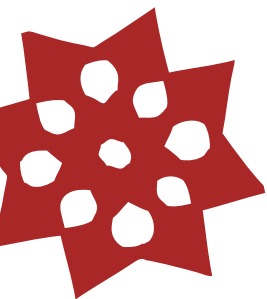
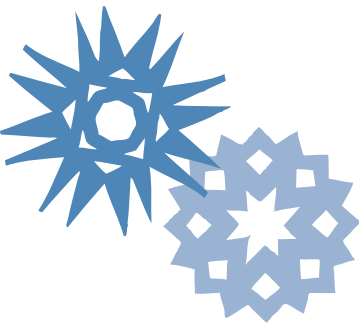




- 3 It's a Wrap!**
The year comes to a close and we delight in our community and surroundings.
- 4 Co-op Community**
It's time to give and receive, Co-op supporters! Come to ur winter social to kick off the season. Plus, this December is For the Animals!
- 6 Deli**
The Deli welcomes an amazing new bread supplier and a glorious line of certified organic artisan breads.
- 7 Feasting and Festing**
Prepare your senses and your loves ones for the good life! These 4 pages outline an amazing range of products and presents for the gourmands and gift-givers amongst us.
- 11 Wellness**
Store that sunshine...and then eat it! Wellness give us tips on staying healthy and happy in winter.



- 12 Produce**
Three cheers for citrus season! Let's raise a glass of citrus cider and celebrate the arrival of our favourite Vitamin C vehicles.
- 13 Grocery**
Bulk foods, those most bountiful of basics! December provides ample opportunity to save and savour.
- 14 From the Board and GM**
Abra Brynne, Board President, introduces the Board Committees. Our General Manager introduces our new Human Resources Manager.
- 15 Cooking and Booking**
A sneak peak at our Winter/Spring 2012 Cooking Classes, plus a way to give thrice with one simple gift.
- 16 For Kootenay Kids!**
Our younger shoppers will notice that we're populating the store with animals this December...but can they spot them all?



Gifts & Gratitude

"Gratitude is the first human step to transcendence. In order to acquire a disposition of gratitude, it helps to learn to be delighted. Learning to be delighted depends on the practise of noticing things."

- Margaret Visser

Cultural Historian & Author, *The Gift of Thanks*

These words hold true all year, but December offers so many opportunities for gratitude, delight and the noticing of things! For starters, we're grateful for the extraordinary number of local people who engage in an equally extraordinary number of critical community initiatives. This month, we express our gratitude by giving back in many ways. This year's Giving Tree will be decorated with beautiful cards for three wonderful initiatives protecting and supporting animals, both wild and domestic. We hope you'll join us in supporting BEAKS, the Nelson SPCA and the Kokanee Park Visitor's Centre (pg.4-5).

Other opportunities to give back to your community include shopping on our Community Donation Day (Tuesday, December 20th) and purchasing a copy or two of *Seasonings*, our fundraising cookbook (pg.15).

We're also delighted about all the great feasting and gift giving opportunities in December. We bring you 4 full pages of food and gift ideas, from local artisanal cheeses

to affordable and 'scentual' stocking-stuffers...plus chocolate, of course (pgs. 7-10).

And winter itself can be cause for gratitude. We have snow, for starters. Plus the citrus season begins and the time of year when sustenance, staying warm and being together come together... in the kitchen. We bring you foods and supplements to savour and share this winter season.



And let's not forget how grateful we are for YOU. Your support for this Co-op--with every dollar you spend here, every purchase of healthy, sustainable and ethical products and every thoughtful interaction with staff and Board as a member and owner--is what makes all this gratitude possible! Let us thank you in person at our Winter Social (Saturday, December 3rd, noon-2pm) and with the caring customer service we strive to provide all year round.

Thank you for choosing to support the Kootenay Co-op and may your December be full of delight.

- 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.

