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CO-OP NEWS

A Publication of the North Coast Co-op • Mar. 2017

Get into the Spring of Things



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EUREKA, CA 95501
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THE COOPERATIVE PRINCIPLES:

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

The Co-op does not officially endorse the services or products of any paid advertiser. All articles, columns and letters are the expressed opinion of the author and not the Co-op News.

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. Deadline for letters is the 10th of each month.

Get into the Spring of Things

It's no secret that North Coast Co-op has a stellar selection of natural and environmentally friendly cleaning products for both home and personal use. But sometimes it's fun to look outside the usual products and discover clever new uses for everyday items.



Many people rely on Dr. Bronner's soaps for personal care, but the Castile soap is particularly versatile. You can add a few tablespoons to 2 cups of hot water to efficiently clean your stove and surrounding areas. Add a tablespoon of Castile soap to 1/3 cup of baking soda to make your own scrubbing paste for bathroom fixtures. You can even add the soap to warm water, using about a 1/4 cup for every two gallons, and use the mixture to mop your floors!



Essential oils can also be used for cleaning. Continuing with our lemon theme, lemon oil can be wiped on

shower doors every two weeks to help prevent buildup (and make your bathroom smell lovely!). Have a brush or comb that needs some cleaning? Mix 1 1/2 cups of water with 1/2 cup of distilled vinegar and 20 drops of tea tree, lavender, or eucalyptus oil, and soak your brush for 20 minutes before rinsing.



Another common household item with super (cleaning) powers is cooking oil. Combining coconut oil with baking soda gives you a paste that will remove stickers and any residual goo. Vegetable oil mixed with coarse salt is a perfect scrubbing solution for your cast iron pans—just rinse with hot water. Have some wicker furniture that's looking a little dry? Grab some sunflower oil and rub it in with a soft cloth.



Lemons are perhaps one of the most exciting things you can use for some light cleaning projects. They're fresh and bright smelling,

and available all year. Rub some fresh lemon juice into a stained cutting board to help lift the discoloration. Mix lemon juice with cream of tartar to make a paste, then scrub it into grout to remove tough stains. Lime scale left on faucets can be removed by leaving lemon juice on taps overnight—simply rinse with a wet cloth in the morning!



There is much debate over the origin of spring cleaning, but most of us find ourselves with a natural urge to air out the house, tackle some deep cleaning, and pull out all those winter weeds. With a freshly clean home, some new starts in the garden, and longer days, we often find ourselves with more energy and motivation to break out of the cozy monotony of winter. How do you celebrate spring?

Inside • March 2017

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 New Specials Every Tuesday
 We have the largest and best selection of produce on the North Coast!
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February Board Meeting Recap



Leah Stamper
Board President

The February board meeting began with a member comment period, as usual. Improvements to the Arcata store parking lot were appreciated and one member mentioned that he had been getting positive feedback from store employees regarding feeling comfortable coming to board meetings. We are striving to keep communication open amongst members, staff and the board and we greatly appreciate your par-

ticipation in meetings.

Next we headed into discussion of the Board-Management retreat. Plans are in the works to have a retreat geared toward collaboration between the board of directors and the Co-op management team. Rodger James has agreed to facilitate the retreat, which will lay the foundation for strategic planning and integration of the strategic plan and the Co-op's values into Co-op operations. The date and venue have not been set at this time.

Co-op staff is proposing a change to the schedule for *Co-op News* publication from monthly to quarterly. It will save money and time, which will allow for the publications to be more in-depth and have more content. There will still be monthly board updates available electronically and posted in stores.

General Manager Melanie Bettenhausen gave an update on the Deli remodel for the Eureka store (proposal for approval at March 2 board meeting). Many changes have been made since the original plan and zero waste goals are being built into the

plans. There will be more opportunities for customers to bring their own containers to be filled as well as having reusable plates for customers to use in the store. Structural changes are also planned that will help encourage and inform more customers to utilize the Bulk and Produce departments to the fullest extent possible.

James Kloor joined us as a candidate to fill the board vacancy left by Dave Feral. Board members asked James a series of questions and James was also given the opportunity to ask questions of the board. We concluded the regular meeting with a member comment period. Dave Feral shared that on March 25 there will be a World Water Rising event at the Blue Lake Casino to raise awareness and money to go into grant funding water protection response, and asks for the Co-op to support the event. We moved to executive session and reported out that James Kloor was chosen to fill the board vacancy.

