

# KOOTENAY CO-OP

1975-2010



## June Events

- ~ **Member Survey June 1-30**  
Fill out a member survey and be eligible to win one of 35 prizes including a \$600 bike.
- ~ **Leaders & Lemonade**  
Board Director Sundays - every Sunday in June, noon-2pm.
- ~ **35th Birthday Party**  
Sunday June 20th, noon-2pm.  
Crafts - activities - giveaways - birthday cake.
- ~ **BBQ Giveaway**  
\$250 value.

Just  
4  
Kids

~ **Activity Booklet** ~ **Butterfly Kite Giveaway** ~  
~ **Birthday Craft Table** ~ **Recipe Booklet** ~

## Celebrate our 35th Birthday



1975-2010

Happy 35<sup>th</sup> Birthday



You're Invited

# Butterfly Birthday June 20th

noon-2pm  
In the Co-op's covered area

## Activities for Kids

Butterfly craft table

Amazing giveaways

Enter to win one of 10 Butterfly Kites

Have your picture taken as a Butterfly or a Caterpillar

Activity Booklet

## Activities for Adults

Fill out the 2010 Member Survey (members only!) and you will be entered to win one of 35 amazing prizes

Meet the Co-op's Directors

Celebrate with your fellow Co-op members and shoppers



## For Everyone

Birthday cake! Lots of different kinds!  
All made by local suppliers!

# Celebrate our 35th Birthday



1975-2010

Happy 35<sup>th</sup> Birthday



## Member Survey

*Want to help shape the Co-op's future? Fill out our 2010 Member Survey!*

**Why now?** We regularly conduct surveys with our members and shoppers, but this one is extra special! First of all, we're turning 35 and that's a pretty big opportunity to reflect on our past and dream up the future. Second, we are very excited about our relocation late in 2012 and this survey is a critical opportunity to hear what you, the member-owners, want for and from your very own community food co-op.

So, through the month of June we are asking all 9000 of our members to tell us what they want from a new, expanded Kootenay Co-op. Plus, every member who fills out a survey by June 30th is automatically entered to win one of 35 amazing prizes, including a bike worth \$600!  
**Deadline: June 30th 2010.**

**How do you fill it out?** Surveys can be completed in one of three ways:

1. On-line (preferred). If you are signed up for our Co-op eNEWS, you will automatically receive a link to complete the survey on-line. Signing up for eNEWS is easy - go to the homepage of our website: [www.kootenay.coop](http://www.kootenay.coop) and click the link. Alternatively, you can go directly to the Member Survey link, also on the homepage.
2. On paper (also totally ok). Paper copies are available at the Customer Service Desk. You can fill it out at the Desk or take it home and bring it back. There is a box at Customer Service to put it in.
3. Join us for survey fun and light refreshments every Sunday in June! Co-op Board Directors will be in the covered area from noon-2pm, every Sunday in June to talk with members, answer questions and help to fill out surveys. Don't miss this great opportunity to chat with our fearless leaders and exercise your membership muscles!

# Celebrate our 35th Birthday

# Why Become a member?

*Join our 9000 members in celebrating the Co-op's many achievements, including:*



- ~ Offering our community thousands of healthy, organic, fair trade and natural foods
- ~ Supporting hundreds of local farmers and suppliers, putting over \$3 million back into the local economy this year alone (\$1.5 million in local goods, 1.6 million in wages)
- ~ Donating over \$15,000/year to community, humanitarian, food and environmental initiatives
- ~ Constantly striving to live our mission statement to its fullest

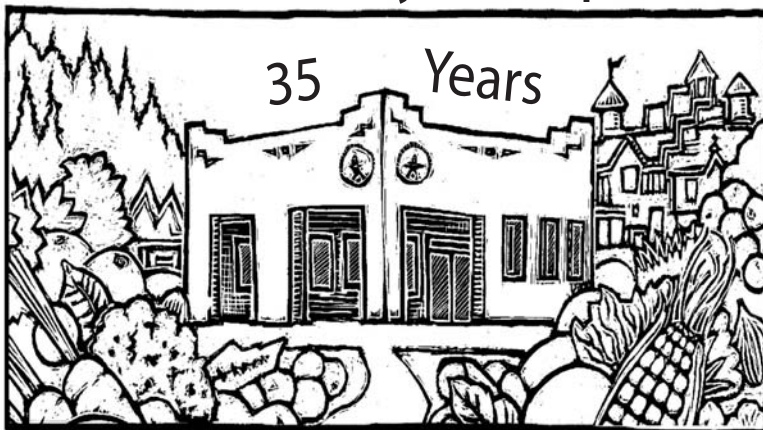
## How Does Membership Work?

