



Inside this Issue

3 Try Something New

We introduce you to our new newsletter and a number of other initiatives and September events

4 Outreach

Cookbook kick-off, cooking classes, and congratulations to our bursary winners

6 Wellness

Good news for your brain, new Optimal Living section, Julia reviews Mad Dog Farm products

8 Groceries

Back to school food ideas, contests for September, an introduction to our Eco-bag sponsors

10 Produce

We profile Ven'amour Farms and give you the skinny on two local and seasonal favourites

11 Deli

What is Kimchi? Who are Happy Days Goat Dairies? Plus a great recipe with chevre.

12 From the board

Russell Precious brings us back to the future in the monthly Board Column, plus AGM info and member feedback

On the Table Issue 1 Volume 1

On the Table is the Kootenay Country Store's Monthly Newsletter.

It is printed on post-consumer recycled paper. This entire newsletter is posted on the Co-op website in PDF format. Current and archived newsletters, specials and inserts, are also available on the Co-op web site: 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 Jocelyn Carver

freya@kootenay.coop

jocelyn@kootenay.coop

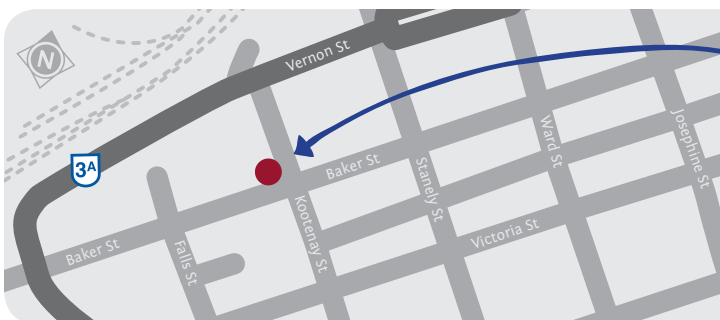
CONTRIBUTORS: Julia Cedar, Russell Precious, Robin Flynn, Mikale Leymann, Ben Morris

COVER PHOTOGRAPH: Heather Goldsworthy

GENERAL MANAGER: Deirdrie Lang

deirdrie@kootenay.coop

BOARD OF DIRECTORS: Russell Precious, Paula Sobie, Jeremy Lack, Jon Steinman, Brian Kelsch Jen Smith Sasha Lampis
board@kootenay.coop



Kootenay Country Store Co-op

295 Baker Street phone: 250-354-4077

Nelson, BC V1L 4H4 fax: 250-354-4097

Mon-Sat 8-8, Sun 10-6

email: customerservice@kootenay.coop

online: www.kootenay.coop

Try Something New

Welcome to the first issue of 'On the Table': the Co-op's new newsletter. We aim to bring you news and views about healthy community, great food and the alchemy that happens when the two are combined.

For years, we've wanted to give the Co-op's newsletter a new look. Our goal was to be able to provide more content and less clutter. We're pleased to introduce to you 'On the Table: News and Views from the Co-op's Community!' Herein, you'll find out about our suppliers, their products and the larger world of food and health.

The Co-op has always been at the forefront of supporting our local food system and this month, we'll highlight some of our local and BC suppliers, including Mad Dog Farm (Wellness, p.6), Ven'amour Farm (Produce, p.10) and Happy Days Goat Dairies (Deli, p.11).

The Co-op Cooking School's new fall session with instructor Maggie Jones begins on September 9th with 'Canning and Jamming'. This issue has an overview of all 6 classes (p.5), as well as complete course descriptions in our Cooking School insert. September will also see the arrival of the Co-op's

first-ever cookbook, a partnership between the Co-op and the Nelson Municipal Library. We're particularly excited that all proceeds of 'Seasonings: A year of local flavour in words and recipes' will support the Nelson Municipal Library's expansion project (Outreach, p.4).

More 'new news' you'll read about is an update on our expansion process from Board Director Russell Precious, plus information about the Co-op's upcoming Candidates Forum on Sept 8th and AGM on September 22nd (From the Board, p.12).

Reflecting and engaging the Co-op's membership is an important function of this newsletter. Check out our regular segment with feedback from members and information about how you can participate in the Co-op's community outreach events and activities (Outreach, pg. 4 and 5)

We hope you enjoy trying something new!