As always, we hope to see you at the next board or committee meeting. This recap is not a comprehensive summary of the meet-

ing, if you would like to read the minutes for a more detailed meeting summary you may request them at Customer Service, or find them on the website. Please let us know if there is a way we can support your engagement in the Co-op. The Co-op is a democracy—participate!

March Meetings

Board of Directors Meetings

Mar 2 • 6-8pm Ten Pin Building,
793 K Street, Arcata

Member Action Committee Meeting

Mar 8 • 6-7pm Ten Pin Building,
793 K Street, Arcata

Policy and Procedures Committee Meeting

Mar 15 • 4pm Ten Pin Building,
793 K Street, Arcata

Earth Action Committee Meeting

Mar 29 • 5:30pm Ten Pin Building,
793 K Street, Arcata

Seed Saving for a Better Future

Hummingbird Segura

Seed Save for Climate Sake,
North Coast Co-op Member

As you may know, the Annual Seed and Plant Exchange is coming up on March 26. This year will be our 18th year in bringing free seeds and plants to many families who need subsistence in order to meet their daily food intake needs. The Humboldt Permaculture Guild exists to implement the goals of permaculture in the redwood bioregion through providing education and action, demonstrating that sustainable, ecologically-based communities can provide a rich and healthy livelihood, promoting cultural and biological diversity, and encouraging environmental and economic harmony in the places we live.

The Seed and Plant Exchange provides an opportunity for the community to come together to educate and provide workshops and seed saving techniques to better ensure food security and success throughout our region. By providing knowledge of seed saving, we are making a commitment to being good stewards of seeds, to realize the importance of seeds, and protecting our organic and heirloom seed varieties. By providing an event that supports local farmers and small cooperatives that donate GMO-free, heirloom varieties of organic seeds, we are ensuring that food security is being addressed in our diverse community.

As a seed saver, I currently have a ded-



icated refrigerated system just to ensure quality seeds for the future for my family and community. Not everyone has such an opportunity; however, with persistence and dedication we can all have the chance to learn and grow in the seed saving knowledge in order to provide for our future food security.

This year, we will be providing workshops on seed saving techniques, soil, and climate and planting practices. Local farmers and gardeners will be providing a rich and complete variety of techniques that fit our diverse and biodiverse region.

This is an all-volunteer committee of people saving one seed at a time to help save our future. Please visit Humboldt Permaculture Guild on Facebook for more information.

The Road to Zero Waste



Derik Powell

Maintenance Department Head

In the January issue of the *Co-op News*, we wrote about the efforts we are making to becoming a zero waste business, and about what we learned by attending a Zero Waste Business Council (ZWBC) meeting. We also surveyed the membership to help us decide whether we should get zero waste business certification; we are currently at approximately 87% waste diversion, and we would have to reach a minimum of 90% to get certified. The survey results were quite interesting—there are some things we can all agree on, and some ideas that will clearly require much more consideration.

Of the 31 responses, 15 members thought we should absolutely become zero waste certified through the ZWBC. Many pointed out that by paying to become cer-

tified, we are helping support their efforts to help other businesses reach zero waste. Others pointed out that often, having a third party involved can be beneficial in general. Another thought was that it would help support our zero waste stance in terms of public education.

The remainder of the responses were either ambivalent or indicated that we should not pay for the certification. There were many comments that we could put those funds to better use elsewhere, such as into efforts to directly help us reach zero waste. Some people did not see any benefit to the Co-op or its members in certification. Others mentioned that we seemed to be making great strides toward zero waste on our own, and that certification was an unnecessary expense.

The general consensus of all the responses was that zero waste is absolutely a worthy goal to be actively working toward. One member mentioned that they are happy to support a business that is so dedicated to reaching zero waste.

While it seems the topic of certification is still up for discussion, we will continue to make changes within the Co-op to work toward zero waste. It's a goal that's very important to us all, and we appreciate our members' support in our efforts!

Submit a Letter to the Editor

We want to hear from you!

Letters must include your name, address, member number, and phone number. Space is limited; please be concise (preferably 250 words or less).

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. Letters must be received by the 10th of the month.



Letter from the Editor: What's Fresh and New at the Co-op



Cassie Blom

Marketing & Membership Director

As we step into spring, we enter a time of renewal and rejuvenation. We brush off the cobwebs and shed the extra layers we've been wearing all winter, and say hello to all things new and fresh. For many of us, this is the season of cleaning and organizing. For others, this is a time to get our hands dirty and our raised beds filled. The days are getting longer, change is in the air, and an extra spring is in our step (see what I did there?).