- ~ Membership is open to everyone, upon application and purchase of shares.
- ~ Full membership is ten shares; each costing \$5.00.
- ~ New members are able to purchase their shares either all at once, or make a commitment to purchase one share per month for ten consecutive months. Share purchases can be made through any cashier.
- ~ We use the term "active" to describe a member who has either purchased all ten shares, or who is fulfilling their commitment to purchase at least one share per month.
- ~ The member must fulfill share purchase obligations (shares in arrears must be paid) in order to receive member benefits, outlined in the membership pamphlet.



*Like other natural food co-ops, the Kootenay Co-op led the way in promoting organic farming, local products, the advantages of buying bulk foods, the benefits of recycling and reducing waste and the buying power of consumers informed about the food they eat and the consequences of their choices*

## Kootenay Co-op



Paid up share capital gives the cooperative its economic base; without it we would be unable to offer continually expanding services to our members. Your participation in our growth is crucial. With your continued support we will be able to continue to expand our services to the community. By joining the cooperative movement, you become one of the millions of people worldwide who are working to create a more just society through a more responsible economic system.

Thank you to everyone who is helping us celebrate our Birthday

Especially to these suppliers ...

## So Nice Beverage

Opus 2010 Classico Bike



**\$600**

Made in Canada

Natura  
Eden  
Lundberg  
Horizon  
MTB  
IMI  
New Age Marketing  
Eden Foods

Bioforce  
Keys (Hornet  
Mountain)  
Sequel  
Heel  
St. Francis  
Advantage  
Flora  
Tall Grass

Hain Celestial  
Indigo Marketing  
BioVert  
Tony Waters  
Oogies/Endangered species  
Bob's Red Mill

Earth Lab Cosmetics  
Weleda  
Genuine Health (Greens+)  
Hylands  
Sisu  
Natural Factors  
BodyPlus  
Enerex

Giveaway for EVERYONE to enter

## Simply Natural



**\$250**



BBQ & Propane Tank

New Weekly Specials - all month long

# 25-50% OFF

In addition to the amazing monthly specials with savings of up to 50% off, we also have weekly specials at extra special prices.

All through the store - on the shelves & in case stacks.

Shop regularly: 7-10 new ones every week



All Specials While Quantities last

## So Nice

**Organic**

Soy Beverages \$2.49 /946 ml  
reg 3.19

Natural  
Original  
Chocolate  
Vanilla



\$28.38 /cs 12  
reg 38.28



GRAINWORKS  
The Organic Grain Company

**Organic**

## Unbleached White Flour

\$1.89 /kg reg 2.59  
\$17.95 /10 kg reg 23.90

## Bees Knees

## Granola

**~NEW~  
Locally Made**

\$9.19 /750 g  
reg 11.49



**ORGANIC**

## Latte Concentrate

Black Tea \$5.19 /946 ml  
Chai reg 7.99 **35% off**



## Nature's Path

www.naturespath.com

**Organic**

## Instant Hot Oatmeals

Original 8/50g  
Apple Cinnamon 8/50g  
Flax 8/50g  
Maple Nut 8/50g  
Raisin 8/50g  
Variety 8/50g  
Hemp Plus 8/40g  
Cinnamon Blueberry 8/40g  
Cranberry Ginger 8/40g



**15% off**  
\$3.98 /each  
reg 4.69



## Fruit Juice Sweetened Fruit Spreads

Apricot  
Blackcurrent  
Raspberry  
Strawberry  
Superfruit  
Wild Blackberry  
Wild Blueberry

**35% off**  
\$2.95 /235 ml  
reg 4.59

## Boxed Premium Cereals

\$4.15 /each  
reg 4.89



\$4.65 /each  
reg 5.49



## San Zenone Corn or Rice Pasta

Brown Rice Fusilli  
Brown Rice Penne Rigate  
Brown Rice Spaghetti  
White Rice Spaghetti  
Corn Fusilli  
Corn Penne Rigate  
Corn Spaghetti

