

CO-OP NEWS

Free

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All articles, columns and letters are the expressed opinion of the author and not of North Coast Co-op.

LETTERS TO THE EDITOR

Letters must include your name, address, member #, and telephone #. Letters should be kept to a maximum of 250 words and may be edited. We regret that we may not be able to publish all letters due to limited space. Email your letters to co-opnews@northcoast.coop or send them to: Co-op News, 811 I Street, Arcata, CA 95521.

Letter from the Editor

by Laurie Talbert, Marketing & Membership Director

THE CO-OP HAS RECENTLY UNDERTAKEN what will be a multi-year project: cleaning up our membership rolls. The move to single-person membership simplified the way we manage new memberships, clearing up many of the processes surrounding membership shares and how they are returned when someone is no longer a member of the Co-op. It's now the perfect time for us to take a fresh look at our memberships, one by one, to make sure that each account is in order.

While the Co-op has more than 18,000 members with shares, not all of them are actively engaged in the Co-op. Some have moved out of state and are no longer eligible to be members. A few are no longer shopping at the Co-op. A fair number of members appear to still be in the area and are shopping with us, but our mail is no longer reaching them. On the other end of the spectrum, we have a dozen or so members who are so engaged in the Co-op that they have more than one membership, and likely don't know it. If you fall into one of these categories, you'll soon be hearing from us. We want to make sure your membership is accurately reflected in our records.

We also have former members who still have interests in the Co-op, sometimes for less than a dollar. It's important to us—and required by our bylaws and the state—that we connect former members with any shares or patronage refunds

they are entitled to even after they've closed their memberships, no matter how much remains. It can be costly to the Co-op in staff time, in materials, and in postage to try to connect with former members. And, oftentimes, a current or former member can't be reached or doesn't respond to the Co-op. After three years of attempting to reach a current or former member using the contact information we have on record, and with no communication from that member, the Co-op can claim their remaining shares or patronage refunds as unclaimed equity. This process will be part of our clean up over the next few years as well.

Keeping your contact information up to date with the Co-op is vital to ensuring that your shares, patronage refunds and C Share dividends are available to you even if you are no longer a member of the Co-op. Not sure if we have a good address for you? Want to add a phone number or email as additional ways we can reach you? Pick up a Request Form at Customer Service in either store or email us at membership@northcoast.coop to update your membership. We're looking forward to focusing on enhancing member engagement opportunities for all of our current and active Co-op members with an orderly, shiny membership roll on our side. ■

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Member Engagement Creates Meaning

by Melanie Bettenhausen, General Manager

IN MY LAST ARTICLE, I wrote about putting the Eureka store remodel on hold and focusing on smaller projects while we build our cash for a major renovation. I also shared some of our challenges with health care expenses. I was overjoyed to receive several thoughtful emails from our members in response. Hearing from members lets me know that you all are paying attention and care deeply for the success of the Co-op. I'll share what I learned and address some of your concerns here with some updates.

In one email, I learned about a revolutionary approach to wellness for employers called kNewHealth, a cooperative health cost sharing option as an alternative to traditional insurance-based medical care. While it is not the right time for the Co-op to adopt this, we will be watching its development. I also learned about Business Alliance for a Healthy California, which works with employers to support universal health care. Our Human Resources Director attended a meeting and the Co-op has already endorsed single-payer health care legislation at the state level.

In addition to hearing from two members, I read responses from our Vision & Goals survey that a satellite store would be very welcome in the Henderson Center neighborhood. A conversation with one member was an absolute lovefest regarding our co-op, and one member wrote just to say thank you for the transparency regarding our financial situation and the remodel delay.

Speaking of the remodel, you've hopefully noticed some of the changes we've made in the interim, like a new floral display in Eureka and new shopping carts in Arcata. Behind the scenes, we've been getting our cleaning schedules and preventative maintenance programs in order to ensure our equipment operates and that the shopping experience consistently meets the expectations of our members.

We are moving forward with the replacement of some failing equipment, which was one of the major components of the remodel. If things go well, you'll see new refrigerated display cases in the Eureka store Meat Department, as well as the replacement of several of the upright refrigerated cases that display cheese, pickles and other dips and

“That level of engagement between members and within the community is what keeps me rooted in the Co-op.”

spreads. Our Facilities crew managed to repair the Frozen Department cases that had been icing over, simply by replacing seals and troubleshooting door heaters. They've also been working in partnership with our landlord to fix roof leaks near the atrium windows and to bring back the lighting in that area.

As mentioned in my last article, one of the biggest impacts to our financial situation is ongoing health care expenses. We are self-insured, meaning that every claim is paid by the Co-op, minus the portion the employee pays. Over the last few months, our Human Resources Department has been reviewing proposals for high-risk (self-insured) versus low risk (fully funded/traditional) health insurance options. We contracted with a broker who has 40 years of experience in self insurance and brings many other resources to the table. By enacting some of the changes they suggested, the Co-op will be saving \$1,000/month by simply switching our stop loss insurance carrier. We are also notifying employees of a change to our third-party administrator later this summer, which will give employees access to providers/specialists out of the area—Redding, Santa Rosa, the Bay Area or while traveling in other states—at a reduced cost for both the Co-op and our employees. With health care options in Humboldt being so limited, this is critically important. We've done thorough research to ensure that no one's medical care or prescriptions will be disrupted or increase in cost, and are working on a smooth transition for all involved.

Hearing from members is one of the reasons I became a Co-op member back in the early 2000s when I was still a college student. I recall a survey box asking for member input on the topic of Coca-Cola and whether or not the Co-op should boycott it. Coming from rural North Carolina with very few healthy or independent food store options, I was especially struck that a grocery store would ask me

what I thought. In essence, the Co-op was asking if they should make a purchasing decision for consumers or allow consumers to decide for themselves. I was hooked! Before that, I chose to shop at the Co-op for the product offerings I couldn't get anywhere else. It was the engagement that made me decide to become a member.

I have since found that the Co-op and our practices comes up in conversation throughout the community. Wherever I go, I overhear someone talking about something that happened at the Co-op, what they love about it, a comparison of prices over our competitors, or who they ran into that they hadn't seen in ages. And of course, I don't go anywhere without representing the Co-op. I was recently asked if I was expected to be a food expert everywhere I go and my considered response was "yes," and then I enthusiastically answered many questions about food. Many of you are also food experts and willingly share your knowledge with the Co-op. That level of engagement between members and within the community is what keeps me rooted in the Co-op. Where else can you participate in your food supply in such a meaningful way, short of growing and making all of your food yourself? We look forward to hearing how you engage other members of the Co-op in our member survey on page 31.

Member input is used for much of our decision making, whether it be daily (product selection) or more futuristic planning (strategic plan). At our Annual Membership Meeting & Celebration in October we'll be introducing our next five-year strategic plan based on surveys you all responded to these last few months and the feedback you've been giving for years. Your engagement is what creates meaning in my work. I hope to see you on October 21—save the date! Please don't hesitate to contact me at (707) 822-5947 ext. 220 or gm@northcoast.coop. ■

Good food needs good leadership

Run for our BOARD OF DIRECTORS!

This year, there are two open General Member-Director seats on the Board of Directors with terms beginning November 2018 and running through October 2021. We are asking our members who believe in our Co-op community to run for the board!

- ✓ Represent our thousands of members
- ✓ Support our local food system
- ✓ Provide direction by setting policies

2018 Election Timeline

July 30: Applications for candidacy are due.

August 31: Nominating Committee Chair notifies candidates of eligibility.

October 2: Elections begin! Candidates running for the Board of Directors are encouraged to campaign during the election period by following our Campaigning Guidelines for Candidates.

October 6: Election Kick-Off Event – connect with fellow members at a candidate meet-and-greet at Arts Alive! at Eureka Books.

October 21: Annual Membership Meeting & Celebration – candidates will have the opportunity to meet with members and address the membership in attendance.

October 24: General election ends – ballot boxes will be collected at 9pm.

October 25: Ballots are counted – winners and non-winners will be announced in stores and online.

November 1: First board meeting for new directors!

If you are interested and committed to running for the Board of Directors, check out all the information on our website at www.northcoast.coop/elections or grab an application packet at Customer Service at either store. Applications for candidacy are due on July 30.

“Serving on the board is a real opportunity to serve our thousands of members by improving our local food system, improving our community and improving our own operations. And it’s fun!”
– current board member



NORTH COAST
CO-OP

Save the Date: Annual Membership Meeting & Celebration

Sunday, October 21 at the Arcata Veterans Hall

by Jules Katz, Membership Coordinator



Join fellow Co-op members, the Management Team and our Board of Directors for a celebration of 45 years strong!