Jocelyn Carver, Marketing and Outreach Manager



A copy of a Co-op Newsletter from 1988

Events for September

Community Donation Day
Tuesday, September 21

On this day, 1% of sales will be donated to Deconstructing Dinner. Produced and recorded in the studios of Kootenay Co-op Radio, the program assists listeners in making more educated choices when purchasing food.

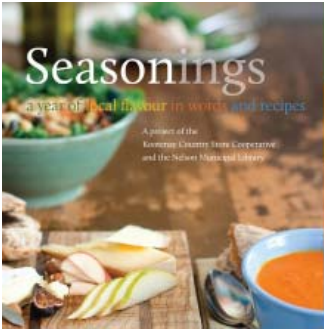
Annual General Meeting
Wednesday, September 22, 7pm

All members are encouraged to attend the AGM at the Best Western Hotel. See new election procedure to the Board of Directors in events on the website www.kootenay.coop.

Seasoning Book Launch and Library Expansion Open House

Friday, October 1, 6:30pm,
Nelson Municipal Library.

An exciting evening of literary readings and delicious culinary fare.



Seasonings: a Year of Local Flavour in Words and Recipes

It all started with a phone call last winter.

A literary cookbook that celebrates growing food, eating well, embracing the four seasons and sharing local flavour with friends, neighbours, and family.

Join us for an exciting evening of literary readings and delicious culinary fare:

Seasoning Book Launch and Library Expansion Open House
Friday, October 1, 6:30pm, Nelson Municipal Library.

Nelson librarian Anne DeGrace and Kootenay Co-op Marketing Manager Jocelyn Carver cooked up an alluring idea – a cookbook fundraiser for the Nelson Municipal Library.

It would be a collaborative project full of delicious recipes using local ingredients. It would honour local farmers, it would be a celebration of local food in words and pictures, and of course it would be beautiful. Talent would be found.

As if the book already had life and its own agenda to exist, talent appeared. Photographer Heather Goldsworthy (Imageobscura) jumped on board, as did designer Steven Cretney (The Forest Communication Design). Recipes were proffered from local folks who love to cook and local writers submitted their treasured poems, writings, stories and memories. Dishes were prepared, tasted and photographed. The multiple talents of Anne DeGrace and Jocelyn Carver were put to the test in the sifting, sorting and editing process.

It happened fast. In a fraction of the time one would expect a project of this calibre to be created, Seasonings: a year of local flavour in words and recipes was born. It is everything they dreamed it would be: delicious and gorgeous. It is a delectable alchemy of artistry, creativity and culinary magic brought to you by friends and neighbours. It begs us to throw a dinner party and serve Kootenay Cassoulet with Hazelnut Pear Pie for afters. Or picnic under a maple tree with Smoked Tofu and Grilled Vegetable Pasties with Fletcher Falls Potato Salad. Who would not enjoy an intimate fireside supper with Three Sisters Soup and a bottle of Heavenly Huckleberry Brandy?

I will make all these recipes. I will mail multiple copies to family members far away. All profits from the sale of Seasonings go towards the Nelson Municipal Library expansion project. Can you visualise its place in your culinary collection?

Freya Shaw, Marketing Assistant

\$500 Linda Prentice Memorial Award

Jenica Geisler is this year's recipient of the \$500 Linda Prentice Memorial Award. Jenica is attending the Academy of Oriental and Classical Sciences in Nelson.

\$500 Gordon Seward Art and Music Award

This year's Gordon Seward Art & Music Bursary is awarded to Alla Korotenko. The \$500 award supports Alla to attend the Selkirk College Contemporary Music and Technology Program in Nelson.



Cooking School

Is this the year you learn to cook nutritious, delicious and inexpensive meals with whole food ingredients? Don't delay - classes are back by popular demand and they fill up fast. The recipes are chosen, the knives are sharpened and instructor Maggie Jones can't wait to roll out a new season of mealtime magic.



So much more than a cooking class, you receive a unique collection of recipes, detailed cooking instructions, enjoy a sumptuous vegetarian dinner and learn numerous tips of the trade that Maggie has collected over her lifetime of passionate pursuit of healthy food.

