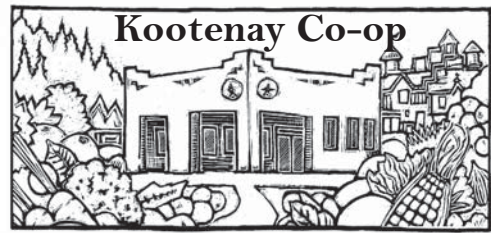


34 Years Nelson's Community Natural Foods Market

# KOOTENAY CO-OP



Are you a fan of the kootenay  
Co-op? Join us on **facebook**.

## This Issue

Co-op & the Community  
Local Cookbook project with  
Library  
Deli News & Specials  
Grocery News & Specials  
Personal Care News & Specials  
Update from the Board  
Getting into Spring from Produce

Earth Day  
prize winners to be  
announced  
next issue or  
sign up for eNews  
([www.kootenay.coop](http://www.kootenay.coop))  
for early news  
flash!

**CLOSED**  
on Victoria Day  
Monday May 24th



Celebrate  
Mother's Day -  
Sunday May 9th.  
Look for our  
special display!



295 Baker St. Nelson, B.C. V1L 4H4 • phone: 250.354.4077 • fax: 354.4097  
email: [customerservice@kootenay.coop](mailto:customerservice@kootenay.coop) website: [www.kootenay.coop](http://www.kootenay.coop)

# The Co-op & The Community

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## BURSARIES

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

## Community Donation Days

On the third Tuesday of every month, 1% of sales is donated to a local non-profit group in our community

### FEBRUARY

**\$242.18**

On Tuesday February 16th, 1% of sales, \$242.18 was donated to  
**The Junction Food Bank**

### MARCH

**\$223.49**

On Tuesday March 16th, 1% of sales, \$223.49, was donated to  
**Pure Water for Haiti**

### APRIL

**\$364.67**

On Tuesday April 20th, 1% of sales, \$364.67, was donated to the West  
**Kootenay Eco Society**

## NEXT Community Donation Days

On Tuesday May 18th, 1% of sales will be donated to

### **Bumi Sehat**

**Bumi Sehat Foundation International-Haiti Founded in 1995, Bumi Sehat Foundation International is an International non-profit, village-based organization of dedicated families, midwives, doctors, nurses, teachers and volunteers from countries around the world.**

**We advocate for marginalized, displaced, low-income people from all faiths and cultures.**

The latest blog spot is a fantastic moving story:  
[www.bumisehathaiti.blogspot.com](http://www.bumisehathaiti.blogspot.com)  
and check in on Facebook under groups: Bumi Sehat Haiti

# Seasonings: A year of local flavour in words and recipes

## *Co-op to create Local Cookbook in Partnership with Municipal Library*

In a literary-culinary partnership that's all about local, the Kootenay Co-op and the Nelson Municipal Library are teaming up to create a cookbook for Kootenay people who love to read!

With the working title *Seasonings: a Year of Local Flavour in Words and Recipes*, the book will include seasonal recipes that celebrate locally grown and available foods, as well as writings from some of our area's finest writers. With Steven Cretney of The Forest communications design and Heather Goldsworthy of Image Obscura photography on the team, the result promises to be delicious.

The cookbook, a fundraiser for the Nelson Library, will be launched at a special event this fall. The Co-op is excited to partner with the Library and donate all profits from the book to the Library Expansion Project. This would be the Co-op's largest single community fundraiser to date, fulfilling the essential Co-op principle of Commitment the Community—"connecting with our membership in a concerned and meaningful way" and simultaneously encouraging people incorporate local foods into their diet!

There are two opportunities for the community to get involved: The Co-op is looking for your best recipes that feature local ingredients. Appetizers, soups, salads, main courses, breads, beverages, and desserts—especially those particular to a season—should involve, but need not be exclusive to, locally-grown foods. **Recipes must be received by Friday, May 28** via email to Jocelyn Carver at [carver@kootenay.coop](mailto:carver@kootenay.coop).