You'll hear about the state of our co-op, learn about our member-driven Strategic Plan for the next five years, meet board candidates, eat some incredible nosh, celebrate with other co-op members and receive a special gift! And, it is all jam packed into a fun and informative afternoon at the landmark Veterans Hall in Arcata.

Watch for more information in the stores, on our website at www.northcoast.coop and in our election guide, which will be mailed to members in September.



Coming Soon: Store Tours

We'd love to show you around!

Behind-the-scenes look of each department

Tips to shop and save money

Learn some of our history

Samples of delicious food

If you're interested in taking a store tour, please email membership@northcoast.coop.



First Quarter Board Meeting Recaps

April, May and June board meetings

by James Kloor, Board Treasurer

2018 CALIFORNIA CO-OP CONFERENCE

In late April, Board Secretary Leah Stamper, Board President Colin Fiske and I attended the 2018 California Co-op Conference. With more than 100 attendees, the conference was brimming with great sources of information on cooperatives. We put some names to faces and even ran into Restif Cleaning Services, a worker-owned co-op you might recognize, as they are a Humboldt County business. Co-ops are amazing creatures, and the board is excited to bring back our learnings and share them with you. First up: a rethinking of our current board meetings.

In an attempt to better engage our members, the Board of Directors voted to change up the agenda and meeting structure at the May board meeting. We chose to institute a consent calendar which allows the board to run through transactional material in a shorter time span. Our hope is to fill some of that newly freed up time with discussion topics, and to offer shorter meetings. The June board meeting was the first to utilize the new structure, and the discussion that ensued was engaging and, in my opinion, everything the Co-op is meant to be. Please come and engage with us while we continue to use this new structure!

RACIAL EQUITY – NEXT STEPS

July 2017, the Co-op stated its commitment to

racial equity work when the board approved a Racial Equity Statement. This was a great first step to address racialized inequities, but it was only the first step. At our May meeting the board approved of moving forward with a proposal from Stepping Stone Diversity Consulting that will support organizational growth and change, which includes a plan for conducting a baseline assessment using quantitative and qualitative tools with specific steps and a timeline for implementing them.

While the specific focus and priorities of the strategic racial equity plan will stem from feedback collected through the baseline assessment, we can use best practices and research from the field to anticipate some areas that may need attention, and outline the steps required for implementation. This is our second step into addressing systemic practices that reach much further than just groceries, and again re-emphasizes how amazing co-ops are. Stay tuned – I look forward to sharing with you the findings and future action steps. And if you want to be involved, please let us know.

ADDING VALUE

An interesting topic that came up in member comment period during our June meeting was that of adding value. I love this topic, as to me that's where the Co-op really shines. At

what other grocery store can you democratically participate in shaping the outcomes and priorities? What other grocery store even has other outcomes and priorities besides selling great food?

I'm lucky to have served on the Vision & Goals Committee, where during the strategic planning process we often talked about what it means to be more than a grocery store that sells great food. We focus on environmental impact through our Earth Action Committee, we work to make sure our members have a voice through the Member Action Committee, and through our myriad of other committees we ensure member participation in every facet of the Co-op, even the finances. And I trust that even if I don't attend those meetings, the Co-op is still thinking about and working by the Cooperative Principles. To me, that's adding value in the Co-op.

FUTURE MEETINGS & COMMITTEES

We encourage you to join us at our committee meetings, or come to the board meeting every first Thursday of the month at 6pm at the Ten Pin Building at 793 K Street in Arcata. Meeting agendas are posted one week in advance of meetings and can be found on the Co-op website, in the quarterly Co-op News, and in the stores. We'd love to see you there, and hear your thoughts regarding our co-op. ■

BOARD OF DIRECTORS & COMMITTEE MEETINGS		
July Meetings Board of Directors Meeting July 5 • 6pm, Ten Pin Building Member Action Committee July 11 • 5:30pm, Ten Pin Building Earth Action Committee July 11 • 6:45pm, Ten Pin Building Policies & Procedures Committee July 18 • 6pm, Ten Pin Building	August Meetings Board of Directors Meeting August 2 • 6pm, Ten Pin Building Member Action Committee August 8 • 5:30pm, Arcata Store Earth Action Committee August 8 • 6:45pm, Ten Pin Building Nominating Committee August 22 • 6pm, Ten Pin Building Finance Committee August 29 • 6pm, Ten Pin Building	September Meetings Board of Directors Meeting September 6 • 6pm, Ten Pin Building Member Action Committee September 12 • 5:30pm, Ten Pin Building Earth Action Committee September 12 • 6:45pm, Ten Pin Building Policies & Procedures Committee September 19 • 6pm, Ten Pin Building

Board Votes to Support Ben & Jerry's Boycott

by Alisha Hammer, Merchandising Manager

AT THE APRIL BOARD MEETING, the Co-op's Board of Directors voted to support a request from Co-op members to stop selling Ben & Jerry's, in honor of Organic Consumers Association's campaign to convince Ben & Jerry's to go 100% organic.

Our Purchasing Policy states we strive to carry products that are environmentally sound, socially responsible, and meeting member-owner needs. As of April, the Co-op no longer orders Ben & Jerry's and will expand our selections of other brands that more closely align with our Purchasing Policy and our GMO Policy.

Organic Consumers Association is an online nonprofit that "...advocates on behalf of organic consumers and engages consumers in mar-

ketplace pressure campaigns." Their campaign, known as Dump Dirty Dairy, began after samples of Ben & Jerry's ice cream tested positive for glyphosate, a controversial herbicide. Additionally, the campaign sites that chemical fertilizers used to grow the corn that Vermont dairy farmers feed their cows had to be cleaned out of Vermont's waterways.

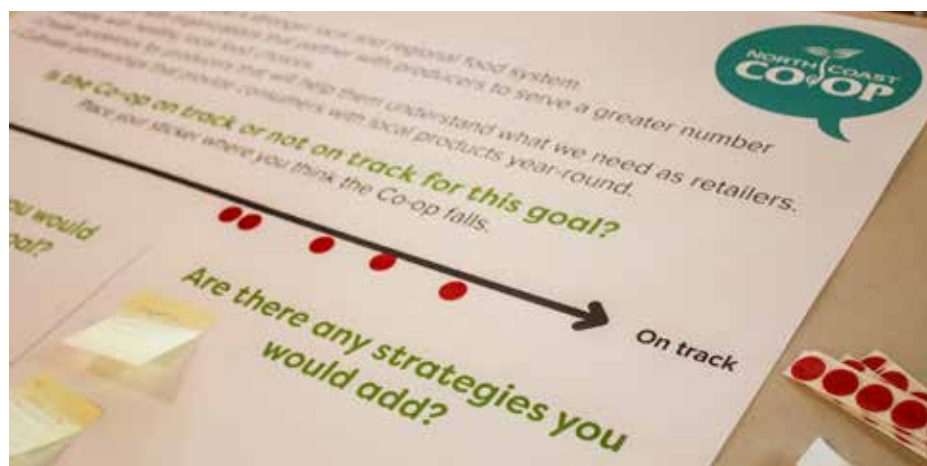
North Coast Co-op's Board of Directors will consider participating in a boycott when a proposal is made to do so by staff, or by a member or group of members. For more information about current and past boycotts, visit our website at www.northcoast.coop/boycotts. ■

Members Provide Foundation for Strategic Plan Draft

by Laurie Talbert, Marketing & Membership Director

THE CO-OP WOULD LIKE TO SEND a huge thank you to the 262 members, including employee-members, who took our Vision & Goals Member Input Survey. We appreciate you taking the time to share your ideas for the future of the Co-op.

The Vision & Goals Committee, consisting of Co-op members, board members and staff members, spent June evaluating your feedback and putting together a strategic plan outline. The Co-op's General Manager will complete a full plan for the board to assess at the July 5 board meeting. The strategic plan will be discussed at upcoming monthly Board of Directors Meetings and Member Action Committee Meetings, and Co-op members are welcome and encouraged to attend (see schedule on the previous page). The board will present the final strategic plan to the membership at the Annual Membership Meeting & Celebration in October. We look forward to seeing you there. ■



Congratulations to our five members who won \$50 gift cards!
 Mark • Kim • Trevor • Estelle • Greg

2018
STRATEGIC PLANNING TIMELINE

JULY 5
 BOARD MEETING

The General Manager and Vision & Goals Committee will present a draft strategic plan to the board for discussion and feedback.

OCTOBER 21
 ANNUAL MEMBERSHIP MEETING & CELEBRATION

The board will present the final strategic plan to the membership for adoption.



Why did you become a Co-op member?



“Because I agree with the principles and philosophies that established and maintain the Co-op.”

Robin Daw, Eureka.
Member for 11 years.



“For organic food and drink, plus discounts.”

Ken Evans, Eureka.
Member for 6 years.



