



On the Table

News and Views of the Kootenay Co-op

**NEW Member
Benefits! Details
inside..**





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New Benefits for Members: Getting to the roots of the matter

"If it is true that one of the greatest pleasures of gardening lies in looking forward, then the planning of next year's beds and borders must be one of the most agreeable occupations in the gardener's calendar. This should make October and November particularly pleasant months, for then we may begin to clear our borders, to cut down those sodden and untidy stalks, to dig up and increase our plants, and to move them to other positions where they will show up to greater effect. People who are not gardeners always say that the bare beds of winter are uninteresting; gardeners know better, and take even a certain pleasure in the neatness of the newly dug, bare, brown earth."

- Vita Sackville-West



Wise words from the English poet and founder of the beloved and famous Sissinghurst Gardens in England.

As our managers and staff work long and hard to prepare the store for our new member benefits package--busily reducing hundreds and hundreds of prices, working out the details of new benefits like Wellness Week and the 300+ Gift Card, and telling thousands of members what to expect starting November 1st--I am reminded of this gardener's approach to Autumn.

Where summer is all bustle, abundance and day-to-day maintenance, Autumn at the Co-op is about planning, organising and communicating for our shared future growth and harvest.

The new Member Benefits package is our version of cutting down untidy stalks, digging up and increasing our plants and moving them around to greater effect. And the experience of working together to make these important decisions on behalf of the membership has been far from uninteresting!

We hope our members can take pleasure in knowing that their community-owned food store treats this business like a beautiful garden, here to nourish our bodies and our community for a long time to come.

- Jocelyn Carver, Marketing Manager

On the Table Issue 2 Volume 2

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.

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.

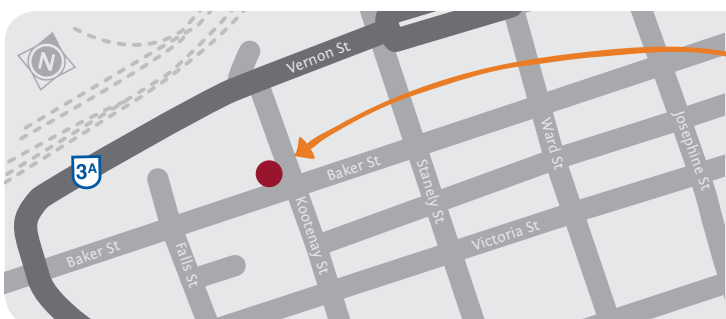
Editors: Freya Shaw, freya@kootenay.coop
Jocelyn Carver, jocelyn@kootenay.coop
Marnie Christoffersen, marnie@kootenay.coop

Contributors: Freya Shaw, Marnie Christoffersen, Jocelyn Carver, Joe Karthein, Lori Robinson, Chris Orr, Abra Brynne, Jon Steinman, Michelle Beneteau

Cover: Heather Goldsworthy

General Manager: Deirdrie Lang, deirdrie@kootenay.coop

Board of Directors: Paula Sobie, Jeremy Lack, Jon Steinman, Brian Kelsch, Susan Morrison, Abra Brynne, Colin Legg
email: board@kootenay.coop



Kootenay Country Store Co-op

295 Baker Street phone: 250-354-4077
Nelson, BC V1L 4H4 fax: 250-354-4097

email: customerservice@kootenay.coop
online: www.kootenay.coop

Upcoming Events

Free Lecture: The Master Cleanse and Beyond

November 3, 6:30-8:30pm
With Tom Woloshyn

Chamber of Commerce Meeting Room, 225 Hall Street Nelson (rear entrance)

Workshop: The Master Cleanse & Beyond

November 5, 9am-9pm

3 Part Workshop with Tom Woloshyn

Details available online and at Customer Service. Class held at the Chamber of Commerce Meeting Room, 225 Hall Street Nelson (rear entrance)

Community Donation Day

Tuesday, November 17

1% of sales will be donated to the Books for Kids.

Class: Nourishing Relaxation

Thursday, November 19, 6:30-8:30
With Robin Flynn

A wonderful hands-on workshop! Make natural products to help you relax! Register at Customer Service. Class held at the Chamber of Commerce Meeting Room, 225 Hall Street Nelson (rear entrance)

Members Winter Social

Saturday, December 3, noon-2pm

Join us in the covered area for complimentary treats, hot beverages and member appreciation.