**35% off**  
\$2.29 /340 g  
reg 3.59

Fruit Juice Cornflakes /300g  
Whole Grain Crispy Rice /284g  
Flax Plus /375g  
Granola Acai Plus /325g  
Granola Agave Plus /325g  
Granola Hemp Plus /325g  
Granola Flax Plus Vanilla /325g  
Granola Peanut Butter /325g  
Granola Pomegranate /325g  
Heritage Flake /375g  
Multi Oatbran /375g  
Shredded Oaty Bites /350g  
Spelt Flakes /350g  
Whole Os /325g

Flax & Maple Pecan /325g  
Flax & Raisin Pumpkin /350g  
Flax Plus Berry /300g  
Banana Almond /311g  
Optimum Blueberry Cinnamon /400g  
Optimum Cranberry Ginger /355g  
Optimum Slim /400g  
Optimum Strawberry Yogurt /300g  
Smart Bran /300g  
Sunrise Vanilla /300g

All Specials While Quantities last

## Condiments

**Mustard**

Dijon  
Stoneground  
Yellow

**\$2.19** /330 ml  
reg 4.39

**Ketchup**

**\$2.49** /575 ml  
reg 4.99



## Pasta Sauces

Marinara  
Spicy  
Tomato Basil  
Tomato Mushroom  
Roasted Garlic  
Roasted Pepper

**\$3.14** /739ml  
reg 6.29

Simply Natural



ORGANIC

## Salad Dressings

Balsamic Vinaigrette  
Caesar  
Goddess  
Ranch  
Red Pepper  
Honey Mustard  
Italian w. Roasted Pepper  
Raspberry Vinaigrette  
Roasted Garlic Vinaigrette  
Sesame Ginger  
Vinaigrette w. Sundried Tomatoes

**\$2.24** /354 ml  
reg 4.49

Made In USA

ORGANIC



## Chunky Salsas

Black Bean & Corn **\$2.39** /470ml  
reg 4.79

Mango  
Medium  
Mild  
Pineapple **\$2.19** /470 ml  
reg 4.39



**Sugar** Organic ~ Fair Trade **4.49** /681g  
Dark Brown ~ Light Brown reg 6.99

**Demerara Raw Cane Sugar** Organic **4.19** /681g  
**Raw Cane Sugar** Fair Trade reg 6.49

**Natural Cane Sugar** Fair Trade **3.15** /454 g  
reg 4.89

**Powdered Sugar** Organic **4.05** /454 g  
reg 6.29

**Sucanat** Organic **4.19** /454 g  
(Granulated Cane Juice) reg 6.49

**Sugar** Organic **6.65** /907 g  
reg 10.29

**Sugar** Organic **5.19** /907g  
reg 7.99

## EDEN ORGANIC Canned Refried Beans

**\$2.09** /398 ml  
reg 3.29

Black ~ Kidney ~ Pinto



**\$2.49** /398 ml  
reg 3.89



Black Spicy ~ Pinto Spicy



## Barbara's Bakery Cheese Puffs

**\$2.49** /each  
reg 3.89



Original /198g  
Jalapeno /198g  
Baked Original /155g  
Baked White Cheese /155g

# Deli News & Specials

Page 8

## CHEESE



### Rocky Mountain Cheddar

Medium Cheddar	13.39/kg	reg 16.75
Sharp Cheddar	14.79/kg	reg 18.45
Organic Medium Cheddar	24.79/kg	reg 31.00
Organic Sharp Cheddar	25.39/kg	reg 31.68

#### Cheddar

Made from cow's milk and occasionally goat's milk, Cheddar is the most widely eaten cheese in the world. Cheddar becomes sharper the longer it matures and is aged anywhere from one month to five years or more. The texture should be slightly crumbly and "crunchy" in a well aged cheese. Cheddar is an extremely versatile cheese – it is delicious with apples or figs, walnuts, olives or toasted baguette slices.

