MESSAGE FROM THE BOARD

Hello Fellow Co-op Members -

We are into the second month of 2019, February, which is also the shortest month of the year. We have had time for reflection of the last year and then turned forward to this new year. I hope you all are staying warm and dry this Winter Season. I have been enjoying the different squashes that are available to order through the Co-op. Baking is my usual way of cooking squash, but I have been creative in doing casseroles, stir fry and soup, fun to be creative. Valentine’s Day is coming up and this is a good time to make an apple pie or apple cheese cake for your sweetheart.

The first half of the year the “Co-op Cares” program is supporting the Brave Heart Volunteers, Yee gu.aa yáx x’wán. We are fortunate to have this organization that serves the community of Sitka through education, care and companionship. The SAFV Shelter, another great non-profit organization in Sitka, provides advocacy, prevention and education to our community and they will receive donations from the second half of 2019. Remember to "round it up" when you check out with your Co-op orders. Thank you.

We are moving forward with creating a new space for our organization and hoping that this will happen by Spring. This has been a journey, which we are still on. We hope that a new space will help manage our expansion and continue to bring about a range of services and food to the community of Sitka.

Kudos to all the staff, the Board and the volunteers that make the Sitka Food Co-op happen. I would like to encourage all that are interested in volunteering on our pick-up days. I look forward to and I appreciate everyone that is a part of what takes place for the Co-op orders to be ready in time for pick up. I would like to extend an open invitation to all interested persons to attend a Board meeting and also ask that you think about becoming a Board member.

Our annual meeting is coming up on March 9th (so mark your calendars) and I am looking forward to seeing all of you there. Remember to pay your annual dues as they come due.

Best to you All and Cooperatively yours,

Joann Torgeson   Board Secretary

BRINGING GOOD FOOD & COMMUNITY TOGETHER

UPCOMING DATES

2/6   Deadline: Midnight
      Blue Valley Meats
      (2/26 delivery)

2/12  Delivery: 5:30pm-8pm
      Produce Only
      Centennial Hall

2/15  Deadline: Midnight
      All Foodclub orders
      (2/26 delivery)

2/17  Deadline: 3:00pm
      Azure Orders
      (2/26 delivery)

2/25  Board Meeting
      4:30pm- 6:00pm
      Library Meeting Room

2/26  Delivery Day: 5:30 - 8pm
      All Orders
      Centennial Hall

3/1   Deadline: Midnight
      Produce Only

3/9   Annual Meeting: 4 - 6pm
      Location To Be Determined

Environmental Corner:

This month, we challenge you to switch a liquid soap product, such as shampoo, hand soap or body soap into a bar. Not only is this often less toxic since many soaps contain sodium laurel sulfate / sodium laureth sulfate, but it will reduce the amount of single use plastic bottles being thrown out.

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

Greetings Everyone!

It's hard to believe but, believe it or not, our Co-op is now well into its eighth year as an incorporated food cooperative whose mission is to: "Bring Good Food & Community Together" and... as I always like to say... "at reasonable prices."

Here's an interesting little tidbit I discovered while crunching the numbers for 2018: Since the Co-op was incorporated in September of 2011, members have purchased over $1.6 Million dollars of wholesome foods and natural products through the Co-op, and... 25% of that was from 2018 alone!

So... what will 2019 bring? Well.... first off we expect we'll continue to grow. Last year we showed a 23% increase in purchases made through the Co-op and... while we may not reach that same level of growth this year... it's very possible we could. Remember: "Friends tell other friends about the Co-op."

One of the big questions on many people's minds right now is: When will we finally move to a stable and more permanent location of our own so we can expand? That, is indeed a great question, but the Board is definitely and diligently working on this. I know that they hope to have a definitive answer soon. Stay tuned!

No matter what - whether we move or not - we are growing and will continue to grow! One of the latest developments is that our Co-op is working with more businesses and local organizations than ever before. Our newest partnership is with the Youth Advocates of Sitka helping them provide healthy food for their teen programs at substantial savings to their budgets.

Another recent development as a result of our growth is that we were able to become a member of the ION Marketing Group. The ION group (It's Only Natural) is a collection of over 100 independent retail stores that have banded together to increase their purchasing power with our main distributor (UNFI). So now we're getting much better deals on thousands of items our members purchase and... of course... we'll be passing those deals onto you.

Circling back to what will 2019 bring? My answer is: More great food at great prices... more opportunities to grow... and more opportunities to support our community.

Thank you all. Together we ARE making a difference!

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!!
WHAT DOES IT MEAN TO BE A COOPERATIVE?

