

THE COOP SCOOP

1st Quarter 2001

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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



The State of Our Union We're Growing and Need Your Involvement to Continue

by Sue St. Onge, Store Manager

As many of you who attended the Annual Membership meeting last month know, the Co-op had a profitable year in 2000. We would like to thank everyone for your support over this past year in all the various ways you have contributed: from shopping, to volunteering in the store and at special events, to donating your professional services.

While we were able to eliminate about \$9000.00 in debt, ease our recent cash flow problems, and increase pay for our staff; we still have some obstacles to overcome in the next year. Our equipment is borderline, to say the least, and our staff is not earning

a living wage. It was great to see many individuals in attendance with new ideas for the Co-op to expand its image and message into the Kalamazoo community. We need your help to actualize these plans. The Co-op is staffed by eight hard-working individuals, and has a board of seven dedicated professionals. We have great difficulty in enticing volunteers on a regular basis, and therefore, do much of the work ourselves in the store, in the community, and on the picket lines to fulfill our Co-operative duty to our community. This coming summer, we are planning to team up with the Community Gardens Initiative to

(continued on page 7)

Mardi Gras Coming to Downtown Kalamazoo

by Kelly Sobanski, Staff Member

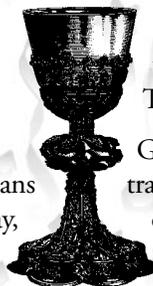
On Friday, March 2, 2001, Downtown Kalamazoo will be hosting a Mardi Gras Celebration. Themed costumes, art, street performers, roasting nuts, succulent seafood, and music will entertain the community of Kalamazoo. Families are welcome to join the celebration in the evening at the People's Food Co-op.

In French, the phrase "Mardi Gras" means "Fat Tuesday" referring to Shrove Tuesday, the day before Lent begins. Roman Catholics would start Mardi Gras on the twelfth night, or January 6 celebrating time before fasting. Mardi Gras was introduced to America by French colonists in the 1700's.

The People's Food Co-op is encouraging artists to show their talents by bringing in various mediums that express individual creativity and inspiration. "Art does not reproduce the visible but makes visible that which is not easily seen." This is a quote by Kimon Nikolaidis.

Groove over to the People's Food Co-op transformed into a lively festival full of colorful tastes, sounds, and visions.

Meet local artists, community members, and join in on interesting conversations while viewing intriguing art. Hope to see you in beads, feathers, and dancing shoes.



Friend-Raising / Fund-Raising / Membership Drive!

by Susan McHugh, Board Member

WOW! Have things changed at the Co-op in the last year! In just one year we were able to hire a new highly-skilled manager, stabilize staffing, elect a new governing board, and begin planning for the future. Sales increased, inventory expanded, debt reduced, and the Co-op increased its visibility in the community. What an incredible year!

Thanks to everyone we have a new energy and level of commitment on all levels. Now it is important that we maintain our momentum, continue to move forward and establish a foundation for the future of Peoples' Food Cooperative. We can do it by all committing to a FRIEND-RAISING/ FUND-RAISING/ MEMBERSHIP DRIVE!

Membership is the key to the future, to eliminating the Co-op's debt and creating a fund for new equipment, store improvements, and more. By raising friends we raise funds. Membership is the best way to introduce our friends to the benefits of shopping at the PFC, healthy living alternatives, cooperatives and cooperation, and to being part of downtown Kalamazoo's oldest grocery! At the same time membership becomes a way to sustain the Co-op's future and gives us the resources (people and

money) we need for the future to better serve our community. It takes you to recruit just two new members.

Here's the math:

Current Memberships	350
New Members recruited by EACH	x 2
Total New Members	700
New Membership Fees	x \$30
NEW MEMBERSHIP REVENUE	\$21,000

WE CAN DO IT!!! This is feasible! ALL IT TAKES IS YOU TO RECRUIT JUST TWO! Between now and our Spring Gathering April 22nd at the Kraftbrau you are asked to recruit two new members. (Two forms are enclosed for your convenience.) If you can recruit more, even better. Approach your friends, family, co-workers, neighbors; people you care about.

The number one reason why people don't join is that they have never been asked. Please ask. Please recruit two new members. IT TAKES YOU TO RECRUIT JUST TWO!