#### Wine Pairings

**Mild Cheddars:** try a sparkling wine, Chardonnay, dry rosé or Zinfandel.

**Medium to Old Cheddars:** try full reds like Beaujolais, Cabernet Sauvignon and Burgundy. Excellent white wine matches include Pinot Grigio and white Merlots.

**Extra Old Cheddars:** try full bodied reds like Shiraz, Merlot and, especially, port.

Or why not try a sharp cheddar with a nutty brown ale or stout?

#### Storage

Due to the long life of Cheddar, once open, it will last for at least two weeks if it is well wrapped and refrigerated. Store cheddar in the coldest part of your refrigerator.

### Broccoli Cheddar Soup Recipe



- 2 tablespoons unsalted butter or olive oil
- 1 shallot, chopped
- 1 medium onion, chopped
- 1 large potato, peeled and cut into 1/4-inch cubes (1 1/2 cups)
- 2 cloves garlic, finely chopped
- 3 1/2 cups vegetable or chicken broth
- 1 large head of broccoli (12 ounces or 3/4 lb.), cut into small florets
- 2/3 cup freshly grated aged Cheddar, plus more for topping
- 1 - 3 teaspoons whole grain mustard, to taste
- crème fraiche or sour cream (optional)

Melt the butter (or olive oil) in a large saucepan over medium-high heat. Stir in the shallots, onion, and a big pinch of salt. Sauté for a couple minutes, until the onions are soft and translucent. Stir in the potatoes, cover, and cook for about four minutes, just long enough for them to soften up a bit. Uncover, add the garlic and sauté briefly. Add both. Bring to a boil, check to see if the potatoes are tender, and if they are stir in the broccoli. Simmer just long enough for the broccoli to cook through, 2 - 4 minutes. Immediately remove the soup from heat and puree with an immersion blender. Add half the cheddar cheese and the mustard (a little bit at a time). If you are going to add any crème fraiche, this would be the time to do it. Season to your taste and sprinkle with remaining cheese. Serves 4.

# Deli News & Specials

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## Deli

The Deli offers a wide cheese selection including organic and specialty cheeses from local dairies and from around the world. A changing selection of locally made, ready to eat foods, lunches and snacks, soups, salads and entrees that are gourmet and made with predominantly organic ingredients. The self-serve section offers bulk & packaged dips, spreads, salsas, nut butters, oils & vinegars.

The Deli offers delicious convenience food that allows customers to take a break from cooking without feeling guilty. The deli staff are happy to take care of those needs and offer choices that are healthy and safe, even for those on a restricted diet.

Does the selection work for you? We welcome your ideas and suggestions, enquiries and special requests!



## Francyne's Cuisine

To say that Francyne loves to cook is like saying that Einstein was good at Physics. Cooking & eating with friends and relatives has always been a happy ritual for Francyne Laliberte. From a large Quebec family of food lovers, Francyne has always lived in a world of taste and texture; experimenting with spicing and ingredients, and playing with food presentation.

Sharing her love of food with others is Francyne's favourite work. The former owner/operator of the popular Book Garden Cafe and Book Store is now one of the Co-op's most popular suppliers.

Francyne has created a wide range of inventive and addictive dishes. Her line of prepared foods includes a variety of flavours, from exquisite French Cuisine, to tasty and health conscious. Her foods are predominantly organic and always fresh and high quality. Two of her salad creations are on special this month: Wild Curry Quinoa Salad and Chicken Udon Salad.

We can only imagine how popular she must be in her social circles (she uses her friends and dinner guests as professional food-tasters before introducing any new products to the Deli). Try Francyne's Cuisine for yourself, any day at the Deli!

### Francyne's Cuisine

Wild Curry Quinoa Salad **1.59/100g**  
reg 1.90

Chicken Udon Salad **1.69/100g**  
reg 2.10

### Nuts To You

Organic Tahini **10.39/kg**  
reg 12.99

### World Eats Catering

Carrot Cake **2.79/ea**  
reg 3.39

Peanut Butter  
Plus Cookies **.69/ea**  
reg .85

# Wellness Department

New name - same exceptional products & services



## Shake & Go

Formulated by Brendan Brazier, vegan, professional Ironman triathlete and bestselling author on performance nutrition, Vega Shake & Go Smoothie offers all natural plant-based whole foods. Alkaline-forming and easy to digest, it provides premium nutrition in a convenient, affordable, on-the-go format. Clean, green, and 65% raw organic, Shake & Go Smoothie contains no common allergens, including corn, dairy, gluten, soy, wheat and yeast.



