MESSAGE FROM THE BOARD

Hello Everyone!

Fall has arrived and the holiday season is right around the corner so many of us are starting to “stock up” on supplies for entertaining, gifts, and special treats. With all these purchases comes…..you guessed it…packaging!

Living on an island means most of the things we buy have to be shipped or flown in, so unfortunately packaging is hard to avoid. With this in mind, the Co-op is focused on reducing and reusing as much of the plastic and shipping materials as we possibly can. We also encourage members to help us reduce and reuse by bringing in reusable containers and bags on delivery days. You know what you’ve ordered so why not drop off a container for the oats you ordered and those washable bags so you can get more Brussels sprouts? Just write your name on what you drop off and we will use them to fill you orders.

Another way you can help out is to buy in bulk whenever possible. This not only saves on packaging, it’s cheaper too. And don’t forget to recycle the boxes your orders came in! These are just a few ways together we are able to reduce our use of plastic and shipping materials, leave a smaller carbon footprint, and save everyone a few dollars as well.

Did you know that every year Alaska Brewing Company sponsors a coastal cleanup, and it is shocking the amount of trash (much of it packaging of some sort) that is picked up just here in Sitka. This past summer roughly 2,000 pounds were pulled from our shores. Working together, we can make a change! If we can all be conscious about what we use, buy, and throw away, our efforts will create a difference. That’s what cooperation is all about!

If you have any ideas to share please let us know by sending us an email to: sitkafoodcoop@gmail.com. Remember Co-op members are owners, and what you say matters!

Have a lovely November, and be sure to Refuse, Reduce, Reuse, and Recycle!

Hannah Green - Treasurer
Greetings Fellow Co-op-ers;

November is upon us and soon we'll be celebrating Thanksgiving. To me, Thanksgiving is not just about Pilgrims, Plymouth Rock, and turkeys (though I do like turkey)... but rather it's a day of giving thanks for the blessings of the harvest and for all the good things that have come our way during the previous year. As General Manager of our co-op, when I look back and take stock of what's happened over this past year I realize just how many things there are to be thankful for... and how many people came together to make all those good things happen.

"None of us got to where we are alone. Whether the assistance we received was obvious or subtle, acknowledging someone's help is a big part of understanding the importance of saying thank you." ~ Harvey Mackay

Being that we're a cooperative, I'm thankful for just how well our members, Board, and staff are all working together to get things done and help our Co-op grow. The cooperative spirit is alive and strong in our co-op and together we ARE making a difference here in Sitka.

I'm also thankful for being given the opportunity to actually be the General Manager of our co-op. Yes.. it's been challenging at times and I definitely had much to learn about the food retail business, but it's been an extremely rewarding experience in so many ways.

Lastly, I'm thankful that we're now in our ninth year of being in business. Admittedly, back in 2011, when we first got organized, none of knew just what the future would hold... and, believe me, there were many "naysayers" who thought we couldn't succeed and were bound to fail. Yet here we are... nine years later still going strong... still growing every year... and still all working together cooperatively to "Bring Good Food & Community Together." That's something I, and every member, should definitely be thankful for.

Anyways... to all our past and present members... to all the consultants that have worked with us... and to all the brokers and sales representative that have helped us grow... I just want to say:

"THANK YOU!"

We just can't do what we do without the support of everyone involved.

Keith Nyitray - General Manager
Cooperatives are all about people coming together to solve problems and our co-op takes Principle 7 to heart. That's why we created our "New Beginnings" program that offers pre and post-natal products at reduced prices so our newest members can get a healthy head start and so young families can hopefully afford to stay in town; it's why we collaborate with and sponsor several local organizations and their events so together we can help create a healthier community, and; it's why we established our "Co-op Cares" program - where members show their community support by "rounding-it-up" at the register and having those funds donated to two local charitable organizations each year.

Sitka is an amazing community and we're here to support it!
Bob's Red Mill Natural Foods is a producer of natural, certified organic, and gluten-free milled grain products, billing itself as the "nation's leading miller of diverse whole-grain foods."

Bob Moore and his wife, Charlee, started Bob’s Red Mill in 1978. That’s over 40 years of whole grains!

Charlee started them on the whole grain kick when she decided to feed their growing family healthier foods, including more fruits, vegetables and whole grains back in the 60s. From there, it seemed a natural extension to want to bring a healthier way of eating to their community and beyond.

Bob’s believes that whole grains make life healthier and tastier! Whole grains contain the bran, germ and endosperm of the grain kernel, so they offer fiber and a multitude of vitamins and minerals.

Bob’s offers the widest variety of products from totally unprocessed seeds and grains, to minimally processed (but still healthy) easy and quick to use items such as pancakes mixes and granolas.

What most people don't know is that Bob's Red Mill is now an employee owned company! In 2010, on Bob's 81st birthday he surprised all his employees by creating an Employee Stock Ownership Program (ESOP) and made everyone an employee-owner.

Just imagine showing up for work one day as a company employee and leaving as an owner!

Ingredients:
- 1/4 cup lukewarm water
- 1 Tbsp Gelatin (Agar Powder for Vegan)
- 1 3/4 cups canned or fresh baked pumpkin
- (1) 14 oz can full-fat Coconut Milk (or 1+ 3/4 cups Milk alternative)
- 2 tsp vanilla extract
- 1/4 tsp salt
- 1/8 cup sweetener of choice
- 1 3/8 tsp pumpkin pie spice (mix of cinnamon, ginger, nutmeg, clove)

Directions:
- Heat the pumpkin, coconut milk, spices, and sweetener in a pot 'til quite warm, but not simmering. Once warm, remove from heat.
- Sprinkle the gelatin(or Agar Powder for vegan option) over the water and stir thoroughly to avoid clumping. Let it sit 'til it gels up.
- Once the Gelatin(Agar) is somewhat solidified, whisk it thoroughly into the heated pumpkin mixture.
- Pour the blended pumpkin mixture into ramekins, or whatever dish/jar you would like.
- If you are particular about not having a "custard skin" form on the top of your custard, cover or put plastic wrap on top of the custard so that it directly touches and seals the custard.
- Refrigerate until firm and enjoy.

Check out some of Bob’s goodies when you place your next UNFI or Azure order! www.bobsredmill.com