

BAKER FOOD



January 2016

2008 Broadway Street, Baker City, Oregon
541-523-6281 • store@bakerfoodcoop.org
www.bakerfoodcoop.org

Hours: Monday-Friday, 10 a.m. - 6 p.m.
Saturday, 10 a.m. - 4 p.m., Closed Sundays

FRESH ORGANIC PRODUCE
Available at the Co-op year-around



WHY ORGANIC?

Organic crops have higher cancer fighting antioxidant levels • Organic crops are 48% lower in the toxic metal cadmium • Pesticides are found 4 times more frequently in conventionally raised crops • The best way to avoid GMOs is to buy organic

www.organic-center.org

WHAT IS ORGANIC?

Organic food production methods promote biodiversity, the biological cycling of nutrients, and plant and animal health. Certified organic farmers may not use toxic synthetic pesticides, artificial fertilizers, and unnecessary hormones or antibiotics. Instead, they use practices that restore, maintain, and enhance soil and ecosystem health. GMOs, artificial ingredients, or trans fats may not be used.

In this Issue:

- How to Make Your Own Pizza
- Meet Your Microbiome
- Department Head Meeting

From the Working Member Coordinator: *Jana*

HELP NEEDED

The Co-op is in need of individuals who can help with produce on Tuesdays at 6 am. They have to be able to lift 40+ pounds. The produce department also needs somebody to check, pull and restock produce on Thursday afternoon. The produce crew usually takes about 2+ hours. Restocking on Thursday will be about 1 to 1.5 hours. If you are interested, please stop by or call the Co-op at 541-523-6281 and ask for Carol or Jana.

Dept. Head of the Month

Jim Lawrence

Beverages & snack foods, UNFI truck crew

Jim is in every Wednesday to unload the UNFI truck. He also orders majority of our beverages and snack foods like chips, sea weed, crackers and cookies. He's in early, shovels the sidewalk in the winter or helps whoever needs him. He stocks and pulls his product. It's great to have you Jim, thank you for all you do!

Working Member of the Month

Katie Maahs

Cashier

Katie is our third shift cashier on Mondays. She's helpful, keeps herself busy even when she doesn't have a customer, and calls if she cannot make it in. Her young daughter is also great help ...nothing like starting them early! Thank you Katie!

Special Recognition

- Cindy Bacon
- Marshall McComb
- Kata Bulinski
- Kevin Lee
- Susie Busch
- Katie Maahs
- Chris Cantrell
- Jeanne Ann Mellott
- Barbara Carnahan
- Laura Miller
- Dayle Cathey
- Mary Nicolson
- Gayle Hammond
- Ya-Wen Ott
- Kathleen Hansen
- Barbara Peterson
- Fran Hart
- Fabriana Salerno
- Ken Johnson
- Gary Smith
- Kevin McAndrew
- Maureen Stanciu
- Ethel Jones
- Ben Titus
- Carly Kritchen
- Sandra Vassar
- Steve Kunze
- Kathy Vaughn
- Donna Landon
- Ann Wyatt

**These dedicated members
worked 10 or more hours
in December.**



**Thank you
for your
dedication!**

**We had 26 new members
in December.
Welcome new members!**



New Beef in at the Co-op

The coop just received another 50 pounds of grass-fed AND grass-finished beef from Eagle Cap Lowlines, right here in Baker City. Their beef is all natural, raised without any chemical additives. But what does that mean? To find out, we asked Kathy Parker some questions:



- ◁ **Do your cattle ever get grain, and if so, what kind?** No the cattle are completely grass-fed from start to finish and receive no grain.
- ◁ **Do you use any herbicides or pesticides on your pastures?** No, never.
- ◁ **What does all natural mean?** It means we use no wormers, no hormones, no antibiotics and the cattle are completely pasture raised. Kathy also explained that each package of ground beef comes from a single animal. There is no mixing of meats. If you purchase ground beef from "001", it all came from a specific animal and Kathy can provide you full details on that animal.
- ◁ **Do you know the fat content?** Grass-fed and finished beef is naturally low in fat and Kathy estimates fat content in the beef at the Co-op at 95 to 97% fat free, so very lean.