“I enjoy coming here to get healthy and local foods for myself and family.”

Springwind Marshall, McKinleyville.
Member for 21 years.



“Frequent shopper.”

Kathleen Strehl, Eureka.
Member for 17 years.



“Good food and seeing Lori [our Senior Front-End Clerk].”

Andrea Dresch, Eureka.
Member for 12 years.



“The excellent produce and healthy products, and the baked goods.”

Catherine Valentine, Bayside.
Member for 35 years.

Local Produce Guide July | August | September

<i>Apples</i>	July	Aug	Sept	Farm
Blushing Gold			●	Clendenen's Cider Works
Crabapple			●	Clendenen's Cider Works
Early Gold			●	Swallowdale Farm
Fuji		●	●	Swallowdale Farm
Gala		●	●	Swallowdale Farm
Golden Blush	●	●	●	Swallowdale Farm
Gravenstein Varieties		●	●	Clendenen's Cider Works Swallowdale Farm
Honeycrisp		●	●	Clendenen's Cider Works Swallowdale Farm
Ida Red			●	Clendenen's Cider Works
Jonagold			●	Swallowdale Farm
Jonathan			●	Hunter Orchards
King			●	Clendenen's Cider Works
Mutsu			●	Clendenen's Cider Works Hunter Orchards
Sara Mac (Heirloom)	●	●		Swallowdale Farm
Spartan			●	Hunter Orchards
Winesap			●	Hunter Orchards
Williams Pride	●	●		Swallowdale Farm



<i>Plums</i>	July	Aug	Sept	Farm
Elephant Heart Plum		●	●	Luna Farm
Italian Prune		●	●	Hunter Orchards
Pluot Varieties		●	●	Neukom Family Farm
Red Beauty Plum	●			Luna Farm Swallowdale Farm
Santa Rosa Plum	●	●		Trident Lightning
Satsuma Plum		●	●	Neukom Family Farm
Shiro Plum	●	●		Neukom Family Farm

<i>Cucumbers</i>	July	Aug	Sept	Farm
Armenian	●	●	●	Trident Lightning
Slicing	●	●	●	Pierce Family Farm
Japanese	●	●	●	Earthly Edibles
Lemon Cucumber	●	●	●	Pierce Family Farm
Persian	●	●	●	Trident Lightning
Pickling	●	●	●	Rain Frog Farm

<i>Melons</i>	July	Aug	Sept	Farm
Ambrosia	●	●		Willow Creek Farms
Annana		●	●	Neukom Family Farm
Canary			●	Trident Lightning
Cantaloupe	●	●		Willow Creek Farms
Charantais		●	●	Luna Farm
Charleston Gray		●	●	Trident Lightning
Crane (Eel River)		●	●	Neukom Family Farm
Crenshaw		●	●	Trident Lightning
Crimson Sweet Watermelon		●	●	Willow Creek Farms
Galia	●	●		Willow Creek Farms
Gold Flower Watermelon		●		Trident Lightning
Ha Ogen		●	●	Neukom Family Farm
Honeydew Varieties		●	●	Neukom Family Farm Trident Lightning
New Orchid Watermelon		●	●	Trident Lightning
Rainbow Seeded Watermelon			●	Earthly Edibles
Swan Lake		●	●	Neukom Family Farm
Sugar Baby Watermelon		●		Trident Lightning
Tiger Melon	●	●	●	La Huerta del Perro
Toad Skin		●	●	Neukom Family Farm
Yellow Doll Watermelon		●		Willow Creek Farms

<i>Pears</i>	July	Aug	Sept	Farm
Asian	●	●	●	Neukom Family Farm
Bosc		●	●	Fruitwood Farms
Comice			●	Fruitwood Farms
D'Anjou Varieties	●	●	●	Hunter Orchards Fruitwood Farms
Green Bartlett	●	●	●	Fruitwood Farms
Starkrimson	●	●	●	Fruitwood Farms

<i>Stone Fruits</i>	July	Aug	Sept	Farm
Indian Blood Peaches		●		Trident Lightning
Yellow Nectarines		●	●	Hunter Orchards
Yellow Peaches	●	●	●	Hunter Orchards Neukom Family Farm

Continued on next page

Local Produce Guide July | August | September

Tomatoes	July	Aug	Sept	Farm
Cherry Varieties	●	●	●	Willow Creek Farms Luna Farm Pierce Family Farm
Jaune Flamme		●	●	Luna Farm
Mixed Heirloom	●	●	●	Willow Creek Farms Neukom Family Farm Earthy Edibles Pierce Family Farm
Roma		●	●	Pierce Family Farm
Slicing		●	●	Willow Creek Farms
Tomatillo Varieties	●	●	●	Luna Farm



Cauliflower	July	Aug	Sept	Farm
Cheddar	●	●		Warren Creek Farms
Purple	●	●	●	Organic Matters Ranch
White	●	●	●	Organic Matters Ranch



Mushrooms	July	Aug	Sept	Farm
Lion's Mane	●	●	●	Mycality Mushrooms
Oyster Varieties	●	●	●	Mycality Mushrooms
Shiitake	●	●	●	Mycality Mushrooms



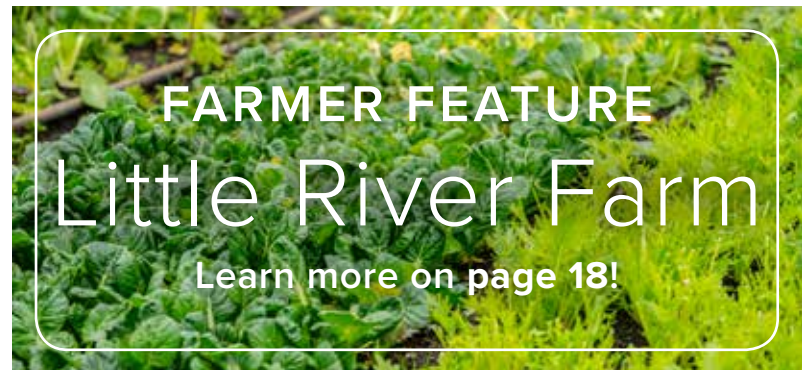
Root Veggies	July	Aug	Sept	Farm
Beet Varieties	●	●	●	Wild Rose Farm
Carrots	●	●	●	Willow Creek Farms
Daikon Radish			●	Willow Creek Farms
Fennel	●	●	●	Flora Organica
Garlic	●	●	●	La Huerta del Perro
Kohlrabi Varieties		●	●	Rain Fog Farm
Leeks			●	Rain Fog Farm
Red Onion		●	●	Earthy Edibles
Parsnips			●	Willow Creek Farms
Pink Beauty Radish			●	La Huerta del Perro
Rutabega			●	Willow Creek Farms
Shallots		●	●	Pierce Family Farm
Watermelon Radish			●	La Huerta del Perro



Greens	July	Aug	Sept	Farm
Assorted Greens	●	●	●	Little River Farm
Chard Varieties	●	●	●	Wild Rose Farm
Collard Greens	●	●	●	Wild Rose Farm
Dandelion Greens	●	●	●	Wild Rose Farm
Kale Varieties	●	●	●	Wild Rose Farm
Mixed Greens	●	●	●	Wild Rose Farm
Mustard Greens			●	Wild Rose Farm
Radicchio	●	●	●	Flora Organica
Spinach	●	●	●	Wild Rose Farm

Squash	July	Aug	Sept	Farm
Acorn	●	●		Willow Creek Farms
Buttercup	●	●		Willow Creek Farms
Butternut	●	●		Willow Creek Farms
Crookneck	●	●	●	Pierce Family Farm
Delicata		●	●	Willow Creek Farms
Jack-o-Lantern Pumpkin			●	Warren Creek Farms
Jester	●	●		Willow Creek Farms
Kabocha Varieties		●	●	Willow Creek Farms
Mixed Squash	●	●		Willow Creek Farms
Red Kuri		●	●	Willow Creek Farms
Spaghetti		●	●	Willow Creek Farms
Sugar Pie Pumpkin			●	Warren Creek Farms
Sunburst Squash	●	●		Willow Creek Farms
Zucchini Varieties	●	●	●	Pierce Family Farm Willow Creek Farms

Continued on next page



Local Produce Guide July | August | September

<i>Peppers</i>	July	Aug	Sept	Farm
Anaheim		●	●	Willow Creek Farms
Bell Varieties		●	●	Pierce Family Farm
Cayenne		●	●	Flora Organica
Italian Sweet (Carmen)		●	●	Willow Creek Farms
Jalapeño		●	●	Pierce Family Farm
Jimmy Nardello		●	●	Flora Organica
Padron	●	●	●	Flora Organica
Pimento		●	●	Willow Creek Farms
Poblano		●	●	Willow Creek Farms
Serrano		●	●	Willow Creek Farms
Shishito	●	●	●	Flora Organica