**20% off**

**19.89** /300g  
reg 24.89

All Specials While Quantities last

**30% off**

**27.99**  
reg 39.99 /ea



## Herbal D-Tox

Internal cleansing is considered to be the cornerstone of good health by many natural health care practitioners. The Wild Rose Herbal D-Tox program is uniquely designed to enhance all aspects of metabolism. Wild Rose Biliherb formula gently promotes bile production by the liver, supporting digestion and enhancing the elimination of toxins. Laxaherb, Cleansaherb and CL Herbal Extract additionally support the cleansing and elimination of wastes from the system.



## Sabalasan

**25% off**

**\$22.49** /30c  
reg 29.99

**\$39.99** /60c  
reg 53.99

The number one  
remedy for  
prostate  
complaints



PLUS  
**FREE Wild Rose  
Cookbook**



Pure and Great Tasting Omega Oils

www.nordicnaturals.com



**25% off**

## NEWCHAPTER



Every Man's One Daily  
Every Woman's One Daily  
Only One

**\$32.99** /60T  
reg 44.99

Multi for Two

**\$39.99** /90T  
reg 54.89

Cod Liver Oil	Lemon ~ Peach	<b>22.49</b>	reg 29.99
Cod Liver Oil	Orange	<b>35.79</b>	reg 47.79
Cod Liver Oil	Lemon	<b>21.99</b>	reg 29.79
Children's DHA	Strawberry	<b>22.49</b>	reg 29.99
Omega 3 Gummy Worms		<b>19.99</b>	reg 28.49
Multi Nordic Berries		<b>20.99</b>	reg 27.99

# Wellness Department

New name - same exceptional products & services

All Specials While Quantities last

## WELEDA Body Care

### Wild Rose

Day Cream	<b>23.79</b>	reg 29.79
Eye Cream	<b>26.79</b>	reg 33.49
Moisture Cream	<b>23.79</b>	reg 29.79
Night Cream	<b>25.99</b>	reg 32.59
Toner	<b>19.99</b>	reg 24.99
Cleanser	<b>21.59</b>	reg 26.99

### For men

After Shave Balm	<b>21.59</b>	reg 26.99
Moisture Cream	<b>15.49</b>	reg 19.49
Shave Cream	<b>11.89</b>	reg 14.89



**WELEDA**

## Terra Naturals Deodorants

**\$4.99** /60g  
reg 6.39



- Tropical
- Bamboo
- Citrus
- Goji-Acai
- Green Tea
- Sport
- Unscented



- aluminum free
- petroleum free
- no animal testing
- organic active ingredient
- organic extracts
- antioxidants
- immune activating ingredients

## Aroma Crystal

Gardener's Dream Cream

**\$14.99** /90m  
reg 18.99



**\$23.99** /180r  
reg 29.99



## CURELLE

Good things for your body, naturally

CURELLE sets the standard for bodycare products, utilizing ingredients that are not only plant derived, but are without the carcinogenic chemicals never listed on labels, such as 1,4 dioxane, that are used in making plant ingredients.

ALL TERRAIN

NATURAL REMEDIES FOR ENTHUSIASTS



## Suncare

Aqua Sport SPF 15	<b>9.59</b>	reg 12.89
SPF 30+	<b>9.59</b>	reg 12.89
Terra Sport SPF 15	<b>9.59</b>	reg 12.89
SPF 30+	<b>9.59</b>	reg 12.89
Aloe Gel Skin Relief	<b>8.59</b>	reg 11.49

### Lotion



70ml	<b>2.99</b>	reg 3.99
250ml	<b>7.59</b>	reg 9.49
500ml	<b>12.39</b>	reg 15.49