THANK YOU!

Growing Food for Our Community

by Cathy Dernay, farmer and PFC Member

Spring is in the air and the Co-op is embarking on an exciting new adventure. We are in the process of trying to start a Co-op community garden. Our idea is to create a beautiful and colorful space full of organically grown veggies and flowers to be sold at the store and the farmers' market. We are working with the Kalamazoo Community Gardens Initiative to figure out the best way to have a sustainable community garden. Things are still being worked out and we need your help! Brains and/or brawn, ideas, and enthusiasm are all on our wish list.

First and foremost we are looking for a space on which to grow. Ideally, it would be a space that we could use for three to five years or longer. Once we have a location, we'll need lots of help working on the garden. If you have any interest in helping out with this exciting new garden, please call Cathy at 381-2716. Local Organic or Bust!

...For lo, the eternal and sovereign
luminous space,
where rule the unnumbered stars,
is the air we breathe in
and the air we breathe out
And in the moment betwixt
the breathing in
And the breathing out
Is hidden the mysteries
of the Infinite Garden

Essene Gospel of Peace

from John Jeavons,
How to Grow More Vegetables



Bruce Schultz

REALTOR®

Email: bschultz@precar.com
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Kalamazoo Animal Liberation League
www.kallnet.org



"No Animal Abuse Shall Go Unchallenged"

Mike Schuur 616-383-4856
P.O. Box 20131 • Kalamazoo, MI 49019-1131

Co-op Happenings

There is a lot going on at the Co-op this spring and summer!

Education and outreach is a very important part of our mission statement and thanks to the recent stabilization of the business, we are free to focus on that with more and more of our energy. We are committed to educating our community about issues around food and the environment, but the staff, the Board and our seven to ten core volunteers cannot do it alone. If any of the things discussed below strike your fancy, let us know and we'll let you know how to help. Thanks!

Friend-Raiser! We are in the midst of a membership drive (see article on page 2). We are on the upswing here and one of the best ways to keep that momentum and achieve our goals is to grow in size and numbers. We have lots of brochures at the store that tell all the pertinent details about membership at the Co-op. Share them with a couple friends. The big finale for the Friend-Raiser will be at the Spring Gathering at Kraftbrau, please make a concerted effort to spread the word about the Co-op to our community.

Currently a **cookbook** is being compiled by several members. If you have a recipe you'd like to contribute please contact Laura (694-5802 or mysticapex@aol.com) or Jo (385-2478). Your vegetarian or vegan recipe will join the ranks with Barbeque Tempeh, Mushroom Miso Soup, Almond Chickenless Salad and countless other specialties of the house.

The Co-op Kitchen. That's right, we have our very own Cable Access television program now! The first show was filmed in November with Maria Panone showing us how to prepare Tempeh Cabbage Rolls. The next one is to be shot in late February. Look for it on Cable Access. Call Leslie Neuman, board member and executive producer, at 344-3247 for more information or if you are interested in cooking—we need more chefs to strut the Co-op's stuff!

The People's Food Grow-op.

We want to grow our own local, organic produce for sale in the store and at the farmers' market this summer. See the article on page 2 for great information.

Spring Gathering—*Sunday April 22 (Earth Day), 2pm to Midnight at the Kraftbrau*—It's coming up on that time of year again! So far, we've confirmed Blue Dahlia, King Strang, the Skin Tones, Mechele Peters, and a classical string quartet. We're still waiting to hear back from a couple other favorites. Bring a dish to pass or pay \$3 and get all the food you please from the food table. Tickets will be available at the Co-op for \$6 before the event or \$8 at the door.

Summer Environmental Education Series. Would you like to know more about non-motorized transportation, recycling, organic gardening, groundwater pollution, GMO's or any number of other topics? Let us know! We have experienced educators from MSU Extension, KCGI, City of Kalamazoo, and Missouri Heartwood among others that are willing to come and share what they know. In order to set up this program, we need your input. Please see the list of topics on page 7 to learn how to let us know what you want to learn.

The Midwest Roadshow on Genetic Engineering and the Environment could be coming to our town this April. The roadshow is an energetic and multimedia event that will illuminate the dangers of genetically engineered foods and provide insight into the scope of this problem in an era of economic globalization and environmental degradation. Keep your eyes open for more details next month.