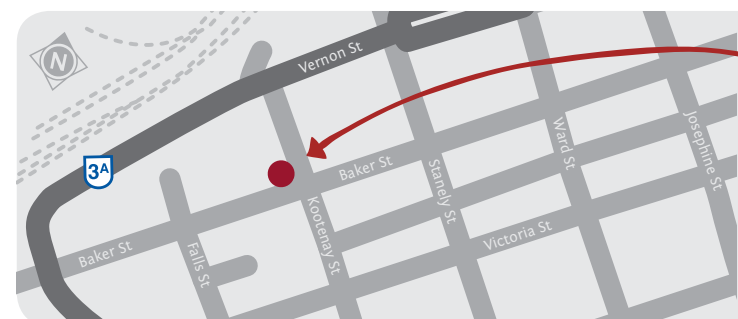
The Kootenay Co-op is a member-owned cooperative offering natural, organic foods and products in Nelson, BC, Canada. For more information, please visit our website.

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, Michelle Beneteau, Kristina Hus, Chris Orr, Joanne Brett, Reiko Fujibayashi, Abra Brynne, Deirdrie Lang.

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



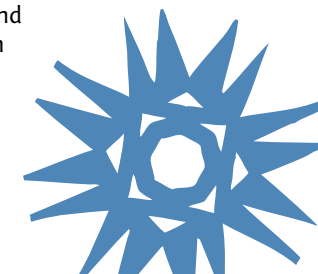
Upcoming Events

Co-op Winter Social
Saturday December 3, Noon-2pm
Covered Area
Staff baking, hot drinks, prizes and carolling. Everyone welcome!

Community Donation Day
Tuesday, December 20
1% of sales will be donated to Friends of the Family.
Nelson Friends of the Family provides monetary aid to families of children stricken with serious illness or accident and assists individual family support groups in fundraising for long term care.

Holiday Hours

- Saturday, December 10: Early Closure 6pm
- Saturday, December 24: Early Closure 4pm
- Sunday, December 25: Store Closed
- Monday, December 26: Store Closed
- Saturday, December 31: Early Closure 4pm
- Sunday, January 1st: Store Closed



Please Join Us!
December 3rd
Noon - 2pm

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!

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 December 20

- Community Donation Day. 1% of sales will be donated to Friends of the Family. Nelson Friends of the Family provides monetary aid to families of children stricken with serious illness or accident and assists individual family support groups in fundraising for long term care.

Recently Donated: In November \$254.70 was donated to Books for Kids.

new

Apply Now!
Deadline Dec 31st

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 until 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. Applications are now being accepted for our 2012 Till Donations Program. Deadline December 31st. Criteria and application forms can be found at Customer Service and online at www.kootenay.coop.



The Giving Tree Returns!



This year the Giving Tree theme is For The Animals!! Simply purchase a decorative donation card (\$10 value) from the Giving Tree and donate one or more of these three great animal support and conservation organizations:

Giving Tree Profiles

BEAKS (The Bird Emergency And Kare Society)



BEAKS was incorporated as a charitable non-profit society in February 1998 to provide support for this valuable work of saving wild birds. Memberships, cash and material donations and volunteered time will all help ensure that this service can continue.

The Nelson SPCA

The SPCA is a not-for-profit organization that relies on public donations to protect and enhance the quality of life for domestic, farm and wild animals. Donations are used to help animals in our extended community, which extends to Salmo, Kootenay Bay, Riondel, Crawford Bay,



Kaslo, Nakusp, Balfour, Meadow Creek, New Denver, Silverton, South Slokan, Slokan, Winlaw, Crescent Valley and Ymir.



The Visitors Centre at Kokanee Creek Provincial Park

The Centre offers residents and visitors entertaining and educational presentations about our region's plants, animals, and ecosystems, encouraging appreciation and stewardship of this diverse ecosystem.

ENTER TO WIN December Giveaways

Toboggan
compliments of
Happy Planet
\$300 Value



Co-op Holiday Basket
Full of Co-op Goodies
\$125 Value

November Winners

Traditional Medicinals Tea Pot & Mugs (\$80 value)
Norm & Wendy Richard

Clif Bars computer bag/satchel with wool hat (\$75 value)
Rita Smith

Crockpots from Taste Adventure (\$50 value each)
Eva Kelemen
Janet Cook

SUPPLIER PROFILE

new

A BREAD Affair™ Hand Crafted Organic Artisan Bread

Only rarely in a life time can we follow our heart, putting aside the responsibilities of family, the fear of the unknown and the chorus of doubters. **A Bread Affair** is a love of baking, a love of fabulous taste, of organic and natural ingredients, and of methods that have stood the test of time.

The Bread Affair's master baker, Tanya Belanger has a passion that thrives on consistently producing the most perfect bread in British Columbia. Every loaf is hand crafted, in small batches, by artisan bakers personally trained by her.