Maggie Jones has been a vegetarian for more than 38 years and has been teaching, lecturing and writing about health and nutrition for much of that time. She has raised 3 healthy and vibrant vegetarian children into adulthood and is still passionate about and committed to living a natural healthy lifestyle, with a focus on fun and enjoyment. More information: <http://www.kootenay.coop/publications/fallcookingschool2010.pdf>.

Fall Cooking Classes

1 Canning and Jamming

Thursday, September 9
6:30-8:30pm

2 After the Harvest

Thursday, October 14
6:30-8:30pm

3 Asian Fusion 3: Cambodia, Laos and Vietnam

Thursday, October 28
6:30-8:30pm

4 East Indian Feast

Thursday, November 4
6:30-8:30pm

5 Soups and Stews

Thursday, November 18
6:30-8:30pm

6 Baking for Everyday and for the Holidays

Thursday, December 2
6:30-8:30pm

Member Feedback

The Co-op needs to find a new location suitable to accommodate shoppers doing large shopping days. Parking is a major problem. Please make this a priority for near future.

- Margot

Thank you for your suggestion. We are experiencing a major space crunch in this location and are constantly looking for solutions for the future needs of the Co-op.

- Deirdrie, General Manager

Why do we price Oregon spinach lower than local Tipiland spinach? Do we not profess to support our local farmers?

- Bonnie

We do support local by prioritizing and selling produce that pays a fair price to the farmer. In this case, the young, prime-leaf spinach in a bag is a premium product, differing from the bunch-style that we carried on sale that weekend.

- Ben, Produce Manager

Hi, just wanted to tell you what a great webpage! Well laid out. I have passed it onto my family, friends and children. My Daughter has used your great recipes. Great you're now on Facebook. What a great store. Take care and keep up the great job.

- Esther

Udo's 369 Blend



Where does one begin in praising the intelligent craftsmanship founded upon years of observation, experience, and scholarly research that comprise Udo's 369 blend?

Udo Erasmus, who wrote the quintessential health book *Fats That Heal, Fats That Kill*, unequivocally showed that organic, cold-pressed oils are essential for health and optimal living and that highly processed, refined, and especially hydrogenated oils lay the internal foundations for disease.

This superb vegan product is an ecological and delicious way to add the correct balance of Omega-fatty acids to your diet.



Mad Dog Farm Dried Herbs and Natural Lip Balms

Mad Dog Farm is a measure of perfection when it comes to growing herbs. This top quality farm (certified Kootenay Mountain Grown) is now drying rosemary, sage, basil, parsley, tarragon and chamomile for the Co-op. They are so fragrant and they feel so fresh I just want to have a nap in a little pouch of rosemary. It's obvious that a lot of care is put into crafting these herbs. I love their small packaging that makes them perfect as gift! Can it be Christmas yet?

Protect your mouth with style! Mad Dog Farm lip balms contain only 4 ingredients, including honey (soothing, antiseptic) and beeswax (protecting) both from the Mad Dog farm's beehives! Choosing from the 5 different scents was hard, but I felt a preference for the one with geranium essential oil. Maybe it had something to do with memories of my childhood in Paris, spent by the balcony where we would grow geranium flowers.

Julia, Wellness Clerk



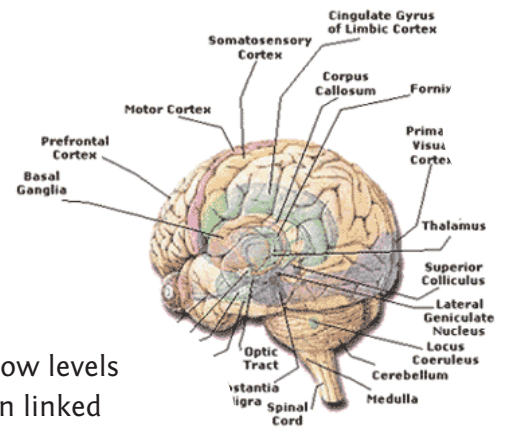
Supporting Your Brain

Nourishing Your Noggin/Supporting Your Brain - the Essential Role of Omega 3, 6, & 9 in Vibrant Health.

From the moment of our conception to our elder years, every human body requires essential nutrients to thrive; these must be derived from food, water, sunlight, and nurturance. Each of these elements promotes multiple functions within the body system, manifesting a synergetic effect that we call health. Health is a dynamic, ever-changing state of being that is experienced through prime feelings of joy, energy, alertness, clarity within all the senses, and physical comfort.