The Nelson Municipal Library is looking for short writings by local authors for inclusion in the cookbook. Poems, nonfiction prose, short fictional stories, and anecdotes of 500 words or less are all welcome; longer pieces will be considered. Writings should concern food, cooking, growing, or gardening. **Friday, May 28 is the deadline for writing** sent to Anne DeGrace at [adegrace@nelson.ca](mailto:adegrace@nelson.ca).



Photo: Heather Goldsworthy

**For more information  
and detailed wish-lists go  
to  
[www.nelsonlibrary.ca](http://www.nelsonlibrary.ca)  
or  
[www.kootenay.coop](http://www.kootenay.coop)  
(click Resources, then  
Community)**

# FETA

Monthly Special

## *One of the oldest cheeses in the world!*

Since there was no refrigeration 6000 years ago, the cheese would obviously spoil quite quickly. This is why cheese makers began salting the feta and storing it in brine. This cheese of humble origin has been a staple in the Mediterranean region for centuries but is now enjoyed worldwide.

Feta is a classic curd cheese that has been packed in brine. It is traditionally made from sheep or goat milk but cow's milk varieties are readily available. The cheese is salted and cured in its brine solution for three or more months. Feta dries out rapidly once removed from its brine so it is best stored in the brine. Feta's texture can range from soft to semi-hard with a tangy, salty flavour varying from mild to quite sharp. When purchasing feta, it should have some of its brine packaged with it. When properly stored in this brine, feta should last up to three months. It does not freeze well.

Feta is delicious in the traditional Greek salad and spanakopita. It also pairs well with sweet fruit such as figs, watermelon, cherries and walnuts.

Pair feta with a Sauvignon Blanc, Riesling or Pinot Noir.

**Apetina  
Feta**

**6.39/400g**  
reg 7.99



400g feta  
2 eggs, lightly beaten  
¾ c. chopped flat leaf parsley  
375 g filo pastry  
1/3 c. olive oil

### ***Turkish Filo Parcels (Borek)***

Preheat the oven to 350 F. Lightly grease a baking sheet. Crumble the feta into a bowl. Mix in the eggs and parsley and season with salt and pepper. Cover the filo with a damp towel so it doesn't dry out. Remove one sheet at a time. Brushing each filo sheet lightly with the olive oil, layer 4 sheets on top of each other. Cut the pastry into four 2 ¾ inch strips. Place 2 rounded teaspoons of the cheese mixture in one corner of each strip and fold diagonally until you have created a triangle-shaped parcel. Place on the baking tray, seam side down, and brush with olive oil. Repeat with the remaining filling and pastry to make 24 parcels. Bake for 20 min. or until golden brown. Makes 24



# Deli News & Specials

## Deli Showcase

Ah, the beautiful buds of May - isn't that how the poem goes? The flowers are coming into bloom and so is the Deli showcase! We've been working on changing the look of the showcase, making it more visually accessible so you can more easily see the fabulous array of to-go foods we offer as they arrive fresh daily from our local suppliers! Why not come and play a game with us? Spot three changes and win a free chocolate! Or, you could skip the game and just tell us how you like the showcase.

## Suppliers

**Ariah's burritos** have a new shape - more burrito-like, same yummy taste! Try them out while they're on sale this month.

We have a new supplier: **Aya Gourmet Foods** who is making 2 interesting new products: **Black Olive Hummus** and **Trinka** - a flavoured tahini dipping sauce. Come and try them both on Friday May 7th or on Saturday May 15th.

## Deli Staff

Have you met our newest deli-ites, John Alton and Erin Smith? Drop by to say hi and welcome them to the team.

