

# OUR PEOPLE FOOD CO-OP

134 W. Aurora St. Ironwood, MI 49938 906-932-3547

July-August- September 1991

## MANAGER'S REPORT

Hello!

A lot has happened in the past three months, and there is more to come. We have gotten about half of the new shelving up so far, and it has made a difference in the way the store looks and what we've been able to sell. We've also finished a three year business plan, submitted it to the bank, and have been approved (as far as we know) for our loan. We plan to use this loan to increase our inventory, buy a new sign, and advertise (once everything is in order). As far as inventory, we want to bring in milk/dairy products, paper products, Nature's Way line of herbs, greeting cards, and more cheeses, breads, and vitamins. The store should almost be a one-stop shopping center- at least for vegetarians. For the summer we may also feature a simple take-out juice bar, so that on those hot days you can sip on an (organic) watermelon cooler while you shop. Doesn't that sound nice?

The board has chosen a new name for our store: NORTHWIND NATURAL FOODS CO-OP. It hasn't officially been changed yet, but that's what it will be when I get around to doing the paperwork. Norm Stone was the winning contributor. Thank you Norm!

I want to say a final thank-you to all the members, volunteers, and employees who have made this job such a rewarding experience for me. I have learned more about people and about myself in these past 3 1/2 years than I have in my entire life.

The co-op has been a real growth experience for me. However, there comes a time when the Co-op says to its managers, "OK, I've done my best with you, and it's time for you to move on." So, I'm listening and will be leaving the store as manager in September. We hope to have a new manager hired and in training by the time this newsletter is out. My last goal was to actually have a newsletter out on time (this one was due on July 1). If you received it by then, you'll know I made it. One more thing: please shop at the co-op on a regular basis. Your biggest form of support comes to us through your shopping here. We want to be around to serve you for years to come, and we need your support to do that. Remember, this is your store, you

own it, and your choosing to shop here contributes to our success. That said, I'll quit whining and get on with the rest of this newsletter. Take Care, all of you.

Thanks for reading. Enjoy your summer!  
Jody

## CO-OP NOTES

**GMM/ANNUALPICNICPOTLUCK/GMM**  
Our General Membership Meeting this year will be combined with our annual picnic. We hope this will make it easier for more of you to attend both events. The date is set for September 15th, 1 P.M. at Black River Harbor. In case of rain or snow, we have the pavilion for shelter. The agenda will be posted at the store just as soon as we have it available. Post this date now on your calendar, and we'll see you all there, rain or shine!

**Proposed Bylaw Ammendment Change:**  
Current Bylaw: Bylaw VIII Section 4: a) A minimum of one Board meeting per calender month shall be held.

**Proposed Change:** Bylaw VIII Section 4: a) A minimum of nine Board meetings per calender year shall be held.

Welcome new member:  
**MAE HENDRICKSON**



## HELP WANTED

There will most likely be a few board positions open, and others that will be expired, by the time of our GMM in September. Anyone wanting to serve a term should let Jody or another Board member know. There is one at-large position open currently if anyone is interested now.

If there is anyone out there that likes to write, we do need a newsletter co-ordinator to work with the manager in getting this together every three months. It's one of those jobs that gets put on the back burner, and it'd be a lot easier if someone besides the manager was in charge. It may even get out on time on a regular basis. Anyone? You can do most of it at home and the hours add up quickly for your work credit. Talk to us if you're interested. We're easy.

## NEW PRODUCTS

It will be almost impossible to list all the new products we plan on getting in, versus all we will actually receive, so the best we can do is to say just come in, check us out, and see what's here.

There's always something new. We are presently carrying a limited line of fresh, organic fruit on a sort of trial basis, since we have no storage facilities. If having this organic option available is important to you, please support us by buying your fruits here.

**CO-OP HOURS CO-OP HOURS CO-OP**

**Monday - Friday 10:00-5:00**

**Saturday 10:00-4:00**

*Reiverhof  
Handweaving Studio*

URSULA SCHRAMM  
Rt. 1, Box 183  
Hurley, Wisconsin 54534  
561-5026

*Fabrics, Rugs,  
and Accessories*

## KITCHEN CORNER

Summer's here and it is time to think of ways to cool off. The first thing that will probably come to mind would be a dip in the lake. We can't always do that so I am enclosing some thirst quenching ideas.

### Ginger Water

1 egg  
1/2 vinegar  
1/2 tsp. Ginger  
2 qt. water  
3/4 c. sugar

Combining egg, ginger, sugar and vinegar, then add to water. Beat all together with an egg beater.-- Recipe from Mrs. Harlan Whitmore

### Spiced Pineapple Sipper

1 1/2 cups unsweetened pineapple juice, chilled  
1 Tbs. frozen orange juice concentrate  
1/8 tsp. ground allspice  
crushed ice

Combine first 3 ingredients. Pour over crushed ice in a tall glass. Makes 1 (12 oz.) serving. -- Recipe from Better Homes & Gardens, August 1986

### Ice Tea

We have a few teas in stock that would make great ice tea: Lemon, Orange or Red zinger, Mint Magic, or try Tropical Escape.