After studying under a fourth generation American master baker Keith Guisto, A Bread Affair was close to becoming a reality. After extensive bread sampling across Canada, the U.S.A. and Europe, she focused on a select few bakeries creating phenomenal artisan breads and identified several key elements as consistent to her list of select bakeries: care and attention to every detail, individual responsibility for each mix of bread and selection of only the finest ingredients.

With the approval of her mentor, Tanya opened A Bread Affair in November of 2006. You, their customers, share in the rest of the story!

The deli will be offering a selection of hand crafted artisan loaves from A Seed Bread (Sourdough)

Apricot and Walnut (Sourdough)

100 Mile Bread
The local farm growing the wheat is a 3rd year transitional

Whole Grain Honey Organic

Roasted Garlic and Cheese (Sourdough) Organic

Sprouted Wheat Organic

Traditional & Sourdough Baguette

**Their baguettes have a crust that is crisp and layered as a result of the stone hearth and steam oven they bake in, with a moist and open interior.*



Treat Yourself to a Healthy Holiday



In addition to all your Deli favourites this month the Deli is offering the perfect seasonal selection:

Feast West Catering
Organic Cranberry Sauce

You've cooked the perfect bird--did you order your *Ladybug Manor* organic turkey yet?--now let Jody offer the perfect compliment!

Francyn's Cuisine
Vegetarian Mincemeat

The easy way out for perfect mince pies every time...and no one will know they're not completely home made.

Café Melange
Christmas Cookies

Proprietor Myriam Zbinden's got the touch, you just provide the pretty plate!

Enjoi Raw Foods
Raw Truffles

There is no more decadent introduction to the joys of raw food than Jana's exquisite raw truffles. Dessert never came healthier!



"Blessed are the Cheesemakers"
-Monty Python, Life of Brian

Blessed indeed, as no festive season worth its salt is without specialty cheeses, now is it?

Our extensive cheese selection just gets bigger and more special at this time of year. If you're in the mood for fondues and apres ski parties, look out for Raclette available December and January. We also have Swiss Emmenthal, Gruyere, and Cave-Aged Gruyere (all on special this month).

For those with a penchant for goat cheese, Saltspring Island Cheese Company's handmade festive chevres are here!

And of course, you can also find an excellent selection of Farmhouse Cheeses from Agassiz, Jerseyland, Happy Days, Kootenay Alpine and a number of other fine BC Cheeses. Perfect for a month of potlucks and parties!

May your parties be merry, your taste buds be tantalized and your gatherings bring good cheer to one and all.

Happy Holidays from the Deli staff !



Gifts to feel good about

This season, luxury is easy. beautiful body care products, gift sets and stocking stuffers priced for every budget and to delight everyone on your gift list:

Ready, Sets, Give!

Scentuals

Gift Sets

Hand-crafted body care products from Vancouver. All kits available in 4 scents-fresh juniper, lavender, lushberry, vanilla
Natural Inspirations \$11.99
Scentual Delight kit \$23.99
Tranquil Moments \$15.99



Hugo

Travel Kits

Travel kits in French lavender or sweet vanilla orange scents \$14.99



Weleda

7 body-oil set



Co-op Collection

Local Gift Set

Local product mini gift set includes a locally made soap, chocolate bar, lip balm and candle!

A Hugo Holiday...be a kid in a candystore again!

This December only, come and fill a gift bag with your choice of bulk bath salts! Scoop to your heart's (and nose's) content from these delightful choices: mango & papaya, orange bergamot, lavender, and grapefruit & geranium \$2.75/100g.

Then you're ready to move on to the soap station! Wellness staff are happy to slice you a delicious piece of Hugo's luxurious holiday-scented soap loaves. Choose from candy cane, cranberry pomegranate, frankincense & myrrh, and pumpkin spice \$5.00/100g.



Treats under \$20

Triloka

Oil diffusers, incense & holders

Scentuals

Lavender eye pillow

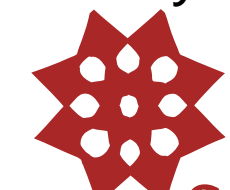
Bass

Hairbrushes & shaving brushes

Druide

Foam Baths

Plus a great selection of books, CDs, calendars, gift cards and daytimers...



