



sitkafoodcoop@gmail.com

# SITKAFOOD CO-OP NEWSLETTER FEBRUARY 2020

BRINGING GOOD FOOD & COMMUNITY TOGETHER

## MESSAGE FROM THE BOARD

Hello All!

With the start of a new year many of us make “New Years Resolutions.” Sometimes we keep them, sometimes we don’t. Remember, the co-op community can help with some of those! From healthy, organic foods, to unique recipes shared in the monthly newsletter, the community is a great resource for information and encouragement.

Volunteering on a committee or on delivery day in another opportunity to learn (or teach)! I have told my husband many times that I learn something new every delivery day. Any suggestions, questions, or comments are always welcome, in person or online ([sitkafoodcoop@gmail.com](mailto:sitkafoodcoop@gmail.com)).

The next couple months are shaping up to be pretty full, so be sure to check the calendar, our Facebook page, and your emails for updates and messages. February will see two deliveries, committees completing projects, and new items on the ordering sites. The Annual Meeting is also coming in March (we will send details soon) which will include a "State of the Co-op" address, elections of Board members, voting on bylaws, great food, and wonderful company! A survey will be sent out to all members in advance of the Annual Meeting so please take the time to fill it out.

Keith, Dawn, and I are also headed to Madison, Wisconsin that month for the "Up and Coming" conference where scores of new co-ops from across the country get together for several days of Board and staff training, workshops, and general networking with like-minded people. This event has proven to be a great resource and we are looking forward to going.

Something I hear often is: “I am not able to volunteer on delivery days, but want to be involved. What can I do?”

Great question! There are committees, board positions, research, and much more! Check in with us in person or online for the latest and greatest possibilities.

Thanks for another successful year!

Hannah - Board Treasurer

## UPCOMING DATES

**2/9 Deadline: Midnight**  
Blue Valley Meats (2/25 delivery)

**2/11 Delivery: 5:30 - 8:00 pm**  
Fresh Produce  
Centennial Hall

**2/14 Deadline: Midnight**  
All Foodclub Orders (2/25 delivery)

**2/16 Deadline: 3:00 pm**  
All Azure Orders (2/25 delivery)

**2/16 Rebranding Committee**  
12:15 pm Library Conference

**2/18 Board Meeting**  
4:30pm - 6:30pm  
Library Meeting Room

**2/25 Delivery: 5:30 - 8:00 pm**  
All orders  
Centennial Hall

**2/29 Deadline: Midnight**  
Fresh produce (3/10 delivery)

### • Environmental Corner •

**Instead of using plastic bags when shopping, why not make some of your own out of old T-shirts?**

**They're simple to make, and are washable and reusable! Check this site out!**

<https://thethingswellmake.com/recycled-t-shirt-bags-review-of-7-ways/>



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

# MESSAGE FROM THE GENERAL MANAGER



Greetings Fellow Co-op-ers;

I'm pleased to announce that 2020 is off to a great start! January's orders were up by 8% over last January's... and February's pre-orders are looking pretty good too! It's great to see that we keep getting new members every month. Interestingly, right now some 30% of our current membership have signed up within the past year. Evidently friends are indeed telling other friends and family about the Co-op! **Keep spreading the word!**

Another thing I've noticed is that it seems that our Co-op is definitely having a positive impact in Sitka. Not only are we bringing in some great wholesome and natural foods and products (at reasonable prices) into town, more than one person has commented to me that they've noticed that the other grocers in town are starting to compete with us... that they've lowered their prices on select items and even expanded their selection of organic and natural foods available to the public! Heck... there are some times where I actually tell members they can get a better deal by shopping elsewhere! How great is that? That means that everyone in Sitka is "winning" because our Co-op is here to provide an alternative food model. To me... that's just another reason to promote who we are and what we're trying to do for our community. Another way to look at it... we're helping to raise the bar... and lower the prices in town! Competition is good for our community... our cooperative is good for our community.

**BUT**... "cooperative" is the key word... and it is the main foundation of who we are and what we do. This indeed **YOUR** cooperative and it needs more than just your purchasing power. As I always like to point out: "We can't do what we do without member support!" I know that not everyone has the time to contribute to this cooperative effort... but if you do... please consider taking a more active role. Also... know that if you become a Board member... you actually become my boss! :-)

On a side note, it with some sadness that I have to announce that our part-time daytime assistant manager (Alexa) has decided to leave us for various family and personal reasons. That said, I'll be looking for another part-time daytime assistant to help the Co-op out on our delivery days. If anyone is interested in putting in 10 hours per month (5 hours per delivery) please let me ( or Kate or Dawn) know. Starting salary is \$14.50/hr and the 10% discount always applies to one's Foodclub orders or retail table purchas

Cooperatively Yours;

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](http://www.sitkafoodcoop.org/membership/volunteer) for upcoming opportunities, we are Thankful for YOU, our amazing volunteers!!