Grass-fed and finished beef is high in heart-healthy omega 3's, but remember because it is lean you need to cook at lower temperatures than higher fat meat. "Low and slow" works best for grass-fed meat. If you have more questions about their beef, Doug and Kathy are more than happy to show you around their ranch, which is 10 minutes and 7.1 miles from the Co-op.

*If you want to get the Food Co-op's e-mail newsletter, it's easy!
Just visit www.bakerfoodcoop.org and click on "Newsletter Signup."
There's a sign-up sheet at the Co-op, too!*

Send us your family's life events — weddings, accomplishments, anniversaries, birthdays, awards, etc.
We'd love to feature your articles/information in the Co-op newsletter, so please contact us!

Email us at store@bakerfoodcoop.org (Attention: Newsletter Editor) or drop it by the Co-op.

Your Input is Needed!

There were many good ideas given at the December Department Head's meeting. Please see our brainstorming ideas in this issue of the newsletter, review the information and then prioritize the five things that you think are most important to be implemented or improved at the Co-op. Your prioritization will be consolidated with others to help determine some next steps toward improvement. Please bring your list to the January meeting and be prepared to share them.

Last month's Department Head's noon luncheon meeting had the most attendees and there were many interactions and good ideas. Therefore, a noon luncheon meeting seems to be preferable. **Please e-mail your preference for either January 12 or January 14 to: bfcboard@bakerfoodcoop.org** or leave a note in a board member's Co-op mailbox or tell Carol or Jana by January 6, so we can get notice out to everyone. (If you cannot attend the next meeting please provide your input as stated above.)

Come and enjoy some good food and fellowship, a discussion on the top five choices, and ways to implement these ideas.

See you there!

BFC Staff and Board



A LIFETIME membership to the Baker Food Co-op is only \$25!

Compared to other Co-op's....that is a ***TREMENDOUS BARGAIN!***

A membership allows you to have an automatic 5% off purchases.

You can become a working member for increased discounts.

Come in today and learn all about the savings on products that are good, and good for you!

Department Head Meeting December 4, 2015

In order to improve Board management of the BFC business, the Board of Directors requested this meeting with the Department Heads. It followed a previous night meeting with Department Heads and the Board. The Department Heads were asked to freely discuss and brainstorm co-op status, i.e. “What is going well; what are concerns/problems?”

Vera Grove, assistant volunteer Packaged Foods turned in a well-documented paper, “Ideas for Improvement at Baker Food Co-op” which is appended to the following comments.

List of feedback from Department Heads/Attendees:

COMPLIMENTS

Great Cashiers!!!

OPERATING PROCESS

Special Orders

- Needs to be streamlined
- Guidelines should include: name, phone number, specifics on product wanted, etc.
- Should be linked to the Wish List which, currently, is working well

Top sellers - top 100 items should be identified

Hand sanitizing station at front door

Shelves should be kept full!

Cleaning schedule - a more systematic reliable approach needs to be implemented

List of chores for cashiers

Utilize concept of “all members” work days

COMMUNICATION / ADVERTISING

Communicate more effectively with our customers

Reinstitute the “Samples/Tasting” sessions in the fashion that Carolyn Lara offered. This should be coordinated by ONE person (working member?)

Seasonal displays should be featured

Customer Service should be stressed - look into training for this

Cashiers should be easy to identify (use of aprons, name tags, etc.)

DEPARTMENT HEADS

(specifically related to)

DH Training

- Invite Ken to a DH meeting to speak on marketing
- Communicate that Ken is available on a one-to-one basis to the DH for brainstorming DH products/display/ordering, etc.
- Network DHs/others that would like to meet with Ken
- Other training - should be available when relevant / inform Board of desired training needs and/or availability of training options

DH Manuals - encourage DHs to write and keep a manual descriptive of their jobs

DH Job descriptions – revisit/revise

List of items ordered by each department should be kept active and current

Ordering calendar should be drafted for current needs – should include ordering targets/deadlines for, e.g.:

- Constant stock items (with department)
- Seasonal items with timeline for ordering
- Planning calendar featuring 3 months prior to stocking date needed
- Schedule DH meeting to plan the calendar described above\

Consider implementation of a separate DH overseer

CO-OP PLANT/INFRASTRUCTURE

Refrigeration/Freezing

- “Bulk” has need for its own little cooler
- Special drink cooler
- Real produce cooler
- Replacement for worn out freezer
- “Sad” ceiling needs TLC and brightening
- Floor also needs attention – drab/stained
- Decorative bin for clearance items

WASTE/EFFICIENCY/ECOLOGY

Cut down on use of plastic – we use too much!