Book Review

Ishmael by
Daniel Quinn
1992
Bantam/
Turner

Review by
Bill Caskey,
PFC Member



Perhaps you've seen the bumper sticker that reads: Human beings aren't the only species on Earth, we just act like it. In Daniel Quinn's *Ishmael*, the title character puts forth the notion that the great majority of human beings are takers. As opposed to leavers, takers are those that take much more than what we need to survive. We humans have gradually come to accept ourselves the stewards of Earth's natural systems and given ourselves permission to alter those systems radically without regard for other species. In compelling dialogue with the narrator, *Ishmael* explains how the dominant cultures' mythologies justify the taker mentality as a human right.

How do we live so as to leave room for all the other species that share this planet? One of *Ishmael's* greatest points is that people need an alternative to fill the void that is left over when we eschew insane living. For all the justifiable doom and gloom, we have no choice but to work from within the long evolved techno-culture to which all of us share membership, argues *Ishmael*. Ultimately, our own self-interest goes hand in hand with active respect for other species. If you haven't read this great book, you owe it to yourself to check it out.

Have you read a good book that you think the membership might find interesting? Write a review. For more information contact Chris Dilley at pickle@net-link.net or 381-2716.

PFC Prices Too High? You Be the Judge

by Cori Somers, Board Member

We want to bring you a sense of community, education and great food. We also want to make it affordable. One of the myths about the Co-op is that our prices are too high and people cannot afford to shop here. So I went out to various stores, including the corporate Meijer, and took a look at the natural health foods and organic

produce they carried and compared the prices to ours. Surprisingly, the Co-op's prices were very competitive with the rest of the crowd, many things are even less at the Co-op. Considering our size, the PFC is doing an outstanding job at keeping the prices down and delivering great products to the community at an affordable price.

Product	PFC	Natural Health	Meijer	Hardings
Endensoy	\$1.89 & \$1.99	\$1.99	\$1.99	\$1.79
Rice Dream	\$1.89 & \$1.99	\$1.99	\$1.89	\$2.39 & \$2.45
Vruit	\$2.37	\$2.77	N/A	\$2.59
Organic Milk	\$3.55	\$2.87	\$3.39	N/A
Cage-Free, Org. Eggs (1 doz)	\$2.39	\$3.67 (non-organic)	\$2.99 (not cage-free)	N/A
WholeSoy Yogurt (6 oz)	\$1.19	\$1.27	N/A	N/A
China Rose Tofu (organic)	\$1.79	\$1.87	\$1.79 (other)	\$1.69 (other non-org.)
Mori Nu Tofu	\$1.45	\$1.57	\$1.79	\$1.69
Amy's Lasagna (frozen)	\$4.08	\$4.37	\$3.49	N/A
Tempeh (frozen)	\$1.79—\$2.35	\$2.37	\$2.29	N/A
Garden of Eatin' Chips	\$2.65	\$2.97	N/A	\$2.75
Kettle Chips	\$1.95	\$1.97	N/A	\$1.99

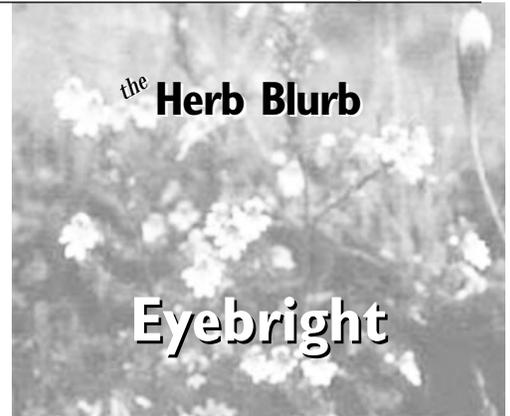
Organic Produce

	PFC	Natural Health	Meijer	Hardings
Broccoli	\$1.33 lb	\$2.47 lb	\$2.25 lb	\$2.39 lb
Celery	\$1.42 ea	\$2.87 ea	\$1.99 ea	\$1.71 ea
Carrots	\$.75 lb	\$.71 lb	\$.85 lb	N/A
Yellow Potatos (5-lb bag)	\$2.94	N/A	\$2.69	\$2.99
Oranges	\$.48 ea	\$.87 lb	N/A	\$1.33 lb
Red Grapefruit	\$.78 ea	\$.97 ea	\$.79 ea	\$.99 ea
Red Delicious Apples	\$.46 ea	\$.57 ea (on sale)	\$.65 ea	\$.65 ea
Bananas	\$.78 lb	\$1.27 lb	N/A	N/A

