \$500 to the Blessings in a Backpack program. Next month we will kick off the new year with a new nonprofit to save up donations for. Please be thinking of in town organizations you would like to see receive these funds. You can email your suggestions to either [sitkafoodcoop@gmail.com](mailto:sitkafoodcoop@gmail.com) or [sitkafoodcoopboard@gmail.com](mailto:sitkafoodcoopboard@gmail.com)

Be on the lookout for a survey later this month so that we can vote which two groups will receive these donations. On that same survey, we will also send out three potential dates for our 2019 annual meeting.

Many thanks,  
Cooperatively yours,  
Ariane Goudeau - Board Chair

## UPCOMING DATES

12/2 **Deadline** - Blue Valley Meats  
(December 18 delivery)

12/4 **Delivery** Produce Only  
5:30pm-8pm  
Centennial Hall

12/7 **Deadline** Midnight - all  
orders(UNFI/Produce/Equal  
Exchange)

12/9 **Deadline** Azure Orders  
3:00pm

12/17 Sitka Food Co-op  
**Board Meeting** 4:30pm- 6:30pm  
Library Meeting Room

12/18 **Delivery Day** - all orders  
5:30 - 8:00pm  
Harrigan Centennial Hall

12/28 **Deadline** Midnight -  
Produce Only

### Environmental Corner:

Get in touch with nature and let it inspire your decorations this year. Create gift wrap and decorations such as centerpiece and ornaments from things found outside.



Follow us on Facebook at  
[www.facebook.com/SitkaFoodCoop](http://www.facebook.com/SitkaFoodCoop)

# MESSAGE FROM THE GENERAL MANAGER

It never ceases to amaze me how, when a group of people come together to solve a problem, the problem can (with time & effort) be solved. In this case the problem was how to bring healthy, wholesome organic foods and natural products to our community at more affordable prices than were otherwise available. For over seven years now, members of the Co-op have been doing just that and... without a doubt... the Co-op's growth has been astounding! On average, the Co-op has grown by over 20% year after year after year, and 2018 will prove no different. Given our exponential growth, it's obvious that more and more households are searching for ways to afford healthy and wholesome foods and that there's a growing demand for what we are doing. Seven years ago I doubt if anyone could have imagined what it would be like to be bringing in almost six tons of food per month... or that the value of purchases made our members would climb to over \$400,000 in a calendar year.

YES! The Co-op is growing and is doing great... but there's still so much more that we can do.

Thanks to a recent financial/market feasibility study done by Dr. Charles Sparks (Professor of Economics, UAF) we know that only 6-7% of the households in Sitka are members of the Co-op and that two-thirds of our members spend half or less of their grocery budget through the Co-op. One of the conclusions of the study was that: "This analysis implies that there is considerable opportunity for growth in the Co-op's membership and sales."

So where do we go from here? Relocation to a more permanent and stable distribution location is definitely one of our top priorities. Raising capital through the "Member Loan Program" (so we'll be prepared to move and expand) is another important goal. And, increasing community participation is always important -- especially since we know that there are several segments of our community that we can & should reach out to. Simply put: our goal is to continue growing and providing a much needed service to our community.

*"Bringing Good Food & Community Together"* -- It's a great mission and one we all should be proud to be part of.

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 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!!



**Lettuce  
Grow  
Together!**

## MESSAGE FROM THE CAPITAL CAMPAIGN COMMITTEE

Many of you might have heard or have already been contacted about our current "Member Loan Program" to raise \$100,000 in anticipation of relocating and expanding. So far we have received numerous positive responses from our members but, due to circumstances beyond our control, we are not ready to actually receive funds at this time. As such, our Member Loan Program has been extended. While we won't be accepting funds, we are still actively seeking (and accepting) pledges in preparation to complete this drive by the end of the year.

Full disclosure packets and answers to "Frequently Asked Questions" are available to all those interested. If you have not been contacted (or have not even heard about this program), but are interested in how you can help the Co-op grow and meet the demand for wholesome foods and products at reasonable prices... please contact us at: [sitkafoodcoop@gmail.com](mailto:sitkafoodcoop@gmail.com) ... and we will gladly send you additional information about this program.

Cooperatively yours,

Capital Campaign Committee  
Keith, Ariane, Joann, Hannah, & Kathy

**UNFI SPECIALS  
ORDER BY 12/7  
FOR 12/18 DELIVERY**

Emerils Tomato  
Sauces  
\$ 3.95/25 oz



Pistachios  
\$ 6.95/lb

Cashews  
Large, raw (organic)  
\$ 10.39/lb



Rollled Oats  
(organic)  
\$ 1.18/lb

Smart Juice  
(organic)  
\$ 5.90/33.8 fl oz



Medjool Dates  
(organic)  
\$ 6.79/lb

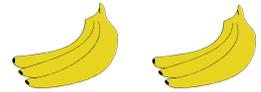
Cane Sugar  
(organic)  
\$ 1.57/lb



Boulder Canyon  
Kettle Chips 5 oz.  
\$ 2.60 each



# Equal Exchange



When you see the words Equal Exchange, what comes to mind? Coffee? Tea? Chocolate? Avocados? Equal Exchange is that and more!



Equal Exchange is a Co-op with over 120 worker-owners, each with an equal stake in the business. It was founded in 1986 to challenge the large plantation and agri-business models of large scale production, and to favor supporting small farmers through education and direct trade of products in the marketplace.

You can support small farmers and Fair Trade by ordering Equal Exchange products through your Co-op, and by asking that these products be served or available at your local coffee shops and cafes, grocery stores, etc. and by serving these products in your home.

Several issues central to Equal Exchange's values are promoting labor rights, the rights of workers to organize, and promoting safe working conditions and sustainable farming practices.

Besides coffee and chocolate, Equal Exchange has teas, cocoa, nuts, dried fruits, bananas, avocados and olive oil. They also have non-food, Fair Trade items for sale on their website.



Fair Trade is a term used to signify that the participating small farmers are democratically organized.

For more information, visit their page at: [equalexchange.coop/about](http://equalexchange.coop/about). Feel good about your mug of coffee or tea and buy from Equal Exchange!

## SPAGHETTI SQUASH CARBONARA (SERVES 4)

Preheat oven to 375. Cut squash crosswise and scoop out seeds. Place the squash cut side down on a roasting pan with 4 cups of water. Add more water as needed. Bake until paring knife pierces easily, about 45 min.

While squash is cooking, heat a skillet over medium high heat. Fry the bacon until crisp, remove and set aside. In the same pan with the bacon fat, fry the onion until soft, then add garlic stirring for a minute. Add the coconut milk and bring to a simmer. Simmer on low until reduced by half and thickened. During the last minute of cooking, add the diced zucchini. Chop the bacon and parsley and stir in. Season with salt as needed.

To serve, pull the strands of spaghetti from the squash halves and arrange on 4 plates. Spoon the carbonara sauce liberally over each plate. Bon Appetite!!

Recipe can be found at: [paleonthego.com](http://paleonthego.com)



### INGREDIENTS

- 2 whole spaghetti squash
- 1/2 lb. bacon
- 1 small onion, diced
- 1/2 c. fresh parsley
- 6 cloves minced garlic
- 3 cups coconut milk
- 1 tsp. sea salt
- 1 small zucchini, diced