Chef's Corner

Make Your Own Pizza



No one needs an excuse to eat pizza, but the fact that January 20 is National Cheese Lover's Day, January is National Bread Machine Baking Month and we all kind of feel like staying in during January at night makes pizza a perfect fit! Plus for those of us who like to watch football, go skiing during the day or otherwise play in the snow, it makes dinner a snap as the dough can be made well ahead of time. And if you have vowed to go on a diet for New Year's — the Margherita pizza shown here rings in at 185 calories per slice, including the toppings and cheese, with no transfats — a far cry from the estimated 315 calories for the same pizza slice from a pizza chain.



Making your own pizza is also great as you can control the sauces and the other ingredients, as well as cater to a wide range of tastes. I am not a red sauce fan, but my better half wants to douse the dough in it. I like a simple, few ingredient, pizza; he wants everything on it. Making your own, you can cater to all tastes and choose a red sauce, garlic oil (my favorite) or a white sauce. The dough recipe below makes two pizzas so you can do different sauces, or you can make one right away and freeze the other ball of dough for later. For those of you that are gluten-free, the Co-op stocks Bob's Red Mill Gluten Free pizza crust to use instead.

Pizza Dough

The list may look long, but it all goes in the bread machine or mixer in 10 minutes (see instructions at the end for making by hand). Plus you can throw in 1 day and make the pizza later in the week. You can use either the Bob's Red Mill flours pictured below or use the flours from the bulk food section. Makes 2 large pizzas.

Ingredients:

- 1 1/3 C water or 1 cup water and 1/3 cup flat beer
- 2 tablespoons olive oil
- 1 teaspoon honey
- 1 1/2 cup whole wheat flour
- 2 cups unbleached white flour
- 1 tablespoon vital wheat gluten
- 1 1/4 teaspoon salt
- 1 teaspoon sugar
- 1 teaspoon Aluminum-free baking powder
- 1 tsp each garlic powder and either oregano or Italian seasoning mix
- 1 1/2 teaspoon bulk yeast



Main pizza dough ingredients with tomato sauce

Directions:

1. Add ingredients to bread machine in the following order:

- ◁ Liquids: water, (beer if using), olive oil, honey
- ◁ Mound flour on top and then add all other ingredients except yeast.
- ◁ Make a well in the center of the flour mix and add yeast.

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2. Set to “Dough” mode and let the machine run through its cycle.
3. Take out, cut in half, shape into a round ball and let rest 30 minutes. I rest on the counter with a little flour under the dough and a towel covering it. At this point you can wrap and store in the fridge for up to a week, or freeze. This is when I generally prep the toppings and **Preheat** the oven if using right away.
4. Roll out, hand toss, pat or whatever way you like to do. I use a pizza stone and hand pat on a cornmeal-dusted paddle to insert onto the stone, so mine comes out hand tossed-oblong shape. My husband must have a round pizza and he using a rolling pin and places in a round pizza pan.
5. **Preheat** the oven to 450 degrees and cook formed dough for 5 minutes or until a little brown (I do 10 as I like it pretty crispy). Remove and add sauce, then toppings and put back in for another 10 minutes for light toppings and up to 20 minutes for heavier layers. If using garlic oil instead of sauce, rub lightly with a pre-made garlic oil (or rub on oil and then sprinkle grated garlic over) before adding toppings.

To make dough by hand: Bring all ingredients to room temperature. Combine yeast, lukewarm water and sugar in a bowl. Let it sit for 5-10 minutes until bubbly. Add other “wet” ingredients, then the flour and other dry ingredients, and knead for 8-10 minutes. Cover with a dishtowel and allow dough to rise in a warm place until doubled in size, 1 hour (sometimes longer if room is cool). Turn out dough to a lightly floured surface. Punch down bread to release air bubbles, knead gently 3-6 times, let rise again for 30 minutes and proceed according to step 3 above.