<i>Lettuce</i>	July	Aug	Sept	Farm
Butter Varieties	●	●	●	Organic Matters Ranch
Green Leaf	●	●	●	Organic Matters Ranch
Oakleaf Varieties	●	●	●	Organic Matters Ranch
Red French Crisp	●	●	●	Organic Matters Ranch
Romaine	●	●	●	Organic Matters Ranch

<i>... and more!</i>	July	Aug	Sept	Farm
Artichokes	●	●	●	Earthly Edibles Flora Organica
Bok Choy Varieties			●	Willow Creek Farms
Broccoli	●	●	●	Earthly Edibles
Grape Varieties		●	●	Pierce Family Farm
Green & Red Cabbage	●	●	●	Organic Matters Ranch
Eggplant Varieties	●	●	●	Pierce Family Farm Willow Creek Farms
English Peas		●	●	Warren Creek Farm
Peashoots		●	●	Feral Family Farm
Quince			●	Clendenen's Cider Works
Romanesco	●	●	●	Organic Matters Ranch
Snow Peas	●	●	●	Organic Matters Ranch
Sugar Snap Peas	●	●		Organic Matters Ranch
Sunflower Shoots	●	●	●	Organic Matters Ranch
Wheatgrass	●	●	●	Feral Family Farm
Yellow Corn	●	●		Willow Creek Farms

<i>Beans</i>	July	Aug	Sept	Farm
Green Bean Varieties	●			Willow Creek Farms
Romano Beans	●	●		Paul Lohse
Yellow Beans	●	●		Paul Lohse
Yellow Romano Beans	●	●		Paul Lohse

<i>Herbs</i>	July	Aug	Sept	Farm
Basil	●	●	●	Pierce Family Farm Earthly Edibles
Cilantro	●	●	●	Wild Rose Farm
Dill Varieties	●	●	●	Rain Frog Farm
Kaffir Lime Leaves	●	●	●	Claudia's Herbs
Parsley Varieties	●	●	●	Luna Farm Pierce Family Farm Rain Frog Farm

Weather may affect produce availability

<i>Where's your farmer?</i>				
Swallowdale Farm <i>in Arcata</i>	Wild Rose Farm <i>in Blue Lake</i>	Earthly Edibles <i>in Korbrel</i>	Pierce Family Farm <i>in Orleans</i>	Luna Farm <i>in Willow Creek</i>
Feral Family Farm <i>in Arcata</i>	Mycality Mushrooms <i>in Fairhaven</i>	Fruitwood Farms <i>in Orleans</i>	Hunter Orchards <i>in Orland</i>	Neukom Family Farm <i>in Willow Creek</i>
Little River Farm <i>in Bayside</i>	Clendenen's Cider Works <i>in Fortuna</i>	Paul Lohse <i>in Arcata</i>	Flora Organica <i>in McKinleyville</i>	Willow Creek Farms <i>in Willow Creek</i>
Rain Frog Farm <i>in Blue Lake</i>	Organic Matters Ranch <i>in Freshwater</i>	La Huerta Del Perro <i>in Orleans</i>	Trident Lightning <i>in Phillippsville</i>	Claudia's Herbs <i>in Orleans</i>

Encouraging the Use of Durables in Our Deli

by Lauren Fawcett, Food Service Director

HERE AT THE CO-OP, we make it easy for our members and shoppers to reduce waste while shopping. In addition to offering a discount for using reusable bags and cups, we encourage shoppers to bring their own containers to use in our Deli. This not only ties in with our zero-waste goal of being an organization that produces no waste at all, it creates an excellent Co-op customer service experience. There are some parameters, though, to this sustainable practice per the California Health and Safety Code 114075.

When a shopper brings their own reusable containers like jars, bowls, and plates to use in Deli self-serve areas—salad bar, olive bar, hot bar, or hot soup—they cannot serve themselves. They must have a trained Deli staff member fill the container for them.

Since a reusable container brought from

home is not sanitized in a commercial facility, a customer cannot serve themselves due to the potential risk of cross contamination. For example, if a customer brings a container from home that is not commercially sanitized, and they accidentally touch their container to the tongs, serving spoons or ladles from one of the self-serve areas, that utensil goes back into the self-serve area, potentially contaminating the food.

The simple solution to this is to ask our friendly Co-op staff for assistance. When you bring in your own container to fill from any self-serve area—salad bar, olive bar, hot bar or hot soup—or the cold case, simply tell a Deli staff member you would like to use your own container for food. Our Deli staff are fully trained on these procedures and are more than happy to assist in filling up your person-

al containers with delicious food.

Similarly, shoppers can bring their own cup or mug to purchase a juice, smoothie or espresso drink because the cup is filled by a trained staff member. Shoppers can pour their own self-serve coffee out of air pots because it is done “without contact between the pouring utensil and the lip contact area of the cup or container.”

While these extra efforts can seem tedious, the Co-op is fully prepared and committed to environmental responsibility and making it easy for our shoppers to reduce packaging waste. We’ve created step-by-step guides on page 21 to bringing your own durables to the Co-op. Thank you for helping your co-op move closer to a zero-waste future! ■

Bringing your own containers to the Co-op is easy. See our step-by-step guides on page 21.



From Our Kitchens to Yours

Recipes added to the Co-op website

by Rebekah Staub, Marketing Communications Specialist

REMEMBER THAT SAVORY SQUASH DISH from our Annual Membership Meeting in 2012? What about the decadent, roasted pear dessert from a winter edition of *Co-op News*?

Over the years, the Co-op has cooked up and collected recipes from our members, our cooking classes, our community kitchen, and our own staff's unique creations. This summer, we are excited to have all those memorable dishes available to members and shoppers on our website – www.northcoast.coop/recipes.

The recipes are organized by courses and diet, and there are nearly 200 to peruse through. Recipes will be added frequently, so keep checking back to find your new go-to dishes. You can save them in your browser, print out copies for your kitchen, or 'pin' them on your Pinterest boards (and follow the Co-op's Pinterest). From decadent sides featuring local produce to quick meals for busy weeknights, our recipes are healthy and delicious, from our kitchens to yours. ■



Lemon Melon Popsicles with Mint and Cucumber

From *Co-op News*, September 2013.

Makes about 6 standard popsicles, 3-4 ounces each.

Ingredients

- 1 medium melon, peeled (3 cups)
- 1 small cucumber (1 cup)
- 1 handful fresh mint (10 leaves)
- 2 Tablespoons honey
- 2 Tablespoons water

Directions

1. Chop melon into 1-inch pieces and roughly chop cucumber and mint.
2. In a small pan, warm honey and water until the honey is soft and liquefied with the water.
3. In a blender or food processor, add the chopped melon, chopped cucumber, fresh mint, honey and water. Blend until smooth.
4. Pour into popsicle molds and freeze overnight.



Find your favorite recipes, new and old!
www.northcoast.coop/recipes

Staff Picks: *Juices and Smoothies*

Ahh, summer. The season where the sun is always shining, going outdoors is always an option, and drinks are served over ice. While there's nothing like a sweating iced tea or kombucha to accompany you in the sunshine, smoothies and juices are an easy way to take a break from the heat and get your daily dose of fruits and veggies at the same time.

The Co-op's smoothies and juices are made with organic fruits and

vegetables and can include additions like echinacea, matcha, spirulina, and turmeric. You may have a favorite from our signature drink menu, but if you are looking for a new way to get fruits and vegetables in your diet, we asked members of the Co-op team in the Deli and Bakery their favorite, fresh combinations.

Juices

"Coconut water, kale, cucumber, lemon juice, pineapple, apple."

-Jessica
Assistant Deli Manager, Eureka

"When you have a stuffy nose, a sore throat, or a throbbing hangover, nothing beats a Rising Fog, served steaming hot, with extra lemon and ginger. Delicious AND medicinal."

-Charlie
Cake Smith, Arcata

"Pineapple, cucumber, carrot juice, spinach, mango, spirulina, turmeric."

-Karley
Deli Clerk, Eureka

"Cucumber and celery in the AM. Simple and good. Good for you."

-Jan
Bakery Clerk, Arcata

Smoothies

"Coconut milk, avocado, turmeric, vanilla syrup, plain yogurt."

-Kim
Deli Clerk, Eureka

"Strawberries, whole milk, vanilla syrup, raspberry syrup, ice."

-Richard
Deli Cook, Eureka



Summer's Featured Produce: Melons

by Joey Beasley & Paul Wright, Produce Department Heads

Throughout the summer and fall, the Co-op's Produce Departments are home to more than 20 varieties of melons that travel no more than 85 miles from the local farms where they are grown to our stores. With watermelon and cantaloupe already appearing on our shelves, here are some of the lesser known varieties of melon to look forward to.