The Co-op will be
closed
Friday, November 11th for
Remembrance Day





Nourishing Relaxation

new

Costs: \$35 (only \$30 for Co-op members) and includes a materials fee. Participants will make a Nervine Aperitif, Rosehip & Ginseng (no-can) Jam, Nourishing Tea, and a "Letting-Go" Therapeutic Bath.

Robin Flynn - MSC, health and wellness educator of Radiant Health Consulting

Thursday, November 17 6:30-8:30pm Chamber of Commerce, 225 Hall St. (rear entrance)



Robin Flynn

Registration

at Customer Service
prepay at the till



Apply Now!

new

Food Security Grant

The Food Security Grant offers \$500 for a project in our community that addresses food security issues. Applications are now invited from community organizations, between October 1st and December 31st for a food security project. Criteria and application forms can be found at Customer Service and online at www.kootenay.coop.
The Food Security Grant is awarded in February.

Till Donation Cards

Check out our new, exciting Community Outreach Pamphlet <http://www.kootenay.coop/publications/communityoutreachpamphlet.pdf>. Applications are now being accepted for our 2012 Till Donations Program. More information, criteria and application forms available early November. Sign up for eNEWS (on the homepage www.kootenay.coop) and be among the first to be notified.

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 November 17th

1% of sales will be donated to Books for Kids. This is a fundraising event, now in its fifth year and hosts a number of local writers reading from their work. Funds raised from this event are used to buy books for Nelson children in need.

Recently Donated:

In October, \$272.70 was donated to the Upper Columbia Co-op Council (UCCC).

The Giving Tree Returns!

This year the Giving Tree theme is For The Animals!!

We will feature 3 great animal support and conservation organizations:

BEAKS

Second Chance Animal Shelter

And a third, yet to be decided...

Do you know of a local, provincial, national or international organization involved in wildlife conservation or care of animals? We are looking for ideas and submissions. Please send them soon to outreach@kootenay.coop.

Winter Social

Mark your calendars once again for our ever popular, annual Winter Social, this year on Saturday **December 3rd, from noon till 2pm on the Co-op covered patio**. Join in the singing, enjoy a hot beverage and home baked treats: a gift for you from the Co-op staff. We look forward to seeing you. Help set the mood for a relaxing Festive Season during the month of December!

Please Join Us!

December 3rd

Noon - 2pm



ENTER TO WIN November Giveaways

Tea Pot, Mugs & Tea Gift Basket
compliments of
Traditional Medicinals
\$80 Value



Traditional Medicinals

D-Lux Messenger Bag
compliments of Clif
\$60 Value



1 of 2 Classic Crock-Pots
compliments of Taste Adventure
\$50 Value



Deli Party Platters return... Guests everywhere rejoice!



Seasonal Organic Vegetables with Dip

A cornucopia of organic fresh veggies with a choice of famous local dips.

11-20 people \$29.99
21-30 people \$39.99



Organic Fruit Platter

Only the very best seasonal and organic fruit at the peak of ripeness.

11-20 people \$24.99
21-30 people \$32.99



Cheese Platters

The Canadiana

A great selection of our most popular cheeses from across Canada, garnished with fresh and dried fruit and nuts.

5-10 people \$31.99
11-20 people \$46.99
21-30 people \$59.99

Beautiful BC Artisan

For the locavore gourmet! A beautiful array of organic and small batch cheeses found only in BC, garnished with fresh and dried fruit and nuts.

5-10 people \$49.99
11-20 people \$65.99
21-30 people \$79.99

Please ask at the Deli for details and to place an order. Telephone 250 354 4077

Autumn & Winter Hot Soup Schedule

It's coooooold outside! Come to the Deli and warm yourself with a bowl of delicious locally-made soup. We have something different every day of the week.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Chicken & Rice & Hot & Smokey Pea Soup new	Dahl Soup & Maple Chipotle Bison Chili new	Mango Chicken Curry & Vegetarian Shakahari Curry with Basmati Rice	Cream of Mushroom & Red Bean and Rice	Butter Chicken Curry with Basmati Rice & Thai Hot & Sour Soup	Borscht	Beef Barley new



JERSEYLAND FARM

Jerseyland is a family owned and operated dairy in Grand Forks, B.C. Jerseyland produces wholesome organic cheeses, sour cream and yogurts and they believe in the humane treatment of animals and the responsible stewardship of the farmlands.