Some of Our Member’s Favorite Pizza Toppings

Leslie, Deanna and Mary - Margherita or Fresh thin slice tomato, basil and mozzarella cheese over garlic oil or oil followed by copious amounts of minced garlic. No tomato sauce for us! If making this, slice and blot tomatoes dry, put the cheese on first and then the sliced tomatoes. Add fresh basil as soon the pizza comes out of the oven (see photo above). Mary adds anchovies instead of the basil on hers.

Tomato Sauce Lovers Abound. **Bob** likes ground beef, green pepper and onion over his tomato sauce. **Pat and Laura** use a mix of olives, green pepper, onions, and mushrooms. **Carol** likes fresh spinach (stems removed) over a simple sauce, sometimes with sausage. **Cory** is a kitchen sink kind of guy putting everything over a cumin-flavored red sauce. **Leslie** will also do a very light fresh tomato-basil sauce with red bell peppers and pineapple.

Cindy and Cathy are white or Alfredo sauce aficionados. Cindy wants artichokes and chicken on hers and Cathy likes her white sauce topped with chicken, garlic, spinach and lots of cheese.

All of these member favorite toppings and sauce ingredients are available at the Co-op (except the chicken, and fresh basil is seasonal).

Recipe from Leslie’s Recipe Stash. Nutritional information from Cook’N database for Margherita pizza and Dominos and Pizza Hut nutritional calculators for comparisons.

Leslie Gecy has been providing recipes, product information and cooking demonstrations at the Baker Food Coop since 2011. She has a MS degree in Botany, which is all important in understanding the implications of the currently recommended plant-based diet and the differences among different plant based products. She also has a secondary science teacher certification, with 13 continuing education credits in Health and Nutrition from the University of Washington.

FROM YOUR CO-OP BOARD of Directors

As we welcome in 2016 we wish to thank all of our staff and working members who have contributed so much to make the Baker Food Co-op a valuable community asset. Thank You!



Are you interested in becoming a working member? There is always so much to do. Please visit with Carol or Jana to see where you can help with your special skills and abilities. Become a working member and save.

As 2015 came to a close the Board of Directors was working hard with Co-op members, Department Heads, and our staff to learn their opinions on how we could improve the Co-op. In the New Year we will continue to move forward with this process by prioritizing items for implementation. We would like your input in this process. Let your voice be heard by attending these upcoming meetings or giving your feedback to any staff or board member.

January 12th or 14th – Department Head Meeting, date, time and location to be determined.

January 19th – Quarterly Member Owners and Board of Directors Meeting, 6:00 PM at the Library meeting room.

Additionally your comments and suggestions are always welcome; you may contact any board member, staff, or use the suggestion box in the store. The board may be contacted at bfcboard@bakerfoodcoop.org.

Your Board of Directors,

*Dennis Winkler - President, Ann Clark - Vice-President, Valerie Potter - Secretary,
Vicki Wares, Lynn Langrell and Dr. Lloyd Nelson*

To view the Board's meeting minutes visit <http://bakerfoodcoop.org>
A copy of the minutes will also be posted on the bulletin board in the Co-op Bulk Department.

