



# On the Table

*News and Views of the Kootenay Co-op*





### 3 Life's a Picnic...

Summer has arrived and the Co-op is ready! We are loving the raw and gluten-free fare, organic and local meat options, custom coffee blend and great suncare products. And that's just to start!

### 4 Outreach

We congratulate our many contest winners and put out the call for a World Food Day partner. Plus, we're renovating our Outreach program and we want your input.

### 6 Raw, raw, sis boom bah!

Summer is the perfect time to introduce more raw foods into your diet. This 4-page primer offers insight, recipes, tips and information to help inspire the raw foodist in us all.

### 10 Produce

We take a moment, and a page, to honour the many years of good hard work done by the Elderbee Greens folks.

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We introduce our new Fresh Meat & Seafood Section and riff on the deep roots we share with our local roaster Oso Negro. And reveal the name of exclusive coffee blend!

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Introducing a new gluten-free food supplier and reflect on the benefits of this special diet.

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It's time to put together your Summer Care kit! Protect against burns, bugs, dehydration and more with our kit suggestions.

### 18 Members with Benefits

Board Director Brian Kelsch shares his thoughts on some of the less tangible benefits of being a member-owner and Director Jon Steinman reports on the Member Outreach Committee's work of late. Plus we hear from a member owner about our recent forums.

## On the Table Issue 9 Volume 1

*On the Table* is the Kootenay Country Store's Monthly Newsletter. It is printed on post-consumer recycled paper and is available online in PDF format. Current and archived newsletters, specials and inserts can be downloaded from: [www.kootenay.coop](http://www.kootenay.coop).

The Kootenay Co-op is a member-owned cooperative offering natural, organic foods and products in Nelson, BC, Canada. For more information, please visit our website.

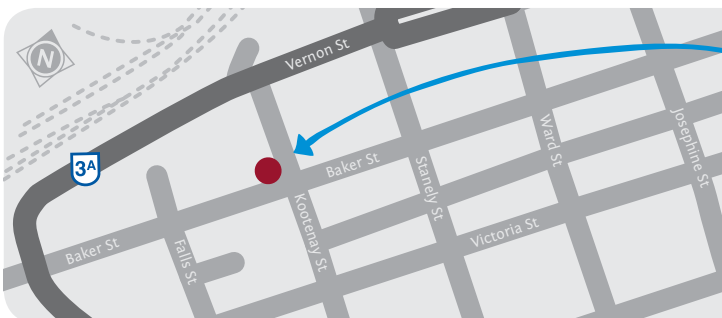
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# Life's a Picnic... and the fare is fresh and local

Summer is the perfect time to refresh your diet without even trying.

To prove this point, we bring you our Raw Primer brimming with information about the why's and how's of incorporating more raw food into our diet (pgs.6-9).

The Deli chimes in on the potential benefits to all of us of reducing our wheat and gluten intake and introduces us to a new gluten-free prepared food supplier Wildsanderson (pgs. 14,15).

There are many ways to feel like you're benefitting from your patronage at the Co-op, of course, and Board Directors Brian Kelsch and Jon Steinman offer their insight on the less tangible (but very topical!) benefits of Co-op membership and their appreciation for member input respectively (pgs.18-20).

And it wouldn't be summer without burns and bugs to contend with! The Wellness department offers up their suggestions about how to build a great natural Summer First Aid kit and introduces some of their favourite summer care products (pgs. 16,17).

While you're out there safely getting your Vitamin D, crank up the BBQ and enjoy local and certified organic

meats and ethically-harvested seafood from our new Meat & Seafood Section (p.12).

On that note, you may notice that we have been including more and more farmer and supplier profiles in the pages of On The Table. Here's why: we love telling you about the people who bring their passion to your table. Many of them are new, like Erin Morrison of Wild Onion Nutburgers (p.11) and some are pillars of the community, like Oso Negro (p.13). And every now and then, one of them will pass on the torch to the next generation, like Gail and Brenda Elder of Elderbee Greens (p.10).

I can't help but feel grateful when I think about the combination of good food, good products, good people and good values held in these 20 summer pages. None of it would exist without your ownership and patronage of this store. Thank you. And happy summer to you!

*- Jocelyn Carver, Marketing Manager*



## Upcoming Events

**Community Donation Day**  
Tuesday, July 19

1% of sales will be donated to the West Kootenay Women's Association.

**Community Donation Day**  
Tuesday, August 16

1% of sales will be donated to the Circle of Habondia Lending Society

**AGM**  
Friday, September 23, 6pm

**Fall Cooking School**  
Pamphlet available at Customer Service, online and via Enews.  
Registration starts July 15th!

**ENTER TO WIN**  
August Giveaway  
from **Simply Natural**



**Propane 2 Burner  
Sterling BBQ**  
with Glove and Toolset  
**\$300 value**

## Prize Winners



**Fair Trade  
Camino  
Basket**  
was won by  
Margot Vandersteen

**Enews Campaign Winners**  
Thanks to everyone who signed up!  
We're excited to bring you all the great news and  
great deals, with none of the paper.