Anana
NEUKOM FAMILY FARM

Juicy, crisp, sweet with tones of pineapple.

Ripe when exterior has pronounced sandy-hued netting.



Ambrosia
WILLOW CREEK FARMS

Sweet, juicier than the common cantaloupe.

Ripe when it has a sweet melon aroma and end is slightly soft to touch.



Crane
NEUKOM FAMILY FARM

Highly aromatic and sweet with honey, rose, and orange blossom notes.

Ripe when dark green blotches become rusty orange.

Look for more than 20 varieties!



Canary
TRIDENT LIGHTNING

Both tangy and mildly sweet.

Ripe when rind is bright yellow and slightly waxy.



Crenshaw
TRIDENT LIGHTNING

Very sweet and slightly spicy.

Ripe when skin turns golden-yellow.



Toadskin
NEUKOM FAMILY FARM

Also known as Santa Claus, has a mildly sweet flavor.

Ripe when end is soft when pressed gently and skin is bright yellow.

Five Delicious D

Dry rubs are a quick and easy way to add flavor to all the provisions you plan on barbecuing. Unlike marinades, which require soaking overnight, rubs can be applied just up to several hours ahead. And, by taking advantage of our Bulk Departments which offer hundreds of spices that you can buy in any amount you like, these homemade rubs are

Curry Rub

Ideal for chicken, shrimp, lamb

- 4 teaspoons curry powder
- 1 ½ teaspoons ground coriander
- 1 ½ teaspoons salt
- 1 teaspoon ground cumin
- ½ teaspoon sugar
- 1 teaspoon ground ginger
- ½ teaspoon ground pepper

All-Purpose Rub

Ideal for chicken, beef, pork, lamb, tofu, assorted vegetables

- 2 Tablespoons smoked paprika
- 2 Tablespoons kosher salt
- 2 teaspoons granulated garlic
- 2 teaspoons granulated onion
- 2 teaspoons ground mustard
- ½ teaspoon ground coriander
- ½ teaspoon ground black pepper

Sweet and Spicy

Ideal for salmon

- 2 Tablespoons brown sugar
- 1 Tablespoon chili powder
- 1 teaspoon ground cumin
- ⅛ teaspoon salt
- ⅛ teaspoon ground black pepper



ry Barbeque Rubs

by Rebekah Staub, Marketing Communications Specialist

bequing this sum-
before cooking or
n are home to hun-
easy on the wallet.

Instructions

Combine all ingredients in a small bowl. Rub mix over the veggies or protein of your choice at least 10 minutes and up to several hours before cooking on an oiled barbeque.

Salmon Rub

sugar
der
nin
black pepper

Sweet Carolina Rub

Ideal for pork, beef

¼ cup paprika
3 Tablespoons brown sugar
2 Tablespoons cumin
2 Tablespoons chili powder
2 Tablespoons black pepper
2 Tablespoons garlic powder
1 Tablespoon cayenne pepper
2 teaspoons onion powder

Rosemary Garlic Rub

Ideal for chicken, tofu, assorted vegetables

¼ cup dried rosemary
2 Tablespoons dried oregano
1 Tablespoon dried sage
2 Tablespoons dried garlic flakes
1 Tablespoon kosher salt
2 Tablespoons cracked black pepper

*Not all spices are available at both stores.

Little River Farm

Farmer: John Severn

Location: Bayside

Acres: 1

For nineteen years and counting, local farmer John Severn and his crew at Little River Farm have endured the heat, hail, and varying conditions of each northern California season to provide the Co-op, farmers markets and local restaurants with nutritious greens and salad mixes year-round. Featuring more than 200 varieties of greens like spinach and arugula, their mixes are always changing depending on the time of year (“It’s like a salad adventure!” John says) and are available loosely by the pound in both stores. They also come in compostable containers made from corn that can be cut up and added to any at-home compost.



John Severn shows off one of the hundreds of greens he grows at his farm, Little River Farm.

How did your farm get started?

I worked for a couple of local farmers, like Blake Richard [at Wild Rose Farms], and as Blake's season was slowing down and winter was approaching, he suggested taking over doing salad for the Co-op. I started in the late summer of '99. I give big props to Blake—he's done that for a lot of people.

What kinds of crops do you grow?

The salad mixes. I have up to 200 different varieties of greens. One of the things that makes us special is the unique things to this area we have in our mixes, like Claytonia and watercress.

What is your favorite part about farming?

Being able to have my kids with me. I was a young dad. Some people say farming is their dream, but it wasn't really my dream. It was more about being able to support my son in an environmentally-thoughtful way, making money in a way I could respect.

What about your farm are you most proud of?

The minimal fuel use and minimal impacts. I could have five gallons of fuel last me a month. I don't use any products for pest control, which is very rare. How much we're able to produce for such a small place by hand.

What's your favorite crop and why?

The sweet and spicy mix. It's so healthy. It's like a concept that's always changing based on the time of year. It's like a salad adventure. I recently saw some article from a show like Dr. Oz that talked about the most nutrient-dense foods. Eight of the top ten were in the mix. So this is some of the best food you could possibly eat. Watercress was number one.

How has working with the Co-op impacted your farm?

I would not have my farm if not for the Co-op. The consistent sales and three deliveries every week helped create some reliability I could count on. It made it easier to determine what my budget is. It's also not my favorite to work in winter, but having the Co-op being there year-round and having that support I think is an incredible thing for the community.



There are more than 200 varieties of greens grown at Little River Farm in Bayside.

Locally Inspired

New recipe-sampling program inspires local recipe contest

by Ellie Christensen, Demo Coordinator

WHAT'S FOR DINNER? What should I have for lunch? Even though we, as Co-op employees, are surrounded by food all day long, we sometimes find ourselves coming up short on ideas for delicious, nutritious and locally sustainable lunch and dinner ideas. That's why I developed the Co-op Inspirations program: To share unique and easy recipes using our most seasonal produce paired with our favorite proteins, cheeses, sauces and grains.

On Wednesdays and Saturdays in Arcata and Thursdays in Eureka, you can find our Demo Clerks sampling yummy Co-op Inspirations made from scratch, like Sweet Potato Hummus or Pomegranate Salsa. When a Co-op Inspiration is being sampled, you can walk away with the recipe to gather the ingredients for yourself in the moment or in the future. Did you try something amazing that we made but forgot to grab the recipe card? You can find each recipe in the Co-op Inspirations binder at Customer Service any time you visit the stores.

Every September, our community celebrates the local food bounty of our region during Humboldt Local Food Month. In addition to encouraging our members and shoppers to attend featured events across the community, the Co-op hosts the Eat Local Challenge, where our community pledges to eat local foods the entire month. This year, we're taking it a step further with a recipe competition.

Our challenge to you during Local Food Month is to share your most clever recipe using local produce and products. Test your ability to create something locally inspired, meaning some or all of the ingredients are sourced within Humboldt, Del Norte and Trinity counties. Sweet, savory, vegan, paleo—it's up to you. Submit your recipe via email to info@northcoast.coop or in-person at Customer Service. Look for the select winning recipes as a Co-op Inspiration, an online recipe, or in the winter edition of *Co-op News*. ■



LOCALLY INSPIRED RECIPE COMPETITION

Local Food Month 2018

Whether you regularly eat local foods, or you are interested in learning more about how to find and cook fresh and local new-to-you ingredients, we want to know what's cookin'! Create something locally inspired, meaning some or all of the ingredients are sourced within Humboldt, Del Norte and Trinity counties.

RECIPES MUST INCLUDE: Title • Author • Ingredients • Instructions

Submit your recipe via email to info@northcoast.coop or drop it off at Customer Service by October 1. One winner will receive a \$50 Co-op gift card! Select recipes can be featured as a Co-op Inspiration, an online recipe, or in the winter edition of *Co-op News*!

B.Y.O.D.

Bringing your own durables to the Co-op

by Kiya Villarreal, Sustainability Coordinator

AS AN ORGANIZATION, North Coast Co-op is committed to the goal of “zero waste.” While zero waste can be perceived as individuals producing no garbage, zero waste is an industry term that has to do with the design of products.

The Co-op’s goal of zero waste means we aim for our stores to be a place of waste prevention by mindfully choosing to offer compostable packaging alongside our products, as well as always offering the option to use durables, or any containers, cups, or bags that can be used and reused, in our stores. It means that we are taking responsibility for the way we do business. We are intentionally setting ourselves and our shoppers up to create the least amount of waste.

To help reduce waste and achieve our zero-waste goals, the Co-op encourages our members and shoppers to bring their own durable containers to our stores. Whether it’s a washed yogurt container or your favorite mason jar, here are the simple steps it takes to save money and divert waste while you shop in all departments at the Co-op.

