

The Firestarter

Newsletter of The Tonasket
Natural Foods Co-op

Summer 2022



*The Co-op will have a booth at
the 2022
Garlic Festival at History Park
August 26 & 27
If you haven't already,
get your raffle tickets
to support the
Co-op's Improvement Fund!
We'll be drawing the
winning names at the event.*

Co-op Board of Directors

Deb Vester, *President*

Peggy Tofte, *Vice President*

Ron Jones-Edwards,

Secretary

Baka Charlene Rich,

Treasurer

Patti House

Your Name Here?

Store Operations

Manager:

Sabrina Sofia

Assistant Store

Operations Manager:

Melissa Calhoon

Administrative Manager:

Alice Simon

Tonasket Co-op Member Appreciation Day

3rd Tuesday of each month

Members may

*bulk-order from the
UNFI Catalog at 20%
above wholesale.*

New and Noteworthy at the Co-op

Greetings to all of our members and customers. We hope you're healthy and enjoying these long and lovely days. It's hot out, but we're all grateful for clean air and opportunities to relax with friends and loved ones.

Here at the Co-op, we're excited about some of the upcoming plans we have in the works. For starters, we're looking forward to the arrival of our 45th Anniversary commemorative t-shirts, a throwback to the original artwork by Miguel Guizar. Harvey Swanson and Deb Vester have been working on a revised design, and the t-shirts will be available soon.

In other news, we've been actively looking to use more compostable and recyclable packaging for our deli items, such as sandwich wrappers and salad containers. We know that there are suitable options out there, but unfortunately, they're not always available in our remote area.

Speaking of our area, we're sure you've noticed how many people are moving to Okanogan County. We want to use this to our advantage! To that end, we're working on a direct mail marketing plan to attract new Co-op customers. With so many newcomers to the community, we want to encourage them to come in and see what our little store

has to offer. And if your recent neighbors don't know about us, tell them, encourage them to come in and check us out. They'll thank you!

While we're expressing our thanks, a huge *thank-you* goes out to Rob Thompson and Danny Vaughn for donating our new and beautiful picnic table for the outside garden. It's been under construction for quite some time and is finally finished for everyone to enjoy. Also, thanks to Rob

and Danny, and all the other generous volunteers for helping with the annual highway clean-up project. We couldn't have done this community service without you!

Finally, we're tremendously thankful to an anonymous donor for a generous donation that was left in the Improvement Fund jar several weeks ago. Alice says, "We will make good use of it on one of our many projects to benefit the Co-op!"

Board Bytes

The Tonasket Natural Foods Co-op was established in 1977 by dedicated and enthusiastic community members who wanted a store devoted to quality organic, natural, and locally sourced products. It is a non-profit corporation in the state of Washington under the name "Okanogan River Cooperative Association." The Co-op is a market and a meeting place for the community it serves.

Since we are a non-profit corporation, any profits made are re-invested back into the business and are not distributed to members or shareholders. Continuing member investment is very much appreciated and welcome. You can contribute to your Co-op in multiple ways:

- Add any amount to your purchase by asking your cashier to designate an amount to the "donation key" or the "improvement key".
- Support the Improvement Fund with a \$20 donation and receive an attractive Co-op mug.
- Mail a check to:
PO Box 591 Tonasket WA 98855
- Give cash in an envelope to a member of the management team.

Your continued investment will help keep the Co-op strong and sustainable into the future and assist us as we grow the business in this post pandemic environment.

We thank you for your support,

The Co-op Board of Directors and Co-op staff

Toxic Food Chemicals Banned in EU, but OK in the US?

There's a hidden ingredient used as a whitener in an array of foods, from candies and pastries to cheeses and gum. It's called titanium dioxide, and while commonly used in the US, it's being banned in the EU as a possible carcinogen. The additive, also known as E171, joins a host of other chemicals that are banned in foods in the European Union but allowed in the US.