Bulk Items (price per lb)

	PFC	Natural Health	Meijer	Hardings
Nutritional Yeast	\$5.80	\$6.97	N/A	N/A
Quinoa	\$2.31	\$2.47	N/A	N/A
Semolina Elbow	\$1.15	\$1.97	N/A	N/A
Split Yellow Peas	\$1.01	\$1.30	N/A	N/A
Green Lentils	\$1.13	\$2.26	N/A	N/A
Red Lentils	\$1.75	\$3.36	N/A	N/A
Garbonzo Beans	\$1.59	\$2.50	N/A	N/A
Kidney Beans	\$1.81	\$1.99	N/A	N/A
Apple-Berry Granola	\$2.87	\$3.52	N/A	N/A
Wheat-Free Granola	\$3.12	\$3.34	N/A	N/A
Almonds (nonorganic)	\$3.96	\$4.40	N/A	N/A
Walnuts (nonorganic)	\$5.31	\$7.97	N/A	N/A

* A more complete list is available at the Co-op.



Part used: Above ground portion
Energy and taste: cool, acrid, bitter taste
Systems affected: Eyes, liver and blood, clears heat

Properties: Alterative, Astringent, Tonic

Eyebright has a cooling and detoxifying property that makes it especially useful for inflammations. It aids in stimulating the liver to clear the blood and relieve those conditions that affect the clarity of vision and thought. The tea should be taken liberally and on a daily basis to treat all eye problems. It is also useful with inflammations of the nose and throat. Externally, the tea is used as an eyewash—especially combined with Goldenseal, Rue or Fennel—for conjunctivitis, eye weakness, ophthalmia, and other eye diseases.

The infusion is made using one ounce of herb to a pint of water steeped twenty minutes. A beverage tea useful as a substitute for Black tea is prepared using one-half ounce of herb steeped in a pint of water.

From *The Ways of Herbs*
 by Michael Tierra, C.A., N.D.

Eyebright is traditionally used as an eyewash. It prevents secretions of fluids and relieves discomfort from eyestrain or minor irritations. Good for all eye disorders.

From *Prescriptions for Nutritional Healing*
 by J. Balch, M.D. and P. Balch, C.N.C.

Please note: there is no FDA designation for the use of eyebright in food.

Heartical Vibration

By Erik Benson, Staff Member

"Rastaman Vibration—Positive," sings the king of Reggae music, Bob Marley. It is quite possible (probable) that a visit to the Co-op will include a taste of reggae music. The cool, laid back Caribbean tunes often floats through the store. It is no coincidence that reggae music shares space with fresh/healthy foods and those positive people who consume them. Reggae music, like other things in the store, provides a living positive vibration.

Reggae had its beginnings in Jamaica, though one could truly say it is music from creation. It has its roots in the heart beat and Africa, motherland of humanity. When Africans were brought to the west, musical traditions survived, despite the loss of many other traditions. Drumming and call and response singing were practiced by slaves in the Americas. In the U.S., where the Christian British were powerfully oppressive, the music became Gospel, which continues today as the incubator for African American music.

In Jamaica, as well as the rest of the Caribbean, the rule was more lax and the ratio of slaves to colonists greater. Thus, drumming and singing, in African style, continued (though not without changes).

Nybingni drumming and chanting was one of the two styles that developed. This type of drumming, which is an integral part of the Rasta movement, is played with three drums (the Bass, Kete, and repeater) and is based on the heartbeat. It is the ceremonial music of the Rastafarians and has remained at the core of the movement since its beginnings in the 1930's. The name Nyabingni was taken from a group of East African warriors who wore their

from the CO-OP'S KITCHEN

Healthful Fig Bars

by MARIA

Filling Ingredients:

- 1/2 lb. dry figs
- water (3/4 sauce pan full)
- zest and juice of one orange
- 1/2 cup honey or maple syrup
- 1/2 cup whole wheat pastry flour

Filling:

Place figs in a sauce pan with enough water to fill the pan 3/4-full, bring to a boil. Cook 5 minutes. Cover and let cool. Add orange juice and zest, and honey. Blend in food processor. When figs are well blended, add flour.

