

# NORTHWIND NEWS

Since 1977

Northwind Natural Foods Cooperative

April, 1995

*"Good Things For You . . . Naturally"*

932-3547

## SEEDS OF CHANGE

Like Johnny Appleseed, we've been planting seeds of change to make your co-op not only grow and prosper, but to help it develop in ways that will make you feel more a part of it. Now as always, and always more than ever, we need your support and participation.

We're doing our best to make your co-op a more inviting place to shop. Our Members Only Specials policy was designed to save you money -- more than \$20 per month (four times your annual membership fee) on average. And the Product Survey form available in the store is there to let you advise us on what you would like to see us add to or expand in the store.

In the spirit of planting, this year we're carrying organic, self-pollinating garden seeds -- which means you can use the seeds from the product of this year's harvest for next year's Spring planting. To keep your garden organic, we've also got chemical-free insecticides, fertilizers, and compost bioactivators. This is an experiment for us, and for it to succeed we again as always, need your support in buying and using them.

As your store manager, I carry around a little wish list which I drag out whenever possible. Now that you are, hopefully, in a helping mood, maybe you can do something about some of the items on the list. Here it is:

- 1) Someone handy with carpentry to build the co-op two outdoor planter boxes for spring and summer use. We've got the wood.
- 2) A small microwave oven which can be used to boost our frozen food sales by enabling us to offer healthy lunch alternatives to people who work in the downtown area.
- 3) A bread machine, with which we can use products the store carries to demonstrate the healthy breads our customer can make for themselves.
- 4) A computer which we can use for inventory control and a myriad of other timesaving ways. This is a biggie, I know, but if you're dreaming, you might as well dream big, right?
- 5) More volunteers to help run the store on a day-to-day basis. Even a hour during the week or on Saturday, or participating in the monthly Sunday

WorkBee, would be a great help.

Have I ever brought to your attention the fact that as a co-op member, you own the store? I may have, but if that realization might spark even one of our members to take a more active interest in the growth and wellbeing of the store, it's worth repeating. Please . . . get involved.

*--Roger Margason, Store Manager*

**Please complete a CUSTOMER PRODUCT SURVEY form. They're available in the store at the checkout. Thanks!**

## Put A Little Spice In Your Life!!

Northwind Natural Foods Co-op offers Frontier Herb Co. products -- the W I D E S T selection of high quality herbs and spices available on the Iron-Gogebic Range.

For more than 18 years Frontier has provided exceptional quality herbs and spices from around THE WORLD and is one of the largest buyers of organic herbs in the United States. Frontier herbs and spices are available in economical bulk quantities as well as convenient glass jars.

Come in and select from the common everyday spices such as fresh,



*NORTHWIND NEWS* is published by Northwind Natural Foods Cooperative, Inc. for its membership. Letters to the Editor and other contributions are encouraged. Typed copy is much appreciated. Consider submitting articles on general areas of natural foods and healthy living or specific foods, nutrients, book reviews, recipes and the like. Please include your name and telephone number. Deliver or mail submittals to the store.

Please notify us if you change your mailing address  
This issue's editor: Larry I. Sands



cheese, lemon juice, mustard, horseradish, and garlic in this order in a blender or food processor; blend until creamy. Pour into a bowl and add the capers, red onion, chives, black pepper, salt, and the optional chopped herbs. Set aside at room temperature for at least 30 minutes or refrigerate for up to 2 hours. Serve with the potato skins as an appetizer.

## Budget Review Committee

A committee has been formed to oversee the co-op budget process. The committee is called, appropriately enough, the **Budget Review Committee**. Committee members are Tim Feldt, chair, and Jody DeCarlo. Except for its creation, the committee has no report at this time.

--Tim Feldt, Chair

## foodforethought

A **Product Policy Committee** was formed by the Board in early January. The committee's purpose is to help establish policies concerning what products will be sold in the store and to help suggest new and additional products. Members are urged to participate or at least offer input. Meetings are on Thursday evenings, generally every two or three weeks; see store bulletin board for exact date and time.

The committee has recently drawn up a new **Customer Product Survey** form to help pinpoint specific customer needs. The survey forms are in the store, please complete yours at your next convenience.

**Sunday WorkBees** are held monthly at the store

### FLASH!!

**The co-op is now carrying an extensive line of organic garden seeds called "Seeds of Change." They're high quality, and self-pollinating for greatest economy!**

**We also have a complete line of "Concern" brand garden helpers including organic pesticides, fertilizers, and compost bioactivators. Great products that deserve a try!**

## Newsletter Ads

To help cover newsletter expenses we are accepting a limited number of small business ads for the newsletter. We hope there will be support for the newsletter from co-op members who have their own businesses or professional services. The cost is very low at only \$10 for a business card size ad. However, the audience you reach is on the cutting edge of society's development, namely the members of Northwind! Contact Larry Sands to place your ad.

MAINTENANCE-REMODELING-REPAIR  
PAINTING-WALLPAPERING-DECORATING  
JANITORIAL SERVICES-CARPET DRY CLEANING

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LARRY I. SANDS  
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RT. 1, Box 185  
HURLEY, WI 54534



## Black River Pottery

Monday - Friday: 7 am - 3 pm

Saturday, Sunday and evenings: by appointment

**Nancy Ramsay, Potter**  
(906) 932-4038 or 932-1093

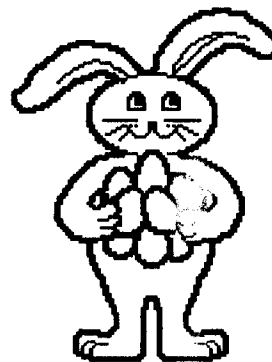
to help clean up and straighten up in the store and work areas. This is a real easy way to get involved as a working member to earn a higher store discount. Plus WorkBees are always good fun! WorkBees are generally held the third Sunday of each month from 10:00 to 1:00. Check the store for the exact date and come join the fun!

We say a fond farewell to **Karl Overholt** who has resigned from the Board. Karl's personal business dictated his decision to resign and we wish him well in his undertakings. Therefore, we now have an opening on the board and any interested members are encouraged to speak to any board member and to attend future monthly BoD meetings.

**Newsletters** are scheduled for June, September and November. Exact dates for copy deadlines have not yet been established for these issues. If you are planning to submit an item for publication or placing an ad, send your submittal far in advance or notify us so space is reserved.

We need interested members to serve on co-op **committees**. There is a lot of behind-the-scenes work and planning that goes into running our ever-growing store operation. You can be a vital part of the process by serving on a committee. Important work continues to go unfinished due to lack of help at the committee level. If you can get involved with committee work please contact any board member for more details.

*-Larry Sands, Editor*



### **STORE HOURS**

**Monday thru Friday**

**9:00 to 5:30**

**Saturday: 10:00 to 4:00**

**Sunday: closed**

**932-3547**

### **Northwind Calendar**

March 30	Product Policy Committee, 7pm
April 2	Store Inventory
April 5	BoD regular meeting, 6:00pm
April 9	April WorkBee, 10:00am
April 13(?)	Product Policy Committee, 7pm
May 3	BoD regular meeting, 6:00pm
May 13	North Farm GMM, Madison
May 21(?)	May WorkBee, 10:00am

**Northwind Natural Foods Cooperative, Inc.**  
210 South Suffolk Street  
Ironwood, Michigan 49938

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