

# KOOTENAY CO-OP

Summer 2010

## Double Digest

July

August

### Summer Line-Up

- ~ **Bursaries**  
The Linda Prentice Memorial Award & the Gordon Seward Art & Music Award - deadline for applications: July 31st.
- ~ **World Food Day**  
Partnership applications are invited. Deadline: August 31st.
- ~ **Community Donation Days**  
Tuesday July 20th & August 17th.
- ~ **Martin Wolf**  
Coming to Nelson - July 20th
- ~ **David Wolfe**  
Coming to Nelson - August 17th.
- ~ **2 Summer Giveaways**  
Picnic Baskets & Canning Kits with fresh produce.

Closed

July 1st  
August 2nd

Upcoming

~ **AGM Sept 22** ~ **World Food Day Oct 16** ~  
~ **Co-op Week Oct 17-23** ~ **Fall Cooking School** ~

NEW

## Monthly Specials Insert inside

# Applications Invited

Deadline July 31

## 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.

Deadline August 31

## WORLD FOOD DAY



World Food Day on October 16th is an international day for raising awareness about the issue of world hunger. The theme this year is "United Against Hunger"

### Applications Invited



Each year in honour of World Food Day the Kootenay Co-op partners with a non-profit food related organisation to raise funds and awareness about food security and availability issues. We are currently taking applications from groups to join us in this year's fundraiser.

### Community Donation Day

#### Transition Nelson

On Tuesday June 15th, 1% of sales, \$287.95 was donated to

#### NEXT Donation Day

On Tuesday July 20th, 1% of sales will be donated to

**KAAP**

see [www.kootenay.coop](http://www.kootenay.coop) for more information

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



We are busy as bees working on our cookbook, a collaboration between the Co-op and the Municipal Library! We were pleased to receive an abundance of incredible recipes from local food-lovers before the June 28th deadline. A big thanks is due to all of you who took the time to send in your favourite recipes.

We are now short-listing recipes, keeping in mind the need to balance recipes in different seasons and get the right mix of salads, main courses, desserts and so on.

Meanwhile, our photographer, Heather Goldsworthy ([www.imageobscura.com](http://www.imageobscura.com)) has been visiting the farms that supply the Co-op and taking hundreds of beautiful photos, like this one of Vince McIntyre and his horses. The cookbook will be full of equally incredible images, alongside the recipes and food writings.

By mid July, we will have made final decisions and have let everyone know if we were able to include their recipes. Then we will hand over the job of layout and design to Steven Cretney ([www.theforest.ca](http://www.theforest.ca)) who will mix all of these ingredients together and cook us up a book!

Look for news about our launch date in September!

## Kootenay Co-op Cooking School

Registration for the  
Fall Session starts  
soon.

Watch for insert,  
coming soon,  
for exciting new  
class line-up and  
registration  
details.

# How can I best protect myself from the negative effects of the sun?



When venturing out into the summer sun it is important to protect your skin from sunburn. Wearing breathable natural fibres or UV protective clothing during the sun's most intense time (approx 10am-3pm) is a very effective form of natural sun protection. Although we must take care to avoid skin damage, natural sunlight is a very important component in human metabolism and health. Exposing bare skin to early morning and later afternoon sun is a great way to soak up essential Vitamin D while lessening the chance of skin damage due to sun burn.

As far as sun care lotions go, choosing a skin care product that provides both UVA and UVB protection (broad spectrum) is essential. The most effective AND healthy products use inert minerals, such as zinc oxide and titanium dioxide, that act as a sun 'block' physically shielding skin from UVA and UVB rays. These mineral sun blocks remain stable and effective in the hot sun, and are not absorbed into the skin.

Most commercial sun care products contain chemical agents, such as dixoybenzone and oxybenzone as their active ingredients. Although they will protect you from a nasty sunburn, these products are absorbed into the skin, not always effective in the hot sun, and have been shown to lead to free radical skin damage, premature aging, and wrinkling.

It is also important to look for a sun care product that is free of synthetic preservatives, such as methyl or propyl parabens.

A few of the brands at the Co-op that we feel meet the requirements for both effectiveness and safety are Keys, Badger and Heiko.