Inge Bredl	Sohan Ko
Jen Dehnel	Rob and Sarah Neigel
Ellen Gray	Ruth Porter
Sirett Holmes	Chris Smith
Hiroimi Jansen	Sherrill Wiseman

**Breville  
Die-Cast Blender**  
was won by Ria Hyde



**Let us know**

# Applications Invited

▶ See the Community Outreach Pamphlet for guidelines, available at the tills or online: [www.kootenay.coop/publications/commout09.pdf](http://www.kootenay.coop/publications/commout09.pdf)

## World Food Day Partnership

World Food Day on October 16th is an international day for raising awareness about the issue of world hunger. The theme this year is “Food prices - From crisis to stability”.

Each year, in honour of World Food Day, the Kootenay Co-op partners with a non-profit food related organisation to raise funds and awareness about food security and availability issues. We are currently taking applications from community groups for 2011.

Deadline for applications is August 31st, 2011.



## Community Donation Days

Every third Tuesday of the month, the Co-op donates 1% of sales to an eligible group. Priority is given to local non-profits for a food related project, but all groups are encouraged to apply.

### Tuesday July 19<sup>th</sup>

1% of sales will be donated to the West Kootenay Women's Association

### Tuesday August 16<sup>th</sup>

1% of sales will be donated to the Circle of Habondia Lending Society

### Recently Donated:

In May, \$294.61 was donated to Kootenay Organic Growers Society (KOGS) for an educational portable display.

your ideas  
to improve  
Co-op outreach  
programs

We are looking at ways to improve our Outreach programs, which include all of our community giving and education initiatives. We've got some exciting changes to make and we'd also like to hear from you.

Do you have ideas about how we can improve Co-op outreach programs? Let us know about them!

[outreach@kootenay.coop](mailto:outreach@kootenay.coop)

# What's all the roar about RAW?

Based on scientific evidence and anecdotal experience, advocates of a raw food diet believe that it is the most healthful diet for us. But what exactly is a raw food diet?

Dr. Ann Wigmore (1909-1993), humanitarian, educator, writer and raw foods pioneer, defined it this way: "Living food is provided by nature, organically grown in its original, uncooked state. Live foods provide the body with the life-giving, easy-to-digest nourishment needed to strengthen the immune system. Seeds, grains, nuts, fruits and vegetables in their natural, uncooked state are the living food used to rebuild health - physically, mentally, and emotionally".

Raw foods, also called living foods or live foods are foods that have their enzymes in an activated state, such as ripe apples, fresh carrots, leafy green vegetables, sprouted seeds, nuts, beans and grains. Raw foods includes foods whose enzymes are in a dormant stage, such as dried seeds, nuts, beans, and grains which, when activated by water, can come to life, germinate and grow into sprouts. Living and raw foods all lose their life force (or potential life force) and substantial nutritional value when they begin to naturally decompose or when cooked with heat above 116° F.

-Freya Shaw

## Michael Pollen's Food Rules: Rule #24.

Eating what stands on one leg [mushrooms and plant foods] is better than eating what stands on two legs [fowl], which is better than eating what stands on four legs [cows, pigs and other mammals].

## Raw for all Reasons

Raw food advocates testify that their sense of well-being is greater when they eat living and raw foods as compared to cooked foods. Rose Vasile from Courtenay, BC ([http://www.rawrose.com/about\\_Rose.htm](http://www.rawrose.com/about_Rose.htm)) tells her story about going raw in Canadian Bestseller, *Uncooking With RawRose – Your Guide to Raw Foods*. As the raw food movement gains momentum, you may wonder if a raw food diet is right for you. Perhaps the health benefits Raw Rose experienced (see her book, next page) will inspire you to check out raw foods for yourself.

## Raw for all Seasons

One of the best tips for thriving on raw food during the winter months is to eat fresh fruits and vegetables with less water content than other produce. Seasonal root vegetable such as carrots, beets, parsnips, and turnip are great nutritional options. The more watery (or yin) salad fruits and vegetables, such as tomatoes and cucumbers leave the kidneys and body cooler because of their high water content. If you have frozen fruit in your freezer that you'd like to use, let it thoroughly defrost before using it in desserts or smoothies. The coldness may leave you feeling frosty. Tara Bianca Tiller, living foods chef and nutritional researcher & coach since 2003.