We are excited to share some unique cleaning products and tips in this issue of the *Co-op News*, in hopes that they will help your world shine a little brighter, and might even streamline your stash of cleaning products. But spring cleaning is about so much more than dusting your coffee table. We at the Co-op have been working hard on simplifying and revitalizing some things we hold dear, and we are excited to share these things with you!

As mentioned in the February *Co-op News*, we have spent the last several months reevaluating what local means to us and our member-owners. Until now, a local product has been anything grown or produced within a 250-mile driving distance from either of our stores. After much

listening, consideration, and discussion, we are excited to announce that as of March 1, that definition is changing.

Our new official local area includes only Humboldt, Trinity and Del Norte counties. To be considered local, the company/producer/farmer must meet at least one of the following criteria: 1) be owned within the defined area, 2) be operated within the defined area, or 3) be produced within the defined area. After thorough research and information gathering, we were delighted to determine that we carry products from over 190 different local vendors, growers, and producers. Wow!

Throughout the month of March, you will see the stores transform as we roll out our new definition of local. We have a beautiful new local logo, which will grace the shelves and help you find the products made within your community. We will be posting information about local growers throughout the store, and celebrating the vibrant local food system we are blessed to have.

In February, we were proud to connect with our local vendors in a variety of ways. As usual, we hosted our annual farmer meetings; these meetings are individual sit-downs with each farmer to discuss and plan out their supply of produce for the coming year. Keep an eye out in the April *Co-op News* for more details. We also hosted a Local Vendor Meeting, where over 30 local businesses came together to hear about some exciting new support programs we have to offer, and to discuss how the Co-op can better connect our shoppers and our vendors. Stay tuned—there are some fun things in the works!

The other thing we're very excited to unveil is a change to our beloved *Co-op News*. Starting in April, with our 100th is-

sue, the *Co-op News* will move to a quarterly schedule. Fear not, *Co-op News* reader—this does not mean you'll receive less information from your co-op. Instead, the *Co-op News* will take on a brighter, more visual, longer format, chock-a-block full of engaging and useful articles, recipes, resources, and more. You'll still hear from the board, learn about our community partners, and hear about employee favorites throughout the stores.

As always, we'd love to hear from YOU. Letters to the editor will continue to be published in the new *Co-op News*, and we hope to feature one of our member-owners in each issue. Do you know a member who embodies the spirit of the community, or is an especially interesting person? Please let us know! You can send us information about yourself or a fellow member, or write us a letter, by email at co-opnews@northcoast.coop, or by postal mail at Co-op News, 811 I Street, Arcata, CA 95521.



Business Partner Program Coming Soon!

North Coast Co-op is excited to be launching our community Business Partner Program on April 1, 2017. We are inviting local businesses to partner with the Co-op to offer discounts or deals to Co-op members in exchange for being promoted on our website, in our newsletter, in our stores and at our events. If you would like more information or are interested in participating, please contact our Membership Coordinator, Nicole Chase, at 707-822-5947 ext. 234 or nicolechase@northcoast.coop.



Cooperative Community Fund Granting Ceremony



Nicole Chase

Membership Coordinator

On Thursday, January 26, North Coast Co-op hosted the annual Cooperative Community Fund granting ceremony luncheon to congratulate and present checks to representatives of 15 local non-profits who were awarded funds this year. The recipients shared information about their projects and the ways the projects will impact the community. The projects ranged from feeding the elderly to supporting school gardens. In addition, the Cooperative Community Fund committee chose to support the LatinoNet Health Fair, the Intertribal Gathering, and other projects (see a full list below).

Cooperative Community Fund Mission

The Cooperative Community Fund is a permanent endowment established and directed by member-owners of North Coast Co-op, which awards grants to support projects and the work of community organizations in Humboldt County. Through collaborative grant making, the Cooperative Community Fund seeks to strengthen the community by emphasizing projects and activities that promote democratic cooperative principles, community development and food security.

Co-op shoppers contribute to the Cooperative Community Fund every time they pay 10 cents for a paper bag, and by donating at the registers through the Community Round Up program. Shoppers can choose

to round up their grocery bill total to the next whole dollar amount, and donate any additional amount they choose. The Community Round Up program is a simple and easy way for shoppers to donate. Even small amounts, when pulled together, can make a big difference! The more shoppers choose to round up their purchase amount, the more we can give back to the community together. In 2016, we collected \$9,914.90 from paper bag sales and \$1,542.94 from the Community Round Up program; next time you're at the register, just say, "Round it up, please!"