Ideas for Improvement at Baker Food Co-op

VERA GROVE

1. **Planning Calendar:** We need a Planning Calendar for 1 yr. of special events and holidays. All Department Heads, Staff and Board members should have a planning meeting each year to plan the calendar for the next year. This makes us aware of events that we need to focus on and prepare for. These are tentative events that can be revised if needed. I would also put the Azure and UNFI delivery and order dates on it.
2. **Posted Calendar:** Three months of the Planning Calendar should be posted where Staff, Department Heads and Board members can see it and stay informed of upcoming events. It can be paper or a white board but as one month expires the next month is added so that there are always three months displayed.
3. **Ordering for Events and Holidays:** Ordering for special events and holidays should be done at least one month ahead of the event or holiday. Some orders such as vitamins and personal care which take at least a week to ship and a week to process need to be ordered at least 5 or 6 weeks ahead. Most people get paid on the first of the month and they like to shop early. Deadlines for ordering should be marked on the Planning Calendar and Posted Calendar.
4. **Full Shelves:** The shelves should be kept stocked at all times even if it is only a couple of each item. If customers can't find what they normally buy at our store they will be forced to go elsewhere and may continue to shop elsewhere.
5. **Clean:** The store should be clean and tidy at all times. Maybe we need to make a schedule of daily chores for the cashiers to follow. There could also be a monthly and quarterly cleaning schedule. Have an annual or biannual work day for all members. Consider paying a custodian if necessary. Dusty shelves and products are a big turn off to shoppers. It makes it look like our products are old and don't sell well.
6. **Develop Stock Lists:** Department heads need to have an order list of stock items that we always want to carry on our shelves. Some things are seasonal and need to be identified and ordered before the season starts. Azure and UNFI can help with lists of their bestselling items.
7. **Department Head Overseer:** Find a working member to oversee and help the Department Heads as needed to make sure shelves stay stocked and organized.
8. **Communication:** Make sure everyone understands what to do and how to do it. Maybe weekly written memos would help, meetings between staff etc. Several times I have gotten conflicting instructions.
9. **Cashiers:** Cashiers need to be easily identified by customers. Maybe aprons and name tags, etc. They also need to watch the cash register closer. I often have to hunt down the cashier for a customer.



by *Suzy Cohen*

I pour through studies and research constantly to bring you the latest news, hot off the press either before it's published, or soon after. Take a look at the following natural "folk" remedies which improve health and well being.

First up, help for alcoholism. Alcoholism and withdrawal. Dandelion (*Taraxacum officinale*) is an herb that can help with withdrawal and liver problems. It's a diuretic too. Also, plain niacin, about 100 mg two or three times daily can cut cravings!

Improve mortality. Drinking chamomile tea can slash risk of death by 29% in women over age 65, but unfortunately not men. No one is sure why, but according to the study conducted at The University of Texas, drinking chamomile tea is the bomb! The effect on your mortality may have to do with it's strong anti-inflammatory, antibiotic and anti-platelet (blood-thinning) properties.

Kiss more. If you only kiss during sex, you're eight times more likely to feel chronically stressed, and possibly depressed. A study of 2,000 couples from Northwestern University proved this. Pucker up outside the bedroom or backseat or wherever...

Edema. Burdock root is a diuretic, and can help you eliminate fluid if you have edema. You can drink it as a tea for a milder effect. If you cool the tea, and apply it topically with a compress, it helps with psoriasis, eczema or other skin irritations.

That time of the month? Cramp bark (*Viburnum opulus*) can help alleviate menstrual cramps, irritability and PMS symptoms. Take it for a few days during that special time of the month. You can buy it as a tincture or supplement.

Since I promised you "weird," I will now deliv-

er: Toad skin for non-Hodgkin's lymphoma. Yung-Chi Cheng, a Yale professor of pharmacology in New Haven, Connecticut is the lead researcher who published the news last March showing that enhances Bayer AG's cancer drug Nexavar. The toads they use are *Bufo gargarizans* in case you want to put a face with the name.

More weird. Turtles, specifically their upper shell, not their cute slow-moving feet. *Pelodiscus sinensis* is the name of the critter, from which a patented Chinese medicine is derived and used for cancer and sometimes HIV/AIDS.

Deodorant. You can make a natural deodorant using clary sage essential oil. Put 15 drops of it in a spray bottle with 1/2 cup witch hazel and 1/4 teaspoon baking soda. Hair loss can be helped with Amla or Indian gooseberry. It could actually be a blessing for you, since it is packed with antioxidants like vitamin C which might help hair loss if it hasn't been too long of a time. Buy amla juice or powder and mix it with lemon juice. Put it on scalp and let it dry. Rinse with gentle shampoo whenever you want. Some of you already realize that Amla is one of the three fruits in "Triphala" an amazing supplement that supports gut health and intestinal conditions. You can certainly take Triphala if you want, along with the topical treatment of Amla.