Ric & Vickie Llewellyn settled there in 1985 with their herd of pure bred Jersey cattle. In 1994 Jerseyland Cheese began commercial production after completing its transition to Certified Organic status. Jerseyland is B.C.'s & Western Canada's first organic dairy and Western Canada's first producer of organic cheeses and yogurts.

Current owners Jeremy and Keely deVries who bought the farm in 2006 from the Llewellyns, are proud to carry on Jerseyland's wholesome traditions of producing organic dairy products made from 100% certified organic Jersey milk from their own herd of dairy cows.



Price Reductions

To date the deli has reduced many of our Bulk liquids and we will continue to see more reductions in the coming months.

- Here is a list:
- Organic Maple Syrup 15% less
 - Organic Canola Oil 10% less
 - Organic Vanilla Extract 15% less
 - Brown Rice Syrup 10% less
 - Organic Extra Virgin Olive Oil 10% less

We have also increased the number of Deli monthly special and case lot sale items by 10% and will continue to add to these numbers!

New member benefits package a cooperative effort



On November 1st, a new member benefits program will come into effect - the result of over one year's worth of conversations between your Board, management, staff and member-owners. Whew!

Speaking on behalf of the whole Board, we're thrilled with the changes! The new program will offer a significantly more equitable benefits package to all Co-op member-owners, and offer every day lower pricing and

an increased quantity and variety of great specials to members only.

I'm also excited with the success of the process itself that was undertaken by the Member Outreach Committee to engage with members on these important changes. Those discussions truly informed the committee's decision-making process.

Up until this process was initiated, the Board hadn't had much experience with ongoing member engagement on a particular issue and I was reminded throughout of what makes this grocery store so unique. I look forward to engaging with all of you once again on issues of importance in the near future.

Of course now with the new member benefits program in effect, the Member Outreach Committee remains open to hearing from you on what you think of the new program. As was mentioned at the AGM, revisiting the member benefits program after 15 years offered us a strong reminder to do so more often, so hearing from you will be an important part of our commitment to revisit member benefits more frequently.

I'd like to also extend a thank you to the Upper Columbia Co-operative Council (UCCC) which offered special recognition to the Co-op for our work on the member benefits program this past year. Even better was receiving that recognition right in front of the Co-op itself and at a great Co-op Week event hosted by UCCC which celebrated all of the amazing Co-ops in the region (with amazing cake too... from the Kootenay Bakery Cafe Co-op!).

As I write this column, I'm also just about to attend one of the largest conferences in Ontario for advocates of local food systems. I look forward to sharing the story of our amazing Co-op with hundreds of delegates there who I'm certain will be inspired by the amazing organization we're all owners of!

Cooperatively Yours,

Jon Steinman
Board Director



Representatives from numerous area cooperatives gather for a Co-op Week appreciation event hosted by the Upper Columbia Co-op Council. Our Co-op received a certificate recognizing the Board's update of our member benefits package.



Financial Benefits

- Member-only specials
- Case-lot Sales in April and October
- Annual Patronage Return (as recommended by the Board of Directors)
- Wellness Week Member Pricing
- 10% Discounts on case purchasing
- Purchases over \$300 receive a gift card valued at 10% of total purchase
- Discounts on cooking classes, wellness classes and events

New Member Financial Benefits take effect November 1st, 2011

Check out our new Membership Pamphlet for details about all the benefits of Co-op membership.





Chicken Lips Organic Farm Tour

On September 2nd 2011, Kootenay Co-op staff members Joe, Anneke, Hazel, Marnie and Deirdrie paid a visit to Doug and Barbara Baxter at their farm "Chicken Lips Organic Farm" in Slocan Park. A terrific time was had by all.

It is unlikely any of us will forget the abundant mutual affection between the Baxter's and their birds - true love! Barbara's flower gardens and the seemingly countless other carefully tended beds, trees, and lawns were also memorable.