North Coast Co-op's Cooperative Community Fund awarded \$12,530 to 15 local non-profits this year and allocated an additional \$7,430 for the Co-op Pumpkin Patch educational farm tours, awarding a grand total of \$19,960! It is only through the generous contributions of our community that we can continue to fund these many worthy grant applicants.

This year's Cooperative Community Fund check ceremony was held at the Ten Pin Building in Arcata, where guests feasted on homemade pumpkin soup, salad, and an assortment of local breads and cheeses, and ended on a sweet note with locally made craft chocolate donated by Dick Taylor Chocolate.

This year's sponsored projects include:

- Arcata Elementary School—\$500 for Improving Arcata Elementary's School Garden
- Arcata School District—\$500 for After School At-Risk Supper Program Food Cart
- DreamQuest—\$480 for Garden to Teen Project
- Food for People—\$2,000 for Reducing Waste and Increasing Food Security through Food Recovery
- Fortuna Adventist Community Services—\$500 for Fortuna Youth Garden Project
- Humboldt County Office of Education—\$500 for Harvest of the Month:

- Growing Healthy Kids One Fruit & Vegetable at a Time
- Healy Senior Center—\$2,000 for Meals on Wheels for Southern Humboldt
- Humboldt Permaculture Guild—\$300 for Seed & Plant Exchange
- Humboldt Senior Resource center—\$2000 for Senior Locovores
- Hydesville Elementary School—\$500 for Hydesville School & Garden Project
- LatinoNet—\$500 for Festejando Nuestra Salud/Celebrating Our Health
- Northern California Indian Development Council, Inc.—\$500 for Northwest Intertribal Gathering and Elders Dinner
- Peninsula Union School District—\$750 for Peninsula After-School Dinner Improvement Project
- Redwoods Rural Health Center (RRHC)—\$1000 for RRHC Food Pantry
- Southern Humboldt Community Park—\$500 for Park to Plate
- North Coast Co-op—\$7,430 for Pumpkin Patch Educational Tours

Since the inception of the Cooperative Community Fund, North Coast Co-op has awarded nearly \$500,000 to local non-prof-

its. The grant recipients are chosen by a committee made up of Co-op staff members and a dedicated group of long-time Co-op members. A goal of this committee is to grow the fund so we are able to grant all the requests we receive. We welcome community donations and involvement. To donate or volunteer for the Cooperative Community Fund committee, please contact our Membership Coordinator, Nicole Chase, at membership@northcoast.coop. Interested in applying?

Grant application and additional information are available on our website, under Good Stuff We Do. The granting cycle begins each fall; applications and deadline information is available online near the start of each cycle. Grant recipients are notified in December, and funds are distributed shortly thereafter.



Member Survey

Win a \$25 gift card!

Q: After reading the Letter from the Editor on page 3, what feature in the new and expanded quarterly Co-op News would you most like to see?

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. **DEADLINE TO ENTER: MARCH 31**

Golden Turmeric Paste

COOK & SAVE

By Ellie Christensen, Outreach Assistant

Turmeric, in root, powder and paste form, has been used in folk medicine and ceremonies for centuries all over the world. As an external medicine, Turmeric can be used as an antiseptic to cleanse wounds and stimulate the healing of cuts, burns and bruises. In the practice of Ayurvedic medicine, turmeric is considered a universal healer having properties that can strengthen many areas of the body, from respiration to digestion. Whether you have been taking a turmeric supplement for years or you are a novice at trying it outside of savory cooking, consider whipping up this base for a comforting beverage while the nights are still cool and cozy.

Golden Turmeric Paste

- | | |
|----------------------------------|-------------------------|
| 1 cup filtered water | 6 black peppercorns |
| 2 knobs of turmeric root, grated | 1 teaspoon nutmeg |
| 1 knob of ginger root, grated | 3 teaspoons coconut oil |
| 1 Tablespoon cinnamon | |

Directions

1. Bring filtered water to boil in small stock pot.
2. Add grated turmeric, ginger and peppercorns to boiling water.
3. Reduce heat and simmer for 10 minutes.
4. Strain and add golden liquid back into the stock pot.
5. Stir in cinnamon, nutmeg and coconut oil.
6. Continue to simmer on low until mixture is a thick paste, 15 to 20 minutes.
7. Pour paste into heat sturdy glass jars with lids and allow to cool to room temp.
8. Store in the fridge for up to three weeks, if you don't use it all first!