Stocking Stuffers for under \$5

Andalou

Body Care travelsizes

Weleda

Body oil minis
Skin Food mini hand crème

Colour Energy

Colour bath envelopes
aromatherapy blend samplers
aromatherapy sprays

Scentuals

Lip balms & shimmers
Mini hand and heel repair butters

Mountain Sky

Massage bars

Honey Candles

Scented votives beeswax candles



Plus:
Incense & holders
Soap bars
Bath bombs
Lip Balms
Chocolate bars
and more!

Holiday Foods



If there is ever a season for treats to “take the edge off”, winter is it! Then conveniently, right smack in the middle of winter comes Christmas - traditionally, the top-of-list holiday for gift giving and entertaining.

Marrying it all together, the Co-op has an array of products to treat ourselves and those we love that definitely heads us in the direction of decadence. We know you want to feel good on every level about the products you buy at the Co-op, so our buyers choose treats that are perfect for the festive season with the same care that they do the rest of the year: products that are organic, fair trade and/or local, and that offer the highest quality, taste, value for money and down right yumminess you have come to expect. Below is a small selection - happy holiday shopping!

Ginger People Ginger Shortbread

Another staff favourite; shortbread at its best!

Bonne Maman Oranges en Tranches & Chestnut Spread

More masterpieces on toast with butter.

Gallerie Au Chocolate Fleur de Sel, Earl Grey & Cappuccino Chocolate Bars.

All staff favourites -we can barely keep them on the shelf!

Vitasoy Chocolate Peppermint Soy Beverage

This is one you have to try to believe how good it is – who would guess a soy beverage could be so delicious?

Canadian Heritage Organics Maple butter

Maple Butter is simply maple syrup that has been further dehydrated so it is spreadable. Try on toast with lots of real butter for a truly heavenly experience!



Joe
Grocery Manager

Winter...time to load up on stored sunshine!

The winter season is upon us and for many living in the Kootenays, this time of year can be taxing to both the immune system and the nervous system. The lack of sunshine and less availability of local fruits and veggies may leave us feeling less than vibrant. Did you know that including an abundance of green foods to your diet during these darker months can leave you feeling and looking your best? Here's how:

Green foods such as dark green leafy vegetables, sea vegetables and algae foods are superfoods - providing, calorie for calorie, perhaps the most concentrated sources of nutrition of any food.

Green foods are loaded with chlorophyll. Chlorophyll is the alkalizing and detoxifying phytonutrient found in all green foods that can help to neutralize the effects of the acidic foods and drinks that we tend to indulge in during the darker months.

Chlorophyll is stored sunshine! This green pigment is how plants convert the energy of the sun into usable food. Eating greens really is eating sunshine! Green foods are abundant in minerals, namely magnesium. This essential nutrient relaxes the muscles and is soothing to the nervous system, required for over 300 metabolic functions in the body and commonly a nutrient that is deficient in most North American diets.

Michelle
Wellness Assistant Manager



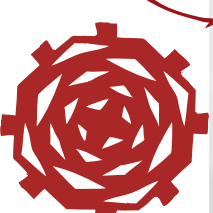
E3 Live & BrainON...the perfect winter superfood!

AFA- Aphanizomenon flos-aquae is a nutrient dense, wild super food micro-algae grows in the pristine environment of Klamath Lake, Oregon has incredible immune enhancing properties in addition to mood enhancing nutrients. E3live has high amounts of the “love chemical” PEA (phenylethylamine) which helps increase mental concentration, positive attitude, and joy. There have been many studies done linking AFA with the improvement of concentration, focus, and the reduction of anxiety and depression. Be sure to load up with nutrient-dense green foods all winter long and enjoy a vibrant and healthy New Year!



“E3Live and E3 BrainON® offer specific benefits to the nervous system and brain function. It also has an expansive effect on our consciousness. More than any other food, E3Live enables us to make a paradigm shift and enjoy a sense of well-being. Many people experience a quality of joy that's really subtle with E3 BrainON®. I've had people who have been depressed for years and years, and literally, within a few days after receiving E3 BrainON®, their depression lifts. This is because E3Live® gets to the root of helping heal the addictive brain chemistry that underlies a lot of depression.”

Dr. Gabriel Cousens, MD, MD(H) Director Tree of Life Rejuvenation Center



Orange ya glad it's Citrus Season?

