

Northwinds

Newsletter of the Northwind Natural Foods Co-op

Summer 2007



General Membership Meeting: Saturday, November 10

All members are invited to the annual General Membership Meeting Saturday, November 10, 10:00 AM, at the Gogebic-Ontonagon County Senior Center, 104 South Lowell, in Ironwood. The Co-op is owned by the members, and we need your help with important decisions.

Items on the agenda include elections to the Board of Directors, and a proposal for a new loan to purchase a produce cooler, bread freezer, and new shelving.

Remember that as a member-owner you have a voice in how the Co-op is run.

Your presence at the General Membership meeting will enable you to hear about the progress we have made, the challenges we face, our hopes and plans for the future and most importantly provide you with the opportunity to give us your feedback!

The Co-op will face new competition in 2008 from Wal-mart and Walgreens. How can we meet this challenge and improve our service to the community? Please come to this once-a-year meeting and help support your local, non-profit, natural food Co-op!

Important Membership Information!

The Co-op membership year runs from October 1 through September 30, so please renew in the coming weeks. New memberships are \$10. Renewals are \$15. Consider buying a membership for a friend!

Our special membership drive will take place Friday and Saturday, September 28 and 29. During these two days members who renew will get a one-time 10% discount for eligible purchases. If you are a current or renewing member and bring a friend to shop during the drive, the friend will get a one-time 5% discount!

You will notice an exciting change in the member cards this year. They are now laminated for durability and come with a tag for your key chain. Please show your card or key tag to the clerk at check out to insure you get your member discount.

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Wellness



Lotus Blossom Tai Chi
 Tranquil Waters Massage
 Weight and Stress Management
 Prana - Chi Retreats & Workshops
Tai Chi ~ Flowing Yoga
Massage ~ Meditative

Peter Wisla, Director M.E. Norton, CMT 715-686-7435

Healing Hands

Therapeutic Massage & Bodywork

Pain & Stress Reduction, Relaxation. Swedish, Deep Tissue,
 Myofascial, Thai, CranioSacral, Healing Touch, Reiki.
 Private Yoga & Meditation Instruction.

Larry I. Sands, BS, CMT, NCTMB, AHTP
 Nationally Certified Massage Therapist
 At The Higher Level Suites, Ironwood, MI
 Wisconsin license # 3538-046 **715-561-2880**



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Dori Mattson, D.C. 520 E. Ayer Street
 (906) 932-4605 - Office Ironwood, MI 49938

A chiropractic "checkup" with Dr. Mattson is the perfect vehicle to jumpstart a wellness-oriented lifestyle. Chiropractic can be the **first** step to gaining what chiropractors call "health-esteem". Call us **today** for an appointment!



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CHIROPRACTIC
CLINIC**

Dr. Marsha Toohey
 129 E. Ayer Street • Ironwood, MI 49938
 (906) 932-4001

Thank you!

Item #5 from the Wish List in our summer 2007 newsletter was a photocopier. Thanks to one generous member who picked out that wish and donated \$250! Eva found a used copier in great condition and it is now available in back of the store, with money left over for toner. As a Co-op member you can make up to 5 free photocopies per day. For non-members, or for additional copies, the cost is 25 cents per copy. Color copiers are also available at a cost of \$1.25 each (members and non-members).

Thank you to Edie Taylor, store clerk, who will unfortunately be leaving us this month. Her knowledge and dedication were much valued by members and the Board.