Durable Dictionary:

Durables — any containers, cups, utensils, or bags that can be used and reused

Item Number — the number on the item, also known as the PLU, or “price look up”

Tare — the weight of an empty durable, plus the lid

Zero Waste — a goal to reach in which the least amount of waste ends up in landfills

Continued on next page



B.Y.O.D. Bringing your own durables to the Co-op



Drinks

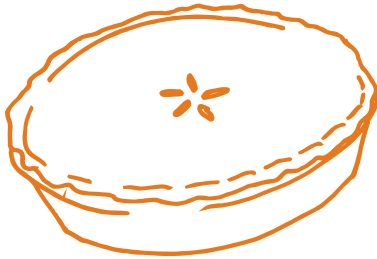
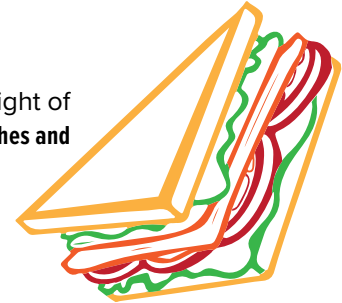
For smoothies, juice, kombucha, espresso, tea and nitro coffee.

1. Bring your own durable cup to the counter and order your drink. A barista will hand you an order slip indicating the price of your drink.
2. Take the slip to checkout. You'll receive a 25-cent discount for using your own durable cup.
3. Pick up your drink at the counter.

Deli Cold Case

For entrées, sandwiches, sliced meats and cheeses.

1. Ask a Deli Clerk to fill your own durable container. Our clerks will mark the tare weight of your empty container and fill it with delicious food. **(No tare weight is needed for sandwiches and other individually priced items.)**
2. Once filled, they will provide a sticker indicating the price.
3. Take containers to checkout – you won't be charged for your container's weight.



Full-Service Bakery Case

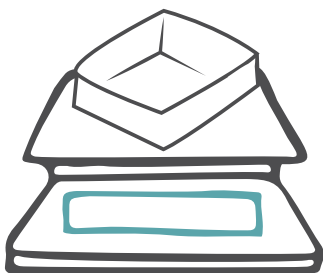
For any cakes, pies, cookies and more behind the glass.

1. Let a Bakery Clerk know you've brought your own durable container and place your order. Our friendly clerks will fill it with delicious baked goods and provide a sticker indicating the price. **(No tare weight is needed for individually priced items.)**
2. Take containers to checkout.

Self-Serve Bakery Case

For scones, croissants, breads, and rolls inside and outside of case.

1. Use the tongs to place goodies in your own durable container.
2. List the quantity and Item Number for each item. Feel free to use the stickers and pens we provide.
3. Take containers to checkout.



Meat Counter

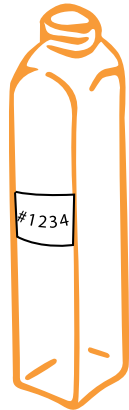
1. Ask one of our knowledgeable Meat Clerks to fill your own durable container. Our clerks will weigh your order, put it in your container, and provide a sticker indicating the price.

BYOD. Bringing your own durables to the Co-op

Bulk Dry Foods and Sticky Stuff

For grains, spices, honey, molasses, nut butters, etc.

1. Bring a container from home, or purchase one of ours. Have your own container weighed at Customer Service before filling up so you aren't charged for the container's weight, just the delicious food inside. If there is a barcode on the container, draw a parallel line through the barcode to prevent it from scanning at checkout.
2. Fill your container with as little or as much as you like.
3. Write Item Number on container. Feel free to use the stickers and pens we provide.
4. Take to checkout. Please inform the cashier if you are purchasing one of our containers. You won't be charged for the container's weight.



Bulk Liquids

For extracts, oils, sauces, vinegars, soaps, detergent, etc.

1. Bring a container from home, or purchase one of ours. Make sure the container has the fluid ounces clearly labeled. If not, have your own container measured at Customer Service before filling up so you aren't charged for excess volume.
2. Fill your container with as little or as much as you like.
3. Write Item Number on container. Feel free to use the stickers and pens we provide.
4. Take to checkout. Please inform the cashier if you are purchasing one of our containers. Our trained cashiers will perform a visual inspection to determine how many fluid ounces are being purchased. You'll only be charged by how full the container is.

Hot & Cold Self-Serve Areas

Our Hot Bar, Hot Soup, Olive Bar and Salad Bar are full-service areas.

1. Let a Deli Clerk know you've brought your own durable container and place your order. Our clerks will mark the tare weight of your empty container and fill it for you. **(Per the California Health and Safety Code 114075, a customer cannot serve themselves due to the potential risk of cross contamination.)**
2. Take containers to checkout – you won't be charged for your container's weight.

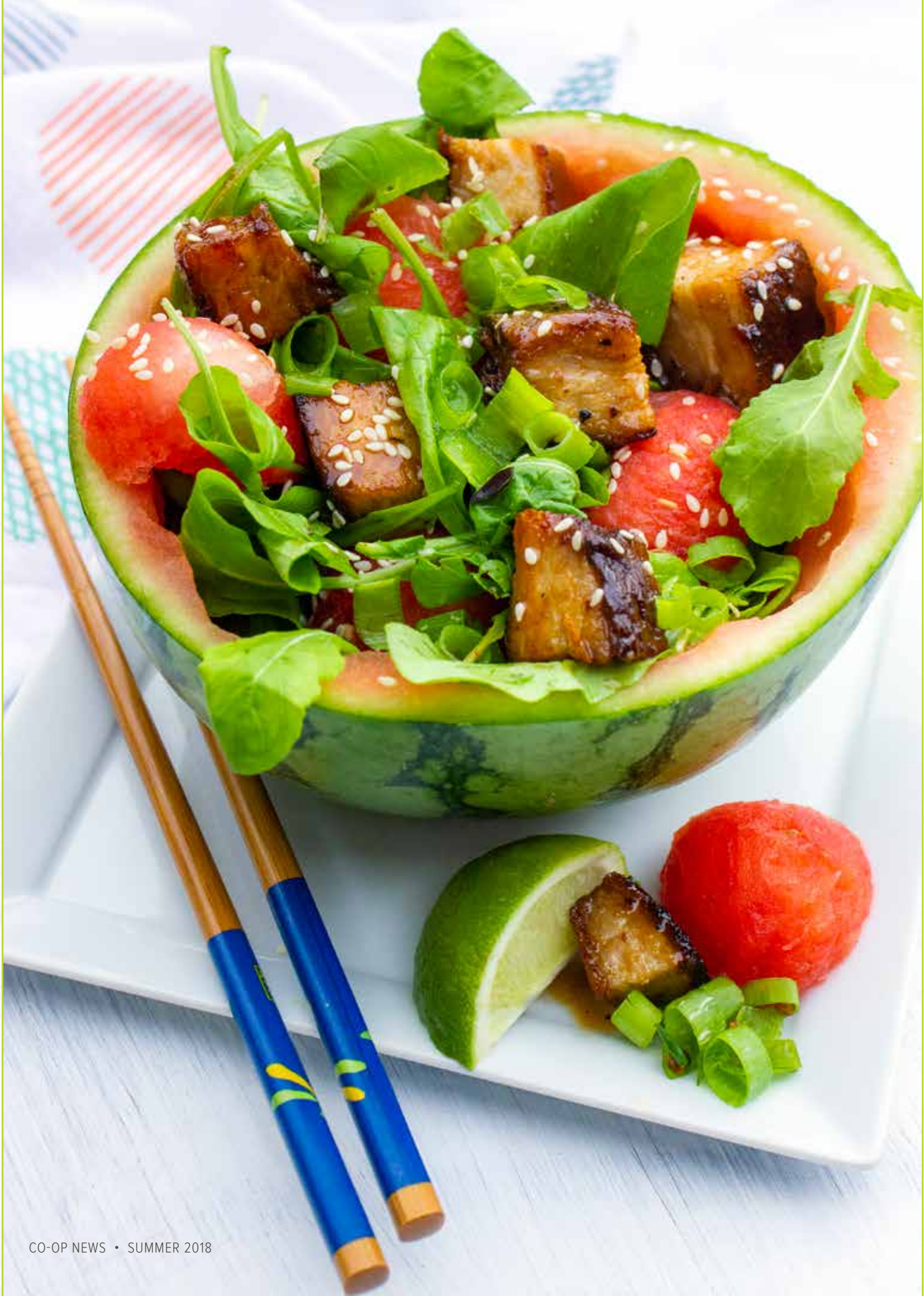


Additional Zero-Waste Efforts

- Skip the stir sticks
- Bring your own utensils
- Use a durable shopping bag
- Choose not to print your receipt
- Take a free box
- Sort your waste in our tri-sorting bins
- Prioritize local products
- Use durable bags in our Produce Depts., or skip a bag all together



Thank you for supporting the Co-op's zero-waste efforts!