## What's a good raw food Protein?

### Avocados!

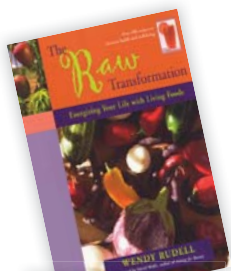
They provide all of the essential amino acids, with 18 amino acids in all, plus 7 fatty acids (including Omega 3 and 6). Avocados contain more protein than cow's milk. A small avocado may provide more usable protein than a steak, as cooked protein can be hard for the liver, the organ that makes our body's protein, to process.

Ripe, raw avocados furnish all the elements we need to build the highest quality protein in our bodies. Avocado is an enzymatically-alive fruit. It ranks as the most easily digested and rich source of fats and proteins in whole food form. The ripening action "predigests" complex proteins into simple, easily digested amino acids.

(*Living Nutrition Magazine Vol. 11*, [www.livingnutrition.com](http://www.livingnutrition.com))

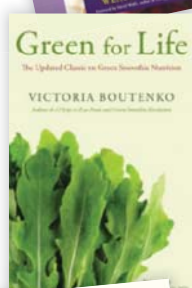
# Your Raw Food Library

A selection of raw food books  
available at the Co-op



***The Raw Transformation, Energizing Your Life with Living Foods***  
by Wendy Rudell, Foreword by David Wolfe, author of *Eating for Beauty*.

This visually stunning guide to going raw proves that it's possible to enjoy healthy food and great flavor. The Raw Transformation is more than just a recipe book. Wendy Rudell shares nutritional advice that includes the benefits of a raw-food diet, the how-to's of food combining, basic theory about preparing raw cuisine, and guidelines for making healthier choices.



***Green For Life*** by Victoria Boutenko

Discover the wealth of information in this classic on green nutrition. Useful for anyone – raw foodists, vegans, vegetarian and meat eaters alike – who wishes to develop a healthy diet without making sacrifices to taste of life style.



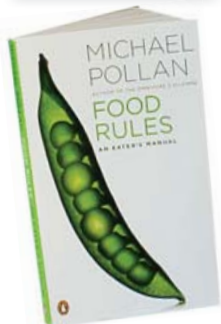
***Green Smoothie Revolution, The Radical Leap Toward Natural Health*** by Victoria Boutenko.

"This book is groundbreaking. From a naturopathic perspective, the most important constituents of healing are here in these new recipes - enzymes, amino acids, fiber, minerals, antioxidants and much more. Join the Green Smoothie Revolution". Ariel Policano, ND



***Uncooking With RawRose, Your Guide to Raw Foods***

by Rose Vasile. A practical and easy-to-follow guide for making a wide variety of raw foods. It includes interesting recipes for Avocado Eggs, Neatballs, Red Pepper Boats, Lemon Poppy Seed Energy Balls, Truffles and much more.



***Food Rules*** by Michael Pollan.

Not a raw food book, but an indispensable handbook laying out a set of straightforward, memorable rules for eating wisely with concise explanations.

## Ask the Experts

**Q.** Is a raw food diet safe and beneficial for children and older adults?

**A.** A carefully chosen raw-food diet containing organic fruits, vegetables, sprouts, nuts, seeds, superfoods, and herbs with appropriate supplements works beautifully for both children and older adults. -David Wolfe, *Health, Eco, Nutrition, and Natural Beauty Expert*: [www.davidwolfe.com](http://www.davidwolfe.com)

Michael Pollen's  
**Food Rules: Rule #25.**

Eat your colours.

A molecule of chlorophyll closely resembles a molecule of human blood. According to teachings of Dr. Ann Wigmore, "consuming chlorophyll is like receiving a healthy blood transfusion".

# All Smooth Going

Yes, green smoothies are delicious and nutritious - replete with chlorophyll, minerals, photonutrients, and vitamins. In case you need more persuading to blend your greens, read on:

- The ratio in them is optimal for human consumption; about 60% ripe organic fruit mixed with about 40% organic greens.
- Well-blended fruits and greens make the valuable nutrients easy for the body to assimilate.
- Green smoothies, as opposed to juices, are a complete food because they still have fiber.
- By drinking two or three cups of green smoothies daily you will consume enough greens for the day to nourish your body, and all of the beneficial nutrients will be well assimilated.
- Green smoothies are easy to prepare - a pitcher of green smoothie takes less than 5 minutes.
- Green smoothies have proven to be loved by children of all ages.
- It's good habit forming. After a few weeks of drinking green smoothies, most people start to crave and enjoy eating more greens.
- While fresh is always best, green smoothies will keep in cool temperatures for up to three days, which can be handy at work and while traveling.

-Victoria Boutenko



**The Vitamix Blender makes perfect green smoothies every time!**

For more information about the Vitamix, visit the Co-op home page, [www.kootenay.coop](http://www.kootenay.coop), and click the Vitamix image.