Crust:

While filling is cooling prepare crust. In a medium bowl mix flax, flour, and salt together. Drizzle oil into bowl a little at a time. Use a fork to cut oil into flour. This can also be done in a food processor. When completed, your mixture will look like wet, clumpy sand. Add water and continue until your mixture forms a soft dough. Knead slightly by hand to form an inch thick 3x4 rectangle. Wrap and put into refrigerator to rest (about 1/2 hour). When you have completed the filling and the dough has chilled, roll out dough between two pieces of parchment paper (or cut open a plastic grocery sack). Roll out pastry dough until you have a rectangle approximately 16"x10". Cut in half to form two 8"x10" pieces. In the center of each section spread 1/2 of the filling, leaving 2" at both sides. Roll sides over to form a long bar. Place on a cookie sheet. Bake at 350 degrees for 25-30 minutes, until golden brown. Cut into bars once cooled.

hair unkempt and knotty, and were engaged in freedom fighting against the European colonial powers.

Reggae music blossomed in the 1960's out of the Nybingni tradition. Though it had many other influences (gospel, jazz, rock and pop) the heartbeat has always remained at the center. It is the heartbeat that keeps it together (even when the pum-pum beat is not even obviously evident). The music stands in style and lyrical content against powers of oppression and forces of eternal death. Reggae, like the beautiful organic produce, pro-

Crust Ingredients:

- 2 cups whole wheat pastry flour
- 1/2 tsp flax seed oil
- 1/2 tsp sea salt
- 1/2 cup canola oil
- 3 Tbsp hot water

vides a living vibration, in a world more and more crowded with concrete and plastic. So enjoy the food and vibrations of the Co-op, for healthy body and soul.

Von Sweden
Jewelers



TAGHeuer
SWISS MADE SINCE 1860

157 South Kalamazoo Mall
Kalamazoo, Michigan 49007
616-342-9632

From the Archives:

The following article is reprinted from the April, 1980 edition of the Coop Scoop in April, 1980. The comments of PFC manager, Sue St. Onge, follow.

Oil and Plastic

A powerful title, almost equal to War and Peace, maybe not, but the connection is one that many people fail to make.

Much attention has been given to the use of gasoline as the cause of our oil problems. What many of us do not realize is the fact that plastic and synthetic fabrics almost all start as coal or oil.

In the last thirty years the use of plastic in the packaging industry has been steadily on the increase, so has the use of oil in general. Everything comes in plastic now. Plastic bottles, blister packs, plastic sacks, and even a plastic wrapping for fruit that mother nature already wrapped quite nicely.

Here at the Co-op we try to offer an alternative. We have many of our staple food items in bulk so you can use and re-use biodegradable packaging. The consumer usually has to pay for packaging used for all goods bought. We give you a chance to stretch your packaging dollar, and save oil, by reusing sacks and bottles brought from home.

So what it takes is a realization of the real cost of packaging, and a change in our shopping habits. Just remember styro-foam doesn't grow on trees; paper does.

Sue's Comments on the Above:

Twenty years after this article was written, we are still faced with this problem. Yes, maybe a lot of us are not wearing polyester anymore, but the use of plastic has increased significantly in packaging. Almost half the garbage in the U.S. comes from packaging. Our children's toys and even our automobiles are now made predominantly from plastic. Consumers must understand the tremendous influence we possess. Below is a list of considerations that one should ponder before spending your hard earned cash.

- Each dollar you spend is a vote for or against oppression. One should be aware of a business' environmental record and employment practices before giving them your money. For example, is the company in question paying someone 34 cents a week in Ecuador and selling their jeans for \$120.00 here in the U.S.? We can achieve sustainable commerce only by refusing to support business' who exploit nature and humanity.

