MESSAGE FROM THE BOARD

Dear Co-op Member -

Spring is here and so is our newest Board member!

A big “thank you” to everyone who exercised their democratic rights as members of the Co-op and voted. Evanne Kegley is now our newest Board member. She’s taking over Joann Torgeson’s seat. Be sure to thank Joann the next time you see her as she continues to generously give her time to our Co-op on delivery days and on two of our existing committees.

The proposed bylaw changes were accepted and are as follows: change quorum size from 10% to 5% of member votes needed, board members can receive a stipend of up to $20 per monthly meeting attended, members require no less than three days notice of upcoming meetings.

The Board is also recruiting members for several new committees that are needed to help the Co-op grow. This is a great opportunity to get involved, especially for those who cannot volunteer on delivery days as the hours and dates of the committee meetings are flexible. If interested in joining a committee, page 3 of this newsletter will go into further detail regarding the four new committees the Board would like to start up. Currently, we already have a Newsletter Committee and a Capital Campaign Committee. All of which can always use additional hands on board! Even if you do not have time to join a committee, the Board is always open to suggestions from our members and we would love to hear from you.

Cooperatively yours,

Ariane Goudeau - Board Chair
Greetings Everyone -

Did you know that the name of this month is named after "Maia" -- the Roman goddess of Spring and growth? Yep... it's Springtime and it's that time of year when our thoughts turn towards preparing the ground to start growing new things. It's a time of germination, incubation, and development. Of course, there's work to be done. Whether it's growing vegetables in your yard, herbs on a window sill, or -- a food Co-op in one's community -- that which you want to grow must be tended to, nourished, and nurtured. Care must be taken to ensure that you get a desired outcome... and so it is with our Co-op.

Ever since the Co-op was incorporated we've been preparing the groundwork to grow into a place of our own... a place where we can expand our inventory, offer a wider selection of bulk goods, be open longer and more often, and where we don't have to worry about scheduling conflicts. We've done this by establishing formal administrative and retail policies and protocols, getting Board and staff training from state and national consultants, and developing solid relationships with our vendors, brokers, and distributors.

To continue the gardening analogy... one might say that because we know we need to grow and expand, we've been casting about and have been sowing some "relocation" seeds. Knowing this, for the past year we've been incubating and pondering plans on just what an expanded and more permanent operation might look like for us.

Now... just like any gardener or farmer who's planted a seed... we're awaiting to see what will germinate. And... just like any gardener or farmer, we also know that we need to be prepared to tend to and nurture that which does eventually germinate. And... when I say "we" -- that's where member support comes in!

A cooperative is about people joining and working together towards a common goal... in our case... bringing healthy and wholesome foods and products into Sitka at reasonable prices. As a member, you can help the Co-op grow by volunteering to be on one (or more) of the new committees recently formed by the Board (see next page).

Yes... it's Springtime... and it's time for us to grow together!

Happy gardening and growing everyone!

Keith Nyitray - General Manager

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!!
UNFI SPECIALS
ORDER BY 5/17 FOR 5/28 DELIVERY

Forager - Cashew Yogurts (assorted) $5.10/24 oz (organic)

Bakery On Main - Granola (assorted) $4.70/11 oz

Organics Bello - Pasta Sauces (assorted) $6.30/25 oz (organic)

Oats, Steel Cut (organic) $1.25/lb

Gratify - Pretzels (assorted) $4.75/14.1 oz

Dr. Praeger’s (Assorted) Veggie Burgers $4.40/10 oz

Tinkyada - Brown Rice Pasta (assorted) $3.20/16 oz

Dates, Pitted Deglet $4.95/lb (organic)

Chocolove - Chocolate Bars (assorted) $2.75 ea.

Social Media Committee (2-3 people)
- To coordinate our messaging and announcements on various media platforms (FB, Twitter, Instagram, Website)
- To create appropriate messages/announcements on a regular basis and send them out on the various media platforms.
- To initiate and conduct discussions on food security and food inter-connectedness in Sitka through local radio and newsprint.
- Requirements: Attend a one-hour meeting, once a month, at dates/times to be determined by consensus.

Rebranding Committee (4 or more people)
- To update our logo with established continuity in color blocking and fonts for all future materials.
- Requirements: Attend a one-hour meeting twice/month at dates/times to be determined by consensus.

Operations Committee (4 or more people)
- To visualize how a permanent location might be set up, what equipment and supplies will be needed, and what inventory should be carried.
- Requirements: Attend at least one initial organizational meeting to determine how to best proceed.

Outreach Committee (2-3 people)
- To educate the community, bring in new members, support existing partnerships with local businesses and organizations, and establish new partnerships with local businesses and organizations.
- To plan events, hold community meetings and create posters/flyers/brochures.
- Requirements: Attend at least one initial organizational meeting. This will overlap slightly with the Social Media committee.

Members participating in a committee will be eligible for a 10% "volunteer discount" on their orders.

If Interested Please Contact: SitkaFoodCoopBoard@gmail.com
The Sitka Local Foods Network (SLFN) is a 501(c)3 non-profit group whose mission is to increase the amount of locally produced and harvested food in the diets of Southeast Alaskans.

At the 2008 Sitka Health Summit participants chose two local food related projects to work on:

1) Starting a local market where people could buy and sell locally harvested seafood and produce, and
2) Expanding the community garden and building a greenhouse. The SLFN was born of these closely related projects to help coordinate efforts.

In 2010, two more food related projects were picked at the health summit. The first was to provide more locally caught fish on the Sitka School District lunch menus (the Fish-to-Schools program), and the second was to plant 200 fruit trees in Sitka. Again, the SLFN joined in these efforts.

The SLFN has 5 major focus areas:

1) The Sitka Farmers’ Markets which take place during the summer months where people sell locally harvested produce and locally caught seafood, as well as arts & crafts.
2) Encouraging and expanding both family and community gardens.
3) Providing gardening education, expertise and encouragement.
4) Promoting responsible use of traditional foods (subsistence).
5) Planning and building a local greenhouse and gardening education center.

For more information and a schedule of the upcoming summer farmers’ markets, check out their website: sitkalocalfoodsnetwork.org and join their page on Facebook!

**Ingredients:**
- 5 cups of broccoli fresh/frozen
- 1 medium onion
- 4 Tbsp olive oil
- 4 cloves garlic
- 3 cups vegetable broth
- 2 cups coconut milk full fat
- 1 cup nutritional yeast
- 1 tsp sea salt
- 1 Tbsp fresh lemon juice
- 1 Tbsp Dijon mustard
- Optional: sprinkling of dried turmeric for garnish

**“Cheesy” Broccoli Soup (aip & vegan)**

1. Chop onion and garlic and add to a large pot with 1 Tbsp olive oil. Saute until onion is almost translucent and garlic is just starting to brown. Add vegetable broth, coconut milk, broccoli, 3 Tbsp olive oil and Dijon mustard.
2. Bring to a simmer, cover and cook for 20 - 30 min or until broccoli is starting to fall apart.
3. Remove from heat and add nutritional yeast, lemon juice and up to 1 tsp sea salt to taste.
4. Add half the soup to a blender and blend to desired consistency.
5. Dump into a bowl and add the other half. Blend again and combine with the 1st blended batch.
6. Stir to fully mix, sprinkle with turmeric and serve!