These include Azodicarbonamide, a whitening agent found in food such as breads, bagels, pizza, and pastries in the US, which has been banned in the EU for more than a decade. Known as the "yoga mat" chemical because it is often found in foamed plastic, the additive has been linked to asthma and respiratory issues in exposed workers

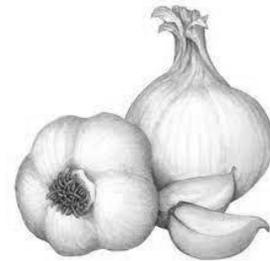
and, when baked, to cancer in mice studies.

Potassium bromate, an oxidizing agent often found in bread and dough and linked in animal studies to kidney and thyroid cancers, has been banned in the EU since 1990 but is still commonly used in the US. Brominated vegetable oil is also banned in the EU but is used as an emulsifier in citrus sodas and drinks in the US. Long-term exposure has been linked to headaches, memory loss and impaired coordination.

The Food and Drug Administration classifies these food chemicals, and many others prohibited by the EU, as "generally recognized as safe."

Source:
Organicconsumers.org

Don't Miss This Year's
Annual Garlic Festival
Hosted by Okanogan Family Faire
@ Tonasket's Beautiful History Park
Friday, August 26th 12 - 8 pm
& Saturday, August 27th 10 - 8



Featuring: Vendors • Live Music •
• Children's Activities •
• Beer & Cider Garden • & More

Summer Borscht

INGREDIENTS

2 pounds beets (approx. 8 medium) peeled, halved and thinly sliced
7 cups water
2 teaspoons salt to taste
6 tablespoons strained fresh lemon juice (from 2 to 3 lemons)
1 teaspoon minced lemon zest
4 garlic cloves (whole)
3/4 cup plain low-fat yogurt (optional)
1 small cucumber, peeled, seeded, and diced
chopped fresh dill or chives for garnish

RECIPE

- Combine the beets, water, and 1 tsp. salt in a soup pot and bring to a simmer. Cook for 30 minutes.
- Add the lemon juice, zest and remaining salt and garlic cloves. Continue to simmer, uncovered, for 20 minutes.
- Remove from the heat and allow to cool, then cover and chill. Taste and adjust seasoning.
- Remove the garlic cloves.
- Place 2 tbsp. yogurt, if desired, into the center of chilled soup bowls. Ladle in the soup. Garnish with diced cucumber and minced dill or chives. Soup will keep 2-3 days in the refrigerator.



"The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison." – Ann Wigmore

Our Deli Window is Open Daily To Serve You!

Wearing masks while shopping in the Co-op is appreciated but not required.

Masks are now optional in accordance with the new WA State requirements. This applies to both staff and customers. However, many of us will continue to wear masks to protect ourselves and others.

We encourage customers to bring their own clean containers for bulk non-food items, such as shampoo, etc.

Under Washington State regulations, we must now charge for shopping bags. Please try to bring your own supply of reusable bags.

We also offer a great selection of lovely and practical reusable shopping bags to purchase.

Thank You!

Our Deli Window is open 11-2 Daily • Call Ahead @ 486-4188 & your order will be ready when you are.

Get lunch to go & enjoy your meal outside in our beautiful outdoor garden
Or Dine in the Co-op's Garden Room

Ask About Our Daily Specials!

We offer a Seasonal Soup of the Day ~ Made fresh daily, In-house with Organically Grown Produce

Our Organic Salads are served with House-Made Dressings
We even have a Special Kid's Menu!