- Try to buy bulk. If that is not possible, buy goods with little or no extra packaging. You will be surprised by the money saved buying in bulk. For example, the average price for any given spice in a grocery store is \$3.50. The average cost to fill a reused spice jar at the PFC is about 75 cents.
- Buy glass or paper before plastic.
- Ask yourself before you buy an item, "Do I really need this?" If the answer is no, don't buy it.
- Buy biodegradable, recycled, earth friendly, cleaning supplies and household items.
- Buy organic, GMO-free, food items. There is no question, they are better for you and the environment. The average American consumes over 5 pounds of chemical additives and preservatives a year. If you add sugar that rate jumps to 135 pounds.
- Shop and do business with Cooperatives. They are community owned and exist to provide a service for the people, not solely to make a profit from them.

Clean and Green: Eco-Friendly Ways to Make Your House Shine—Part I

from a flyer assembled
by MDEQ and MSUE

Rather than using a product with several complex chemical ingredients, put a simple substitute together yourself, or buy one. Natural materials usually involve less pollution and interact more gently with the environment and our bodies than do highly processed, synthetic materials.

Basic Ingredients:

Using the below in various combinations will do the trick for most home needs.

- Baking soda—cleans, deodorizes with scouring action. Softens water to increase sudsing and cleaning power of soap.
- Borax—cleans, deodorizes and disinfects. Softens water.
- Soap—biodegrades safely and completely and is non-toxic. (At the Co-op we carry Bronner's Sal-Suds.)
- Washing soda (sodium carbonate)—cuts grease, removes stains, disinfects and softens water.
- White vinegar—cuts grease and freshens, also removes hard water stains.

General Cleansers:

All-purpose cleaner—mix 2 tsp. borax and 1 tsp. soap in 1 quart of water; store in a spray bottle for convenience.

Disinfectant—for hospital-quality disinfectant, use 1/4 cup borax dissolved in 1/2 gallon hot water.

Scouring powder—mix soap with either borax, baking soda or table salt

Next issue we will discuss specifics related to cleaning everything from carpets to windows and mirrors. Until then, stay clean and be green!

(continued from page 1)

begin to grow some of our own food for the Co-op. We believe this is an important step in guaranteeing the quality of our produce in a world where GMO'S and irradiated food items are being labeled as organic. We will need a tremendous amount of help with this ambitious endeavor.

It has been a tough year with the amount of work as well as the stress of trying to give the Co-op a much needed financial boost. When I stop to think about the amount of work still needed to be done, it is quite overwhelming. How do you find enough time, money, and equipment to keep our staff motivated, our membership satisfied, and the Co-op healthy? These are questions I ask myself everyday. Along with taking care of the immediate Co-op community, how do we expand our mission to include the rest of our Kalamazoo community? It is important work and it carries a message that needs to be heard as well as understood. It is a message that educates about the future of our food supply and business practices around the world which continue to exploit people and our environment.

The pressure of running a Co-op business aside, another fundamental problem lies with you, the membership. Many of you, as owner/members lack a true sense of what ownership means in our Co-op, seeing the Co-op only as a place to shop. Without a more informed and active membership, our organization could some day become indistinguishable from the rest of the world, where motive is profit, not people. YOU—not the bottom line—are what is important at the Co-op. YOU are the reason the Co-op exists, and you can have an impact on how the Co-op functions.

What's the difference between the Co-op and any other grocery store in the area? It's the *way* we do what we do that is different. The heart of the cooperative process is in its members, board, and

staff's ability to work together, and their respect for diverse opinions. The Cooperative process is ethical, democratic, humane, and ecological. Without more consistent help from our membership, we will never be able to fight the uphill battle to fulfill our mission. A mission that seeks to guarantee a safe food supply in the future, while educating people about the aggressive and oppressive nature of capitalistic business practices.

We as a community must take on this plight together. We have very formidable opponents. Many large corporations are tainting the natural food market by buying up smaller businesses. I also believe it is imperative that we educate the community about the dangers of Biotechnology and Genetically modified Food Organisms. This is especially important with last year's merging of Pharmacia (our backyard neighbor) with Monsanto, one of the major corporations behind Biotechnology. Clearly, there is much work to be done.