In order to survive, grow in vitality and maintain healthy mental, physical, and emotional development our bodies absolutely require Omega Fatty Acids. Omega fatty acids, especially Omega-3 are key components to human brain development and on going neurological health. Studies have shown that brain development in fetuses and infants require Omega-3 (which is then converted by the body into DHA helping to properly form the little ones' brilliant neural capacity), and that DHA-deficient children have lower intelligence and poorer vision. Although Omega-3, 6, & 9 are not difficult to find in nature, they are exceedingly difficult to find in the western diet. Two main

sources of Omega-3 are flax and hemp oils, which are converted in different ratios to DHA as needed. Fish oils are a direct source of DHA. Low levels of DHA have been linked to memory loss, depression, bipolar disorder, attention deficit disorder, schizophrenia, autism, inflammation and general learning difficulties or bad moods.



For more information on the nutritional qualities of Omega Fatty Acids and their main food sources pick up a copy of the Co-op's Guide to Fats and Oils, or view it on our website <http://www.kootenay.coop/publications/fatsandoilsguide.doc>

Robin, Wellness Manager

Optimal Living Section

What is Wellness and how do I get it?

**Wellness = Optimal Living
= Preventative Health =
Kootenay Co-op**

I love how Charles B. Corbin of Arizona State University has defined wellness: as a

multidimensional state of being describing the existence of positive health in an individual as exemplified by quality of life and a sense of well-being.

In the past month we have created an Optimal Living section within the Wellness Department. This contains products that we, as staff, feel not only help support

physical health, but nourish and uplift total vitality. It includes raw super-foods, adaptogenic herbs, rich mineralizers, auspicious elixirs and some of the most ancient and revered remedies from the world pharmacopeia. Come in and ask us about some of the exciting, delicious super foods and herbs that inspire us!

Robin, Wellness Manager

Healthy Kids' Lunches

An Invitation: Please contribute to our Healthy Kids' Lunches Pamphlet!



September – the time of year when we parents have our kids' school lunches on our minds. And sometimes inspiration for a creative and healthy lunch is sadly lacking at 7am on a Monday morning. So, what to do, what to do?

We know that every parent has at least one failsafe kids' lunch box tip, recipe or creative idea, the one food your kids are guaranteed to love and eat with relish. Wouldn't it be fun to share them? We thought it would and so we invite you to please send us your best ideas for us to gather into a pamphlet and post on our website for everyone to access.

We kicked it off with this recipe for Tofulicious. It doubles as a vegetarian veggie dip or sandwich spread, the vegan version of Egg Salad, and a little more food safe in a warm pack all day. Email your best ideas to customerservice@kootenay.coop, mark the email "healthy lunches" and be forever immortalized in a Co-op pamphlet.



This is a fabulous sandwich spread or veggie dip – a vegan version of egg salad.

- 1 block Silverking Herb Tofu
- ¼ cup Mayonnaise or mayonnaise
- 2 tbs Dijon Mustard
- 1 stalk Celery
- 2 cloves Garlic
- 1 green Onion
- fresh chives
- ½ tsp Paprika
- 1 tsp Cumin
- 1 tsp Turmeric
- dash Salt & Pepper

Crumble tofu in hands or mash with a fork. Chop finely celery, garlic, onion, chives. Mix with tofu. Add remaining ingredients and stir.

Have you seen our **Healthy Kids - Healthy Snacks** Pamphlet in the Resources section of our website?

You can access it here: <http://www.kootenay.coop/publications/healthykidshealthysnacks.doc>



ENTER TO WIN

Bionaire Air Purifier

Bionaire® air purifiers effectively remove airborne irritants from your home environment.

Supplied by Seventh Generation
<http://www.seventhgeneration.com>.

Three great prizes to be won this month

Enter your name in the respective draw boxes when you shop this month. You can enter each time you visit the Co-op. Draw date September 30. Bonne chance!

Did you know you can get reusable eco-bags for only 99 cents ?



Thanks to our sponsors, we are able to offer an affordable and sustainable solution to plastic bags.