Itchiness and minor lesions and bug bites can be relieved if you add some essential oils to your aloe vera gel. I bought a little 2 ounce mini bottle of aloe vera gel then added 10 drops of lavender, 10 drops of myrrh and 10 drops bergamot. Shake it up and apply. If it is not strong enough you can add 5 drops tea tree oil.

One of the most lethal bugs known to man is **MRSA**, short for "Methicillin Resistant *Staphylococcus Aureus* and scientists have discovered that compounds in "Sweet Chestnut" leaf can paralyze the superbug! More specifically, the "ursene" and "oleanene" block staph's ability to destroy tissues. No one has studied its effectiveness in human MRSA patients, however, people have been cultivating this for centuries so I see no harm in drinking the tea, or trying an herbal extract. The botanical name is *Castanea sativa*.

*Reprinted with permission
www.suzycohen.com — "America's Pharmacist"*

Meet Your Microbiome



Next time you put a fork of food in your mouth, consider its effects on the trillions of beneficial bacteria that call your body home. These bacteria outnumber your human cells 10 to 1, and they have favorite foods too!

If you feed them what they love, they'll repay you in good health. They don't only improve your digestive function—100 trillion of these single-cell organisms live in your gut, boosting your ability to process fiber and nutrients while making your body less hospitable to pathogens—but they also positively affect your mood, immune function, blood sugar, body weight, and more.

What precisely is this “microbiome”? The term refers to the symbiotic colony of you plus the bacteria in your body. Good guys proliferate if you are born vaginally, get breastfed, live in a natural environment, eschew antibiotics and antiseptics (which wipe out the good with the bad), and eat a diet loaded with plants and fiber.

If you take a look at standard American diet and lifestyle habits, you'll see why our microbiome pales in comparison with those of indigenous cultures. While you can't do much about your past, you can make a positive impact on your microbiome now by giving it a little TLC. Get outside, open a window, don't be afraid of a little dirt, and consider the following diet and lifestyle tweaks.

Avoid Antibiotics: The most detrimental source of antibiotics is medications, which should be avoided except when truly medically necessary. Taking a high-potency probiotic supplement during and after antibiotic therapies may mitigate the harm. However, unnecessary antibiotics and antimicrobials pop up in less expected places too: sanitizers, soaps, treated kitchen supplies and toys, and the meat and dairy products of animals from factory farms. Choose naturally raised meat and animal products. Regular soap works fine for hand and dishwashing. It's good to give your body a few germs to chew on.

Take a Probiotic: Probiotic dietary supplements

may help offset the damage of modern life while helping to bring things back into balance. Look for a product with *Lactobacillus* and *Bifidobacterium* strains that deliver at least 1 billion live bacteria.

Eat Fermented Food: Most traditional cultures consume fermented foods, which provide beneficial bacteria. Boost your intake of fermented vegetables like kimchi and live sauerkraut, miso soup (fermented soybean paste), as well as yogurt and kefir. In one lab experiment, the probiotic content of homemade sauerkraut was found to contain 10 trillion bacteria in a 4- to 6-ounce serving. This equates one pint jar of kraut to eight (100-count) bottles of probiotics!

Eat Prebiotic Food (aka Plants): Plants—especially high-fiber plants—are the favorite food of your beneficial bacteria. Consider gradually boosting your intake of naturally high-fiber foods like beans, Brussels sprouts, chicory root, Jerusalem artichoke, asparagus, dandelion greens, garlic, leeks, and onions. These foods may cause gas and bloating if your body isn't used to them.

Your body may adjust more easily if you increase probiotics first, then slowly boost prebiotics.

According to microbiome guru Jeff Leach of the Human Food Project, our ancestors used to get more than 100 grams of fiber a day; we now get an average of 15 grams. His data suggest that people who eat 30 or more different plants each week have healthier, happier bacteria compared to those who eat fewer than 10 (Americans log in at less than five).

Herbs and Foods to Consider: Preliminary studies have found that rose petals, green tea, and ginger root encourage beneficial bacteria while fighting pathogens. Other herbs and foods have been recently found to beneficially impact your gut bacteria, including polyphenol-rich chocolate, tea, elderberries, berries, flax and nuts. You knew these were good for you anyway. Now you have even more reason to enjoy them!

Source— www.tasteforlife.com



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Co-op!**



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