



April 2010

EARTHDAY



EARTH DAY

**Eat the Change
You Seek in
the World**



JOIN US

LIVE BROADCAST
on Earth Day April 22
noon - 2pm

**\$500
Environmental
Fund**

deadline: April 15

**\$500
Youth Award**

deadline: April 30

More information in the
Community Outreach Pamphlet
or www.kootenay.coop

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See insert for events & activities

Deadline for Board Candidates

Co-op board candidates must formally declare their willingness to stand for election and return their questionnaire before April 30, 2010. See page 2 for more information.

Case Lot Sale
April 18-24

Welcome to spring! Farmers are already reaping rewards of early sowing this year. We have seen local spinach arrive and more to follow. It is an inspiring start to the local growing season. Here at the Kootenay Co-op produce department we sell produce that is certified to organic standards and also to Kootenay Mountain Grown standards. The information below about the two local certifying organisations will help you understand the main features:

Kootenay Mountain Grown (KMG)

- Listed with International Federation of Organic Agricultural Movements (IFOAM) as an Organic Participatory Guarantee Certification system
- KMG is the marketing label for Kootenay Local Agricultural Society (KLAS)
- Inspections are carried out by farmers going to another farm and then reporting back according to KMG standards (adapted from existing organic standards)
- Independent, non profit organisation
- Food is grown and sold regionally
- Produce sold as certified KMG



For more information visit www.kootenaymountaingrown.org & www.ifoam.org

Kootenay Organic Growers Society (KOGS)

- Local organic certification body accredited through Certified Organic Associations of British Columbia (COABC)
- Independent third party inspectors carry out on farm inspection to organic standards annually
- Non profit organisation
- Produce sold as certified organic
- Certified organic produce can be sold as certified organic throughout province
- KOGS certified farmers have been supplying the co-op since it began



For more information visit www.kogs.bc.ca & www.certifiedorganic.bc.ca

The co-op is supportive of both these organisations and is committed to selling fresh, nutritious food grown in a truly sustainable way. Please talk to the produce department if you any questions.

Spring Selection

The produce department prides itself on bringing in a wide variety of wonderful produce for you to enjoy. It can however, at times, be a challenge. This time of year is when we see some gaps in selection as the transitions in seasons occur. The citrus abundance is coming to an end and we await more local product from closer to home, including the Lower Mainland, Okanagan and our immediate region. We strive to bring you great quality and value, please be assured that we are working hard to bring you, our customers, the choice that is expected.



Board Report

First of all happy solstice. Spring is springing and it's nice to see. As we plan what seeds to be sown for this coming season, we the Co-op Board of Directors would like to seed a couple of reminders for this coming year: our Board election and the raising of capital for our 2012 store expansion.

We would like to remind all potential Co-op board candidates that they must formally declare their willingness to stand for election and return their questionnaire before April 30, 2010. The Board will confirm candidate eligibility by May 31. Candidate information and ballots will be made available in the August newsletter. Member voting will take place right up to the Annual General Meeting in September when the election results will be announced. Full details for potential candidates along with the candidate questionnaire can be found on the Co-op's website under the Board section: <http://www.kootenay.coop/publications/CandidatePackage.pdf>

The excitement, vision and creativity for the 2012 expansion continues to grow among all of us, the 9000 members who own the store and certainly the community. We hope to have a member investment plan in place by the fall of 2010 for raising the capital for the expansion; a plan that is equitable and accessible for our member owners and our community.

Given the success of the Co-op over the last three and a half decades, it is apparent that this is a well run, profitable, conscious, community supported business that for our area of the world, could be called "blue chip" (no not blue corn chip!). Somewhat ambitious, our goal is to raise about \$2 million in member investments. It is our hope that this process will be a win for our new Co-op, our members and our entire community. One we can all "share" in!

With more to come on the above.
For the Board, Brian Kelsch.