## Smoothie Recipes as easy as 1-2-3

from [www.rawfamily.com](http://www.rawfamily.com)

### Basic Balance

1 mango  
1 cup kale  
1 cup water

### Victoria's Favourite

1 bunch dandelion greens  
4 Roma tomatoes  
3 cups water

Wash fruits and vegetable.  
Peel and chop as needed  
Pour in water  
Blend!

**Michael Pollen's Food Rules: Rule #56.**

Limit your snacks to unprocessed plant foods.

# How much should be raw?

Suzanne Havala Hobbs, DrPH, MS, RD is a nationally-recognised author on issues relating to food, nutrition and health policy, with a special interest in vegetarian nutrition and who has tracked the raw-foods movement. When reviewing the research conducted on raw food diets, Hobbs found one study that showed self-reported improvements in health and quality of life in American adults after adopting the raw food diet. The study results showed that intakes of vitamins A, B6, C and E, folate, copper and

potassium were significantly higher in these subjects. Read more: [www.livestrong.com/article/291844-raw-food-diet-nutrition/#ixzz1OueaVnUd](http://www.livestrong.com/article/291844-raw-food-diet-nutrition/#ixzz1OueaVnUd)

Hobbs however, recommends a moderate approach. “The idea that everybody could increase the portion of raw foods and vegetables in their diets and benefit from it is probably an accurate statement. It doesn’t necessarily translate into a raw-foods diet.”

Michael Pollen’s  
*Food Rules: Rule #22.*

Eat mostly plants,  
especially leaves.

## Gazpacho

Susan Morrision

What I love about this soup from southern Spain is the fresh taste of all the vegetables. Best in the summer when veggies and herbs are most flavourful, it’s the perfect addition to a backyard barbecue on a hot day. serves: 4–6

4 lbs vine-ripened tomatoes, dipped  
in boiling water, peeled, seeded, juice  
reserved

salt and freshly milled pepper

sugar and/or mild vinegar of your  
choice

few drops sherry (optional)

extra virgin olive oil or sour cream to  
finish

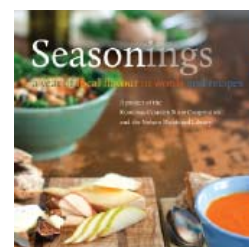
chopped fresh basil or marjoram

2 scallions, thinly sliced

Finely chop the tomatoes by hand, almost to the point of a puree (using a blender incorporates too much air and turns the mixture pink and frothy). Place in a bowl, with reserved juice and 2 tsp salt. Cover and chill well. Cold soups are more enticing if allowed plenty of chilling time for flavours to mature. Taste and add more salt if needed. If very tart add a little sugar and a few drops of vinegar to balance the flavours, a little sherry for kick. Keep tasting and adjusting until you have it just the way you like it. Ladle into bowls and thread a bit of olive oil over the top of each. Add the pepper and garnish with the basil and scallions.

Now the fun part: Let your guests finish their own soup by offering little bowls of diced scallions, green pepper, cucumber, hard-boiled egg, chopped avocado, tiny croutons, chopped olives, crushed tortilla chips, lime wedges, lightly whipped cream with minced herbs, curry-flavoured oil, chopped garlic and parsley, or cooked rice; your imagination is the limit.

Recipe from *Seasonings* Cookbook. Thank you Susan Morrision





# Elderbee Greens

Brenda and Gail Elder have been living and working on their land in the Slocan Valley since 1972. Their log home is even older, built by Doukhobor immigrants in the 1930's. Their 37 acres contains a perfect mix of homestead and wilderness: cold frames and greenhouses, flower beds and potato fields, swampland and forest.

Elderbee Greens (KOGS #19 Certified Organic) has delivered plant starts to the Kootenay Co-op since it first opened in Nelson. The organic start business has been Brenda's unique and significant contribution to the local agricultural scene. Included in her long list of offerings are many favourite vegetables that long time customers have come to depend on. From the Early Russian, our local heritage tomato, to beautiful Asian greens, peppers of all shape and size, flowering plants, summer and winter squash varieties.



This year marks the last year that Brenda Elder will supply us with Elderbee Greens Certified Organic starts. After decades of demanding, successful and rewarding work, Brenda has decided to pass on the organic starts 'torch'.

We'd like to take this opportunity to thank her for helping thousands of locals create their own beautiful, organic vegetable and fruit gardens over the past four decades. Thanks Brenda! We couldn't have done it without you!

And we haven't heard the last from Elderbee! In recent years, Gail Elder has been supplying the Co-op with an incredible variety of big, beautiful certified organic potatoes and we are happy to announce that this bounty will continue!

Equally heartening is the future of the organic starts business. Brenda has handed the operation over to another dynamic farming duo, Eliza Gooderham and Peter Slevin. Both Gooderham and Slevin have worked in Brenda's nursery business and together work on their 10-acre piece of land, not far from the Elders. We are excited to work with them next spring!