## CHEESES

### Apetina Feta

See opposite  
page for more  
information



**6.39/400g**  
reg 7.99

## Ianson's Spreads

Mocha Butter 150g **3.35/ea**  
Garlic Butter 150g **reg 4.19**  
Chipotle Lime Butter 150g  
Lemon Dill Butter 150g  
Chive Hummus 150g  
Sweet Chili Hummus 150g  
Red Pepper Hummus 150g



## Shiro Miso (White Rice)

**8.39/kg**  
reg 10.59



Our LOCAL food suppliers  
live in OUR community

## Kootenay Bakery Cafe Cooperative Bean Salad

**1.19/100 g**  
reg 1.45

## Kootenay Bakery Cafe Cooperative Potato Salad

**.99/100 g**  
reg 1.20

## Ariah's Edible Creations

Chili Lime Burritos **2.39/ea**  
reg 2.99  
Cheese Lime Burritos **2.69/ea**  
reg 3.29  
Hearty Bean Burritos **2.39/ea**  
reg 2.99  
Amazing E Bars **1.79/ea**  
reg 2.25  
Amazing E3 Bars **2.39/ea**  
reg 2.99

All Specials While Quantities last



**Organic**

## Vitasoy Non Dairy Beverages

Chocolate	<b>\$2.29</b> /946ml
Original	reg 2.99
Vanilla	
Unsweetened	<b>\$26.10</b> /cs 12
	reg 35.88



## Almond Breeze Non Dairy Beverages

**NEW 1.89L SIZE**

Original	<b>\$3.59</b> /1.89L
Original Unsweetened	reg 5.99



**NEW**

**BC made**

## Greek Gods Yogurt

Greek-Style Traditional Plain	<b>ORGANIC</b>	<b>\$4.99</b> /650g
		reg 6.99
Greek-Style Traditional Honey		



## Nature's Path Bars **Organic**

### Optimum Energy Bars /56g

Blueberry	<b>15% off</b>	<b>\$1.43</b> /each
Chocolate Orange		reg 1.69
Peanut Butter		
Pomegranate		

### Envirokidz Crispy Rice Bars /28g

Berry/Fruity	<b>15% off</b>	<b>\$4.15</b> /box 6
Chocolate		reg 4.89
Fruity Burst		
Peanut		
Peanut Butter Chocolate		



## Vicolo Frozen Pizzas

Cornmeal Crust Roasted Garlic	<b>7.69</b> /396g	reg 8.99
Cornmeal Crust Roasted Mushroom	<b>7.69</b> /396g	reg 8.99
Spelt/Cornmeal Crust Eggplant/Parmesan	<b>8.65</b> /467g	reg 10.29

## Granola Bars

Lotta Apricotta /175g	<b>\$3.99</b> /box 6
Berry Strawberry /175g	reg 4.89
Chococonut /175g	
Sunny Hemp Plus /210g	
Mmmapple Pecan /175g	
Peanut Buddy /210g	
Peanut Choco /175g	
Pumpkin 'N' Spice /210g	

All Specials While Quantities last

**25% off**

**Bob's Red Mill**



Gluten Free  
Baking Mixes (Bread)



Cornbread **3.36**/567g reg 4.49

Hearty Whole Grain **5.46**/567g reg 7.39

Pizza Crust Mix **3.96**/453g reg 5.29

**Cinderella's Organic Housekeeping**

**Local**

**20% off**

All Purpose Cleaner **5.72**/473 ml  
Orange ~ Lavender reg 7.15



All Purpose Cleaner Refill Concentrate **17.16**/946 ml  
Orange ~ Lavender reg 21.45



**Organic**



Enter to win a Cocoa Camino gift basket - value \$85

Chocolate Chips **\$4.89**/225g  
Bittersweet ~ Semisweet reg 6.29

Baking Chocolate **\$6.39**/200g  
Unsweetened Bittersweet ~ Semisweet reg 7.95

Chocolate Bars 100g **\$3.79**  
Bittersweet ~ Dark Almonds ~ Mint Orange ~ Espresso Milk ~ Coconut Caramel Crunch reg 4.79

Chocolate Bars 40g **\$1.65**  
Chili & Spice Cranberries & Almonds Matcha Green Tea Panama Extra Dark reg 2.19