It's citrus season – and what a season it's going to be! We anticipate that a lovely selection of citrus fruits, predominantly from our certified organic growers in Northern California, will be offered through the festive season. The fruits are ripened on the tree for increased flavour, then picked, packed, shipped and received as quickly as possible to preserve freshness, taste and nutritional integrity.

A selection of citrus fruits displayed in a simple earthen bowl adds a touch of class to any kitchen, as well as reminding us to enjoy more citrus! We offer a wide citrus selection, including lemons, meyer lemons, cara cara oranges, navel oranges, blood oranges, Valencia oranges, Mars oranges, tangerines, mandarins, grapefruits, minneolas, kumquats, tangelos & more. You are invited to ask a produce staff member to sample a citrus variety you may not have had the pleasure of tasting before.

We hope you will enjoy the colours, aromas and tantalizing tastes of citrus this festive season!

Ben
Produce Manager



Recipe: Citrus Cider

A simple crowd pleaser that's inexpensive and easy to make. Perfect for a fireside gathering or sledding party.

Ingredients

1 gallon jug of apple cider
2 oranges sliced
2 lemons sliced
6 whole cinnamon sticks
12 whole cardamom seeds
6 whole cloves
A few tablespoons of honey, if desired

Steps

Combine all ingredients in a large pot. Warm gently for up to an hour. Ladle into mugs and enjoy!



Making Foods from the Bountiful Basics

For health and nutrition, saving money and doing your bit for a sustainable world, nothing beats buying bulk food. We have been revamping our bulk section for months now, bringing you lower prices, higher quality, wider choices and fresher product.

Try this recipe and check out these tips for making the most of your bulk food shopping, as we head into cooking for the winter season.

1. Make a weekly meal plan. Need recipe ideas? Check out the recipes on the Co-op website www.kootenay.coop. Plan simple meals with less cooking on days you work or have other commitments. Choose more elaborate menus on weekends or for special occasions.
2. Create your shopping list from your meal plan.
3. Buy all the ingredients you need for your week's menus in one shop. Purchasing in bulk not only saves on packaging, it costs less and the product is fresher. (Perishables can be purchased throughout the week if spoilage is a concern).
4. Prepare any necessary steps for your next dinner the night before, or in the morning before you leave for the day.

Recipe: Basic Granola

This recipe is full of inexpensive bulk items. Feel free to double (even triple) the recipe and make the best use of your kitchen time.

Ingredients

3 cups oat flakes
1 cup seeds (pumpkin or sunflower)
1 1/2 cups barley flakes
1/4 cup water (or orange juice)
1/2 cup oat or wheat bran
2/3 cup honey or maple syrup
1 c milled or whole flax seed
1 c nuts (hazel, almond, or walnut)
1/2 tsp salt
1 cup unsweetened coconut flakes
1-2 cups dried fruits (apricots, dates, raisins, cranberries, crystallized ginger)

Steps

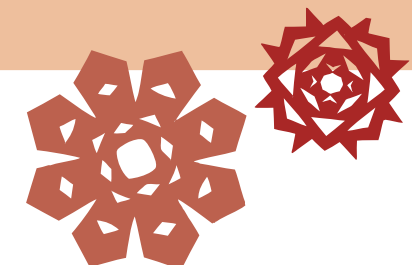
Stir first 8 ingredients together. Mix liquids together and stir into dry ingredients. Bake at 275 degrees F for 20-30 minutes to desired crispness. Stir every 10 minutes to prevent burning. Take out of oven when done and stir in fruits. Store in an airtight container for up to 1 month.

Adapted by Cheryl, our demo person, from The Rebar Cookbook

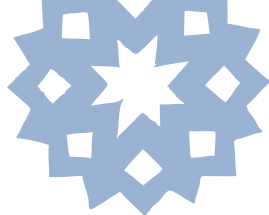


Cook and Eat at Home

The beneficial spin-offs of sharing a meal with friends and family are many. Eating at home with family (especially children) or friends creates a culture of regular communication, a healthy social life that honours spending quality time together with the ones we love.



From the Board



On November 21st, I had the privilege of chairing my first meeting in two years as President of the Board. While I found my proverbial feet again I was grateful for the professionalism and generosity of my fellow Board members. It is a true delight to work with a group of people who come prepared to work and who offer their considered opinions in a respectful and co-operative manner as we seek to make collective decisions as your Board of Directors.