Want to learn more about both farming couples? Check out the beautiful local book *The Garden That You Are* by Katherine Gordon. Photography by Rod Currie and Quinton Gordon.

## SUPPLIER PROFILE

## Wild Onion Nutburgers

Erin, raised in the Kootenays, developed an appreciation for local, organic ingredients at a young age, working in her family's gardens and orchards. As a child, summer days were often filled with weeding and watering before hitting Queen's Bay Beach, but reward came in the evenings with a dinner table filled with fresh and flavourful creations.

In her late teens, Erin was lucky enough to be employed by her wonderful mother, Susan Morrison, and dear family friend, Panny Taylor, at the Wild Onion Cafe. Once located in downtown Nelson, the quaint restaurant was a bustling lunch and dinner spot featuring delicious soups and sandwiches, decadent desserts and boldly coloured walls covered in local artists' work. One foodie favourite that graced the chalkboard menu was the Wild Onion Nutburger.

Erin left Nelson but continued to delight people with libations and nosh in the restaurant industry, sometimes out of the side of a converted school bus in a tree planting camp, and other times tantalizing urban tastebuds at various restaurants on the West Coast.

Over the years Nelson's insatiable appetite for the hearty, soul-satisfying, Wild Onion Nutburger never subsided. So, when Erin returned home to the Kootenays she began making the vegetarian burgers in her kitchen, and delivering them door-to-door, to friends and neighbors.

This June, as the basement of her Fairview home celebrates its transformation to shiny new commercial kitchen, Erin is celebrating the launch of her delicious Wild Onion Nutburgers at the Kootenay Country Food Co-op. And this summer, when she is not forming nuts, veggies and spices into the perfect patty, Erin will be spending her time with 2 ½ year-old son, Henry, digging in her own garden... but mostly with toy back hoes.



## Cold Waters new for a Hot Summer

With the heat of summer finally upon us and due to repeated customer requests, we've decided it is time to bring in a few selected bottled waters.

Some members want affordable bottles they can take to festivals and camping, reusing the bottle over and over again before recycling; visitors and travelers don't always have access to good water; and many of us love fruit juice mixed with sparkling water!

We've chosen our bottled waters carefully to minimize negative environmental impacts:

\*All plastic packaging is rPET #1 which is the easiest plastic to turn into something else.

\*We've chosen "sport tops" on the still water to encourage re-use.

\*We are now offering FREE WATER REFILLS from our reverse osmosis water machine on containers 1L or less (one per person) to encourage re-use.



*Ice Age is sourced from glacial runoff in the Toba Inlet which is north of Powell River.*

*Ice Age water has a PH balance of 7 making it perfectly neutral and*

*suitable for cleanses such as the Wild Rose.*





# Fresh Meat & Seafood

It has been just over a month since the launch of our new refrigerated Meat & Seafood department.

We are very pleased with the progress we've made and the response from our members and customers. The overwhelming majority of the feedback we've received has been very positive and encouraging. If one chooses to eat meat, let it be of the highest possible quality and ethics. This is your Co-op's vision.

## The Co-op Pledge

- We will only sell beef, poultry, and pork from reputable farms and processors that are either Certified Organic, or Certified through the Kootenay Local Agricultural Society (KLAS.)
- We will be diligent in keeping up-to-date Certificates on hand for all meat suppliers.
- We will attempt to source and partner with local processors first and wherever possible - and to pay farmers fairly for their products and reward local farmers by pricing their products with as low mark-ups as possible.

Retailing fresh meat and seafood is a big challenge. Relative geographical isolation, sourcing strictly certified organic meat, and working as much as possible with local farmers creates some formidable logistical challenges. For this reason, and due to limited supply, we will not be taking special orders or offering any discounting for the local pork and chicken until our supply is more solid.

## Chickens

The month of June saw the delivery of some huge chickens brought to us by Doug and Barbara Baxter of Chicken Lips Organic Farm in Slocan Park. The CFIA inspector who examines every bird during processing told the Baxter's that these were the nicest chickens he's ever seen! The Baxter's farm is pending organic certification - their inspection on June 17th went terrific. Their land has never been farmed before, so their official certification should happen quickly, probably sometime this summer. Organically raised chickens are fed certified organic and non-GMO vegetarian chicken feed, which can be as much as 4 times the cost of conventional feed. Between the Baxters and Judy Morton's Tuliberry Farm in Passmore, the Co-op should have a continuous supply of local chicken through to the end of October. Hooray for these farmers who are working so hard to bring us these amazing local chickens!

*-Joe, Grocery Manager*

## SUPPLIER PROFILE

# Oso Negro

In 1995, The Kootenay Co-op became the first grocery retailer to sell Oso Negro Coffee. Since that time Co-op shoppers have purchased in the neighborhood of 84,000 pounds of beans which translates into 5 million cups of coffee. Wow!