Our board meets the second Monday of every month at the Co-op at 7:00 p.m. This is a great way to help develop the future vision of the Co-op. There is also a monthly calendar at the Co-op for volunteers to sign up to help with in-store operations, while earning an extra 5% off in store purchases. We will need help with our garden, and we consistently need people with computer skills, artistic as well as writing talents. We hope in the near future you will find a way to contribute.



non-smoking
12 beers on tap
wine, too

402 E. Kalamazoo Ave.
384-0288

Environmental Ed. Courses this Summer at PFC

You heard it here first, folks. This summer we are coordinating a series of seminars about various issues of interest. *The best part is you get to help choose the topics!* Here are some ideas:

Non-Motorized Transportation—

Learn how your transportation style can save your groundwater, as well as your air and your body.

Reduce, Reuse, Recycle—Information even the best environmentalist might not know about how our solid waste affects our biosphere. Opportunities abound to learn how to live more lightly on Earth.

Feed Yourself Cleanly—Tips on organic growing, the pesticide problem and using fertilizers responsibly.

Clean House, Clear Conscience—

Clean your house with the lowest impact on the environment. See how wastewater is processed and how you influence the outcome.

You Are What You Drink—Where your drinking water comes from, how it's treated and filtration options explored.

Lakeside Living—Understand the special concerns living onshore brings and your role in protecting this precious ecosystem.

Low Impact Dream Lawns—How to have a lush lawn with minimal chemical input and why grass helps the environment (believe it, or not).

Be a Part of The (Eco) System—

Turn your yard into a living piece of Southwest Michigan biosphere through Native Landscaping.

Please find the card attached to this newsletter, choose five (5) that you are most interested in ... or add other ideas. Stamp it and send it! Thanks.

Benji's Award-Winning Salsa

"For the heat-loving, garlic-lover fools" -BM

Yep, that's right, at this past Fall Gathering the grand prize winner of the Salsa Contest was our very own staff person extraordinaire, Benji Mogg. His award-winning recipe and an unmistakable photo follow:

- 1/4 cup apple cider vinegar
- 5 medium tomatoes
- 1 large onion
- 1 cup cilantro
- 2 heads of garlic
- 2 habañero peppers
- 2 jalapeño peppers
- 2 banana peppers
- 2 cayenne peppers
- 3 tsp. toasted cumin seeds
- 1 cup corn
- 1 cup shredded carrots
- 1/2 tsp. sea salt



Benji at Bell's Eccentric Day in 1999.

1. Preheat oven to 350 degrees. Place a head of garlic and one of each pepper on a cookie sheet and roast in oven ten minutes. Dry roast cumin seeds in a cast iron pan 5 minutes. Set aside.
2. Chop tomatoes and onions. Place in blender or food processor along with apple cider vinegar, 1 head of garlic, the rest of the fresh peppers, cilantro, toasted cumin seeds, and puree.
3. De-seed the roasted peppers and peel the garlic (cloves should slide right out of skins). Add to blender or food processor with other ingredients and blend.
4. Pour into mixing bowl and add sea salt, corn, and shredded carrot. Mix together, cover, and refrigerate over night. Enjoy.

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

- Mar 2 **Mardi Gras Art Hop**
PFC will participate in the festivities with a show of the prints of Roxanne Barry, a Co-op member. Friday, 5-9pm.
- Mar 12 **Board Meeting**
PFC, 7pm
- April 9 **Board Meeting**
PFC, 7pm
- April 22 **Spring Gathering**
Kraftbrau, 2 pm—Midnight
(see Co-op Happenings on p. 3)
- May 14 **Board Meeting**
PFC, 7pm
- June 1 **Art Hop**
PFC, 5—9pm
- June 11 **Board Meeting**
PFC, 7pm

If you have items you wish to see included in the Events Calendar please send them to pickle@net-link.net or drop it at the Co-op
Attn: Coop Scoop.

Gratitude—People's Food Co-op would like to thank all the volunteers who help to make the Coop Scoop possible: all the contributors, Benji, Maria, Sue, Erik, Peter, Derek, Chris, Wendy, Kelly, and all the folks who have volunteered in the store.

PEOPLE'S FOOD CO-OP

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Kalamazoo, MI 49007

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