

The Firestarter

Newsletter of The Tonasket
Natural Foods Co-op

Spring 2020



Love Tonasket?
Shop Local!

A NOTE FROM JULIE GREENWOOD

It's almost spring and I'm retiring. It's time. I've been working at the Co-op for more than 31 years! I was hired in 1987 as part of a team of five co-managers. One by one the other managers moved on, sometimes replaced with another. Eventually I was called the manager, working with an assistant manager.

In the winter of 2006, my husband Scott and I went to Hawaii for our first 2 week vacation, and I felt what it meant to be relaxed – no stress. I realized I needed to make some life changes, and my full time job at the Co-op was one of them. I retired in June 2007.

During my time off I worked around our 7 ½ acres and other little paying jobs, meanwhile looking for steady and satisfying work. About 14 months later a couple of Co-op board members arrived in our orchard as Scott and I were thinning apples to ask me to be an interim manager since the new manager was leaving. I was rehired to help select and train the new manager. Alice Simon was hired in August 2008, and she asked me to be her assistant. I felt that I could do that; it was a satisfying position without the

responsibilities that go with that little office upstairs.

That was almost 12 years ago. I have enjoyed being the floor manager. I have worked with so many people in this community over the years. We used to hire teens through a training program. I've watched young children grow up and now I watch their children. I remember folks who used to live here when they come to visit. The Co-op was the social center for many years and still is to some extent. There have been stressful times, but overall it has been a wonderful experience. I'm glad to have been a part of the Co-op for so long.

What will I do now? Catch up with my life and anything else I want to! Start and finish projects, learn to use some of the new technologies, read, cook, garden, walk, and camp anytime I want to. And stay home, being there to support Scott as he runs his organic apple orchard. The hardest part might be remembering to leave home.

The timing is right for me to retire. The Co-op is lucky and blessed to have two capable and energetic young women, Amy Burnette and Sabrina Sofia, who will take over a lot of my

responsibilities as coordinators. The rest of the work will be handled by Alice and the other cashiers.

But, please don't be too surprised when you see me in the store and it looks as if I am working. I will continue to help with the bookkeeping and some other monthly jobs. Who knows, I might even be a substitute cashier from time to time. I will always be available to answer questions, unless I'm camping :))

Our community is very special. It has supported the Co-op for more than 42 years. People move here because there is a natural foods store/ Co-op in this rather remote area, knowing there will be like-minded residents. Travelers find a peaceful rest stop. I love the Co-op. It has heart.

Thank you everyone.



Co-op Board of Directors

Sunny Lanigan, *President*
Ron Jones-Edwards,
Secretary
Aaron Kester, *Treasurer*
Casey Oberg
Charlene Rich
Deb Vester

Your Name Here?

General Manager:
Alice Simon

**Tonasket Co-op
Member
Appreciation Day**
is the 3rd Tuesday of
each month.
Members may
bulk-order from the
UNFI Catalog at 20%
above wholesale.

Organic Consumers Action Alert: What's For Lunch?

Federal regulations for school lunches—never strong to begin with—are about to get worse.

If Trump's U.S. Department of Agriculture (USDA) pushes through its proposed new rules, schools will be allowed to serve up more processed junk food, and fewer fruits and vegetables.

The new rules would also let schools replace leafy green vegetables with French fries—never mind that in addition to being fried in unhealthy oils, because schools aren't

required to source organic potatoes, those fries will come from potatoes drenched in a toxic soup of pesticides.

In other words, the USDA proposes to undermine kids' health by feeding them junk foods linked to childhood obesity and chronic disease.

TAKE ACTION: Tell the USDA: Add Healthy Organic Fruits and Veggies to School Meals, Not More Junk Food!

Log onto the Organic Consumers website and let your voice be heard!



To speak up about the USDA decision before it's too late visit this website:

<https://advocacy.organicconsumers.org/page/16633/petition/1?utm>

END-OF-SEASON SOUP (USE UP THE VEGGIES IN YOUR ROOTCELLAR!)

- 3 medium carrots, halved and thinly sliced
- 3/4 cup chopped cabbage
- 1 medium onion, chopped
- 1 tablespoon butter (optional)
- 1 tablespoon olive oil (2 tablespoons if omitting butter)
- 1 garlic clove, minced
- 7 cups chicken or vegetable broth
- 3 cups cubed potatoes (peeled if desired)
- 2 cups cubed peeled butternut or other winter squash

- 2 large tart apples, peeled and chopped
- 2 medium turnips, peeled and chopped
- 2 parsnips, peeled and sliced
- 1 bay leaf
- 1/4 cup vermouth (optional)
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 1/4 teaspoon celery seed
- 1/4 teaspoon pepper
- salt to taste

Directions:

In a Dutch oven over medium heat, cook and stir the carrots, onions, and cabbage in butter, if using, and oil until tender. Add garlic; cook 1 minute longer.

Add the broth, vermouth, if using, potatoes, squash, apples, turnips, parsnips and bay leaf. Bring to a boil. Reduce heat; simmer, uncovered, for 20 minutes.

Stir in the basil, thyme, salt, and pepper; simmer 15 minutes longer or until vegetables are tender. Discard bay leaf before serving.