A cooperative, or Co-op for those in “The Know,” is an organization made up of individuals who share equal ownership of said organization. This means that members of the Sitka Food Co-op are also owners of our wonderful organization! Each member/owner has a right and ability to make their voice heard for each and every decision to be made. However, it is not pragmatic for all 240+ owners to meet for every decision. Thus, a Board of Directors is needed to represent all those owners. These representatives are elected each year at our annual meeting—these select individuals are your Board members! Major changes for the Co-op, such as changes to our bylaws, are also voted on at the annual meeting.

In short, Co-ops function democratically. In addition to our democratic function, our Co-op operates ethically, responsibly, and compassionately. For example, our “Co-op Cares” program supports many local non-profit organizations in our community, as does our donation/sponsorship program.

Our cooperative is founded on these seven guiding Principles:

P1. Voluntary and open membership
P2. Democratic member control
P3. Member economic participation
P4. Autonomy and independence
P5. Education, training and information
P6. Cooperation among cooperatives
P7. Concern for community

In the forthcoming newsletters, barring any other necessary announcements, this space of the newsletter will go further into detail about each one of these guiding principles and how we put them into practice.

And as always, any and all concerns, comments, complaints, queries, qualms, or questions can be emailed directly to either sitkafoodcoop@gmail.com or sitkafoodcoopboard@gmail.com

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Groundhog Day falls on February 2nd. This traditionally marks the midpoint between winter solstice and spring equinox.

If you grow onion, leek or tomato seeds, this is the time to start them indoors!!

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UNFI SPECIALS
FOR 2/26 DELIVERY

Garden of Eatin Chips
8.1 oz bags (organic)
$3.15 ea.

Montebello Pasta(s)
1 lb (organic)
$3.65 ea.

Pacific Natural Foods
32 oz Soups (organic)
$3.99 ea.

Annie Chun’s ± 8 oz Soup/Noodle Bowls
$3.47 ea.

Crofters Fruit Spreads
10 oz (organic)
$3.50 ea.

Country Archer Beef Jerky 3 oz
$5.75 ea.

Jackson’s Honest Chips 5 oz bags
$3.49 ea.

Bulk Kidney Beans (organic) $2.19/lb

Bulk Dried Sweetened Cranberries (organic)
$6.00/lb
In the 1950s, most farms jumped on the chemical fertilizer bandwagon to get higher crop yields, and as the soil deteriorated, insects and weeds took over, leading to increased use of pesticides and herbicides.

In 1971, the Stelzer family realized that this was not the way to get healthy foods, so they turned their 2,000 acre wheat farm and cattle ranch over to all organic methods.

After a while, people wanted more of these healthier foods, and even started asking the Stelzers for other natural and organic items not grown on the farm. So the Stelzers started Azure Standard and began working to find and deliver other wholesome items to their customers.

From a family farm to a 62,400 square foot warehouse in Moro, Oregon, Azure has grown to become a major distributor of healthy, natural and organic foods, health & beauty items, nutritional supplements, household necessities, and animal and pet foods.

Items ordered from Azure are packaged at their warehouse and shipped through drop coordination to Seattle then, from there, by barge to Sitka. We are able to get these quality items straight to our very own local Co-op!

You pay Azure directly for the product total using a credit card. When you pick up your order with the Sitka Food Co-op, you pay for your portion of the shipping (based on the weight of your order) plus a $5 drop/handling fee (which goes towards Co-op development and expenses). Shipping rates may vary due to fuel prices and surcharges. If you have any questions, do not hesitate to ask any of the Sitka Food Co-op staff!

We also love that Azure also promotes awareness of organic farming, the risks of GMOs, the benefits of healthy, natural foods, and a sense of community wherever their products are distributed.

For more information on how to order from Azure, just go to the Co-op's website:
sitkafoodcoop.org/shop/how-to-order

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**Valentines Day Carob Truffles**

Place all filling ingredients in a food processor. Process until combined. Remove from food processor and place in refrigerator to let set - 30 minutes to 1 hour.

Remove from refrigerator. Roll into 1 inch balls. For coating: combine coconut oil, carob powder, and sweetener. Dip truffles in coating. Place on a parchment lined sheet pan or platter and place in refrigerator until solid - about 30 minutes.

Optionally, instead of chocolate coating, you can roll-in unsweetened shredded coconut, unsweetened cocoa powder or carob powder, or crushed freeze-dried fruit.

Find the recipe at: amymyersmd.com/recipe/valentines-day-chocolate-truffles