Sticky Summer Salad with Pork Belly and Watermelon

by Ellie Christensen, Demo Coordinator

Pork belly is uncured, unsmoked, uncut bacon which is literally cut from the underside, or belly, of the pig. The process of slow cooking used in this recipe renders the cubes of marbled fat and meat buttery. The coating of hoisin sauce lends a tangy, salted caramel-like addition to the experience and the sweet, crisp watermelon and tart lime drizzle creates a summertime salad that will be the most talked about dish at any event.

For a vegan take on this hearty salad, use extra firm tofu chunks. Pan-fry in oil until all sides are crisp. Toss in hoisin sauce as directed and enjoy.



Ingredients

12-ounce cut of pork belly, available in our Meat Departments	2 cups mixed greens from Little River Farm
1 teaspoon black pepper*	2 Tablespoons hoisin sauce
½ teaspoon ginger powder*	2 teaspoons sesame seeds*
3 Tablespoons tamari* or soy sauce	1 green onion stalk, coarsely chopped
1 teaspoon olive oil*	1 lime
1 small watermelon	

*Available in our Bulk Departments

Directions

1. Rub pork belly sides with pepper and ginger powder. Add tamari to each side before placing pork belly in a shallow dish, fatty side up, with the excess tamari. Cover and refrigerate for one hour.
2. Preheat oven to 280°F.
3. Rinse pork belly and rub with olive oil. Place in a shallow baking dish and cover with aluminum foil.
4. Bake for 50 minutes, or until the fatty side is soft and buttery and the meat is fork tender. Remove from heat and set aside.
5. Halve the watermelon. Cut flesh into bite-size cubes or use a melon baller to remove the flesh from both halves. Set halves aside to use as bowls.
6. Toss mixed greens. Fill each watermelon half with greens and arrange 4-8 watermelon balls on greens.
7. Add hoisin sauce to a medium bowl.
8. Preheat a drizzle of olive oil in a non-stick pan on medium-high heat.
9. Cut pork belly into bite-size squares and pan fry until all sides are crispy.
10. Once pork belly is crispy and hot, toss into the hoisin sauce and then remove with a slotted spoon, shaking off excess sauce. Place 4-8 pieces of pork belly on each salad.
11. Sprinkle with sesame seeds and green onion.
12. Cut lime into quarters and squeeze over salad just before serving.

Co-op Word Search

Thanks to the support of our members, the Co-op is able to offer unique, fun and tasty products and shopping experiences. Here's a fun word search that really highlights our offerings. Happy summer!

S A L A D N L X O M G N O N E S S H O P
 S E V I L O P L O C A L N R C G E O G C
 B E F O K R N V C C H L A S O G L E W O
 E O L R L T E O O H C A I B G N P L E M
 N G O F U H Z S O E U R R C R I I A L M
 E H W R B C O E U E B U A A O L C P L U
 F E E I B O R A T S M T T N O B N H N N
 I A R E A A F F R E O A E D V A I O E I
 T L S N S S R O E A K N G L Y T R T S T
 S T B D I T E O A U I E E E R Z P B S Y
 Y H R S C E E D C W P Y V S U M E A T Q
 C Y E H S J B S H B J B A K E R Y R N V
 D E A L S T N U O C S I D O R G A N I C
 P P D C O F F E E P I H S R E B M E M G
 N G R O C E R Y N A G E V G N I K O O C

- BAKERY
- BASICS
- BEER
- BENEFITS
- BREAD
- BULK
- CANDLES
- CHEESE
- COFFEE
- COMMUNITY
- COOKING
- DEALS
- DISCOUNTS
- ECOGROOVY
- FLOWERS
- FRIENDS
- FROZEN
- GROCERY
- HEALTHY
- HOTBAR
- KOMBUCHA
- LOCAL
- MEAT
- MEMBERSHIP
- NATURAL
- NONGMO
- NORTHCOAST
- OLIVES
- ORGANIC
- OUTREACH
- PALEO
- PRINCIPLES
- SALAD
- SEAFOOD
- SHOP
- TABLING
- VEGAN
- VEGETARIAN
- WELLNESS
- WINE

We ♥ Our Members Giveaway every month!

Look for the box at Customer Service while you shop to win free stuff each month, only for members!



Enjoy exclusive discounts and deals at local businesses as part of our Business Partner Program!

www.northcoast.coop/business-partner-program



Wellness Wednesday

All Co-op members and shoppers receive
10% off the entire Wellness Department,
every first Wednesday of the month at
North Coast Co-op!

Jul
4

Aug
1

Sep
5



Fourth Quarter Financial Statement

by Melanie Bettenhausen, General Manager

NORTH COAST CO-OP CLOSED FISCAL YEAR 2018 (FY18) on March 24, 2018. Combined sales in the fourth quarter for the Arcata and Eureka stores were \$8,038,731, bringing year-to-date net sales to \$34,284,049.

Fourth quarter FY18 sales were down \$145,613, a 1.7% drop compared to the fourth quarter of Fiscal Year 2017 (FY17). Cost of Goods Sold were lower in the fourth quarter of FY18, resulting in a higher gross margin. Despite cutting General & Administrative

Expense and Occupancy Expense in fourth quarter FY18, Total Operating Expenses were higher compared to FY17 due to higher Payroll & Benefit Expense in fourth quarter FY18. Expenses exceeded Gross Margin, resulting in a Net Income Loss of \$206,385 for the final quarter of FY18, bringing year-to-date net income to a positive \$203,134.

The Co-op's assets were higher at the end of fourth quarter FY18 compared to FY17 by \$337,671, totaling \$6,754,506, due mostly to

equipment purchased in advance of the Eureka store remodel. Owner shares rose to \$3,582,661 at the end of Fiscal Year 2018. The nearly \$250,000 increase over FY17 resulted from a combination of new members joining the Co-op and existing members making B Share and C Share investments. Please call our Membership Coordinator at (707) 822-5947 ext. 234 if you are interested in becoming more invested in the Co-op. ■

North Coast Cooperative, Inc. Unaudited Financial Statements

Fiscal Year 2018 • Quarter 4 Ending March 24, 2018

INCOME STATEMENT

Quarter 4 Ending March 24, 2018
Fiscal Year 2018

Net Sales Revenue	8,038,731
Cost of Goods Sold	5,056,624
Gross Margin	2,982,106
Payroll & Benefit Expense	2,415,368
General & Administrative Expenses	381,030
Occupancy Expense	423,067
Total Operating Expenses	3,219,465
Net Income from Operations	(237,358)
Other income (expense)	(3,759)
Total Income Taxes	34,732
Net Income (Loss)	(206,385)

BALANCE SHEET

Quarter 4 Ending March 24, 2018
Fiscal Year 2018

Assets:	
Current Assets	3,237,217
Property & Equipment	2,950,478
Other Assets	566,811
Total Assets	6,754,506
Liabilities:	
Current Liabilities	2,236,106
Long-term Liabilities	64,000
Total Liabilities	2,300,106
Member Equity:	
Current Owner Shares	3,582,661
Retained Earnings	871,738
Total Member Equity	4,454,399
Total Liabilities & Equity	6,754,506

