



1st Quarter 2000

*Inside:*

**The Search for a  
General Manager**

**Herb Blurb: Sage**

**Maria's Rice Pudding**

**PFC Cyber-Database**

**Notes from  
Committees**

**Plus: New Products,  
Co-op Happenings,  
and the Events  
Calendar**

## The Buzz About People's—What Can I Do?

*You* know. I mean, you have heard the buzz, seen the papers, maybe even come to a meeting or two: the Co-op's foundation is shaky right now.

However, many of us have seen the Co-op pass through hard times before, and come out on the other side stronger and more committed to our mission. Well, we are in the middle of those hard times again. And thanks to our leadership asking for help, we are getting some. There are people who are committed to seeing People's survive, grow and eventually thrive again.

This newsletter is filled with ideas of how you can help see the Co-op through:

- Become a strong leader and visionary for the PFC—nominate yourself for the Board of Directors.
- Aid in the search for a new manager.
- Recruit new members.
- Join a committee to address current problems (see the back page).

So as you wander through this newsletter, know that our future lies in your commitment to good food and a strong community. We truly cannot do it without you!

## Members Communicate Their Commitment to People's Food Cooperative —1999 Annual Membership Meeting

On December 13 the Co-op had its annual membership meeting and potluck. Most of our members received a card in the mail regarding our critical condition with a request to come to the potluck with ideas, suggestions and questions.

The turn out was inspiring. Over 100 people came to the Henderson-Royce castle to dine and discuss our situation. The overwhelming response from the community was that they wanted us to remain open. We have decided to try to keep the doors open and reassess at the end of February.

What has come out of the energy generated at the annual meeting is the creation of several committees comprised of Board members, general members and staff.

These hard-working folks have been attacking several problems facing the Co-op, such as long term goals, relocation, personnel search, membership services, fundraising/marketing, and communication. There is a list of these committees, contact numbers and a schedule of meetings on the back page of this newsletter. If you are interested in joining or learning what you can do, please call.

Many of you have seen the article in the Gazette about the potential closing of the Co-op. The article provoked a flurry of responses from the community and the sales at the store soared for a couple of days. We are grateful for the huge amount of concern and support and hope the energy remains high enough to keep us open and eventually thriving!

PEOPLE'S  
FOOD  
CO-OP

436 S. Burdick Street  
Kalamazoo, MI 49007

Phone: 616.342.5686  
Fax: 616.342.0194

Email: kalpfc@yahoo.com

Hours:

Daily 9am-7pm  
Wednesdays 'til 8pm  
Sundays Noon-5pm





## New Products

**Amazake** almond shakes, a naturally sweet organic rice drink.

**Oregon Chai** latté with soy, ready to drink.

**Horizon** fresh organic orange juice in half gallon size.

### Fare Thee Well Foods

Delicious, nutritious Seed Treat Bars and bulk Chunksanut crunch cereal with all organic ingredients. This is a one-woman operation out of WA committed to providing organic whole foods.

### Casa Nueva Salsas

Casa Nueva is a small worker-owned restaurant in Athens, Ohio. They truly support the cooperative principles and make great salsa. Most of the ingredients in the salsas are organic and they are striving to have an all organic salsa soon.

### Dr. Bronner's

Dr. Bronner's Mineral Bouillon is much like the beloved Bragg's amino acids but the mineral bouillon is for mineralizing soups and entrees and not a salt substitute.

### Hemp 'o' Rama

The Co-op supports the use of hemp as a viable, alternative, renewal resource. We would like to support businesses working towards this paradigm shift. We now have a wider selection of soaps, lip balms and salves made from hemp.



## Board of Director Elections— Call for Nominations

We are happy to announce that the new by-laws were approved by the membership. Thanks to all the members who voted. Now we can move forward and hold elections for our Board of Directors.

The Board of Directors is the leadership of the cooperative, responsible for creating policies consistent with our by-laws and the international cooperative principles. The BOD will consist of seven directors elected by the membership. In accordance with the by-laws a committee selected by the interim BOD members will supervise the election.