Both the Co-op and Oso Negro have grown in leaps and bounds together. Oso Negro now employs 31 people between their Roastery and their Cafe while long maintaining the reputation of being one of the best local businesses to work for in the Nelson area. Kudos to Oso!

In celebration of our mutual success, we are very excited to bring coffee lovers a new special Dark Roast blend sold exclusively to the Co-op by Oso Negro. Last month, we held a contest in the store to pick the perfect name for this truly unique new blend that has been described as "Smooth, robust, full-bodied, and very clean tasting."

And the winner is...

## Co-op Joe



*Organic, fair trade and affordable with a delicious dark and velvety flavour... available only at your Co-op!*

We thought this name clearly identified the values that brought it to market, plus it's simplicity, smoothness and affordability.

For the record, the name has nothing to do with me. "Co-op Joe" was thunk-up by the Marketing Department and the General Manager- nice one, folks!



There were so many great names submitted. Although the name we chose is actually a hybrid of a couple of different submissions, we wanted to give away 3 prizes for the names that helped create the final handle.

1st Runner Up: Members Only Blend (Willow Hutt)  
2nd Runner Up: Kootenay Co-ffee (Zoe Creighton)  
3rd Runner Up: Co-operative Cup (Nicole Hatfield)

There were also some great names that made us laugh, nod in appreciation and just generally enjoy the whole naming process. Names like 'Wooly Tuque', 'Tall Tom', 'MAD Day', 'Waiting in Line', 'Shopping Fuel', 'Velvet Highs' and...well, perhaps that's enough for now. Thank you to everyone who submitted suggestions.

These are turbulent times and commodity pricing on green coffee beans reflects that. In the global marketplace due to speculation, coffee pricing has increased over 100% since this time last year. Virtually every coffee company has had to increase their pricing and consumers are feeling this and other increases at the cash register. For this reason, the Co-op has regularly priced "Co-op Joe" at \$1.00 off per pound compared to the rest of the Oso Negro lineup on an ongoing basis. For the month of July, the Co-op is taking an additional \$1.00 off per 1 lb bag, and \$.50 off per ½ lb bag.

"Co-op Joe" Try me!

- Joe, Grocery Manager

# Why try gluten-free?

Most of us in the food industry are aware of the need to provide gluten-free alternatives for people who suffer from Celiac disease and gluten sensitivities. At the Co-op we are constantly striving to provide a wider variety of suitable gluten-free products and we are excited to be increasingly able to meet some of these needs.

After doing some research I found that a gluten-free diet is not only crucial for Celiacs, but may be of general benefit. Participants in a recent gluten-free diet study at the Tampere University Hospital and School of Medicine reported fewer gastrointestinal issues and a general improvement in their health.

Many people who follow a wheat- or gluten-free diet report increased energy, healthy weight management and a general overall sense of well being. In part, this may be due to avoiding fried foods that are breaded with wheat flour and mainstream desserts that are chock full of it too. The majority of beers and liquors are made from some form of grain (many of which contain gluten), eliminating those options as well.

In the Deli, we have several suppliers that specialize in wheat-free products. You will find quiches, desserts and bread available at any given time. In the next couple of weeks we will be introducing a line of fresh pasta as well as some entrees that will provide people with more offerings made without wheat.

It is important to note that there is a wide range of gluten sensitivity. While we carry food in the Deli case made without wheat, this does not qualify them as a 'gluten-free' product. That said, we do carry a variety of sealed products made in a certified gluten-free

kitchen, like Maggie's Breads, Wildsanderson's products and more!

If you are looking for more information on gluten-free diets or any other food related questions please feel free to come to the Deli or visit Customer Service, where they have an incredible amount of food reference material.

*-Chris Orr, Deli Manager*

It is estimated at least one in 5,000 Americans cannot eat wheat because of the gluten it contains.

Gluten is found in varying amounts in wheat, rye, oats and barley.

Gluten is the structure that holds the gas in bread to give it a light, airy texture. Gluten can be broken down into two proteins: gliadin and glutenin.

Gliadin is the more detrimental of the two proteins for people who are gluten intolerant because it causes damage to the lining of the intestines.

## SUPPLIER PROFILE

## wildsanderson

### Gluten-Free Goodness

The name 'wildsanderson' came about when creator and baker, Laura Sanderson, was looking for a name to put on the labels of her local wild fruit jams. In the Fall of 2010, the town of Ymir was holding an impromptu market and Laura thought she would try to sell what she had been creating.



## She has been baking for as long as she can remember, and is not sure why gluten free living in particular has resonated with her, but it has.