### Energie Shampoo

250ml	<b>7.59</b>	reg 9.49
500ml	<b>12.39</b>	reg 15.49

### Hydra Shampoo

250ml	<b>7.59</b>	reg 9.49
500ml	<b>12.39</b>	reg 15.49

### Riche Conditioner

250ml	<b>7.59</b>	reg 9.49
500ml	<b>12.39</b>	reg 15.49

### Treslite Conditioner

250ml	<b>6.99</b>	reg 8.99
500ml	<b>11.59</b>	reg 14.49

New name - same exceptional products & services

## Bug Bites? Read on...

*Summer lovers who venture into our great Kootenay outdoors know all too well about those pesky mosquitoes. They create nasty welts at worst or mild itching at best after their attack on unprotected skin. Staying out of reach is next to impossible for outdoor lovers, so here are some tips on how to deal with them naturally.*



## Prevention

- Citronella products repel mosquitoes... candles or incense sticks made with this essential oil repels mosquitoes in the immediate area in which the scent is able to permeate.
- Many essential oils are repellent in nature. The most popular include lavender, eucalyptus, geranium, peppermint, lemongrass, cedar wood, sage, rosemary, tea tree, and of course citronella. Blend a few choice oils together for an effective repellent. Combine oils in a base of your favourite unscented body lotion or oil for easy application. Witch hazel is another effective base and can be used in a spray bottle. Be sure to shake well before each use. CAUTION: Use on a small patch of skin at first, to rule out a sensitivity reaction to any of the oils.
- Check out the selection of bug repellents carried in the Wellness Department. All contain combinations of essential oils. Some contain soybean oil and/or neem oil which have been found to be effective against mosquitoes. Their performance compares to and sometimes even outshines that of DEET\* (see below). The key to natural repellents lies in frequent applications. Assume that once the aroma wears off, so does its protection. Generally, apply every 3-4 hours under normal circumstances, or every 1-2 hours if the little monsters are very voracious.
- Incorporate nutritional yeast (high in B complex) and garlic into your diet. Mosquitoes seem to be sensitive to B vitamins and garlic. Alternatively, take one garlic capsule, and a B complex or 100mg of B1 daily to achieve the same results.
- Cover up as much as possible in clothing thick enough to prevent puncturing.

## Treatment

Regardless of the best precautions, most of us end up with a few bites here and there. To remedy the itching and swelling that can result, go the Bug Bite Remedy Guide at [www.kootenay.coop/resources.php](http://www.kootenay.coop/resources.php) for treatment suggestions.

## Goodbye Lori

After 7 years of working at the Co-op, I am leaving to work with my family. I have been most honored and proud to have worked for and to have been a part of the Kootenay Co-op, and all that it stands for. I have learned so much, both personally and career wise, and I am thankful for all the opportunities. I will greatly miss all the wonderful people I have worked with, and I mean, wonderful! I will now enjoy being a customer/member and hope to contribute in any way I can. Thank you to all those people, staff, members, customers and suppliers who have touched me in some way - I am truly grateful.

**Lori** Departing Wellness Manager

## Welcome Robin

I am very excited about coming into the Kootenay Co-op tribe and Wellness clan. I moved to the Kootenays 3 yrs ago from the high desert of Northern Arizona to live with my partner and fulfill dreams of living where water is abundant and gardens flourish. Over the past 14 years, I have worked in a wide variety of retail environments with natural foods markets being most in line with my lifestyle and ideals. In Arizona I worked at the local health food store in the health and beauty department as assistant manager. This was a super dynamic and fun position. In beginning this role I had no idea how much I would enjoy working in this field with the diverse, creative, and passionate individuals that are drawn to such an environment. I love how natural foods markets are nexus points of alternative health, culture and sustainability for communities. In the past four years I have been working part-time as a health and detoxification consultant helping others to learn and practice preventative health, utilizing nutrition, herbs and cleansing techniques to heal. This practice naturally evolved out of my own journey of healing. In addition to my work history I also received my B.A. in Environmental Studies from Naropa University, and a M.A. in Sustainable Communities from Northern Arizona University. I look forward to getting to know everyone as the Wellness Manager.

**Robin** New Wellness Manager

## BURSARIES

# \$500



Are you eligible to apply for one of these bursaries? Deadline for applications: **Saturday July 31, 2010**

### **\$500** The Linda Prentice Memorial Award

**Eligibility:** Any woman who is currently residing in the West Kootenays and is pursuing accredited studies in alternative medicine.