Hot Chocolate & Cocoa Powder **\$6.59**  
Milk Dark reg 8.45

Chili & Spice Drinking Chocolate **\$7.29**  
reg 8.99

Cocoa Powder **\$6.49**  
reg 8.29

**Spectrum Mayonnaise**

Canola **15% off** **4.39**/473 ml reg 5.19  
**5.79**/946 ml reg 7.65

Soy **Organic** **6.79**/473 ml reg 7.99  
**10.19**/946 ml reg 11.99



**GRAINWORKS**  
The Organic Grain Company

**\$11.59**/kg **20% off**  
reg 14.49

**Organic Pumpkin Seeds**

**Nuts to You**  
Nut Butters

Cashew Butter **\$7.59**  
reg 9.49

Mystery Butter (Almond Cashew) **\$7.99**  
reg 9.89

**Sointula**

Smoked Wild Salmon Stix Assorted Flavours **\$3.49**  
reg 4.35

**Lundberg**  
Rice Chips

Original Sea Salt Fiesta Lime Honey Dijon Nacho Cheese Pico De Gallo Santa Fe Barbecue Sesame Seaweed Wasabi **\$3.39**  
reg 3.99

# Celebrate National Fair Trade Weeks 2010

## Why fair trade?

Fair trade is a positive and viable alternative trading model. Its primary goal is to build more equitable and sustainable relationships with small-scale co-operative producers in the South. It is a trading partnership based on dialogue, transparency and respect that results in improved standards of living for producers and high-quality products for consumers.

Cocoa Camino products ensure a fair deal for producers by:

- Guaranteeing fair prices to producers
- Paying premiums to improve social conditions in producer communities
- Paying producers in advance to assist in long-term planning and pre-harvest financing
- Supporting democratic participation in farmer-owned co-operatives
- Ensuring that there is no forced labour
- Supporting sustainable farming practices

## Chocolate & almond cake (gluten-free)

2 100g Cocoa Camino Organic Bittersweet Chocolate Bars  
150 g butter  
150 g icing sugar  
150 g ground almonds  
6 eggs, separated  
1 tbsp black Fair Trade coffee  
1 tbsp rum.  
1 round tin, approx. 23 cm diameter, preferably with a removable base. Oven temperature 175 °C (350 °F).

Break the chocolate into small pieces, put it with the rum and coffee to melt in a cool oven. Put butter, almonds and sugar into a saucepan and stir over a low fire until ingredients are well mixed and butter is melted. Add chocolate and stir it in. Take off the heat and stir in the egg yolks thoroughly (if the mixture is not cool enough, the eggs will separate!) and then fold in the whipped egg whites. Turn into a baking tin and cook in a very low oven for about 45 – 60 minutes. The cake should still be moist in the centre when cooked and is very fragile due to the absence of flour.

[www.cocoacamino.com](http://www.cocoacamino.com)



## Celebrate National Fair Trade Weeks 2010

Enter your name to win a beautiful basket of fair trade organic goodies!

generously provided by Cocoa Camino  
[www.cocoacamino.com](http://www.cocoacamino.com)



# Produce Department

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a word about our

## Getting into the Spring of things

The excitement of the fresh, local organic food is beginning to take over in the produce department. We are seeing those wonderful Asian greens such as mibuna, mizuna and yukina savoy come in. They are limited quantities but it is a sure sign of things to come. Asparagus from Mobetta farm is fresh in the door now and we have never seen it delivered in April before.

Touch wood, mother nature will co-operate and the season will continue to be abundant. Lettuce will soon be arriving and spinach and basil are also here. It is fantastic and inspiring for the staff here to offer such fresh and nutritious produce.

**Business as usual... and unusual:**

The produce department continues to bring you great value for the weekend specials and you will see those advertised in-store on a Friday, Saturday and Sunday. If you want a heads up on what's happening you can sign up for e-news via the website, [www.kootenay.coop](http://www.kootenay.coop). We'll send you the latest information on what's coming up!

We have been demonstrating the amazing potential of green smoothies in the store on a regular basis. With a blend of fruit and greens it is a great way to get many vitamins and minerals in to your body. Normally we are demonstrating on a Monday and Thursday but keep an eye out for impromptu tastings, all whizzed up in the vita mix blender!