Natural Pastures Cheeses

Amsterdamer	27.99 /kg	reg 34.99
Boerenkaas	30.35 /kg	reg 37.89
Verdelait Garlic/Chive	27.99 /kg	reg 34.99
Verdelait Cracked Pepper	27.99 /kg	reg 34.99
Verdelait Pacific Pepper	29.35 /kg	reg 36.69
Camembert	25.85 /kg	reg 32.29
Brie	25.85 /kg	reg 32.29

This month we're featuring on special a BC award-winning producer of specialty cheeses, Natural Pastures. Their luscious artisan cheeses are all hand-made under the guidance of their Swiss Master Cheesemaker using only pure & fresh milk from their Heritage Dairy Farms on Vancouver Island. When you taste Natural Pastures



cheeses you'll experience the delicious reasons for their 40-plus prestigious national and international awards. Their Verdelait is a combination of cheddar, Gouda and Raclette and come in flavours like Pacific Pepper and Garlic Chive. The Amsterdamer is mild and buttery whereas Boerenkaas is a semi-hard cheese with a zippy taste. Their award winning Brie and Camembert are taste experience not be missed and our prices this month are exceptional! What better time to try them?

The Deli Showcase

Check out the prepared foods items in our showcase over the next few weeks as the season changes. It seems that all of our suppliers are done hibernating in their winter kitchens and are freshly inspired with some new recipes they'll be unveiling

soon. Some old favorites like Asian Cashew Slaw and Szechuan Green Beans are also on their way back, so stay in touch!

**Lori's
Macaroons**
1.80/ea
reg 2.25

Tre Stelle Cheese
Bocconcini 3.79/kg
reg 4.79
Bocconcini - a really nice salad cheese, is on sale this month. Crumble Bocconcini onto a medley of tomatoes, cukes, a sprig of fresh basil, balsamic vinegar and olive oil and suddenly you're on holiday in Tuscany.

World Eats Catering
Chiang Mai Salad **1.59/100g**
reg 1.95
Curried Rice & Lentil Salad **1.39/100g**
reg 1.65

Deli Bulk
**Nuts To You
Nut Butters**
Organic Peanut Butter **8.69/kg**
reg 10.89
Crunchy ~ Smooth

Grocery Specials

All Specials While Quantities last

Non Dairy Rice & Soy Beverages

Organic

Original Soy
Vanilla Soy
Strawberry Soy
Chocolate Soy
Unsweetened Soy
Rice Original
Rice Vanilla



\$2.19 /946 ml
reg 2.99

\$24.96 /cs 12
reg 35.88

So Delicious

Non Dairy Frozen Coconut Milk Multipac Novelties



Chocolate Almond Mini Bars
Chocolate Vanilla Mini Bars

\$4.69 /4x68ml
reg 6.29

Banana Split Mini Sandwich
Coconut Mini Sandwich

\$5.69 /4x68ml
reg 7.59

Dairy free - lactose free - sweetened with Agave - Made w. organic ingredients

Vita Coco Coconut Waters



Pure

\$5.65 /1L
reg 7.59

Pure

\$1.99 /330 ml
reg 2.69

Pineapple

Acai & Pomegranate



So Delicious

Non Dairy Frozen Desserts

Chocolate Peanut Butter

Organic

Chocolate Velvet

Creamy Vanilla

Mint Marble Fudge

Neopolitan

Strawberry

\$6.29 /946 ml
reg 8.39



Gluten Free

Baking Mixes

Chocolate Chip Cake & Cookie 540g

Favorite Sandwich Bread 624g

French Bread & Pizza 624 g

Brownie 454g

\$3.99
reg 5.25



GRAINWORKS
The Organic Grain Company

Organic - Bulk

Oat Flour **\$2.65** /kg
reg 3.29

Grocery Specials Page 5

All Specials While Quantities last



April /10



- Bat Bar
- Black Panther
- Chimpanzee
- Grizzly
- Rainforest
- Sandhill Crane
- Sea Otter
- Wolf