"We love growing good food and our chickens are exceptionally good food because they are raised with love and appreciation!" Doug Baxter. Good food indeed.

The CFIA inspector who is required to inspect every single bird let it be known that these were some of the best looking chickens he'd seen in his more than a decade of inspecting - and our taste testing confirms this!

The Baxter's have been supplying us with chicken from their farm in Slocan Park since early June of this year fulfilling their retirement dream of growing good food for people. Doug's 95 year old mother recently said to him "So, you are back to growing chickens - you were the one that always liked them as a kid!"

Doug himself grew up on a farm and loved chickens from the start. He tells us he had Rhode Island Red rooster that followed him around like a dog in his earlier years and together Doug and the rooster patrolled the farm and kept the other chickens safe from weasels and other predators.

Chicken Lips Organic farm is T3 certified organic #79 through KOGS/COABC. It is considered 3rd year transitional for the single reason of the Baxters only having resided at their farm for three years - a mandatory 4 years must pass despite the land never having been used for anything other than residential purposes in the past. Chickens are only feed certified organic feed that is vegetarian and gmo-free.

-Joe, Grocery Manager



Top to Bottom: Farmer Doug Baxter, chickens and chicks, a view of the farm, Deirdrie, Hazel, Anneke and Joe do some chicken-watching with Doug.
Photos: Marnie

New Products

The Grocery Department has been very busy of late sourcing out and listing new products and new suppliers. We've listed 100's of new items in the past few months and we intend to continue with that trend. Here are some of them:

Taste of Life

Vegan Jamaican Patties

Canadian-made from "Ital" ingredients.

Late July

Organic Crackers

Wellington's

Organic Crackers

Drink Me

Raw Organic Smoothies

A new Alberta based company - super healthy and tasty too!

Matcha Mountains

Matcha Latte Mixes

This is a local company with some sumptuous, ready to drink Matcha blends.

Field Roast

Vegan Meat Substitutes

It has been over a decade since we've seen a serious new player in this market. Feedback so far has been overwhelmingly positive.

Udder Guys

Real Ice Cream

from Vancouver Island has been such a hit with members we've decided to bring in 3 more varieties: Rum & Raisin, Pistachio, and Real Maple & Walnut

We really encourage your suggestions and take them seriously - so why not write a request and have Customer Service send it up to us? We'll see what we can do for you.



Price Reductions

Grocery Department sales come from an astonishing total of more than 5000 unique products (including most Bulk Foods.) Lowering our retail pricing due to the changes in the Membership Benefit Structure has been happening gradually over the past 3 months (due to the sheer number of price changes to be made) and will continue right through to the New Year and beyond. We are very excited about our new ability to show how competitive we are with other retailers.

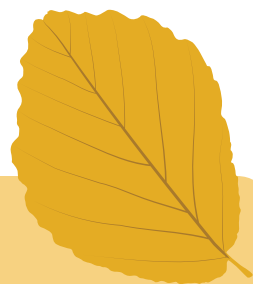
To date, we've lowered approximately 1/5 of our prices. ***Here's a taste:***

Blue Diamond Nut Thins were \$4.19, now \$3.59.

Eggs were \$6.99, now \$5.99.

By the time you read this there will literally be 1000's of examples like this. The best example though is our bulk section where prices have dropped by over 20% already! Wow! Dare to compare!

Winter Wellness Guide



The best defense we have against any illness is our immune system.

We are born with the natural ability to repair, rejuvenate and restore our body. In order for our immune system to function at its best, we need to supply our body and mind with the essential elements required to be in balance.

Try these simple lifestyle choices that support immunity, excerpted from our Winter Wellness Guide.



Avoid Sugar

Sugar inactivates our Natural Killer (NK) cells. NK cells are a type of white blood cell that are specialized to fight viruses.

As little as one teaspoon of white sugar shuts off NK cell activity by 50% for up to six hours, leaving us vulnerable to viral infections.

While white refined sugar is toxic to the immune system, the naturally occurring sugars and their components such as polysaccharides in whole fruits, vegetables, medicinal herbs and mushrooms optimize immunity.