The name took, the jams sold well, and so did the few loaves of wheat bread that went hand in hand with the jam. Bolstered by her success, she signed on for the Salmo Valley Fall Fair. Though she continued to be happy with her sales, she noticed a trend. Folks would come and look closely at her breads, read carefully among the list of ingredients, put

down the loaves and walk away. After this happened a few times, Laura started asking questions. "What are you looking for?" or rather, "What are you finding that you don't want to see?" The answer: "wheat, or more specifically, gluten".

Asking this question led to dialogue with all sorts of people who were gluten intolerant, had Celiac disease or who were close to someone who had one of these conditions. The dialogue has not stopped.

At 35 years old, happily

common-law married, and the mother of a young daughter, Laura has worked in several industries and has lived in handful of locales including Hamilton, Ontario and Longtan, Taiwan. She has been baking for as long as she can remember, and is not sure why gluten free living in particular has resonated with her, but it has. It became Laura's mission to develop tasty gluten free foods, and bread in particular. After her employer, The Nelson Daily News, shut its doors while she was on a maternity leave, she was accepted into the Community Futures program in January, 2011, and set about to provide the Nelson area with local, great tasting gluten free breads. Wildsanderson Gluten Free Goodness is the happy result.



## Essential Summer Care, Naturally!

Though summer has chosen to arrive in its own sweet time, when it does decide to grace us with its presence, it likely won't be shy about it. Our advice? Be prepared!

With a few, simple steps, your essential summer care kit can be assembled and ready to drop into a backpack or packed up with the camping gear when summer beckons. The easy part is that the Co-op's got you covered - from

natural sunscreens to fighting off bugs, the natural way. Then, if after all due diligence the sun or the bugs wreak havoc with your life - we've got things to soothe you and help you heal.

Don't forget that nutrition is as important as ever in the summer. We tend to have smaller appetites in the heat, so what we eat really counts. And a reminder that adequate hydration is the

foundation of good health in every season, but in no season is it more important than summer. We wilt fast under a scorching sun, so fluid intake should be increased in direct relationship to a high barometer and climbing thermometer.

Read on for more tips and tricks for a happy, healthy summer!

-Freya Shaw

### Mineral vs. Chemical Sunscreens

Chemical/Synthetic sunscreens ingredients, such as dixoybenzone, oxybenzone and cetyl cinnamates, are used in most commercial, as well as some 'natural' sun care products. Although they will protect you from a nasty sunburn, these chemicals have been found to perform poorly for UVA protection. These chemicals work by absorbing into the skin and have also been shown to lead to oxidative/free radical skin damage, which can contribute to skin abnormalities, premature aging, and wrinkles.

-Michelle Beneteau

For more info on safe sun protection, see the May / June issue of *On The Table* and the *Fun in the Sun Guide*, available online and at Customer Service

## Sunscreen & After Sun Care

**Green Beaver Sunscreen Lotion** is new to the Co-op this year and on sale in July. The active ingredient in their SPF30 adult and children's formulas is zinc oxide, which provides powerful sun protection. The Green Beaver sunscreen is non-whitening, certified organic, waterproof, fragrance-free and is made in Canada.



**Lily of the Desert Aloe Vera Gelly**, for tender, sunburned, or dried skin, is designed to protect and condition the skin, and aid in preventing any visible signs of aging. The natural formula contains 99% aloe vera to soothe the skin, improve the skin's ability to hydrate and protect itself, and provide relief from numerous types of skin irritations. On sale in July



## Bug Defense

### Master Formulae Citronella Supreme Mister

This spray is an excellent insect repellent and will also help to soothe insect bites. On sale in July!

### Lavender Essential Oil

Great for bug bites and has anti-inflammatory properties. Organic and non organic lavender is available in bulk at the Wellness desk.

### Boiron Apis Gel

Apis Gel relieves pain, itching and hives, and helps relieve symptoms associated with insect bites.

### Homeopathic Naturals Itch Stop

An effective, locally made topical cream that works fast to relive irritation from insect bites.

## Summer Care Kit

- Natural Sunscreen
- Aloe Vera
- Bug Defense
- Lavender Essential Oil
- Homeopathic remedies for stings & bites
- Bach Rescue Remedy
- Sprain & Bruise Remedies

## Nutrient-Rich Snacks

Nutrient-Rich Snacks keep you energized so you can enjoy summer activities to the max!

Vega Wholefood Vibrancy Bars and Sequel Whole Food Energy Bars are on sale in July.

## Remedies to the Rescue

**Bach Rescue Remedy** is especially beneficial when you find yourself in traumatic situations. The Remedies quickly get us back in our normal balance so that we calmly can deal with any situation.

### Vogel Absolut Arnica Gel

Provides a high concentration of Arnica and is used to soothe muscle and joint inflammation with the associated pain due to sprains and bruises.



## Hydration prevents Prostration

### Emergen-C

Each sachet contains 1,000mg of Vitamin C for immune support, 7 B Vitamins to enhance energy naturally and electrolytes to refuel and replenish post workout.