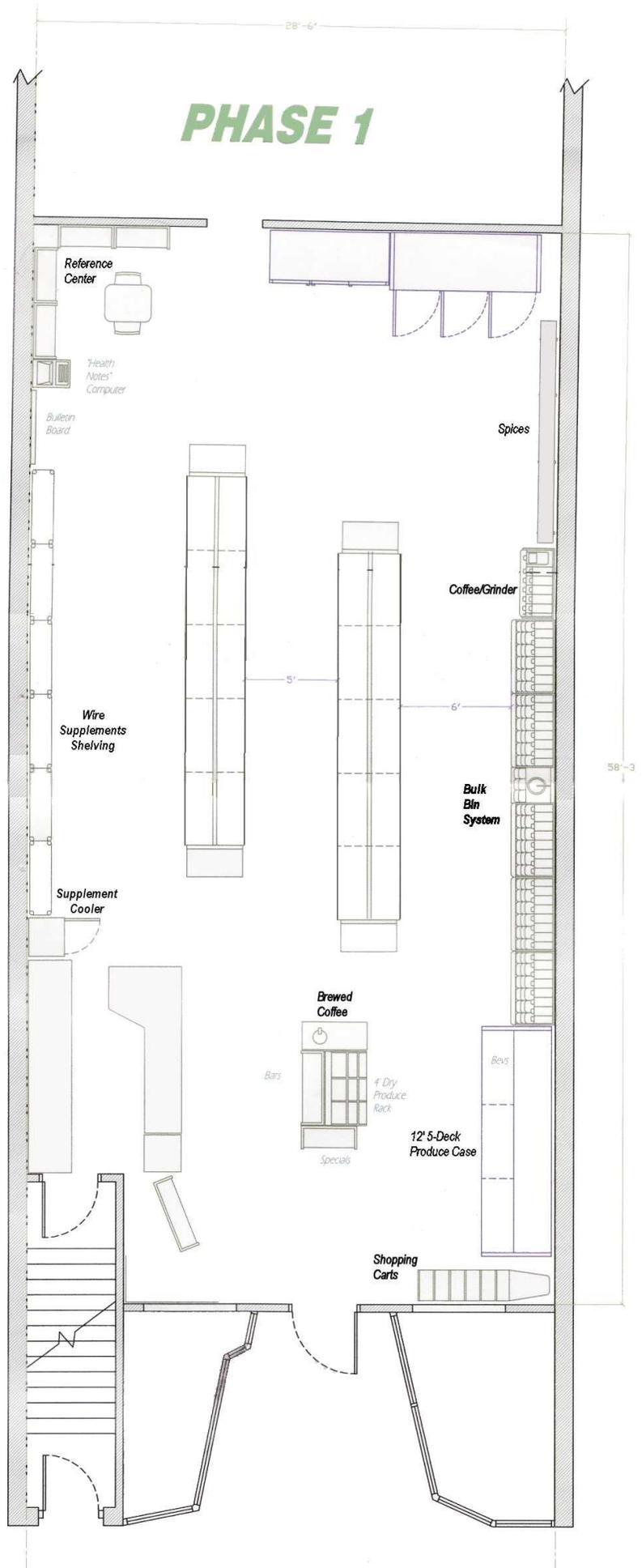
Thanks to everyone who has donated to the produce cooler fund! We have had a donation box next to the cash register for about a month and a half and so far it has brought in \$157.75. With money that remained in the equipment account, the total we now have is \$289.75.

New Store Layout!

On July 22, store staff and volunteers rearranged several sets of shelves in the Co-op to improve traffic flow and product visibility. The new layout looks great! If you haven't seen the new arrangement, come have a look!

The change follows store recommendations of P. J. Hoffman with United Natural Foods, Inc., Store Development Services. Mr. Hoffman visited the Co-op in April 2005 and prepared recommendations and a professional store layout plan. Phase 1 is shown here. Since 2005, under Manager Eva Smith-Furgason, we have obtained a new bulk bin system, obtained a supplement cooler, set up the reference center and bulletin board, brought in fresh brewed coffee, and now have re-arranged the main shelves. The only remaining steps in Phase 1 are a produce cooler and better shelving for vitamins and supplements.

Phase 2 includes new setup for bulk herbs and spices, a custom checkout, and completion of the back-loading walk-in cooler. The blueprint for both phases is available at the Co-op.



Indian Food Night

Have you ever attended a Co-op Class? If you have you know they are fun and educational. Whether they feature cooking or recipes for homemade cleaners, you will always learn something new.

Our recent Indian Food Night had a variety of exotic indian foods to taste including Delhi Saag (a spiced spinach dish), Matar Paneer (peas in tomato sauce with Indian-style cheese, Madras Sambar (lentils with fresh vegetables), Jaipur Karhi (potato dumplings in a spicy buttermilk sauce) and two authentic indian deserts. Everyone received a packet of recipes to try at home. For those who missed the event, here are two recipes to tempt your tastebuds.