Remember your Greens and other Alkalinizing Foods

An alkaline diet optimizes our body's own natural immune response.

Leafy greens, and other green veggies, colourful fruit and berries are highly alkaline foods that help to balance out the many acidic comfort foods and drinks that many of us take pleasure in over the festive season.



Fresh organic produce contains concentrated naturally occurring components that contribute to healthy immunity, such as antioxidants, phytonutrients, enzymes, trace minerals and many others. The highest concentrations of antioxidants are found in the most deeply or brightly coloured fruits and vegetables such as spinach, kale, red bell peppers, berries, carrots, apricots, pomegranates, and tomatoes.

Try to eat a rainbow of colourful foods every day!

Stay Hydrated

Plenty of purified water allows the positive immune factors found in our saliva, tears and the secretions of our nose to flush out invaders, particularly viruses, from the body.

Well hydrated mucous membranes are our first line of immune defence. Allowing ourselves to become dehydrated offers an opportunity for cold and flu viruses to get inside our cells.

When it is cold outdoors, drinking enough water often slips our mind. Six to eight glasses of fresh, purified water daily is ideal—especially during cold and flu season.



Get Some Sunshine

There has been much research over the past few years linking Vitamin D deficiency with impaired immune function. Our skin is mainly responsible for producing Vitamin D from the UVB rays in natural sunlight. In the northern hemisphere UVB rays are most intense in summer therefore Canadians' ability to produce natural Vitamin D from the sun in the winter is limited. In the Kootenays it is not unheard of to not see the sun for weeks during the winter months. Perhaps this is one of the reasons why cold and flu season occurs during these darker months.

Getting up the mountain above the cloud line to expose your skin to the Vitamin D producing rays of the sun is one way to supply your body with this essential nutrient. Taking a quality D3 supplement is also an easy yet effective way to guarantee you are getting enough of this necessary immune nutrient.

Want to learn more about Winter Wellness? Pick up a copy of our Winter Wellness Guide, available at Customer Service and in the Wellness Section.

- Michelle, Wellness Assistant Manager

Choose natural remedies that support immunity

Lifestyle choices and a healthy diet contribute to a strong and effective immune system. Although we strive to find the right balance for ourselves and our families, we often need a boost during the dark and cold days of winter.

Thankfully there are countless natural remedies that are safe and effective for helping to prevent and treat colds and flus. Elder Berry combinations, Sterols and Sterolins, Vitamin C, Echinacea, medicinal mushrooms, Oregano Oil, homeopathic remedies, aromatherapy essential oils and green food supplements are just a few examples.

Our Wellness department has many effective remedies and great reference materials to help you make informed natural health decisions and to find the remedy that is most suitable for you.



Check out this month's Specials flyer for these featured products.

Price Reductions

Look for new pricing on 100s of items, 10-20% lower on many items from some of our most popular brands - Natural Factors, Flora Health, Vogel, and New Roots, plus many more.

Here's just a taste:

Flora Organic Flax Oil 941ml: was \$22.49, now \$18.99

Natural Factors Hi Potency vitamin B 90caps: was \$17.39, now \$13.99



Winter Squash Guide



Cooked winter squash is an excellent source of Vitamin A, mostly in the form of beta carotene. Vitamin A is a central component for healthy vision and the antioxidant beta carotene helps fight off cancer-causing free radicals. It is also an excellent source of Vitamin C and a good source of potassium. As a complex carbohydrate, winter squash also provides an excellent source of dietary fiber. Plus, winter squash are a treat for the taste buds and a great way to support local farmers all through the winter!

Delicata Squash

The oblong delicata squash has lemon-coloured skin streaked with green or orange. The meat is a cross between butternut squash and sweet potato, so much so that it is also called potato squash. It is also known as Bohemian squash.



Carnival Squash

The beautiful carnival squash has a festive pattern with brush-like stripes of deep orange and specks of green. The meat inside is a golden yellow colour, similar to butternut squash and sweet potato, but is even creamier and sweeter in texture and flavour.



Kabocha Squash

"Kabocha" is the general term for squash in Japanese, but this Japanese squash also goes by the name ebisu, delica, hoka and (you guessed it) Japanese squash or Japanese pumpkin. The mossy-green rind with spotted streaks of grey-teal, encase tender, sweet pumpkin flesh, but without the stringy fibers.