The November meeting focused on some of the administrative duties that are necessary after each Annual General Meeting, such as ensuring that the appropriate and current Board members have signing authority on the various accounts of the Co-op. We reviewed and updated the Board's Annual Calendar. Board Committee reports were submitted and discussed. The current Committee membership is as follows:

- Membership Outreach: Jon Steinman (Chair), Paula Sobie, Colin Legg
- Policy: Abra Brynne (Chair), Susan Morrison, Brian Kelsch
- Board Nominations & Development: Abra Brynne (Chair), Susan Morrison, Paula Sobie
- Strategic Planning: Paula Sobie (Chair), Colin Legg, Jon Steinman
- Finance: Jon Steinman (Chair), Brian Kelsch, Jeremy Lack

As usual, we received and discussed a report from the General Manager on how the store is doing. It is heartening to know that the store continues to do well and that our member numbers continue to increase. I believe that this is because we are a democratic, member-owned business. How our store operates is based in a 36-year dialogue amongst us all, as members of a community, working out how we want the business to be run and what sort of products we feel are important to offer and support.

Our next meeting will be held on December 19th at 6PM. Members are always welcome to attend Board meetings, held in the meeting room above Lees Auto-Haus. Please provide the Board with 2 weeks notice if you wish to participate in the meeting. The Board can be contacted any time by leaving a message at the Co-op in person, by phone (250.354.4077) or by email: board@kootenay.coop.

This year has been eventful, within the Co-op and across the world. Those of us who live in this beautiful part of the world are very fortunate for so many reasons. May 2012 bring us abundance but not too much, generosity and compassion, wisdom and peace, healthy soils, clean water and good food.

For the Board,
Abra Brynne

From the General Manager



The Co-op's Human Resources department is once again well in hand. Sarah Bedo joined us in November to take over the position of Human Resources Manager. Originally from Saskatchewan, Sarah, her partner Darryl and their cats Billy and Fuzzy came to Nelson seeking a warmer climate. Well, warmer than Saskatchewan....Welcome Sarah!

December is here already, where did 2011 go? We have spent the past several weeks planning give-aways and giving opportunities for you. Whether it's Tofurky or organic, free-range turkey, we hope you, your family and friends will enjoy the Co-op's bounty. We are all so fortunate to live in such a beautiful place where real food, clean water and fresh air are so abundant. Wishing you all a fun and festive holiday season and a wonderful 2012!

Deirdrie Lang
General Manager



Cooking Classes: New Season Begins!

Join us to eat, learn and be merry with instructor Maggie Jones. Our Winter/Spring 2011 season includes:

- 1) Eat Well, Live Well: Meal-making with natural, whole and superfoods
- 2) Gluten-free Cooking
- 3) South of the Border: Mexican Cookery
- 4) Freshen Up: Salads and Sprouts for Spring
- 5) Zesty, Fresh Italian
- 6) Flavourful, Spicy Middle Eastern Food

Cooking Class Pamphlet available at Customer Service and online December 8th.



\$24.95

The gift that keeps on giving...

Kootenay Co-op & the Nelson Public Library
Seasonings: A year of local flavour in words and recipes
Shortlisted for the Cuisine Canada Book Awards!

Seasonings is a gift by the community and for the community.

The book contains favourite seasonal recipes and writings from the people in our community. They are organised by season and celebrate the bounty of the local harvest. From Francyne Laliberte's Kootenay Cassoulet to Arlene Pervin's Artisan Spelt Bread, the book is full of local culinary gems.

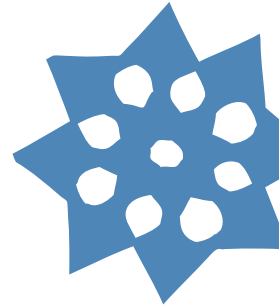
All profits from this book are donated to the Nelson Public Library.

We are excited to make this cookbook the Co-op's largest single community fundraiser to date and we invite you to join in!



Hey Kootenay Kids

Can you spot all the animals?
They are hiding at the Co-op this
winter!



How many are there?
Enter your name, phone number &
your guess at Customer
Service before
December 22nd.

You'll be entered
to win a \$25 gift
certificate at Otter
Books and other great
prizes!

Make sure to look
high and low ...

