

THE COOP SCOOP

2nd Quarter 2001

FOOD AS MEDICINE

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PEOPLE'S FOOD CO-OP

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Hours:
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Wednesdays 'til 8pm
Sundays Noon–6pm



The Healing Power of Organic Foods Why Are We So Invested in Good Food, Anyway?

by Chris Dilley, Board Member

In modern American culture we tend to think that food is something that fills us up when we are hungry and tastes good.

Medicine is something that is concentrated in a pill or liquid form and has very controlled and specific effects — oh, yeah, and it tastes terrible. If you roam the aisles at the Coop, you may think that a similar distinction is made between food and medicine. After all, you'll find grains, pastas and beans in the bulk bins and herbal cold and flu remedies on the shelf next to the

Ayurvedic toothpaste. And who thinks that echinacea/goldenseal tastes good? However, it is not as it first may seem. If we reconsider the definition of medicine that has taken hold in our mechanistic culture, we find that the food we sell at the PFC is actually medicine for both our bodies and the planet.

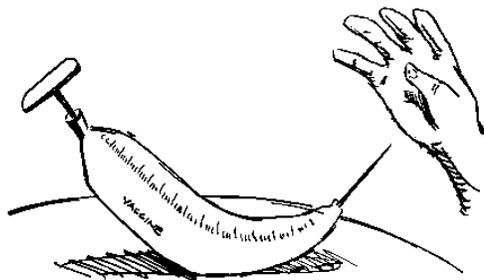
First, the re-definition: another and more freeing definition of medicine is something that heals our bodies in times of disease or sustains a state of health. Some studies have shown that organic food is more nutritious than conventionally grown food.¹ It just stands to reason — nutritious food grows in

nutrient-rich soils. The natural cycle is for seeds to land in soil, root there, grow utilizing the energy present in the decaying organic matter in the soil, fruit, drop seed and die back only to be recycled into the soil to feed

the plants for the next season. In conventional agriculture attention is not given to replenishing the nutrition of the soil and the plants end up demanding more than the soil can provide. Thus, chemical fertilizers and herbi-/insecti-/fungicides are applied to protect the weakened plants from natural

predators. These chemicals don't enrich the soil; instead, they poison it.

The growers and producers that we support have gone to great lengths to reclaim their soils, cultivate the life in those soils, and reject the pressures of the multinational seed/chemical/pharmaceutical/food conglomerates² by working to keep the gene pool free of genetic pollution. All this in order to provide safe food. If we also consider medicine as something that heals and sustains the planet as well as our bodies, we find that the process of growing organically is indeed medicinal for the earth



Food as Medicine? Despite the concerns of many Americans regarding the safety of genetically engineered foods, pharmaceutical companies are currently working to genetically modify bananas to serve as edible vaccines.

continued on page 2

¹ "Organic foods vs. supermarket foods: Element levels," *Journal of Applied Nutrition*, 1993; 45: 35–39.

² It should be said that our community is home to Pharmacia, a pharmaceutical company and 85% owner of the genetic engineering giant Monsanto. Look for more on Pharmacia, Monsanto and genetic engineering in future issues.

Making Sense of New Organic Labels

According to the USDA, consumers could begin to see new organic labeling on products as soon as this summer. The National Organic Program (NOP) has outlined four ways that products containing organic ingredients can be labeled.

- 100% Organic: Contains (excluding water and salt) only organically produced raw or processed products. (USDA and certifying agents seal)
- Organic: Contains (excluding water and salt) 95% organically produced ingredients. (USDA and certifying agents seal)
- Made with Organic (specified ingredients): Products that contain 75–95% organically produced ingre-

dients can use this label and can list as many as three ingredients. (certifying agents seal but not USDA seal)

- Products containing 75% or less organic ingredients may list these on the information panel only.
- There are no guidelines for the use of terms such as “pesticide free,” or “sustainably grown.”