Feel free to visit the Wellness Department for more healthy, sun safe information or read the Fun in the Sun 4 page pamphlet posted on the Co-op website: [www.kootenay.coop/resources.php](http://www.kootenay.coop/resources.php)

## Are you Sun safe?

# David Wolfe

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

## in Nelson Tuesday Aug 17th

With a masters degree in nutrition, and a background in science, David Wolfe is considered one of the world's top authorities on natural health, beauty nutrition, herbalism, chocolate, and organic superfoods.



**Book Signing at The Co-op 3-5pm**  
**Presentation at The Hume Hotel 7-10pm**  
**Tickets: \$15 in advance, \$20 at the door**

**Purchase tickets online:**  
**[www.speakeasypromotions.com](http://www.speakeasypromotions.com)**  
**or at the Co-op**

Join us for an informative and inspiring lecture from one of the world's most active Peak Performance Coaches! David 'Avocado' Wolfe will be in Nelson on Tuesday, August 17 to discuss Immune System Rejuvenation & Rebuilding core Adrenal, Kidney, and Reproductive energy (Jing energy). We look forward to seeing you there!

## Moving into Summer

Summer time brings us an abundance of the things we enjoy the most. To start off we have gorgeous greens including spinach, kales, lettuce and chard. Carrots, summer squash and tomatoes are all here or on there way. All of these beautiful vegetables are from local suppliers. Ask us what is fresh and tasty.

More seasonal sensations include soft fruit – peaches, nectarines, cherries and more! Melons and berries taste oh-so-sweet on a hot day. We will do our best to get great deals on cases, so look out for blueberries, tomatoes and more!

Please talk to staff with any questions, we are here to help. If there any fruits or vegetables you would like to try, just ask and we will be happy to help out. Don't forget to check out our great green smoothies when we sample them throughout the week. Have a happy and healthy summer!



Don't miss the weekly produce deals -

**CO-OP eNEWS**  
Subscribe Now!

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



Tipiland Organic Produce is situated on a land co-op and has regularly delivered their fresh produce to us for 20 years. Each year Gary and Inanna provide us with 15-20 different certified organic products. The quality of their produce is superb. The detail and care that goes into planning, growing, harvesting and transporting is evident. Fresh greens cannot get any better. It was amazing to see the beautiful gardens and home of Gary and Inanna. We have a much better understanding of the amount of work and love that goes into making every Tipiland delivery something to look forward to.



Tipiland

**Did You Know?**  
Picnic comes from the French word pique-nique, meaning "a fashionable social entertainment" in which each guest brings a contribution to the feast. In other words, pique-nique was a fancy way of saying "potluck."

# July - Picnic Time

If you go out in the woods today  
You're sure of a big surprise.  
If you go out in the woods today  
You'd better go in disguise.

For every bear that ever there was  
Will gather there for certain, because  
Today's the day the teddy bears have  
their picnic



DETAILS IN STORE!

## Enter the Draw July 2-31



Enter to  
win a  
**PICNIC SET &  
SELECTION  
OF FRESH  
PRODUCE**

The key to a successful picnic is planning and preparing ahead of time — so that you can simply relax and enjoy yourself once you unpack your picnic basket. Things to pack include:

- Blankets or ground cover
- Forks, knives, spoons, plates, cups, bowls, etc.
- Serving utensils & dishes, including large spoons & forks
- Sharp knives
- Cutting board (can double as a serving tray)
- Tablecloth, serviettes & paper towels
- Can opener, bottle opener & corkscrew
- Salt & pepper
- Appropriate condiments including mustard, ketchup, relish or whatever works with your menu
- Containers or storage bags for leftovers
- Beverages, including water
- And of course, your food....

### What to take?

- pre-made salads
- raw vegetables
- home made dips
- fruit pieces
- sandwiches or wraps
- cheese and crackers
- juices & Spritzers



### Recipe

#### Raw Hummus Dip & Spread

1 c. garbanzo beans soaked several days (change water daily)  
Juice of 1 lemon  
6 clove garlic  
2 Tbs tahini  
1/4 c olive oil  
Spike or sea salt paprika & pepper to taste  
Blend all of the ingredients. Add water to thin to desired consistency.

A delicious, healthy dip with chips or veggies - perfect for picnics!