We are inviting members to submit a Statement of Candidacy describing their skills, qualifications and desire to be on the BOD. This is an exciting opportunity for members to be more actively involved in the operations of the store and strongly influence the direction of our cooperative. *All Statements of Candidacy must be submitted by February 25.*

The Statement of Candidacy will be posted in the store and the membership will have 21 days to vote. For the election to be valid, at least 10% of the membership needs to vote! So, make your voice heard, run for a position on the Board of Directors and vote for the best candidates.

## Co-op Seeking General Manager

We are seeking applicants for a full-time general manager who will work cooperatively with the Board, communicate effectively with the staff and motivate volunteers. Grocery management experience is desirable with a focus on planning and organizational skills. We are looking for an energetic person who can handle multiple tasks and is interested in establishing systems and policies for the store. If you are interested please drop off a resume at the store or fax it to 616-342-0194.

## Co-op Happenings

**The Kraftbrau** has brewed an organic beer with part of the proceeds going to the Co-op! Roxanne Barry, a member of the Co-op, created the name, **Winter Moon Ale**, and the label. The beer will be available around town on tap and in bottles. We are excited to be collaborating with Kraftbrau and would like to thank Steve Berthel, Jim Quinn and all the Kraftbrau staff for their support! So, head down to the Kraftbrau and toss back a few of this fine organic brew.

Co-manager **Angela Stevens** is no longer apart of the PFC staff. We were all sad to see her go. Angie

moved to New Mexico to follow her heart and go back to school for nurse midwifery. We all wish her the best and miss her greatly!

On another sad note, **Cathy Dernay**, our current manager, will be leaving to pursue an organic farming internship this fall. We are truly sad to see her go, and grateful for all that she has given and continues to give of herself to the Co-op. Thanks, Cathy!

The Co-op will be participating in the **Shop Hop** on April 7th. We are looking for members to display their art in the store. If you are interested contact Cathy at the store.



There are over 500 species of sage, a perennial mint native to the northern shore of the Mediterranean. Until World War II, sage was the most popular culinary herb in America. Sage is highly aromatic, and the flavor is pungent and slightly bitter. It is often used in salad dressings, sausages, chowders, fish dishes, stews and, of course, in stuffing for the holiday turkey (or Tofurkey).

Medicinally, sage's best known effect is the reduction of perspiration, which usually begins about two hours after taking sage tea or tincture and may last for several days. This property is useful for night sweats, and perfect to aid a nursing mother whose child has weaned. She can take sage tea for a few days to help stop the flow of milk.

The tea has also been prescribed for nervous conditions, trembling, depression, and vertigo. As an astringent, it can be used for

diarrhea, gastritis, and enteritis. As a gargle, the tea is good for sore throats, laryngitis, and tonsillitis. It also helps to eliminate mucous congestion in the respiratory passages and the stomach.  
*Caution:* too much sage can be toxic.

People's carries sage leaf, whole and ground, in our bulk herb department. We also have sage bundles for ceremonial use.

### Portabellas with Walnut Sage Stuffing

- 5 portabella mushrooms
- 1 sm onion
- 1 tsp fresh sage, chopped (half tsp dry)
- 1/2 tsp rosemary
- 1 tsp basil
- 1/4 Cup crushed walnuts
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- 3 slices bread, toasted & crumbled
- 1 Cup grated parmesan

Clean all the mushrooms, remove stems and dice all the stems as well as one top (leaving 4 to be stuffed); also dice the onion. Heat a skillet, add the oil, then onions. Fry 'til clear. Add spices, nuts and mushrooms, fry for 3 minutes; add bread, fry 'til warm. Remove from stove, add parmesan and vinegar, mix well and heap onto mushroom caps. Place in the oven on an oiled baking dish and bake at 350° for 20 minutes.