### Ultima Replenishing Drink

A natural sports drink with zero sugar, it contains a full complement of electrolytes. Ultima also contains complex carbs for energy, water-soluble vitamins and vitamin enhancers for day-to-day health maintenance, and antioxidants to protect body systems from free radicals (toxins). Ultima uses no artificial colors, flavors or sweeteners.

# Member Benefits come in many different shapes and sizes



Some months ago, while viewing the movie “the Vanishing of the Bees” at the Capital theatre with our young family, I thought how lucky we are to have this event sponsored by the Kootenay Co-op. An almost full theatre was populated by Co-op members and community of all

ages. The discussion we had as a family after the film showed how valuable the evening was to the education and awareness of such an important topic for all of us.

The benefits that each of us value while spending our local dollar at the Co-op can often be a personal thing. I know it is for my family. For some, it’s simply sourcing some specialty food or wellness item. For others it’s keeping their dollar local and within our own community, while some members embrace all that the Co-op stands for within the store as well as the ongoing outreach to our community and members.

We as a Board thought it timely to have a look at and list the benefits of being a member, shopping and supporting this wonderful 36 year old local Co-op.

## Services and community outreach include;

Endowments & donations such as, the \$500 Environment Fund, World Food Day Partnership, Community Day Donations, Gift Card Fundraiser Program, Till Donation cards, The Seasonal Giving Tree, and ongoing miscellaneous donations as well as thousands of dollars of food donations to local food banks. We also offer annual bursaries to support learners in our community.

**Other ways the Co-op supports the community:** Event sponsorships, speakers and workshops, use of the Co-op covered patio and the Welcome Wagon and Baby Welcome. We also contribute time and expertise to many local organizations and projects that share aspects of our mission in the community, such as Community Food Matters, the Upper Columbia Co-op Council, Nelson Business Association, Kootenay Organic Growers Society, Kootenay Local Agricultural Society, Regional Agricultural Plan and many more.

**The Co-op Supports the Local Economy:** Keeping dollars spent in our community by buying local goods and services while supporting a large list of local suppliers from farmers, to bee keepers, bakers, artisans, chefs as well as our staff, who earn a living wage. (See our list of local Growers and Suppliers on our Website at [www.kootenay.coop](http://www.kootenay.coop)).

As an owner you can have as little or as much responsibility in getting involved in the Co-op after all, ownership means not just being a part of the Co-op; it means it actually belongs to you.

As well as Educational Opportunities for Members: Monthly Newsletter, Workshops, cooking classes and health and wellness classes, recipes, food and health issues information, dietary needs info and our Co-op website and product information.

This list of benefits to member/owners can be viewed from an economic perspective as well as a community minded, educational, sustainable and a holistic perspective. Again, we all have our own reasons for supporting the Co-op.

As far as the cost of shopping at the Co-op is concerned, many members have, through our member outreach sessions in these last months, taken the time to share more about what is important to them. And this is part of the beauty of membership: you have a voice and a vote. As an owner you can have as little or as much responsibility in getting involved in the Co-op after all, ownership means not just being a part of the Co-op; it means it actually belongs to you.

We have received much valuable feedback about the upcoming changes to your member benefit package. We feel like we are honing in on a package that will be beneficial to all of our member/owners as well as being financially responsible for the long-term well-being of your Co-op. Stay tuned for more updates on this topic in these next months.

Clearly your Co-op is a dynamic organization that values direction from its members, which I believe, is why the Co-op is so successful. My family is proud to support this success. As always let the board and management know your thoughts, ideas and vision for your Co-op.

*-Brian Kelsch , Board Director*

# Member input helps Member Outreach Committee



Over the past few months, your Board's Member Outreach Committee has been focusing its attention on the benefits which come with being a member-owner of the Co-op. A number of articles have appeared in these pages which have offered invites to forums and updates on our progress towards ensuring that the benefits afforded to members remain equitable and serve the whole of our Co-operative.

On behalf of the Committee, I'd like to thank all of you who participated in those forums and who offered feedback to the proposed changes to member benefits. The outcomes of those conversations among Board Directors, management and members greatly surpassed our expectations and have helped instill confidence among the Committee that we can now bring a well-researched recommendation to the whole Board on what member benefits package will serve us all.

In the coming months you can expect further updates on the pending changes to member benefits.

Yours Cooperatively, *Jon Steinman*

## Member Feedback

I enjoyed the opportunity to be engaged in a member benefit forum and to meet other members as well as some of the Board and management team. It was very informative to learn more about the current member benefits and to be involved in discussions regarding proposed changes to the benefits offered; moreover to have my voice heard as a member. I found it especially interesting to learn more about the great initiatives within our community that I am supporting through my membership at Kootenay Co-op.

- *Simon Parr*