

OUR PEOPLE FOOD COOP NEWS

APRIL, MAY, JUNE 1991 134 W. Aurora St. Ironwood, MI 49938

(906)932-3547

MANAGER'S REPORT

Hello! A quick report on the inner workings of your co-op. We are in the midst of many things, one of which is putting up our new used shelving and laying out the store with some professional help from the warehouse. By the time we're done, we should have a fuller looking store, and more new products for all of you. We're also working on a business plan as a management tool, as an exercise in more lenient credit terms from suppliers, and as proof of our intentions for a bank loan. A much needed store personnel policy is being drafted by the personnel committee (thanks, Lucia), and our outreach committee is in charge of the proposed name change, and will be working on other ways to get our name in the public eye.

Thanks to all of you who responded to the last newsletter by renewing or becoming fair share members. We appreciate all of you! Thanks also to Nancy Terr for volunteering to be on the Board. Welcome!

Please take advantage of the special offers to you, our members, mentioned in this newsletter. These are being offered on a trial basis this year, and if they don't get much response, chances are they won't be offered next year. Make use of this benefit of membership, and if you can't use our specials, let us know what you can use! We are here to serve you, and your input is always welcome.

The next three months will be a time of changes for us, of putting the theory and planning into practice and use. We will need all of you to support us. Remember, you own us, so it's in your best interest to ensure we are going to be around for a long, long time. The best way for you to do that is by

shopping here. And if we don't have what you want, ASK. We'll do what we can.

Thanks for reading. Happy Spring!

Jody

WHAT IS A POSITIVE CHARGE?

All right now, gather around - I'll attempt to explain the secret of the American economic system and how it may (or may not) relate to OPFC. The secret word is credit. Living without it is something like being without a social security number - you are considered handicapped, maybe a bit wierd. But conversely, there are potential problems with having credit:

- 1) you can borrow too much, and
- 2) interest costs can be murderous.

However, credit with OPFC is a different story. It works like this: you walk into the store with your wallet or checkbook and say, "I'd like to have a P.C. (positive charge) account please." That amount goes into the books in your name.

Then, the next time you come into the store to buy cous cous, a loaf of bread and some kefir for \$7.93 and are too tired or broke to pay for it, you can just say, "Take it off my P.C. please."

You see, you have the convenience, the Co-op has the use of the balance in your account, and since it is too broke to pay any interest, you don't have any tax to pay.

What could be simpler!? Everybody gains, nobody loses so we're all perpetually happy, aren't we? Try it, you might like it.

NS

(Norm Stone)

Introducing a new feature:

"Meet Your Board Members"

This month meet our newest Board Member Nancy Terr:

CO-OP: MORE THAN JUST GOOD FOOD

My husband, son, and I moved to Ironwood from Fairfield, Iowa on Labor Day. Robert had a job waiting for him at GCC, and we were fortunate to have a great place to live ready for us. With our basic needs met, I moved on to take care of the next ones--tofu, and playmates for my toddling son.

I imagined Ironwood to be a beautiful but very remote place, a rugged quiet town somewhat removed from the modern world and presided over by a gigantic Indian. I was surprised to find a busy downtown area and people who looked to be in step with the times. After my first visit to the local grocery store, however, I wondered if I hadn't been too far off in my first assessment. I couldn't find an avocado, the checker looked at me like I was from Mars when I asked for tofu, and I got the impression that the beef pasty was the most exotic item in UP stores.

Well, there's more to life than food. I was happy to have a new lifestyle, being home full time with my son Neal. He's a friendly kid who was used to having lots of playmates nearby. I soon realized though, that there was hardly anyone under seventy in my neighborhood and I would have to make an effort to broaden his social circle. Where to start?

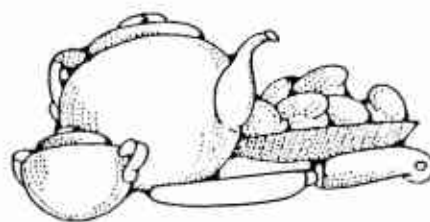
After a while, with the help of a map and a few turns around the block to spot the sign, we found the Co-op. I didn't know if I'd find tofu, but I hoped someone would know what it was.