To make Golden Milk, add one Tablespoon of paste to warmed milk or milk alternative. Sweeten with honey, agave or sugar to your liking.



We ♥ Our Members Giveaway!

March is National Nutrition Month, and why not celebrate with some healthy (and deeeelicious) snacks? One lucky member will win an assortment of items from our Bulk and Produce Departments! Tasty dried fruits, nuts and seeds from Bulk, all packed up in reusable containers; fresh fruits and vegetables from Produce in reusable produce bags; and a reusable North Coast Co-op cup! Whether you snack on these goodies by themselves, make a tasty smoothie, or blend together some of your favorites for a snack mix on the go, they'll help keep you energized for the day ahead! Head to Customer Service at either location to enter.

Deadline to enter: March 31, 2017



Did you know you can receive our sales flyer by email?



Go to www.northcoast.coop and click Stay Connected at the top of the page to sign up now!

coop deals

Even more great deals on shelves!

Stay Connected

Keep your contact information up to date!

Hundreds of patronage refund letters have been returned to us for incorrect addresses.

Please notify the Co-op with your change of address so when we have important information to share (like your patronage refund!), we can get it to you.

To update your contact information, go to Customer Service at either store or contact our Membership Coordinator, Nicole Chase, at nicolechase@northcoast.coop or 707-822-5947 ext. 234.

NORTH COAST CO-OP

Wellness Wednesday

10% OFF

bath & body, supplements, skin care



NORTH COAST CO-OP

Wellness Wednesday is the First Wednesday of Every Month

smoothies, fresh juices & kombucha on tap

made with organic fruits & veggies



Bring or Buy a Reusable Cup, Save 25¢ at the Register

Co-op News Reference Guide

Board of Directors Activities

Co-op member-owners are encouraged to attend board and committee meetings. Learn more about the board, and find meeting agendas and minutes at northcoast.coop/about_us/board/.

Board of Directors Meetings

March 2 • 6-8pm Ten Pin Building, 793 K Street, Arcata

Member Action Committee Meeting

March 8 • 6-7pm Ten Pin Building, 793 K Street, Arcata

Policy and Procedures Committee Meeting

March 15 • 4pm Ten Pin Building, 793 K Street, Arcata

Earth Action Committee Meeting

March 29 • 5:30pm Ten Pin Building, 793 K Street, Arcata

Co-op Sponsored Events

March 4 • CASA Big Night Dinner & Auction. This annual fundraiser supports CASA's work for children in the foster care system. Bid on the gift basket donated by the Co-op. More information at www.humboldtCasa.org

Co-op at Events

March 3-March 4 • Bowl for Kids Sake, a carnival

Masquerade. This event benefits Big Brothers Big Sisters of the North Coast. Team Co-op will be bowling in this fundraiser for BBBS. Volunteer, join a team or donate. More information at www.ncbbbs.org

March 30 • 25th annual Taste of Main Street. Sample food from local participating restaurants and food producers, including a stop at the Eureka Co-op. This fundraiser for Eureka Main Street always sells out, so get your tickets early. More information at www.eurekamainstreet.org

Community Events

March 7 • Humboldt Food Policy Council Educational Meeting, 5:30 – 7:00pm. Topic: Cannabis Legalization and Food Production in Humboldt County: Land Use and Legislation for Farmers. Humboldt County Agriculture Center, 5630 South Broadway, Eureka. For more information, contact May Patiño: may.patino@humboldt.edu

March 30-April 2 • Redwood Coast Music Festival. Great music and fun all weekend long, this event kicks off with a Taste of Main Street and a dance. Ceremonies, dance contests, concerts and parties throughout Eureka. Don't forget to get your tickets at either Co-op location. More information at www.rcmfest.org

Deadlines & Reminders

March 31 Member Surveys due (see p. 4)

March 31 We ♥ Our Members giveaway deadline (see p. 6)

GET ACTIVE AT THE CO-OP!

Attend a meeting... or three!

BOARD OF DIRECTORS MEETING

1st Thursday of the month

6PM at the Ten Pin Building, 793 K St., Arcata

MEMBER ACTION COMMITTEE

2nd Wednesday of the month

6PM at the Ten Pin Building, 793 K St., Arcata

EARTH ACTION COMMITTEE

4th Thursday of the month

6PM at the Ten Pin Building, 793 K St., Arcata

NORTH COAST CO-OP