



Northwind News

Published Quarterly by Northwind Natural Foods Co-op for it's members

Spring Edition

A Letter from the Manager

Spring is almost here, and with spring come lots of exciting changes here at the Co-op.

The exciting news is that we have been approved for a \$25,000 loan from North Country Cooperative Development Fund. This loan will enable us to purchase a produce cooler, a bread freezer and some new shelving as well as stock to fill them. This will in turn enable us to have a much wider variety of products as well as produce from local farmers.

We've been busy with spring cleaning and organizing. You may have noticed our wonderful new shelves that house the spices, as well as the new coffee display and bulk bins. We also now have a back room for extra stock, which means more room on the shelves for a greater selection of goods. If you have suggestions on what you'd like to see - please let us know!

On a personal note - I recently visited the Marquette Food Co-op and the Ashland Food Co-op. I learned a tremendous amount from their staff and have gotten re-energized and excited about our store. Both Co-ops are much larger than our 122 member store but both have retained a small community store feel. They have also given me plenty of ideas for our own store. You'll find some of these ideas scattered in this newsletter and implemented in our store. I'd love to get your feedback on these. Please feel free to call me at 932-3547, or e-mail me at evannfc@sbcglobal.net

Thank You,

Eva Smith-Furgason

Advertising in the Newsletter

Newsletter ads help to defray the costs of printing and mailing which runs about \$100 per issue. If your business would like to participate, the cost is \$10 for members and \$15 for non-members per business card sized ad. Call or e-mail Eva for details.

A New Opportunity!

We're looking for a few good volunteers! While the Co-op is always looking for working members, this opportunity is a little bit different. We are looking for members interested in taking a more active role in the daily operations at the Co-op. There are three positions - Produce Coordinator, Bulk Foods Coordinator and Outreach Education Coordinator. These will require a weekly commitment, and will offer a deeper discount on purchases as a benefit. To find out more, please contact Eva at the store.

A Great Big Thank You!

Thanks to working member David Furgason for rebuilding the coffee display shelf, which enabled us to expand our coffee selection, and provided a nice space to display some of the beautiful teapots we sell. David also took our existing spice shelves and some additional wood, and built three handsome, well organized bulk herb and spice shelves. The new spice shelves have gotten many compliments.

Thank You David!

Artwork at the Co-op

The next time you stop at the Co-op, gaze upward along the walls to see the new artwork. Students from Terry Davis's classes at the Hurley K-12 school created the diverse images. Students worked within some color and media guidelines, but were able to choose their own individual compositions. Artwork was created by students working on their own or with a partner. The wide range of creativity displayed by these young people is immediately evident. Select your favorite and enjoy the aesthetics along with the organics. Thanks to Eva for coming up with this visually appealing idea, and David Furgason for installing the art.

Submitted by Terry Davis

NEW PRODUCTS

Here are some exciting new products you'll find at the Co-op this spring:

Celestial Seasonings Fair Trade Organic Coffee - 3 Flavors: Morning Thunder, Vanilla Hazelnut and Caramel Mocha.

Taste Adventure Instant Split Pea Soup - this product is wonderful - just add hot water and bring to a boil and you're done! A healthy delicious comforting soup that's fast and very tasty.

Amy's Tamale Verde with Cheese - this great frozen entrée tastes authentic and comes with a side of rice and beans - delicious!

Think Spring!

Get your garden off to a great start with seeds from Seed Savers Exchange of Decorah, Iowa! Seed Savers is a member-based, nonprofit organization dedicated to preserving and promoting heirloom vegetables, fruits, herbs, and flowers. We have more varieties this year than ever before, including Bountiful Bush Beans, Sunset Runner Pole Beans, King of the North Bell Peppers, Detroit Dark Red Beets, Yugoslavian Butterhead Lettuce, Green Arrow Peas, heirloom flowers and herbs, Large Red Cherry Tomatoes, Italian Heirloom Tomatoes, and lots more. Many of these varieties are organically grown. Grow great-tasting homegrown heirloom vegetables and support Seed Saver's genetic preservation efforts at the same time. Seed packets are just \$1.99 each!

Submitted by Steve Garske



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Northwoods Cabin

Just one block south of the Co-op in the Co-op's last store location is a new consignment store, the **Northwoods Cabin**. The Northwoods Cabin carries used merchandise from books and clothes to dishes, furniture and even appliances. They also have new items like baby sweaters and afghans, dollhouses, leather goods and crafts made by local artists.

The News Center at Northwoods Cabin has a wide variety of newspapers in stock. Stop by - you're sure to find it interesting!

In conjunction with Northwind, proceeds from items donated to Northwoods Cabin on behalf of the Co-op will go into the produce cooler fund.

COUPON

5% off all merchandise for co-op members



The Northwoods Cabin
Good thru May 2008



Greenwashing

Organic Foods are a 17 billion dollar business per year and growing. So it's no wonder that many others want to jump on the band wagon, sometimes with confusing claims about the wholesomeness of their products. One such claim that can be seen on potatoes. "Healthy Grown Potatoes" feature a beautiful logo of a green barn, a plant and a large sunburst. When you are shopping, it sure looks good - After all, who would want to buy "Unhealthy Grown Potatoes"?

It's when you dig a little bit deeper that they stop sounding so good. A reading of their rules reveals that "Healthy Grown Potatoes" use 37 % less "crop protectant toxicity units" - that's pesticides and herbicides to me and you. As far as fertilizers and products used on the potato in processing - the regulations are even more vague. And while it's great that farmers are reducing pesticides and herbicides by 37%, it's still a drop in a toxic bucket.

So what are consumers to do? Scrutinize all claims carefully and look for the Organic Label.

The nonprofit Organic Center of Boulder, Colorado is dedicated to promoting scientific research on the environmental, health and other benefits of organic foods. They have an interesting website with everything from information on peer-reviewed scientific research on organic food and agriculture to art by Jerry Garcia. You can even download a their free 2-page *Organic Essentials Guide* to reducing pesticide dietary exposure. It's a quick consumer guide to fruits and veggies that pose the greatest risk of pesticides per serving. Go to www.organic-center.org to check out their website, and to www.organic-center.org/reportfiles/TOC_Pocket_Guide.pdf to download the *Organic Essentials Guide* (4.4 MB).

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One Stop Shopping

Over the past few years the selection of products at the Co-op has widened, bringing the store closer to a "one stop shop". While visiting the Marquette Food Co-op, I noticed their great selection of beers and wines. After a discussion with their manager, I brought up the possibility at our monthly BOD meeting.

We'd love to get comments from Co-op members to see if there is interest in organic and local beers, as well as sulfide free and organic wines. On your next visit to the Co-op, drop us a note in the Comments Box located on the front counter, or call or e-mail the Co-op to let us know what you think!

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**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.

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.

Co-op Board & Manager

Manager: Eva Smith-Furgason
President: Naomi Kauppi
Vice-President: Mary Waits
Secretary: Terry Davis
Treasurer: David Graczyk
Other board members: Steve Garske

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