The bags are tasteful, high quality, and made of polyfabric, which is a 100% recycled. It is a lightweight and durable material. Because of our sponsors' financial support for the eco-bag program, the bags are only \$.99/each! In this and subsequent newsletters, we will be profiling the companies who generously support this program.



Flora has been manufacturing and supplying quality herbal remedies for distribution in Canada since 1965, but their roots stretch back to Germany in the early 1900's. Dr. Otto Greither, grandfather of the current owner Thomas Greither, dedicated his life to the discovery, production and distribution of natural health care products. They have preserved his original dedication to perfect European herbal remedies that ensure

maximum purity, quality and potency with a holistic approach to health and to provide quality, pure, organic products wherever possible.

Flora is proud to offer financial support to over 30 nonprofit organizations to assist in the continued protection and preservation of our planet.

ENTER TO WIN



Nature Clean Gift Basket

A lovely assortment of Nature Clean body care products valued at \$55



Tree House Gift Basket

A fun collection of Tree House bath goodies just for kids valued at \$65

FARM PROFILE



Ven'Amour

Organic Farms and Forbidden Fruit Winery, Cawston BC.

This farm produces certified organic fruit and makes award-winning fruit wines while stewarding a sizeable area of old growth cottonwood forest on the Similkameen River, as well as some dry sage-brush habitat up slope from their orchards.

It all began with Kim and Steve in 1981 on raw, virgin bench land along the Similkameen River. Ven 'Amour Organic Farms has been farmed organically since day one, in 1977. The farm was certified organic in 1984, the year certification began in B.C. The farm is family operated and the orchards are planted on a gentle sloping hillside bordering the Similkameen River and are completely isolated from commercial farming areas. Their joyful commitment to their stewardship of the land, along with their programs of soil sustainability, farm sanitation and natural predators, enable Kim and Steve to bring you the cleanest and finest quality fruit. The farm has been sourcing out and producing exotic tree fruit varieties for over 25 years. They specialize in varieties of soft fruit, growing over 60 varieties, from cherries, apricots, peaches, and plums to exotic varieties of apples and pears, both European and Asian.

Ask the produce staff to show you the Co-op's selection of fruits from Ven'Amour Farm.



Pears

Product Feature

The Produce Department offers a number of pear varieties, ranging from the Bartlett, one of the grandest and most common variety in the world, to the late season Dana's Hovey, the most flavourful of all pears. This fall, don't forget to try the Harrow Delight, Anjou, Bosc, Red Pears and the Asian varieties: Kosui, 20th Century, Shinseiki, A-Ri-Ang.

One medium pear has about 100 calories, is high in fibre and a source of vitamin C, potassium and folacin.



Tomatoes

Product Feature

Tomatoes are high in dietary fibre, vitamin A, vitamin C, vitamin K, potassium, manganese, vitamin E, thiamin, niacin, vitamin B6, folate, magnesium, phosphorus and copper.

The Produce Department carries a number of types of tomato; a fairly standard field type, romas, on the vine and cherry tomatoes. We also have a number of heirloom varieties bred for flavour and visual appeal. They are an assortment of colours, shapes and sizes and are well worth a try.



One of our growers, Glade Valley Gardens, grows only varieties considered to be heirloom.

Happy Days are here again...

Supplier Feature

Happy Days Goat Dairies was founded as a family business in Salmon Arm, BC in 1993. President and general manager Donat Koller learned his trade in his homeland of Switzerland. Thanks to the great taste and quality of his company's goat milk products and a growing demand for alternatives to cow-milk the business has grown exponentially. Happy Days is now the largest supplier of fluid goat milk in Western Canada, producing a variety of goat milk cheeses, goat milk yogurts, and goat milk ice cream.



Happy Days has 14 small farmers under contract in BC and Alberta. Their farmers, like the Mullers (pictured above) are committed to taking good care of their animals. They guarantee that all of their products are free of antibiotics and growth hormones.

They process all of their goat milk in 3 locations; Salmon Arm, BC (processing and office), Chilliwack, BC (processing and retail store), and Ponoka, AB, (custom processing). Processing the milk close to where it is produced enhances the quality of the milk and reduces its carbon footprint.

They invite people to visit any of their farms and processing facilities. Happy Days cream, mild, and cheddar cheeses are on special this month.