**Did You Know:
Every time
someone shops at
Amazon for a
product that they
can buy in
Tonasket, they
might be hurting
our town's precious
vitality.
Please consider
supporting**

*Remember to 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, and 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!*

**NEWS FLASH:
We have lovely
Cool-Weather
Clothing in from
Lei Lotus!
Also in stock are
Bags, Leggings and
Tunics • in Many
Brightly Colored
Designs to Spice Up
Your Wardrobe!**

Wake-Up Call: News From Millions Against Monsanto

Amazon and Walmart will no longer sell paint remover products containing methylene chloride, a chemical linked to cancer, cognitive impairment and other health issues methylene chloride. That's because last year, the U.S. Environmental Protection Agency (EPA) finally banned retail sales of the controversial chemical.

But both Amazon and Walmart will sell you decaffeinated coffee that tests for positive methylene chloride.

Walmart and Amazon aren't alone. According to a recent investigation by

the Clean Label Project™, a national nonprofit focused on health and transparency in labeling, a surprising number of popular decaffeinated coffee brands contain methylene chloride.

That's troubling news, given that many of the people who choose decaf over caffeinated coffee do so for health reasons. For instance, doctors often suggest pregnant women and people suffering from heart disease stick with decaf.

The study contained some good news, though, for consumers who buy organic—none of the certified organic brands

tested by Clean Label Project contained detectable levels of methylene chloride.

The Co-op sells only cold-water processed decaf – shop with us!

Source: Organic Consumers Association



Want to know where all the 2020 presidential candidates stand on GMOs?
You're in luck.

Organic Consumers Association investigated the candidates' positions based on who's funding their campaigns, how they voted as elected officials and what they've said in their platforms and public statements. And they're ready to share.

Using data compiled by FEC.gov and OpenSecrets.org they dug up the dirt on who's taken campaign contributions from the biggest companies in the food system, including the four multinational corporations, Bayer-Monsanto, Syngenta, BASF, and DowDuPont (now Corteva).

Of course, most people know where several of the candidates stand on GMOs because they were in the House or Senate in 2016. That was the year Congress ended the fight for GMO labels on genetically engineered foods by passing a federal bill that took away states' rights to label GMOs and instituted a federal "bioengineered disclosure" standard that has yet to result in any GMOs being labeled.

Truth be told, only Sen. Bernie Sanders (D-Vt.) and Rep. Tulsi Gabbard (D-Hawaii) came out "GMO-Free" based on the Organic Consumers research.

Supporting local farmers and the community since 1977

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We're on the Web!

See us at:

www.tonasketcoop.com

Store Hours:

9am-7pm Mon-Fri
9am-6pm Saturday
11am-4pm Sundays

Newsletter editor:
River Jones

The Co-op Board of Directors meets at

North Valley Hospital Board Room on the 3rd Monday of each month, beginning at 6:00 pm (Subject to change)

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.

Tell the Virtual World about our Co-op! How to expand the Co-op Community on social media platforms

By Deb Vester

Everyone can help the Tonasket Co-op by engaging with social media posts. Whether it be Facebook, Instagram, Trip Advisor or Yelp, your input is needed. You can post comments, pictures and reviews that will help folks searching for healthy natural foods in our area connect with the co-op.

Co-op employees are now posting the Daily Menu on Facebook for your convenience. Comment or share so your friends can see what's on offer. Check out the goodness at https://www.facebook.com/TonasketCoop/. Be sure to "Like" the page so you get all the news.

The Co-op also has a listing on

TripAdvisor.com. Visit that web page, search for Tonasket, Click the Restaurant menu and scroll down to the listing for the Tonasket Natural Foods Co-op. While you are there, write a short review about the delicious food served by the Deli. Add a photo that captures the vintage charm. This encourages travelers to stop in and shop!

You can also write a review on google.com. Put "Tonasket Natural Foods Co-op" in the search bar and click "Google Search". A listing for the Co-op will appear in the right hand column. Scroll down and ask a question or write a review. Add a picture. Let searchers know what is special about our Co-op.

Check out some of the other listings that appear in the Google search:

https://okanogancountry.com/poi/tonasket-natural-foods-co-op

https://scenicwa.com/poi/tonasket-natural-food-co-op

https://www.happycow.net/reviews/tonasket-natural-foods-co-op-tonasket-34088

Visit those pages and write your review or add a picture.

The more we share our appreciation of the Co-op online the more the audience grows. This can help build Co-op membership and increase sales, which keep our store vital and we can continue to serve our community.

Co-op Staff "PICKS"

Melissa - Mike's Organic Curry Love Thai curry paste - "Super quick and easy and my kids love it. Just mix with coconut milk and pour over veggies or chicken and rice. Delicious!"

LeAnn - Boca Original Chick'n Veggie Patities. "I love them - They're Very Good!"

Amy - African Market Baskets. Handmade and with beautiful colors. Fair trade, each purchase helps support the weavers, their families and villages. "I've used mine for over 4 years and it's still in great shape!"

Sabrina - Indian Life Dal Mix (you'll find them with the chips). "They're great sprinkled on a salad or just great to snack on!"

... & ...I couldn't just come up with one, so I also LOVE Ritter Sport Dark chocolate bar with marzipan.

"Sooo Yummy!"

Alice - Wild Rice Sticks - a co-op packaged item - tasty & crunchy and not overly salted. "They're Quite Addictive"