For one quart of ice tea, pour 2 cups boiling water over 4 tea bags. Steep 4-6 minutes, remove tea bags. If desired, stir in honey while tea is hot. Add 2 cups cold water and chill.

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One more suggestion while I'm at it. The store carries several organic juices which you may drink alone or mix in your favorite punches. Just to name a few: Pineapple juice, Apple Raspberry, Pineapple Orange, and Cranberry Meets Raspberry!!!



# GINGER

Ginger is a perennial plant native to tropical Asia and cultivated in other tropical areas. The aromatic, knotty rootstock is thick, fibrous, and whitish. The plant reaches 3-4 feet with leaves which are wide at the base and tapering to a point at the top and grow 6-12 inches long. The sterile flowers are white with purple streaks and grow in spikes. Ginger is used widely in Mexican and Oriental cooking. Whole Ginger is used in pickling, syrups, beverages, marinades, stewed fruits, teriyaki sauce, preserves, teas and ginger beer. Ground ginger is used in preparing cakes; cookies; gingerbread; ginger toast; bread; rice; fruit or steamed pudding; custards; whipped cream; sauces; soups; appetizers; Oriental dishes; lamb; pork; beef; veal; venison; nearly all vegetables; particularly good in sweet potatoes and carrots; pickles; chutney; preserves; conserves; fruit pies and salads; salad dressings; punch; chicken and other poultry; and ice cream.

The medicinal part of ginger is the rootstock. The best alternative to motion sickness drugs; increases nutrient absorption and detoxification; normalizes digestive activity; and is a strong antiseptic for gastrointestinal flu. Aids in removal of excess waste from the system. Naturally, it helps prevent diarrhea and is also good to alleviate cold symptoms centered in the lungs.

Ginger leaf will help stop colds at the onset. Use 1 tsp ginger to 1 cup boiling water and drink hot, 1/2 cup at a time. Ginger warms the body and stimulates the circulation.

Use 1 teaspoon ginger root to 1 cup boiling water

and take 3 cups per day for diarrhea.

Ginger taken after a heavy meal is an aid to digestion and helps prevent flatulence. Use 1/4 teaspoon to 1 cup hot water, steep 5 minutes and sip slowly.

Make a tea using ginger leaves and drink to aid menstruation. Use 1/4 teaspoon ginger to 1 cup boiling water. Honey may be added if necessary. Steep 5 minutes and drink two cups.

## Ginger Un-Snap Cookies

3/4 c. brown rice flour  
1 c. soy flour  
1 tsp baking soda  
1 tsp cream of tartar  
1/4 tsp sea salt  
1/2 tsp cinnamon  
3/4 tsp pwd ginger  
1 egg  
3 tbs vegetable oil  
1/4 c. unsulphured molasses

Combine dry ingredients add egg, molasses, oil. Beat well. Drop by spoon on lightly greased cookie sheet, do not flatten.

Bake 15 minutes at . Makes about 34 cookies. Recipe from Overcome Disease Nutritionally, by Degenerative Disease Control Group, Inc.

Other Information: Common herbs for Common Illnesses, by William R. McGrath, B.A., N.D.; Spices of the World Cookbook, by McCormick; The Herb Book, John Lust; The Handbook of Alternatives to Chemical Medicine, Mildred Jackson, N.D. and Terri Teague, N.D., D.C.

## COUPONS\*\*COUPONS\*\*COUPONS\*\*

All shampoos and conditioners in stock  
25% off

Member only coupon. No limit. Good  
7/1-9/30 1991. No other discounts apply

Thai Deodorant Stones  
25% off

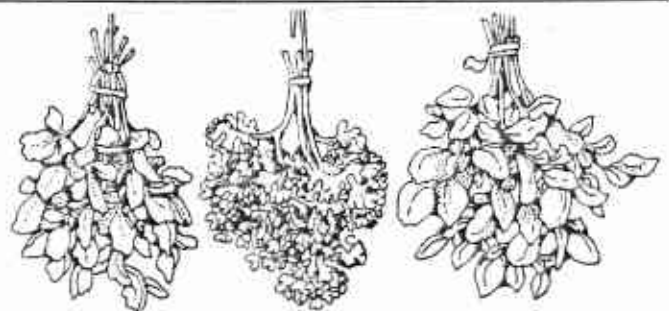
Member only coupon. No limit. Good  
7/1-9/30 1991. No other discounts apply.

## COUPONS\*\*COUPONS\*\*COUPONS\*\*

Buy all your spices in one shopping trip,  
and receive

50% off

the total cost of your spice purchase.  
Member only coupon. No limit. Good  
7/1-9/30 1991. No other discounts apply.



THYME

PARSLEY

BASIL

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**134 W. AURORA STREET**  
**IRONWOOD, MI 49938**