\$2.85 /85 g
reg 4.29

10% net profits donated to help support species, habitat & humanity



ORGANIC

Superfruit Blend Spread

- Asian
- European
- North American
- South American

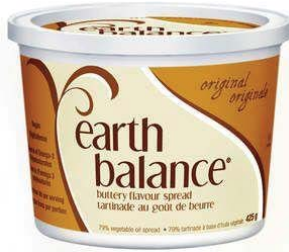
\$4.75 /260 ml
reg 6.49



Earth Balance Natural Buttery Spread

Original **\$9.55** /1276g
reg 12.99

Organic Whipped **\$4.49** /369g
reg 6.19



Native Forest® Canned Organic Fruits



Organic

- Chunks
- Crushed
- Slices

\$3.99 /398 ml
reg 5.19



CASE LOT SALE APRIL 18-24



ORGANIC

Dressings

- Balsamic
- Caesar
- Goddess
- Honey Mustard
- Italian w. Roasted pepper
- Raspberry Vinaigrette
- Roasted Garlic Vinaigrette
- Sesame Ginger
- Vinaigrette w. Sundried Tomatoes

\$3.15 /354 ml
reg 4.49

Made In USA

Organic

Eco Pac Cereals

- Granola Hemp Plus
- Granola Flax Pumpkin
- Multigrain
- Heritage O's
- Crispy Rice
- Millet Rice
- Heritage Flakes
- Kamut Krisp
- Gorilla Munch - enviro kids
- Panda Puffs - enviro kids
- Koala Crisp - enviro kids



\$7.79 /650-907g
reg 9.75

- Corn Flakes
- Honey Corn Flakes
- Mesa Sunrise

\$6.99 /750g
reg 8.75

- Muesli Blueberry
- Muesli Raspberry Heritage

\$9.39 /750g
reg 11.79

All Specials While Quantities last



Broody Chick



Broody Chick diapers are 100% compostable and natural. They are a Canadian company based in Victoria. See broodychick.com

NEW



Newborn ~ Infant
Toddler ~ Junior

Diapers	19.59	reg 24.49
Baby Wipes 80/pack	5.59	reg 6.99
Everybody Lotion 250ml	12.79	reg 15.99
Everybody Wash 250ml	11.99	reg 15.29
Bug Be Gone Lotion 250ml	12.79	reg 15.99
Boody Balm 85g	11.49	reg 14.39

Vega

Vega Antioxidant EFA Oil Blend is produced from pure, premium and unrefined certified organic botanicals.

Vega Oil 250ml	15.59	reg 19.49
Vega Oil 500ml	23.39	reg 29.29
Chloressence 150g	32.39	reg 40.49
Chloressence 300T	39.99	reg 49.99
Whole Food Energy Bar	2.99	reg 3.79
63g ~ Berry ~ Chocolate		
Whole Food Vibrancy Bar	2.19	reg 2.79
50g ~ Original ~ Chocolate ~ Green		



Pollinosan

Homeopathic medicine used for the treatment of symptoms associated with hay fever such as: sneezing, itchy nose, scratching throat, burning eyes and lacrimation.

Liquid 50 ml	12.89	reg 17.29
Tablets 120 T	13.89	reg 18.59
Nasal Spray 20ml	13.59	reg 18.19

Dr. Bronners Organic Liquid Soap



Almond ~ Lavender ~ Baby Mild ~ Peppermint Eucalyptus ~ Tea Tree Oil ~ Citrus ~ Rose	10.79	16.49
	/472 ml	/944 ml
	reg 13.49	reg 20.69



All Specials While Quantities last

- Highly concentrated whole food supplement
- Outstanding source of botanical nutrients
- Harmonized to offer whole body antioxidant protection
- Professionally formulated
- Energetically tested



Phytoberry

Phytoberry for Kids 240 g	17.49	reg 24.99
Phytoberry 450 g	31.49	reg 44.99
Phytoberry 900 g	55.99	reg 79.99



Women's Complete Calcium

Bonus 120c+60c 31.29 reg 44.78

Element Botanicals

- Amazing Cream 4oz
- Potion Facial Elixir 30 ml
- Skin Deep Lotion 235 ml
- In The Buff Body Polish 235 ml



13.99
reg 17.69

Eye to Eye Serum
11.59 /2 drams
reg 14.49



Diva Cups



The DivaCup® is reusable making it the most environmentally responsible feminine hygiene choice available!