Kimchi



Kimchi - Fermented spicy cabbage. It may not be a well-known dish yet in Nelson, but it is Korea's national dish, and now it's available at the Co-op!

Misson Jang, from the newly formed Sojin Foods, brought some of her own kim chi into the Deli for us to try and it was some of the best I have ever tasted. "It is not so much the Korean aspect that makes me want to provide this food," says Misoon. "It's because it is such a healthy food and it's fun to introduce new things to people."

Health magazine recently listed Kimchi as one of the five healthiest foods in the world and is now available in the egg cooler section of the Deli. Ask a Deli staff person for a sample.

Mikale Leymann



Spiced Pecans

- 2 cups pecan halves
- ¼ tsp nutmeg
- 2.5 Tbsp olive oil
- ¼ tsp cloves
- ¼ cup sugar
- ½ tsp ginger
- 1 tsp salt
- ½ tsp dry mustard
- 1 tsp cinnamon

Salad

- 12 cups mixed salad greens
- 2 large apples, cored and thinly sliced
- 1 cup thinly sliced fennel bulb
- 4 oz. crumbled Happy Days Goat Cream Cheese

Putting it all together:

Place nuts in small bowl and cover with boiling water for 15 minutes. Drain well on paper towel. Preheat oven to 300. Spread nuts evenly on baking sheet and toast for 30-45 minutes, stirring

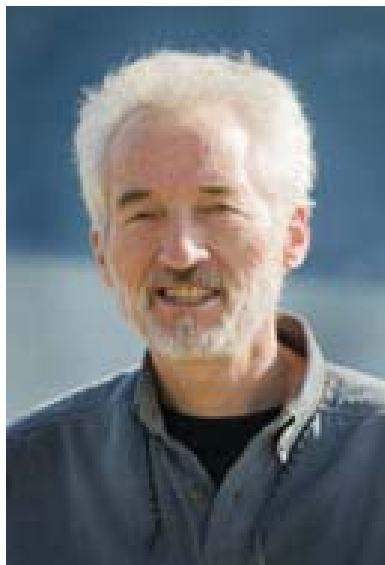
frequently to prevent burning.

Whisk remaining spiced nut ingredients in medium sized bowl. Add hot nuts and toss to coat. Return to baking sheet, spreading evenly and roast for 15 minutes. Cool and store in airtight container at room temperature.

Combine salad ingredients in salad bowl. Sprinkle with spiced pecans and toss with your favorite dressing.

Back to the Future

Early this summer, the Co-op launched a full scale effort to solicit input from members to help guide our staff and Board as we prepare our move to our new location.



Our members' response to the in-depth questionnaire has delivered over 500 replies (both electronic and hand-written) and we are now in the final stages of collating all that valuable feedback. The overwhelming response to the proposed move has been very positive as so many members reaffirm the host of shortcomings that have been identified in our current location.

That was certainly not always the case however...when we moved into the current site some 19 years ago, it seemed like it would serve us forever. In fact there was so much room that

one third of the space was sublet to the Kootenay Bakery. By 2001 the Co-op's annual double digit growth rate demanded additional space and we took over the bakery space. By 2006 the space crunch had returned and we began the initial exploration for larger premises with a site study conducted by David Dobie and Thomas Loh. As member survey feedback has consistently indicated that a location in the downtown core is essential, that study clearly identified 708 Vernon Street as our preferred location.

After entering into preliminary discussions four years ago with the owners of the Extra Foods site, a letter of intent to lease the premises was signed in 2009 and subsequently announced to our members at last September's Annual General Meeting.

Now the hard work begins as there are a thousand and one issues to be addressed. In the coming months we will be inviting many of the members who checked "yes" on the survey to a series of focus groups to gather more input for the future of your Co-op.

Russell Precious, Board Director



Serving our community
for 35 Years.

Member Feedback

I heard you were planning a new store! I would like to suggest a road trip to visit the Co-op in Moscow, Idaho. It is amazing! You would love the layout, café, deli, selection, staff, location, recycling, community events etc. Maybe you can incorporate some of their great ideas. *Linda*

Thanks for your suggestion. We are familiar with the Moscow Co-op and agree about the good ideas they are putting into action. *Claire, Front end Manager.*

Meet the Candidates

Forum September 8

7pm, Oso Negro

AGM September 22

7pm, Best Western Hotel