The Linda Prentice Memorial Award is to honour and remember a much-loved, respected and dearly-missed staff member, Linda Prentice who passed away in March 2003. Linda was an advocate of alternative healing therapies and she helped countless people from her position in the Co-op Personal Care Department. She was also a Vedic Astrologer and a student of Ayurvedic Medicine. The Co-op wishes in some small way to keep Linda's memory alive by offering this annual award to a woman in our community pursuing studies in alternative medicine.

### **\$500** The Gordon Seward Art & Music Award

**Eligibility:** Anyone currently residing in the West Kootenays who is pursuing accredited studies in Art or Music.

Gordon Seward was an employee of the Co-op for more than a decade until he was struck by a serious illness seven years ago. (We are delighted to report that Gordon continues to recover from this illness). Two of Gordon's passions are art and music and this annual award is offered to acknowledge his considerable musical and artistic talents and to commemorate his unforgettable contribution to the Co-op and our community. Anyone currently residing in the West Kootenays who is pursuing accredited studies in Art or Music is eligible to apply.

## ENVIRONMENTAL FUND

# \$500

The Kootenay Co-op awards \$500 each year to a group in our community for an environmental project. This year, the Environmental Fund was awarded to:

**Nelson Cares Society,  
Earth Matters Program**

**Urban Gardening  
Education Project**

## YOUTH BURSARY

# \$500

The Kootenay Co-op awards \$500 each year to a group in our community for an environmental project. This year, the Environmental Fund was awarded to:

**Brooke Johnson**

**for her studies in  
Liberal Arts & Sciences  
at Quest University**

## Kootenay Co-op staff Artistic Showcase

Saturday, July 3rd  
8 - 10:30 pm

Location: Oxygen Art Centre  
Tickets: \$10 each

Please purchase tickets in  
advance at the Kootenay Co-op

So, you think you know the  
Kootenay Co-op staff?

## YOU ARE INVITED

to experience the incredible artistry  
that unfolds behind the scenes. For  
the first time ever, the Kootenay  
Co-op staff will be showcasing a  
variety of unique artistic avenues.

The Artistic  
Showcase is a  
fundraiser with  
an intention to  
inspire  
connection  
with the  
community  
and its  
creativity.

ONLY \$10  
Bring a friend!



## Community Donation Day

On Tuesday May 18th,  
1% of sales, \$260.14  
was donated to  
**Bumi Sehat**

## NEXT Donation Day

On Tuesday June 15th,  
1% of sales will be  
donated to  
**Transition Nelson**

Transition Nelson is part of a global movement to address the converging challenges of the 21st Century by enhancing community resilience. [www.transitionnelson.org](http://www.transitionnelson.org)

## Congratulations PRIZE WINNERS EARTH MONTH

Vitamix  
Bike  
Solar Charger  
Nature Clean Basket  
Kids Soap Basket

Claire McKinney  
Caroline Giguere  
Christine Bidinoff  
Toni Hayward  
Margot Van Der Steen

## MOTHER'S DAY

Traditional Medicinals Tea Set  
Cocoa Camino Basket  
Cocoa Camino Basket  
Dr. Hauschka Kit  
Dr. Hauschka Kit

Anna Stefanska  
Lisa Milde  
Madelene  
Dana Seagram  
Juhi

# From Your Co-op Board

Happy 35th Birthday Kootenay Co-op!



## Trip Down Memory Lane...

In 1975 the Co-op got started as a food buying club known as the Vallican-Winlaw Food Co-operative in the Slocan Valley. Awesome stuff! Then in 1981 the member-owners opened a small retail operation, run mainly by membership volunteers-- gross annual sales were approximately \$150,000. In 1985 the Co-op moved to 702 Baker Street - with gross sales of \$273,500.

## Here and Now...

It's 2010 and the Co-op has 9,000 members-owners, employs 66 people, and has gross sales of over \$9 million! That's 9,000 members in city of 10,000 residents with the surrounding population adding, say, another 30,000. This makes us the largest, independent, consumer-owned natural food co-operative in Canada!

We are unique in this industry. The Kootenay Co-op membership is a positive force for our local economy and the Natural Foods Movement. Terri Newell is the vice president of Horizon Distributors, one of the Co-op's major suppliers since 1975. She writes:

"The passion and commitment the Co-op has brought to maintaining such a strong vision for product integrity and sustainable advocacy work over the years has had a powerful influence on the industry's development in Western Canada."