**Knudsen Spritzers  
& Juices on sale in July  
&  
Santa Cruz Juices  
on sale in August**

see monthly specials insert for details

# August



## On the Beach

### 4 Raw, blender soups from the Boutenkos

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

#### Thai Soup

2 cucumbers  
1 large avocado  
1 lime, juiced  
3 cloves garlic  
6 leaves curly kale, stems removed  
½ teaspoon dried turmeric powder  
½ inch fresh ginger root  
2 cups water  
Yields 2 quarts



#### Cucumber Dill-icious Soup

2 cucumbers  
½ bunch dill  
1 large avocado  
5 leaves kale, stems removed  
2 stalks celery  
1 lime, juiced  
3 cloves garlic  
Yields 2 quarts

#### Soup Gazpacho

3 leaves kale, stems removed  
1 bunch basil  
3 large tomatoes  
2 stalks celery  
1 red bell pepper  
1 large avocado  
1 lime, juiced  
1 cup water  
Yields 2 quarts

#### Mediterranean Soup

3 cups spinach  
3 stalks celery  
1 sprig oregano  
1 sprig thyme  
1 red bell pepper  
1 large avocado  
1 cucumber  
1 jalapeño pepper  
1 lime, juiced  
2 cups water  
Enjoy with dulce leaves or flakes  
Yields 3 quarts

**Have you checked our selection of cookbooks recently?**

# David Wolfe

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

**Tuesday, August 17** in Nelson

**Book Signing @ The Co-op 3-5pm. Presentation @ The TNT Playhouse Ward & Carbonate 7-10pm**

Join us for an informative and inspiring lecture from one of the world's most active Peak Performance Coaches! David 'Avocado' Wolfe will be in Nelson on Tuesday, August 17 to discuss Immune System Rejuvenation & Rebuilding core Adrenal, Kidney, and Reproductive energy (Jing energy).



**\$15 in advance or \$20 @ the door**  
**advance tickets available online:**  
[www.speakeasypromotions.com](http://www.speakeasypromotions.com)

## It's Canning Time!

*("but it's still summer" you say)*

Though we tend to think of canning as a fall activity, really, the best produce for canning is ready in the summer. Think - strawberry jam, peach nectar, canned tomatoes, cucumber dills - the list goes on. So, to encourage you to make the most of the abundant local summer produce, our August draw will be for a canning kit and a case of fresh organic produce.

## August Draw Aug 1-31



**Enter to win a CANNING KIT & CASE OF FRESH PRODUCE**

**DETAILS IN STORE!**

# From Your Co-op Board

Happy 35th Birthday Kootenay Co-op!



This past month the Co-op celebrated it's 35th birthday. On Sunday the 20th of June, nearly 100 staff and customers joined together in the outdoor foyer to share five different and delicious cakes while the young folks made beautiful paper butterflies.

The gathering was also an opportunity to encourage members to complete our Co-op survey which focused primarily on gathering members' input for our coming expansion. There are a myriad of considerations to be addressed considering that the Co-op will be nearly three times as large as it is now. As of this writing we have received nearly 500 responses—both hard copies and on line. The task of tabulating the input is pretty straightforward for those questions that required a 'tick' in a box, but will take a lot of drilling down given the extensive written input we are getting. Of course there will be other opportunities for input, but this initial input will be very helpful in our planning process.

Looking at the expansion, we are making steady progress towards finalizing an agreement to take possession of the current Extra Foods store at the east end of Baker Street. If all goes as planned we will start our renovations at the beginning of June, 2012, and aim at opening in early Fall. Of course we will be operating out of the current store until then and our plan is to be closed for as short a time as necessary when we complete the final changeover. This next stage in the Co-op's evolution will be an extraordinary opportunity to expand our mission of supplying healthy food and supporting local food sovereignty while creating a great work environment and serving the greater Nelson community.

Summer time at the Co-op means many things, the most obvious of which being the abundance of fresh local organic produce. But it is also a time when we prepare for our annual general meeting and the selection of new directors for the coming year. This year we have instigated a new election process that closes nominations by the end of May allowing for members to vote for directors in advance at the Co-op who are unable to attend the September AGM. This year there are three spots open with two incumbents up for re-election. So we encourage members to attend the Annual General Meeting as it offers an opportunity to hear directly from the candidates and hear reports from the different board working committees.

So, from the current board of directors, we wish you all a healthy, prosperous and fruitful summer! Please know that we as a board have had a very satisfying year and are proud to support our great operating team members and Canada's most successful natural foods co-op.....more vibrant than ever after 35 years!

Russell Precious

## Board



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