No day is ever the same as another in the produce department which is part of the reason we enjoy it so much. Strawberries that give you that taste of summer, juicy first-of-the-year watermelons are just some of things we enjoy so much. We have a couple of new staff too which is great to bring a fresh eye and set of skills to the co-op. Welcome Kalika and Josh. With all this going on we hope you enjoy finding your wonderful selection of organic fruits and vegetables right here at the Kootenay Co-op.

## Produce from Mexico

There is a common concern about produce grown in Mexico. All of our produce from Mexico is certified organic. According to the Organic Trade Association, "Certified Organic means the item has been grown to strict uniform standards that are verified by independent state or private organizations." Mexico has some model organic food organizations, like Del Cabo ([www.delcabo.com](http://www.delcabo.com)) who care for the land, people and communities that supply stores like the Kootenay Co-op. We are confident that the produce we receive from Mexico is of the highest quality.



Don't miss the weekly produce deals -

**CO-OP eNEWS**  
Subscribe Now!

sign up at [www.kootenay.coop](http://www.kootenay.coop)!

# Personal Care Specials

All Specials While Quantities last

## HUGO NATURALS

### Body Lotion

- Geranium
- Lavender
- Grapefruit
- Red Tea & Ylang Ylang
- Shea Butter & Oatmeal
- Vanilla & Sweet Orange
- Lemon Verbena & Bergamot

**25% off**

**11.99/355 ml**  
reg 15.99



**30% off**

### Herbatint Hair Colours

**\$12.59/ea**  
reg 17.99



**30% off**

### Liver Milk Thistle Formula

**25.89** reg 36.99/90c  
**48.99** reg 69.99/180c

## trophic

### Greens Concentrate

**30% off**



**\$32.89** /250 g  
reg 46.99

## Purica

*I am pure.*

### Recovery Extra Strength

**20% off**



#### Benefits of RECOVERY®

- Potent pain relief
- Helps to halt damage
- Accelerates & improves healing
- Regulates inflammation & spasm throughout the body

Powder  
**\$51.49** /350g  
reg 64.49

Capsules  
**\$55.99** /360c  
reg 69.99

Greens Concentrate provides you with a plethora of bioavailable nutrients in a format of unparalleled quality and reliability. Greens concentrate will help prevent harmful damage from free radicals and protect your DNA and cells, while promoting your immune system to function optimally. It can help to eliminate fatigue, exhaustion, irritability and boost energy levels. Greens Concentrate gives your body the capacity and endurance to handle day-to-day challenges of mental and/or physical exertion.

All Specials While Quantities last



## Sunscreens



Keep your skin naturally healthy and well-protected all year 'round. From full UVA/UVB protection to moisture-rich, deep-tanning formulas, Aubrey's complete natural sun care line offers:

**Handcrafted sunscreens free of petrochemical additives; A range of SPF protection - something for every skin type; 100% natural after sun care with organic Pure Aloe Vera and After Sun Moisturizer; Easy-to-carry, easy-to-use recyclable tubes, plus a great new look!**



Green Tea SPF 25	<b>8.99</b>	reg 11.49
Active Lifestyle SPF 25	<b>8.99</b>	reg 11.49
Tinted Sunscreen SPF 20	<b>7.99</b>	reg 9.99
Unscented SPF 20	<b>7.99</b>	reg 9.99



## Bach Rescue Remedy



10ml Rescue Remedy	<b>8.99</b>	reg 11.29
20ml Rescue Remedy	<b>14.39</b>	reg 17.99
20ml Rescue Spray	<b>15.39</b>	reg 19.29
20ml Rescue Sleep	<b>14.79</b>	reg 18.49
50g Rescue Pastilles	<b>6.99</b>	reg 8.79
37g Rescue Gum	<b>7.99</b>	reg 9.99

**LOCAL**



This combination of Bach Flower Remedies is especially beneficial when you find yourself in traumatic situations, such as, stress, emergencies, after getting bad news, before an exam or job interview and other situations where we suddenly lose balance mentally. The Remedies quickly get us back in our normal balance so that we calmly can deal with any situation.