## from the CO-OP'S KITCHEN

by MARIA

### Rice Pudding

- 4 Cups short grain brown rice (rinsed)
- 10 Cups water
- 1 tbsp vanilla
- 3/4 Cup maple syrup
- 1 Liter Rice Dream Original Vanilla
- 1 tsp cinnamon
- 1/2 tsp cardamom
- 3/4 Cup organic raisins

On low, cook rice and water in a 4 qt. crock pot overnight (6-8 hours)

until rice is overcooked and sticky (all water will be absorbed). Can be done on the stove in a sauce pan — bring rice to a boil, reduce heat and cook covered until all water is absorbed (1-1.5 hours). Once the rice is cooked, just add the rest of the ingredients and stir well. Served warm, rice pudding is a perfect winter dessert or breakfast treat. It can be served cold as well.



### People's Food Cooperative Interim Board of Directors (BOD) 1999-2000

**Dave Agopian** is a long-time board member and is currently finishing his degree in education at WMU while student teaching.

**Julianne Daher** is interim vice president. Julianne is a former co-op staff worker and a current massage therapist.

**Fred Royce** is our legal advisor. He leads an active lifestyle and is involved in commercial property development.

**AmyJo Souers** has a B.S. in Health Studies, is an Emergency Room RN at Bronson and is enrolled in the Graduate Certification Program in Holistic Health Care at WMU.

**Lisa Williams** is marketing director at the Arts Council of Greater Kalamazoo. She has a master's degree in natural resources and worked for eight years at the Ohio Environmental Protection Agency.

*If you would like to nominate someone—or yourself—for the Board of Directors, please come out to the Co-op and complete a nomination form.*

## Join Our Email List!

We are attempting to create a list of member email addresses so we can get timely information out to the membership as efficiently as possible. A notebook will be placed in the Co-op at the front counter so y'all can list your name and email address for us. If it's not immediately visible, ask a staff member to get it for you. You can also send an email to the PFC address: [kalpfc@yahoo.com](mailto:kalpfc@yahoo.com), and we'll sign you up. We hope to send you notices about board and subcommittee meetings, elections, and breaking news on issues like relocation. Thanks for your help!

## Committee Notes

The **Relocation Committee** is researching the feasibility of a move. If you are interested in helping, please call Michele Richards at 388-4875.

*Next Meeting:* Tues, Feb 22, 7PM, 515 E. Stockbridge Ave.

The **Fundraising/Marketing Committee** met January 12 to begin to define its role, and to brainstorm strategies for increasing awareness of the PFC and its mission.

Ideas for ways to promote the Co-op and bring more people into the store, and for fundraising events are always welcome. Call Peter at 341-4299.

*Next Meeting:* Wed, Feb 9, 6:15PM, 350 S. Burdick St., Suite 206

**Membership Services/Volunteer Committee** is the central point of communication for the members for requests, comments and volunteer opportunities. We need people who are interested in bettering member communication or volunteering in any way to contact Rhonda Wright at 383-2455.

*Next Meeting:* Thurs, Feb 10, 7 PM, call Rhonda for the location

The **Strategic Planning Committee** is currently involved in putting together a long term plan for steering the future of the Co-op. Contact Chris Dilley at 381-2716 with any ideas.

*Next Meeting:* Wed, Feb 9, 6:15 PM, 505 Elm St. #1

The **Personnel Committee** has taken on the challenge of filling key positions, the most important one of which is general manager. If you want to help, please call Chris Orsolini at 349-2450.

## Events Calendar for the People's Food Co-op:

- Feb 3 **Open BOD Nominations**  
Anyone interested in a Board of Directors position, please drop off a Statement of Candidacy at the store before Friday, February 25.
- Feb 7 **Interim BOD Meeting**  
Henderson-Royce Castle, 7 PM
- Mar 1 **BOD Elections**  
Members will have until March 22 to make their selections.
- April 7 **Arts Council Shop Hop**  
We are currently seeking art for the Shop Hop, if you are interested in participating please contact Cathy at the store for more info.

If members have any items they wish to have included in the Events Calendar please come into the Co-op and someone will help you out.

## PEOPLE'S FOOD CO-OP

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Kalamazoo, MI 49007

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