As it turned out, Our People had tofu that day and a lot more. I had a good conversation with Carol and a pleasant shopping experience. I felt comfortable shopping at the Co-op. Seeing familiar products and Vegetarian Times put me in the right temporal frame of reference. I figured

that the kind of people I would like to know probably shopped there too, so I put up a notice to contact a play group.

The Co-op was a great starting point for me as a complete newcomer. Through Jody's amazing referral network, I met wonderful mothers and kids and found out there were many things of interest going on around here--things the Globe doesn't mention. With the Co-op experience and the Range Band, I soon began to feel at home in Ironwood.

I appreciate the fact that the Co-op exists here in Ironwood. It provides a great service to the community, more than just good, fresh food. I wanted to participate in this ambitious endeavor, so I was glad to volunteer to be on the Board. Through service, I'll say thanks for including our family in "Our People."



MEMBER ONLY SPECIAL FOR APRIL

April's Special: All bulk orders from Common Health Warehouse for only **25% above cost**. A BULK order is considered to be any order totaling 25lbs or \$50.00. We ask that individual products be ordered in three's if not by cases or half cases. Get your copy of the CHW product guide at the store, and plan to stock your cupboards during this great offer. Order deadlines are every Friday. Delivery is every Tuesday.

KITCHEN CORNER

COUSCOUS

Couscous is a traditional dish of Morocco, Algeria, and Tunisia. This grain made from pre-cooked durum wheat is gaining popularity in this country, because it is light, delicious and cooks up in less than 10 minutes.

Couscous may be served for breakfast or dessert with milk, honey, and raisins, or is used as a main or side dish with vegetables, sauces (spaghetti, cheddar cheese, gravy), and seasonings. Each 4 ounce cooked serving contains 105 calories, 3 grams of protein, 22 grams of carbohydrates, 1/2 milligrams of sodium, and no fat.

To cook couscous bring 1 1/2 cups water to a boil, stir in 1 cup of couscous, cover, remove from heat and allow to stand for 5 minutes. Stir to fluff up and serve. Makes 2-3 servings. You may add 2 Tbs of butter, and salt if desired.

Cous Cous for Arabian Nights (with garbanzos and sweet and sour sauce) 6 servings

1) Garbanzos-Vegetable Topping

Have ready: 1 1/2 cups dried garbanzos, cooked (about 4 1/2 cups), or 1 20 oz can garbanzos.

Saute in a deep skillet or Dutch oven:

- oil as needed
- 3 stalks celery, diced
- 4 medium carrots, sliced
- 1 large onion, chopped
- 1/2 lb fresh mushrooms, sliced

Add while sauteing and continue about 10 minutes:

- 1-2 tsp dill weed
- 1-2 tsp parsley flakes
- salt and pepper to taste
- 1 clove garlic, mashed
- 1 bay leaf
- 1-2 tsp horse radish
- 1/2 tsp dried mustard

Add: 2 cups seasoned stock; 1/2-1 cup white wine. Cover and cook for 10 minutes, then add the cooked garbanzos. Consistency should be like that of a thick soup. Corn starch may be added for thickening.

2) Sweet-and-Sour Sauce:

- 1 Cup milk and 1/4 cup instant dry milk
- 1/4 cup vinegar
- 18 oz can tomato sauce
- 1 egg
- 1/2 cup brown sugar
- 1/2 tsp dried mustard

In double boiler beat the egg and milk together. Then add brown sugar and tomato sauce. Then add vinegar and mustard, constantly stirring with a wisk over low heat.

3) Couscous

- 2 cups raw cous cous

Cook cous cous then serve covered with garbanzo-vegetable topping and sweet-and-sour sauce.

Article by Laura Harvey. Info gathered from Common Health Warehouse Product Catalog 1989. Recipe from Recipes for a Small Planet, Ellen Buchman Ewald.