All Menu Items are Made Fresh ~ Including our Organic Salads, Cold Deli Sandwiches, Signature Sandwiches, Hot Pressed Paninis and Sandwiches
* All Meats are Nitrate-Free *

Any Sandwich Can Be Made on Your Choice of Bread, Toasted or Grilled!
We also Offer Vegetarian and Vegan Friendly Fare & Gluten-Free Breads

♥♥ *Everything is Made With Love!* ♥♥

Helpful Guidelines On What Packaged Foods Expiration Dates Mean

- **Best if used by/before** indicates that the highest quality will gradually diminish after that date. It is not a purchase date or a safety date. This is typically used on cans. If a can becomes dented or damaged, its contents should be consumed as soon as possible regardless of the best-by date since bacteria could enter the can through the dent. If a can has bulged outward, it is probably contaminated and should be thrown away immediately.
- **Sell By** tells the store how long to display the product. This is an inventory control measure and not a safety date.
- **Use By** is also not a safety date, but it can tell you if the item has been sitting on the shelf longer than other items. This date is recommended for best flavor or quality. There may be a decline in the quality of the food after the "use by" date.

Consider Paying For Your Co-op Purchases With Cash

Did you know that every credit and debit transaction has a fee attached to its processing? The costs vary depending on the card type, and needless to say, the more cards we process the higher the "fee tab" is.

The Co-op spends anywhere from \$800 - \$1300 per month on these fees, depending on how busy we are. That's a big chunk out of our little store's income.

Help us to control our costs by using cash for your purchases. Consider stopping by an ATM on your way to the store for cash or pay by personal check.

These fees are why some small businesses choose to charge extra for card use. We don't want to do this, so we hope our loyal members and customers will *stop before you shop!*



B-Corp Certification Explained

Have you recently noticed the endorsement "B-Corp Certification" on product packaging? This authorization essentially serves to measure a company's entire social and environmental impact. It isn't a new certification; it's been in effect since 2007. However, B-Corp has been getting more attention lately and is another way for concerned consumers to ensure that the companies we support are devoted to overall integrity in their practices. This endorsement

indicates that a company satisfies high standards of performance, accountability, and transparency in all levels of operations. From the products they produce to how their business impacts the environment and how they treat employees, this endorsement is the benchmark of superior business ethics. For more information on B-Corp, visit their website at <https://www.bcorporation.net/en-us/certification>.

"Certified B Corporations are leaders in the global movement for an inclusive, equitable, and regenerative economy. Unlike other certifications for businesses, B-Corp is unique in our ability to measure a company's entire social and environmental impact."

Supporting local farmers and the Community since 1977

ADDRESS:

21 W. 4th Street
PO Box 591

Tonasket WA 98855

PHONE: (509) 486-4188

E-MAIL:

info@tonasketcoop.com

We're on the Web!

See us at:

www.tonasketcoop.com

*Store Summer Hours
9am-7pm Mon-Sat
11am-4pm Sundays*

*Deli Window open
11-2 Daily*

Newsletter editor:
River Jones

*The Co-op Board of Directors
meet on the 3rd Monday of each month at the CCC. Meeting starts at 4 pm.
Members are welcome to attend.*

Follow the link on our website to submit an article to the Firestarter – the newsletter editor and store management will review all submitted articles to determine suitability for publication.

REMEMBER

Look for the storewide SALES throughout the Co-op, displayed with white shelf tags below the items. Current Tonasket Co-op members receive special discounts on these products – some are a one-time deal, some are monthly sales, & some are introductory promotions.

Price tags show member prices and non-member prices.

These specials also apply to visiting members from other Co-ops. Just show us your membership card!

Staff Picks

Products Our Co-Op Staff Really Likes and We Think You Might

Redmond Real Salt
• Unrefined •
No Additives • Single traceable source from a domestic Ancient Seabed & they offer 60+ healthy trace minerals
~ Ramon

Wendy says try **Follow Your Heart Smoked "Gouda"**
It's vegan & soy-free and is WONDERFUL on sandwiches

Ramon enjoys **Lily's Chocolate Bars**
They're Keto-friendly, Low-Carb and High-Quality Ingredients!

Lisa says: **Try Chipotle Bitchin' Sauce!**
It's great with chips or whatever you want for dipping

Hail Merry Key Lime Pie
So Yummy!
-Alice

Jojo Bean's beautiful hand-blown glass animals ~ Sold here on consignment ~ fun figurines & beautiful colors!
- Melissa