The exception: Producers who have a gross annual income of \$5,000 or less are not required to be certified (inspected) to use the term organic, although they must still comply with the national standards or be subject to huge fines.

From Ohio Ecological Farm and Food Association newsletter, Winter 2001

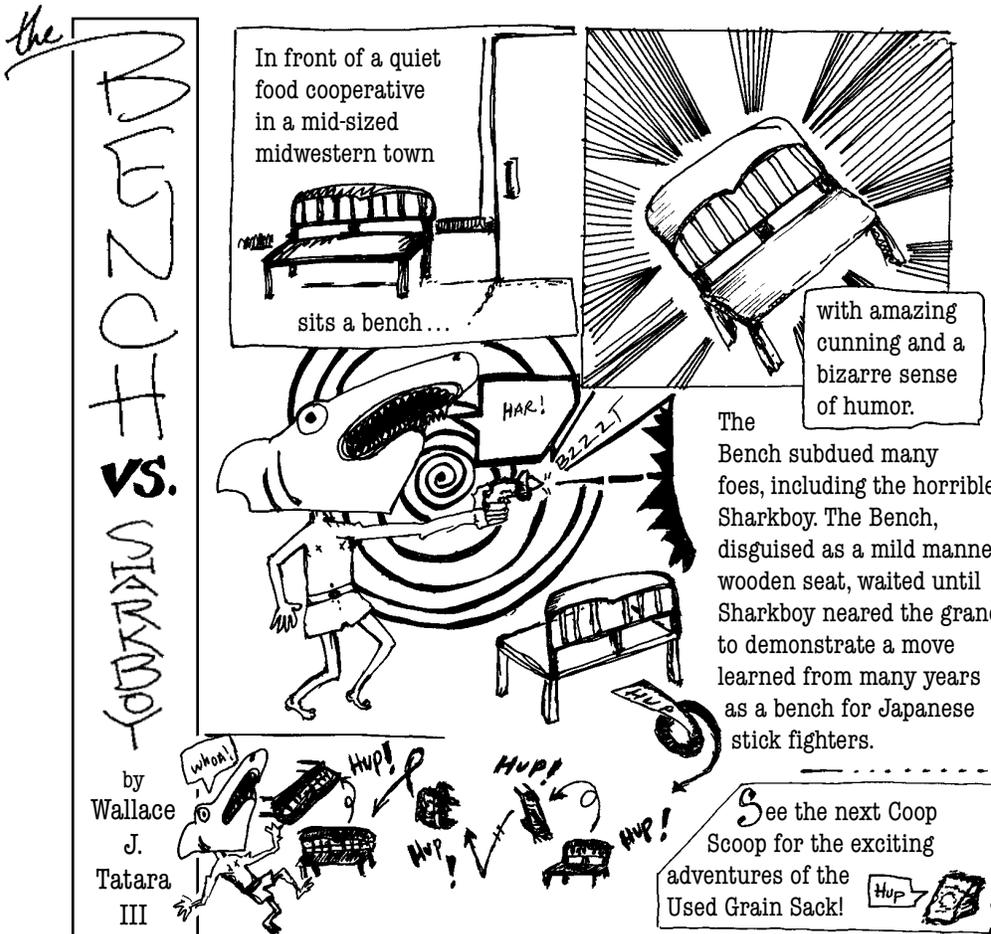
Healing Foods

continued from front page

as well. The chemical treatments of conventional agriculture tend to leave the soils overpopulated with one organism or completely vacant of life. Soil is an impressive ecosystem—a balance of power between all sorts of microscopic life—that is a very important part of the larger ecosystem of the earth. In addition to compromising the quality of our food, dousing the soil with poisonous chemicals erodes that complex system of life. Organic farmers avoid the use of chemicals, thus avoiding the ruin to the ecosystem, and also rebuild and maintain the life in the soil through the use of composted manures and cover crops to return nutrients and avoid erosion.