29.99/ea
reg 37.99

Salus® Floradix & Floravit



Salus Floradix Liquid Iron and Floravit gluten and yeast free Formulas are time tested, non-constipating & well-known liquid iron and vitamin formulas helping to prevent iron deficiency and will greatly increase your energy, overall health and well being.

\$46.99 /500 + 250ml
reg 70.18

Shrink wrap
Duo Bonus Pack



Renew Life Rapid Cleanse



23.99/ea
reg 31.99



SPRING CASE LOT SALE

ACTIVE MEMBERS ONLY – WHILE QUANTITIES LAST

1. Lundberg Rice

Basmati - Eco Farmed 11.34 kg
31.99 reg 49.49 – Brown
38.19 reg 58.79 – White

Long Grain Brown Organic - 11.34kg
38.99 reg 60.49

Short Grain Brown Eco Farmed 11.34kg
25.99 reg 40.00

2. Prairie Harvest Pasta Organic - 4.54kg

24.99 reg 31.70
Spaghetti, Small Shells, Penne Rigate

3. Thai Kitchen Organic Coconut Milk

Premium ~ Lite 12 x 400 ml
26.79 reg 38.28

4. Bio Vert Detergent 10L

Laundry **29.99** reg 39.99
Dish **25.99** reg 34.99

5. Eco Soft Toilet Paper

1 ply 48/cs **45.69** reg 57.12

Produce Specials

To be announced

6. Tinkyada Brown Rice Pasta 4.54kg

23.75 reg 31.70
Elbows, Spaghetti, Spirals

7. Artesian Acres Kamut Pasta Organic

Spaghetti ~ Rotini 5 kg **28.99** reg 36.75

8. Bob's Red Mill Granolas

Natural 4/340g
Apples Cinnamon 4/340g
Honey Almond 4/510g **13.99** reg 23.96

9. Spectrum Oil

Canola 6/750ml **38.49** reg 51.90
Sesame 6/375ml **47.49** reg 63.54
Toasted Sesame 6/375ml **47.49** reg 63.54

10. Bombay Dine Canned Beans 12/540 ml

Black ~ Chick Peas ~ Kidney **30.99** reg 44.28

APRIL 18-24

ACTIVE MEMBERS ONLY – WHILE QUANTITIES LAST

11. Taste Adventure Instant Refried Bean

Flakes Black ~ Pinto 4.54kg **44.99** reg 69.40

12. Jyoti Natural Foods Canned Indian

Entrees 12/425g **31.99** reg 43.08
Madras Sambar ~ Matar Paneer ~ Punjabi Chhole

13. Emergen-C 36s

19.99 reg 31.19
Raspberry ~ Orange ~ Lemon Lime
Tangerine ~ Tropical ~ Pink Lemonade

14. Jason Toothpastes

6 pack **25.99** reg 38.34

15. Organic Spirulina 454g

34.99 reg 46.59

16. Organic Cacao Nibs 454g **15.99** reg 21.29

17. Organic Cacao Powder 454g **15.99** reg 21.29

18. Organic Goji Berries 500g **16.99** reg 25.00

19. Organic Virgin Coconut Oil 3.4kg

49.99 reg 64.99

20. Mountain Sky Soaps

6 packs **16.99** reg 21.54

21. Big Alpha Dolmades 2kg

5.99 reg 9.99

22. Krinos Kalamata Olives 6/375ml

Non Pitted **21.99** reg 26.94
Pitted **23.49** reg 29.34

SPIRULINA – it delivers:

- Antioxidant Vegetable Nutrition - Nature's richest source of carotenoids
- B-Complex Vitamins - Supplies Thiamin, Riboflavin and vitamin B-12
- Iron - A daily dose provides more iron than two cups of spinach
- Organic Protein - richest source in the plant world - three times that of beef
- GLA - Building block for nature's anti-inflammatory As a result, Spirulina is important for anyone needing additional nourishment including dieters, athletes, convalescents and the elderly. Just 3 grams/day will help supply the nutrients lacking in most of our diets.