Ghee - Clarified Butter

A rich intense butter with a very mild flavor, can handle high heat frying and does not require refrigeration. A staple in Indian cuisine.

Ingredients :

1 pound butter (unsalted)

Heat butter over medium heat till melted. Skim off the white foam that forms at the top. Set remaining butter aside and let settle (about 5 minutes). Pour off golden yellow melted butter into jar. This is ghee. Be sure not to pour in any of the white solids at the bottom.

Gulab Jamons

Little fried orbs of golden heaven with rosewater!

Ingredients :

1 $\frac{2}{3}$ cups dry milk
2 tablespoons ghee
1 cup flour
1 tsp baking powder
1/3 tsp ground cardamom
Ghee for deep frying
Sugar syrup: 1 $\frac{1}{4}$ cups sugar
1 $\frac{3}{4}$ cups water
1 $\frac{1}{2}$ teaspoons rosewater

Put the milk in a bowl and rub in the softened ghee. Mix in flour, cardamom and a bit of water to form a stiff dough. Set aside for 3 to 4 hours. Break up dough and add water to form small balls. Deep fry in ghee till golden. Remove to a glass serving dish and sprinkle with rosewater. To make sugar syrup, add sugar to water and heat until sugar is completely dissolved. Pour sugar syrup over them and let sit for 30 minutes before serving.

To make sugar syrup add sugar to water and heat until sugar is completely dissolved.

Wish List

1. Attendance at GMM!
2. Renew your membership!
3. Small & med. glass jars with lids.
4. Empty boxes & cans of Co-op items, for displays in the front windows.
5. Health and food-related books for the lending library
6. Donations for a produce cooler.

Senate Food and Drug Administration Revitalization Act

In our Spring newsletter we mentioned the Senate Food and Drug Administration Revitalization Act of 2007. During preparation of this bill, there was a proposal to add an amendment to regulate food and food ingredients like drugs, either for safety review purposes or for assessment of their efficacy. This may have been a result of recent deaths linked with the dietary supplements ephedrine, St. John's Wort, and Kava kava. However, to our knowledge, the final version specifically excludes dietary supplements from the scope of the bill. The bill has yet to be taken up by the House.

This past June, the FDA did release a final rule on current Good Manufacturing Practices (cGMPs) for dietary supplements, establishing requirements to ensure products are made in a consistent, quality manner and are accurately labeled. Many members of the health food community remain vigilant that the FDA remain focused on regulating pharmaceuticals, not dietary supplements. The following poem was submitted by a Co-op member on this topic.

Keep the F.D.A. Away From My Liver

by Cherie Griffith

Home of the brave
Land of the free
That may well be
What it used to be.
But now we have the F.D.A.
To take our rights
To herbs away.
To prove it's safe
Just can't be done
In millions of dollars
It's 231.
Now that's per herb
And that's the cost
But it's we the people
It's we who've lost.
The rest of the world
Can feed their brains
Strengthen their hearts
And ease their pains.
That's why we're behind
And fading fast
The rule of the greedy
Must end at last.
Speak up I say
Don't sit and quiver
Keep the F.D.A.
Away from my liver.

Northwind Natural Foods Co-op Mission Statement

1. To provide a marketing and purchasing outlet for primarily natural, organic, unprocessed foods and related items at a minimum price, on a nonprofit basis.
2. To educate and promote to the community healthy lifestyles, wellness and a whole foods diet emphasizing natural, organic, and unprocessed foods.
3. To educate the community to the benefits and potentials of our cooperative and cooperatives in general and to cooperate with other cooperatives.

Northwind News is published by Northwind Natural Foods Cooperative for its members. Please notify us if your address has changed. This newsletter was assembled by Ian Shackleford.

If you'd like to contribute to Northwind News with a recipe or article, or advertise in the newsletter, please contact Eva at the store, or by phone or e-mail. A business-card sized advertisement is \$15 for members and \$20 for non-members.

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Vice-President: Ian Shackleford
Secretary: Lily Palmer
Treasurer: George Beck
Other board members: Linda Beck

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