## Health Optimizer

**57.99**  
reg 72.99



Formulated by Brendan Brazier, vegan, professional Ironman triathlete and best-selling author on performance nutrition, Vega is made exclusively from natural plant-based whole foods. A synergistic collection of Brendan's favorite plant-based superfoods, Vega is not only a complete meal replacement, but also an ideal daily health-optimizing supplement. High in fiber, protein and essential fatty acids, Vega is naturally filling and satisfying, helping to reduce appetite and cravings.

Minis 20g  
**3.59**  
reg 4.49

Plain 1030g  
Chocolate 1064g  
Berry 1029g  
Vanilla Chai 979g

mountainskysoap.com

## Liquid Soap

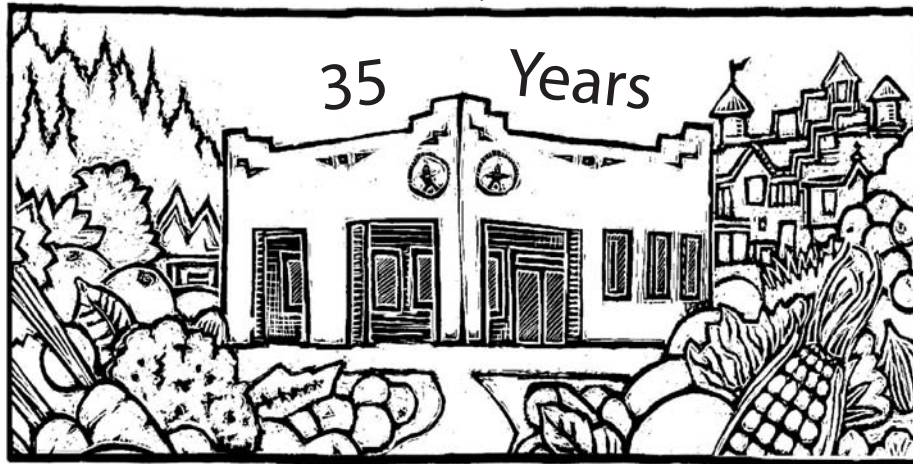
**7.99**  
reg 8.99 / 472 ml

Unscented  
Lavender  
Almond  
Shiva  
Citrus  
Eucalyptus/Mint



# From Your Co-op Board

## Kootenay Co-op



Thank-you to everyone who helped us celebrate Earth Day at the Co-op. As the weather gets warmer and our store fills up with fresh, local produce, we hope you continue to 'eat the change you seek in the world'!

Our Board meeting in April included the third quarter finance report, and possible financial scenarios for our move to our new location. As we prepare to move to a much larger space, our membership continues to grow. We have 442 new members in the first three quarters of our financial year - amounting to almost 2 members per square foot of retail space!

Also on the agenda was a discussion on our upcoming Board/Management strategic planning day scheduled for May. Together, the Board and Management will review the progress of the 2009 Strategic Plan, in addition to the 2010 Operations Plan, which outlines how the goals set together with Management will be carried out. A significant part of the day will also be focused on our member outreach strategy, and the Co-op's role in serving the greater community. As the Co-op makes progress towards moving into our new location, discussion about how our new space will look and function is important.

For example, what new product lines should the Co-op carry? What new departments and services would be a good fit for our expanded Co-op? As the Co-op expands, how can we best support local food producers, offer mean-

ingful opportunities for member engagement, provide reasonable prices, and continue to be a leading employer in our community? We must ensure that our growth is driven by the vision and the values of our members. The Board appreciates and encourages member feedback on all of these issues.

Members who are interested in running for Board of Directors now have an extra month to apply. The nomination deadline for candidates for the Board of Directors has been extended until May 31st. Applications are available in-store at Customer Service, and online at [www.kootenay.coop/publications/CandidatePackage.pdf](http://www.kootenay.coop/publications/CandidatePackage.pdf).

**For the Board,  
Jen Smith**

### Board of Directors



Russell Precious  
Paula Sobie  
Jeremy Lack  
Jon Steinman

Brian Kelsch  
Jen Smith  
Sasha Lampis