

OUR PEOPLE FOOD COOP NEWS

May/June 1989 134 W. Aurora St. Ironwood, MI 49938
(906)932-3547

Hello Everyone,

I'm writing to let you know how things are doing at the store. Overall, things are looking pretty good. The new location has created an increase in sales and membership. And, our new pamphlet has stirred up some interest.

I did a talk on teas at the Gogebic-Ontonagon Christian Women's Club, and our teas sales went up some. If there are other members out there who want to do talks on various subjects please contact us, and we'll put you on our Speakers List. Volunteer credit is given for this activity - a good way to earn your discount!

We also need member workers to come help in the store. Talk with Jody or Laura about what needs to be done. We'll accomodate to your talents and interests! Come and learn!

The Board is working on proposed amendments to the Bylaws. These will be posted at the store. Look them over while you shop, then give us your input.

You're needed! The Coop appreciates your support through this past year at our new location.

Sincerely,
Leigh Taylor
Board President

GENERAL MEMBERSHIP MEETING

General Membership Meeting: Thursday May 25th, at the Ironwood American Legion Clubrooms (downstairs in the Memorial Building). Potluck dinner 6 - 7pm; Meeting 7pm. Please come and bring a dish to share. Meeting agenda and proposed changes to the bylaws will be posted at the store.

Remember this is your coop and the board and management need your input in order to keep it running smoothly. This meeting occurs only once a year, it is important that you plan to attend.

Five board positions are up for election. However, three members wish to run for re-election to their positions. So we will need at least two new board members.

SUPPORT YOUR LOCAL COOP! SUPPORT YOUR LOCAL COOP!! SUPPORT COOPS!

OUR PEOPLE FOOD COOP STORE HOURS

Monday through Friday 10:00am-5:00pm

Saturday 10:00am-4:00pm

SALE ITEMS FOR MAY AND JUNE will be advertized in the TV section of the Ironwood Daily Globe the first two weeks of each month.

RECYCLE NOW!!!

by Felicia Santini

It's a familiar chore in every household - collecting the garbage and taking it to the local landfill or putting it on the curb for the garbage truck to haul away. And that's the end of it. Out of sight, out of mind, right? Wrong.

Our nation is up to its neck in garbage. Many larger cities have turned to mass-burn incineration to deal with their garbage. They now have to contend with the poisonous smoke from the incinerator stacks and toxic ash, the burned remains of the garbage, that go along with incineration.

We shouldn't think that because we're "way up north here" that this isn't our problem. Landfills in the U.S. are closing at a rate of 10 per week. The days of town dumps are clearly numbered. More than half of the cities in the U.S. will exhaust their current landfills by 1990. More than 2,000 have closed in the last 5 years for environmental reasons, and another 700 for lack of space.*

Clearly, this is everybody's problem. What can we do about it?

RECYCLE.

Opinions vary but most sources say that at least half of the consumer waste stream is recyclable under present U.S. technology. The subject of recycling is vast and this article is not intended as an extensive account on the subject. Rather, I want to give information on what each of us can do on a personal level, right now to begin recycling.

North Coast Recycling wants your garbage! They are located at New Horizons North, Inc., 811 3rd St. West, Ashland, WI. (715-682-5578). They are open 8 am - 4:30pm Monday - Saturday.

They will pay cash for aluminum cans, crushed or uncrushed. Their ad reads "no higher price/lb in town or we'll match it." Aluminum cans must be free of liquid, ice, and other contaminants or they will be rejected.

The following is a list of what they can recycle at this time, the list could change in the future, no cash paid:

1. **Glass - separate glass according to color, clear, amber, or green. Remove all lids. Labels do not need to be removed. You can also wait until you get there to separate the glass. There are barrels for the different colors.**
2. **Corrugated cardboard - cardboard boxes.**
3. **Newspaper**
4. **High grade office paper**
5. **Tin cans - remove top and bottom and flatten the can, peel off paper label. This will save space for you but is not required.**
6. **Plastic - Remove all caps. They cannot take clear plastic or brittle plastic, such as cottage cheese cartons. They can take non-clear plastic. Examples are: dish soap and liquid detergent bottles, milk jugs, liter soda bottles, motor oil bottles (drain as completely as possible). If you are not sure if the plastic is something they can take or not, take it along and ask them.**

Bernie Santos

Recycling cont,....

So making a commitment for a cleaner environment requires some effort on our part, but once the system is in place it doesn't need to take up a lot of time. By crushing cans and flattening cardboard boxes it doesn't need to take up much space. Making things as compact as possible means fewer trips to Ashland. Possibly in the future we will have a recycling place in our area, but until that time Ashland is the closest place.

One-third of all U.S. garbage is packaging! Ultimately the answer to the growing waste problem is to reduce our use of throw away materials. When shopping, look for biodegradable packaging, avoid products with excess packaging and plastics. So jump on the recycling bandwagon. Pitch in and do your share to keep our environment clean and beautiful.

*Statistics in this article are from "Greenpeace" May/June 1988

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COOKING CORNER

TARRAGON- *ARTEMISIADRACUNCULUS*

Tarragon is a perennial which has slender dark green leaves and grayish or white wooly flowers which bloom in a small cluster during mid - late summer. It does not bear seed, and is propagated by division or root cutting. Grows in full sun or partial shade with well drained soil.

Tarragon is the distinctive flavor in Be'arnaise sauce. May be used in mayonnaise; tartar, mustard and sour cream sauce; pickles; turtle soup; tuna salads and casseroles; marinades, and pot roast. Use in preparing veal, lamb, venison, and other game, chicken, duck, fish, and egg dishes.

Tarragon serves to relieve digestive problems. The tea stimulates the appetite, especially when it has been lost because of illness. Taking the tea before going to bed helps to overcome insomnia.

Information has been collected from The Herb Book, John Lust; Spices of the World Cookbook, McCormick; and The World of Herbs and Spices,

James McNair.

TUNA BULGAR

bulgar

1 can cream of mushroom soup

6 1/2 oz tuna

1/2 - 1 t tarragon

Cook bulgar (2 1/2 cups water to 1 cup bulgar). Add remaining ingredients. Bake until heated through. Serves 3 - 4 people.

vegie salt - to taste

pepper - to taste

garlic - to taste

optional: mixed vegetables or peas

BAKING SODA IDEAS

Things to do with your baking soda besides cook: 4 Tablespoons soda to 1 quart water to clean away sour smells, stains in coffee makers, teapots and baby bottles. Wash and rinse utensils well after soaking.

Sprinkle burned pans generously with soda. Add a few cups of water and simmer for 15 to 20 minutes. Let stand for several hours, after which the burned material should be easily removed.

Deodorize upholstery and carpeting. Sprinkle soda evenly with flour sifter. Leave 20 to 30 minutes and vacuum. If you have a heavy grease spot, brush in a generous amount of soda, leave overnight and vacuum in the morning.

Don't forget the refrigerator, your drains, the laundry, and the kitty litter box.