MESSAGE FROM THE BOARD

Hello Again Fellow Co-op Members -

Fall has struck, the days are getting shorter, and we're finally getting that much needed rain. As we move into that Fall mode, I think more about food -- of course that’s something I’m always thinking about. Now that I have a boat again I can go catch some subsistence halibut and maybe some venison too. We smoked and canned some Redoubt sockeyes, and hope to get some subsistence Black Cod to fill the freezer yet. Still there are some things I can't get here in Sitka. So... I recently bought a half hog from Blue Valley Meats. Have you had some of the pork from Blue Valley? It’s very similarly priced as what you buy in the grocery store but it's about ten times tastier as it's free-ranged and has no hormones, steroids, or antibiotics in it.

Gather and preserve! That’s what you do in Alaska in the Fall; at least that’s always been part of my Fall. Whether you ship it in or gather it yourself. I remember as a teen, canning venison, halibut, chum salmon, sablefish and living on a boat down in the harbor, with no freezer. Long before the days of the internet! Back when you couldn’t even get live football games on the tube in Sitka. Don’t look at sports news in the paper, so you can be surprised in a week or two, when you watch the game.

But enough about me and my past. As a board member of YOUR co-op we’re trying to figure out where we want to go. We still have high hopes for a location to work out of. And being open more often with more stock on hand - fresh, frozen and otherwise.

Surprisingly there are some options for us to expand into in Sitka. Maybe even to have someplace to have an occasional feed, and cooking demonstrations even. I cook a lot with sourdough and would love to share that.

Anyways, if you have any input please feel free either to show up at a board meeting, email Keith, or talk to one of the board members.

Co-operate on!

James Swift (aka: Swifty) - Vice Chair

UPCOMING DATES

10/4 Board Meeting
4:30pm-6:30pm
Library Meeting Room

10/6 Deadline: Midnight
Blue Valley Meats (9/24 delivery)

10/8 Delivery: 5:30 - 8:00 pm
Produce Only
Centennial Hall

10/11 Deadline: Midnight
All Foodclub orders (10/22 delivery)

10/13 Deadline: 3:00 pm
Azure Orders (10/22 delivery)

10/22 Delivery: 5:30 - 8:00 pm
All Orders
Centennial Hall

10/26 Deadline: Midnight
Produce Only (11/5 Delivery)

Environmental Corner

Runny noses are an unfortunate part of life for all of us at some point or another. Instead of reaching for that one-time use kleenex, go old fashion and grab a hanky! Some things really were better back-in-the-day.
Greetings Fellow Co-op-ers;

October is finally upon us and everything is changing. The leaves are falling and... (good news) so is our city sales tax rate! October is also "National Co-op Month" - a nationally recognized celebration of the importance of cooperatives since 1964. To celebrate National Co-op month - and to show some appreciation to all our members - stay tuned for some great deals and upcoming events this month.

Speaking of celebrating... **October marks the start of our ninth year as a cooperative!**

It's interesting to note that as I look back through our records, out of our current listing of 240 plus members, twenty (20) of them have been with us from the very start. (I'm lucky to be one of them.) But... even if you're a new member you should still celebrate being part of a local cooperative.

While you're at it... why not take some time this month to volunteer and/or serve on a committee. We've a fun one coming up... designing a new logo! Just email us if you're interested in helping out!

Anyways, here's hoping everyone has something to celebrate in October!

Keith Nyitray

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"Co-ops: By the Community, For the Community"
*(Theme for National Co-op Month - 2019)*

**Did you know...**
- That there are more than 40,000 cooperatives businesses in the United States with over 350 million members?
- That cooperatives generate over $514 billion in revenue and more than $25 billion in wages?
- That cooperatives represent democracy in action: where control of the co-op is exercised by a board of directors that are elected directly from the ranks of its members?
- That the board of directors is ultimately responsible to the members of the cooperative?
- That cooperatives generate jobs in their communities, keep profits local, and pay local taxes to help support community services.
- That, all across the country, cooperatives take part in community improvement programs, ensuring that everyone has an opportunity to benefit from the cooperative experience?
- Did you know that [ALPS Federal Credit Union](https://www.alpsfederalcreditunion.com) is a cooperative?
- That all cooperatives utilize seven guiding "principles" by which they put their values into practice? *(We've been showing one every month!)*

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**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!!
"Co-operatives serve their members most effectively and strengthen the co-operative movement by working together through local, national, regional and international structures."

You'll be pleased to know that our Co-op does indeed work and cooperate with dozens of other cooperatives around the country... and even the world. Rather than competing against each other, co-ops work diligently to support one another by sharing "lessons learned" so that no one co-op has to "reinvent the wheel" or figure out how to best manage the store's operations. And... when co-op members get together at conferences... watch out! There so much positive energy flowing about you can't help but realize that you're part of a large cooperative family - or better yet - a cooperative movement that's working to change the world.
With the relatively recent rise in concerns about hens in small cages being treated inhumanely, and antibiotics & other not-so-desirable chemicals being found in our food supply, a small Amish farmer in Iowa decided that caring for hens that produce organic eggs might help small farms remain viable by catering to this new demand. In 1997, he started Farmer’s Hen House.

Besides using no animal by-products, hormones or antibiotics in their grain feed, many hens also get a diet that is 100% organic. Those that are pasture-raised are not 100% vegetarian because they have access to plenty of yummy bugs in their time outside! Happy hens, indeed. All hens under the Farmer’s Hen House name have access to larger amounts of space than hens do at traditional farms for nesting, dust-bathing, eating, drinking and just plain old rambling about.

They all seem to have a pretty cushy life with lots of time spent in the great outdoors (a minimum of 6 hours a day, weather permitting), in vegetated areas that average 108 square feet per hen! Sounds like hen heaven to me.

Vendor Spotlight:

Farmer's Hen House

Garlic Rosemary Plantain Fries "AIP/Paleo"

**Ingredients:**
- 2 Green Plantains
- 2 TBS Olive Oil
- 1 tsp sea salt
- 1 TBS Dried Rosemary
- 8 Cloves of Garlic (minced)

**Directions:**
- Preheat your oven to 425 Degrees.
- Peel Plantains and cut into strips.
- In a medium sized mixing bowl, toss your Plantains in olive oil and combine with sea salt and rosemary.
- On a parchment lined baking sheet spread "fries" in an even layer with the strips touching as little as possible.
- Sprinkle the minced garlic on top of the fries and bake for roughly 10 minutes.
- After 10 minutes, remove from oven and rotate (turn) the fries.
- Bake for another 5 minutes or until they become golden on top.
- Let cool... and enjoy an entirely new taste in fries.

Check them out at: www.farmershenhouse.com