Buttercup Squash

Squat and green with vertical grey or pale green stripes, the decorative buttercup squash with tender orange flesh has a flavour similar to sweet potato.



Butternut Squash

A creamy-coloured gourd with a bottleneck shape, the butternut squash is one of the more common varieties of squash. It tastes like a nuttier version of sweet potato.



Red Kuri Squash, Uchiki Kuri, or Orange Hokkaido

With butter coloured flesh that is smoother than butternut squash, this teardrop-shaped squash with an intense, sunset-coloured rind has a pronounced, distinctive chestnut flavour. It makes a unique soup base that lends itself to pairings with many other ingredients.



Spaghetti Squash

This watermelon-shaped squash is known for flesh that separates into long, blond, spaghetti-like strands a sit cooks. The strands can be used in salads, casseroles or on a plate with sauce. The squash is mellow tasting with a slight crispness. A novelty the first time one experiences it, it is always fun to halve the squash lengthwise and rake the strands out of the oval shell. The more yellow the rind, the riper the squash.



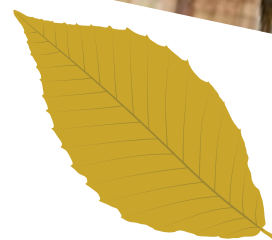
Acorn Squash

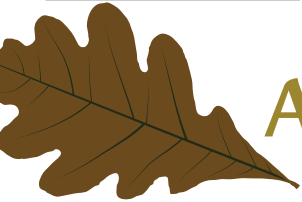
As the name suggests, its shape resembles that of an acorn, with distinctive longitudinal ridges. Naturally sweet and slightly fibrous, acorn squash can be substituted for buttercup squash, which is generally drier, or butternut squash, which is nuttier. It is a good squash for winter storage, keeping several months in a cool dry location such as a cellar.



Try these great squash recipes from *Seasonings* (for sale at the Kootenay Co-op). All proceeds donated to the Nelson Public Library!

- Stuffed Acorn Squash with Goat Cheese
- Wild Onion Cafe Pumpkin Mocha Cheesecake
- Spicy Tomato Pumpkin Soup With Fried Moza





A new year begins for your Board of Directors

On October 18th, the Board met for the first time since the Annual General Meeting. It was great to see the turnout of the members who attended this fundamental event of our democratic institution. The discussions at the AGM were lively, the venue inspiring, and the sense of community and commitment to the Kootenay Country Store Co-operative was readily seen and felt among those present. Thank you to all who participated and to those who continue to provide input to the Board and Staff throughout the year.

Our new board has a collection of new and returning faces, ensuring we have a mix of continuity and experience combined with fresh ideas and perspectives. The first duty of the Board following an Annual General Meeting is to appoint the Executive of the Board. Your new Board Executive is: President - Abra Brynne; Vice President - Paula Sobie; Treasurer - Jon Steinman. Thank you to Jeremy Lack for the leadership he provided to the Board as President over the past two years.



Left to Right: Back Row: Abra Brynne, Jon Steinman, Susan Morrison. Front: Colin Legg, Brian Kelsch, Jeremy Lack. Absent: Paula Sobie

We also share out the workload of the Board amongst the various Committees. At this point, our current committees include Member Outreach, Board Nomination & Development, Policy, Finance, Strategic Planning, and Redevelopment. As you can see, we are an active bunch, committed to serving the members of this great Co-op.



I, personally, am humbled and grateful for the confidence the Members and the Board have in me and look forward to serving you once again as the President of the Board. We will have a full work roster ahead of us this year, continuing our efforts to find a larger home for our busting-at-the-seams operation, reviewing our Strategic Plan, engaging in an evaluation of the General Manager and of ourselves as a Board, and providing overall guidance on the direction of the Co-op.

Our next meeting will be held on November 21st at 6PM. Members are always welcome to attend Board meetings. Please provide the Board with 2 weeks notice if you wish to participate in the meeting. This can be done by leaving a message for the Board at the Co-op in person, by phone (250.354.4077) or by email: board@kootenay.coop.



For the Board,
Abra Brynne