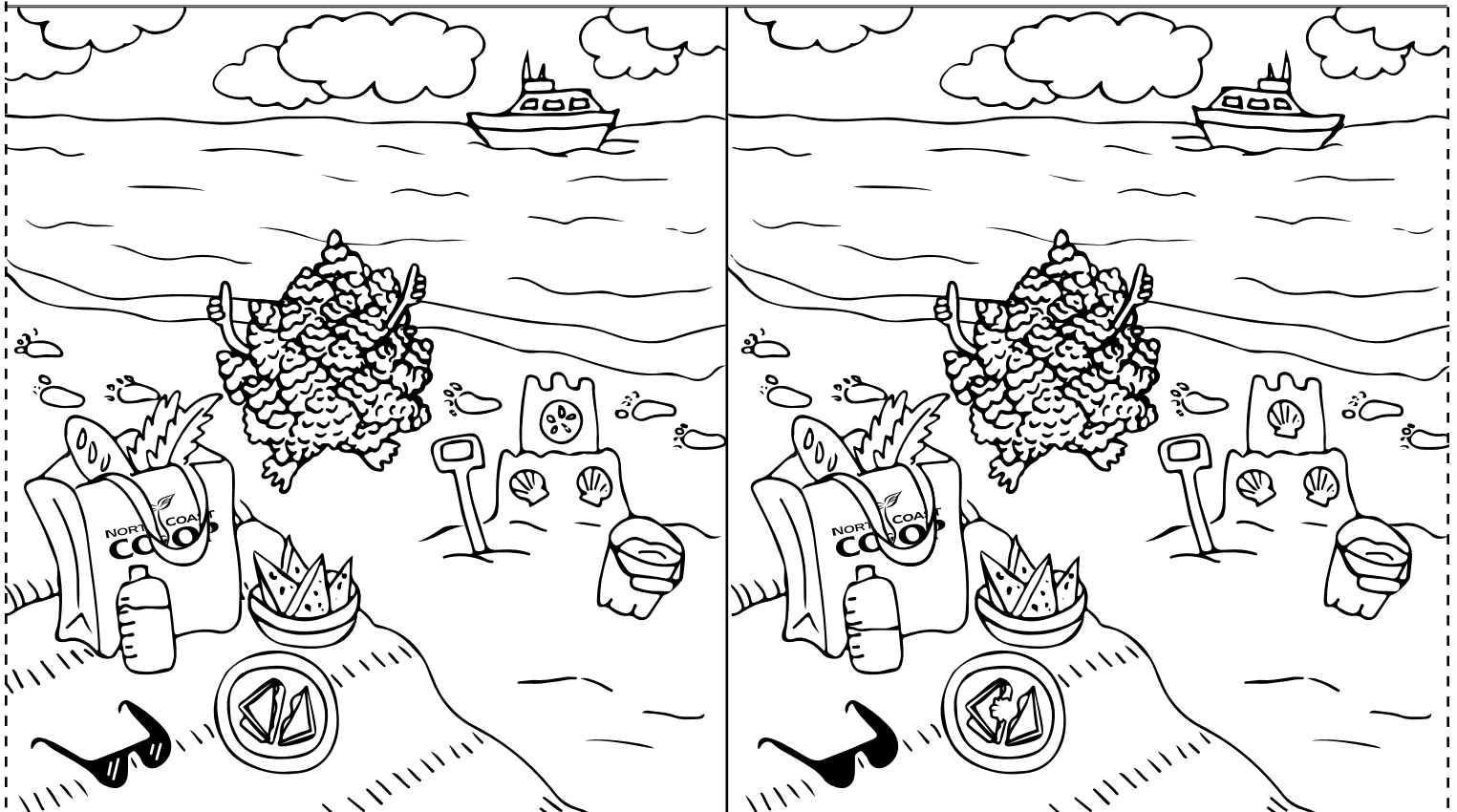
Co-op Kids Corner

Picture Hunt

Enter our Co-op Kids Activity Contest for a chance to win a **\$10 Co-op Gift Card** and a **Co-op Kids lunch box!**

Spot the 7 differences between the pictures and return to Customer Service at either Co-op location by **September 14** to enter. One winner from each age group will be drawn!

Age groups: 5 years and under | 6 - 12 years old



Full Name: _____

Phone Number: _____

Age: _____

Congratulations to **River & Avellana** for winning the Spring Co-op Kids Contest!



Member-Only Coupon

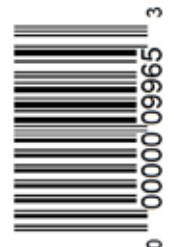
expires 9/30/18

\$5 off
when you spend
\$50 or more
before taxes

MEMBER NUMBER _____

Coupon expires 9/30/18; single purchase only; \$50 minimum purchase before tax; coupon may only be used by North Coast Co-op member-owners; limit one coupon per member. Coupon available while supplies last.

Not a North Coast Co-op member? Visit Customer Service to join!



North Coast Co-op Management Team



Melanie Bettenhausen
General Manager



Jason Davenport
IT Manager



Lauren Fawcett
Food Service Director



Vince Graves-Blandford
Arcata Store Manager



Alisha Hammer
Merchandising Manager



Alanna LaBelle
Eureka Store Manager



Travis Morgan
Facilities Director



Michelle Sanders
Human Resources
Director



Laurie Talbert
Marketing & Membership
Director

North Coast Co-op Board of Directors



From left, clockwise

Ed Smith
Employee Board Member

Colin Fiske
Board President

James Kloor
Board Treasurer

Cheri Strong
Employee Director

Leah Stamper
Board Secretary

Mary Ella Anderson
Board Member

Robert Donovan (not pictured)
Vice President

We love to hear from you! Whether you have a product recommendation or a comment about our stores, there are many ways to let us know:

ARCATA
(707) 822-5947

EUREKA
(707) 443-6027

info@northcoast.coop

You can also come to either store to speak to Customer Service or write a comment for our in-store comment board.



Calendar of Co-op Community Events

www.northcoast.coop/calendar

July

July 7-14 Humboldt Folklife Festival. This eight-day festival in Blue Lake brings our community together in appreciation of our community's diverse and talented folk musicians.

July 21 Movies in the Park. This family-friendly event in Sequoia Park is presented by the Humboldt-Del Norte Film Commission. Enjoy organic, non-GMO popcorn donated by the Co-op.

August

August 1 CCF Applications Open. The Cooperative Community Fund is accepting grant applications from August 1 through November 1 for projects and the work of community organizations in Humboldt County that focus on sustainable agriculture, food nutrition and education, and food security. For more information and to apply, visit www.northcoast.coop/cooperative-community-fund.

August 5 Co-op Closing Early. Both stores will be closing early at 3pm for an employee appreciation party.

August 4 12th Annual Zootini. Enjoy a leisurely evening of drinks, food and fun at the Sequoia Park Zoo, plus live and silent auction items.

August 13-14 HSU Move-In Day. For new and returning Humboldt State residence hall students. The Co-op will be on hand to answer questions and offer fresh food samples made in house by our Deli. (This is an invite-only event hosted by Humboldt State University.)

August TBD HSU HOP Neighborhood Fair. For new and returning Humboldt State students and their families. The Co-op will be on hand to answer questions and offer fresh food samples made in house by our Deli. (This is an invite-only event hosted by Humboldt State University.)

August 16 August Chamber Mixer. The Co-op in Eureka will host this monthly mixer for local businesses and community members. Presented by the Greater Eureka Chamber of Commerce. (This event is for Chamber members only.)

August 16-26 The 122nd Humboldt County Fair. This family-friendly event is a Humboldt County legacy. Experience the youth and adult live-stock show and auction, food, horse racing, carnival rides and more.

August 18 Movies in the Park. This family-friendly event in Sequoia Park is presented by the Humboldt-Del Norte Film Commission. Enjoy organic, non-GMO popcorn donated by the Co-op.

September

September Humboldt Local Food Month. Join us for events such as farm tours, movies, dinner, crop mobs, galas, classes and much more! Sign up for the Eat Local Challenge at the Co-op's Customer Service in Arcata or Eureka starting on August 13.

September 3 I Block Party. This annual fundraiser is the Arcata-Camoapa Sister City Project. This free, family-friendly event includes live music, cold drinks, food, face-painting, plus a raffle and silent auction.

September 15 Coastal Cleanup Day. Join Humboldt County volunteers in removing trash and recyclables from our beaches, rivers, bay and estuaries. Be a site captain, join a team, sponsor or help spread the word.

September 21-22 Solidarity Economy Conference A two-day conference at HSU presented by Cooperation Humboldt and the U.S. Solidarity Economy Network with presentations and workshops. Learn more about a solidarity economy, an economy based on cooperation rather than exploitation.

Member Survey

Win a \$35 gift card!

Q: How do you connect with fellow Co-op members outside of the stores?

Member Name: _____

Member #: _____ **Phone #:** _____

Detach this entry form and return it to the Member Survey box located near Customer Service at either store location. Be sure to include your name, contact information, and member number so that we can contact you if your entry is drawn. You can also send your ideas to co-opnews@northcoast.coop with "Member Survey" in the subject line. Must be a member to enter. Co-op employees and their families are not eligible to win. **Enter by September 30, 2018.**



LOCAL FOOD MONTH

September 2018



LET'S GET BACK
TO OUR ROOTS!



Sign up for the Co-op's
Eat Local Challenge at your local
farmers market, beginning in August



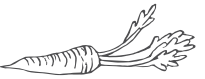
Taste **Co-op Inspirations**
Made from our abundant local
produce and products



Enter our **Locally Inspired
Recipe Contest**



Visit www.localfoodmonth.org for local events or share your own.



NORTH COAST
COOP

ARCATA LOCATION

811 I St., Arcata
(707) 822-5947
Open daily: 6am to 9pm

EUREKA LOCATION

25 4th St., Eureka
(707) 443-6027
Open Daily: 6am to 9pm

THE COOPERATIVE PRINCIPLES:

Voluntary & Open Membership, Democratic Member Control, Member Economic Participation, Autonomy & Independence,
Education, Training & Information, Cooperation Among Cooperatives, Concern for Community