# What's New For February?

- **The new 2020 UNFI catalog** has been uploaded into our Foodclub ordering site. Almost all of your favorite items are back plus a host of new ones that we introduced last year. Check it out!
- **"Brave Heart Volunteers"** are the recipients for the "Co-op Cares" program from now through the end of April. The Cloud (teen center) and the Sitka Homeless Coalition will be the other two recipients for 2020.
- **The "Rebranding Committee"** is still working on a new logo for the Co-op. The committee meets every Sunday at 12:15pm at the Library. Come on down and add your insights and input!
- **A member survey** will soon be sent out to all members on our email list. Please take the time to respond when it arrives in your email inbox... your input will help the Co-op meet some of our grant reporting requirements as well as help the Board of Directors and Co-op staff figure out the best way to meet your demands and help grow the Co-op.
- **Board members wanted!** One position is up for election this year and it may become vacant. Elections to the Board will be held during our Annual Meeting in March so now is the time to think about taking a more active role in the Co-op's development. Interested members should consider attending the next Board meeting on Tuesday, Feb 18th at 4:30 pm in the Library Conference room... or... contact an existing Board member... or... email the Co-op's Board at: [sitkafoodcoopboard@gmail.com](mailto:sitkafoodcoopboard@gmail.com)
- **Reuse & Recycle:** Look for reusable bags when you order produce or other UNFI splits! Just bring them back and we'll wash and reuse them for your next order!
- **Have you heard?** There's a new benefit for being a member of the Co-op! The Co-op has now partnered with the Sitka Kitch and any Co-op member who signs up for one of their classes is eligible for a \$10 discount on the registration fee for each class they take!
- **Membership fee waivers:** While we've always been willing to waive our membership fee for those in financial distress, we are now in the process of creating a formal program that new and existing members can take advantage of. Stay tuned!

**BOARD MEMBERS  
WANTED**

**UNFI SPECIALS  
ORDER BY 2/14 FOR  
2/25 DELIVERY**

Nancy's Creamery  
Grass fed yogurts  
\$2.00/6 oz



Cliff Bars  
Assorted  
\$1.75/2.4 oz

Nature's Bakery  
Assorted Fig Bars  
\$4.36/6/2 oz



Cucina Antica  
Pasta Sauces  
\$5.90/32 oz

Anna Pastas  
assorted  
\$1.59/16 oz

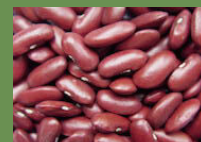


Mt. Vikos  
Feta Cheese  
\$4.20/7 oz

Crown Prince  
Smoked Oysters  
\$3.69/3 ozs



Dried Cranberries  
Bulk, organic  
\$5.04/lb



Kidney Beans  
Bulk, organic  
\$2.54/lb



# Vendor Spotlight: Ginger People



If you think only of ginger ale when you hear the word ginger, then follow me on a trip to meet The Ginger People!

Abbie and Bruce Leeson formed The Ginger People in 1984 because they wanted to share the world's best ginger with the world. They realized that ginger had the power to improve circulation, relieve arthritis pain and headaches, sooth upset stomachs, restore energy and relieve a variety of other symptoms. The couple traveled the world, looking for the best and most sustainable sources of ginger, and have established relationships with small farmers in Peru, China, Indonesia, and Fiji. They work with these farmers to help them grow sustainable and organic ginger that goes into a variety of products that are non-GMO and organic as well!

These ginger farmers are hoping to pass their passion for ginger down to their children, keeping the farms in their families for future generations.

If you are intrigued by ginger and its many benefits, check out the wide variety of their products – from ginger chews and other ginger-based candy, to cooking sauces, minced ginger, ginger drinks and shots, and products featuring ginger's cousin, turmeric!

Join us in our love for ginger in February!  
Perfect for Valentine's Day too.

Learn more about them at:  
[www.gingerpeople.com](http://www.gingerpeople.com)

## Celery Root Puree (Celeriac)

**Celery Root Puree is a creamy and an elegant lower-carb alternative to mashed potatoes!!**

### Ingredients:

- 2 Lbs celery root, peeled and cubed
- 1/2 medium onion, coarsely chopped
- 8 whole cloves garlic
- 2-3 cups vegetable or chicken broth
- 1 large Russet potato, peeled and cubed (can be omitted for lower carb option)
- Salt
- 2 Tbls unsalted butter (softened)
- 1/4 cup heavy cream (or coconut cream for dairy free option)
- Freshly ground black pepper (to taste)
- Chopped fresh celery leaves or parsley

### Directions:

- 1)** Combine celery root, onion, garlic and chicken broth/stock in a medium saucepan. Bring to a boil, cover and reduce heat to medium-low. Simmer for 20 minutes or until celery root is very tender.
- 2)** Meanwhile, cook the potato in a separate saucepan in salted water until tender.
- 3)** When celery root is fully cooked, drain off excess chicken broth/stock (reserve for another use if desired), leaving about 1/4 cup broth/stock in the saucepan with vegetables. Add the butter and cream. Puree with an immersion blender until smooth.
- 4)** Drain the potato. Push through a potato ricer into the puree and gently fold it into the puree. Season to taste with salt and black pepper.
- 5)** Garnish with chopped fresh celery leaves or parsley and extra butter if desired.

**1 Cup Serving:** Calories 176 Total Fat 8g Saturated Fat 5g Trans Fat 0g Unsaturated Fat 2g Cholesterol 24mg Sodium 668mg Carbohydrates 23g Fiber 3g Sugar 2g Protein 4g