## Into the Future...

This community has shown phenomenal support for sustainable local business! That \$9 million in sales per annum is an investment our members make in our local farmers, our prepared food suppliers, our bakers, our seed growers... the list is amazing. Consider the Deli. The "Deli" used to be a few grab and go items in a small cooler. There is now an array of local breads, salads, wraps and treats—thanks due to the membership.

The membership **is** the success of the Co-op. Thank-you for 35 fantastic years! You are the powerhouse that continues to move the Co-op forward so.... it's Survey Time! We need your input to make plans for the new location. Share your ideas about what you, the member-owners, would like to see in our new store by filling in a survey. How can we best serve you? Your input is crucial.

This is your Co-op. Thirty five years young and 9,000 members strong... Happy Birthday Kootenay Co-op! Let's celebrate!

For the Board, Sasha Lampis



## Board

Russell Precious  
Paula Sobie  
Jeremy Lack  
Jon Steinman  
Brian Kelsch  
Jen Smith  
Sasha Lampis

## Moving into Summer

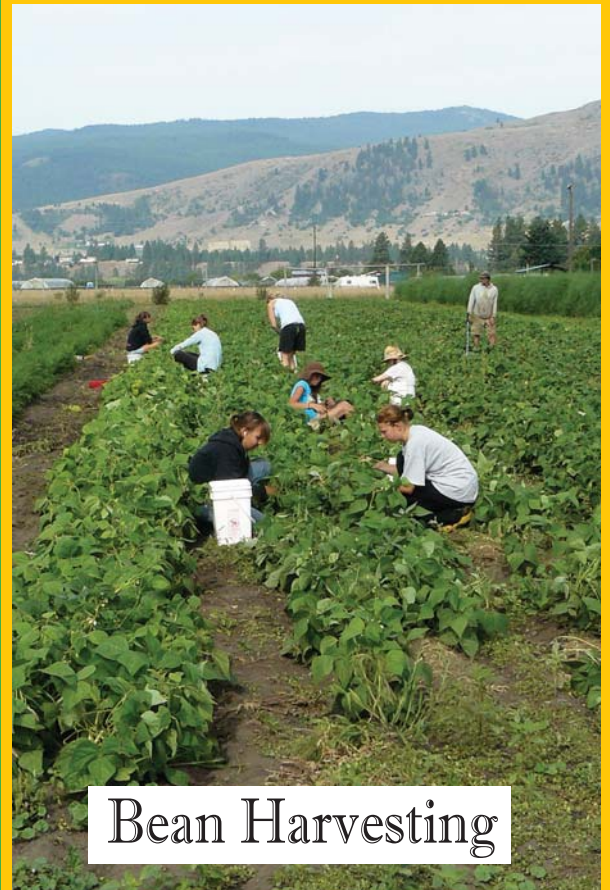
It is shaping up well for a great season of local food once again. The seasons change and so does the selection in the Produce Department. Local kale, spinach, radish, lettuce, asparagus and more are all available now! The fruit variety is looking good too with berries, peaches, watermelon, apricots and more for you to enjoy in the early days of summer.

### Mobetta Farm

We love to tell you the story behind our produce at the Co-op and this month we are featuring Mobetta Farm in Grand Forks. Bill Williams has been farming for more than 25 years, organically for the last 9 years. Bill and family moved from Pemberton to his own farm in Grand Forks 6 years ago and has since established 13 acres of certified organic land with 12 acres undergoing transition for future developments. They also have a greenhouse to get things started early in the year.

The realities of farming require his wife to work full time away from the farm and his children helping to pick the produce. Bill also works a second job through the winter to make the farming passion work. This is not just a family operation. Organic farming is labour intensive and Mobetta have been employing more than 20 young adults throughout the summer, several of them working full time. They start harvesting asparagus in May and continue through the season into fall storage crops. They are of course at the mercy of the weather and this year is no exception. Asparagus was frozen in the field and some of a financially important (and delicious) crop was lost.

The family farms a wide array of produce from corn, green beans and melons through



Bean Harvesting



Asparagus at Mobetta



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