A look at the Chinese approach to healing helps us begin to understand the relationship between the health of the body and the health of the planet. The body in Traditional Chinese Medicine can be likened to a garden.³ In a garden, you acknowledge that you are dealing with a complex system, and that an affect on one part of that system will produce an affect on any number of other parts. To damage the soil is to compromise the quality of the plant life—to feed the soil is to help to make the plants stronger. Organic is indeed medicine for our bodies and our mother earth—oh, yeah, and it tastes great, too.

³ Beinfeld, Harriet and Efrim Korngold. *Between Heaven and Earth: A Guide to Chinese Medicine*. 1991. Ballantine Books, NY. Chapters 2 & 3.



by Wallace J. Tataro III

Thanks as always to everyone that helps to make this publication happen—our advertisers, the writers, Brakeman, Jay for the great cartoon, John Beske at Sustain in Chicago for the hilarious anti-GMO art, the staff, and the Board. A huge thanks also to the store and garden volunteers. We just couldn't do what we do without everyone's help. Thank you all. — ed.



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What To Do When You Have the Summer K-zoo Blues

by Cori Somers, Board Member

If you're in the mood for organic fresh food, a walk through the woods, fun on the farm, or you want to give a hand in helping nature, we've got a few things for you to keep in mind.

Tillers International

5239 South 24th Street
Kalamazoo, MI, 49002
616.344.3233

Tillers' mission is to preserve, study, and exchange low capitol technologies that can increase the sustainability and productivity of people in rural communities. Their vision is to create an international learning community in which they seek understanding of local conditions, encourage an attitude of experimentation, and give promise to sustainable productivity for generations to come.

Tillers offers a variety of classes on farming, animal power, food and fiber, metal working, wood working, and alternative energies. You may want to come out for a tour, volunteer on the farm for an afternoon, for a project, or you can even volunteer to teach a class! Below are several of the classes offered at Tillers this summer. For a full schedule and costs, please contact Tillers or the Co-op.

Oxen Basics, June 22–27 and
August 28–September 1
Bee Keeping, August 17–18
Blacksmithing I, September 5–6
Fall Harvest and Plowing,
September 25–29
Sharpening and Restoring Tools,
October 19–20

Bella Vista Farm

John & Nancy Renaldi
2850 63rd Street
Fennville, MI 49408
616.857.7400

On farm sales of organic jams, unrefined sugar, popcorn and, in September, pick-your-own raspberries!

Al's Vegetables

Allan Weilnau
368 S. Fremont Road
Coldwater, MI 49036
517.238.2786

On farm sales, roadside vegetable stand and pick-your-own flowers. Wednesday through Sunday, June through November, 11am–6pm.

Southwest Michigan Land Conservancy

6851 Sprinkle Road
Portage MI, 49002
616.324.1600

Carter Lake Preserve Field Trip

Saturday, June 23, 10 am to Noon

Join the SWMLC's Ralph Babcock for a field trip to Barry County to the newest of their preserves. Bring bug protection, hiking shoes, binoculars, field guides and a snack or lunch.

Volunteer Day at Consumers Power Prairie

Saturday, July 14, 9am–Noon

Stewardship work will be the focus on the Alamo Township Preserve. Help pull spotted knapweed, cut autumn olive and aspen and clean up the trail. Bring work gloves, bug protection, clippers, loppers, or small hand saw for cutting brush and lunch or snack.

For directions to or info please contact the Land Conservancy.

AppleSchram Orchards

Jane Bush
1300 Mt. Hope Highway
Charlotte, MI 48423
517.649.8957

On farm sales of apples, cider, apple butter, honey, maple syrup, plus pick-your-own apples. August through November, or by appointment.

Fernwood Botanic Garden

13988 Range Line Road
Niles, MI 49120
616.695.6491

Fernwood offers a unique opportunity for environmental study and enjoyment. Within Fernwood's 105 acres there is a 55 acre Nature Preserve, a 5 acre reconstructed prairie, 8 acres of gardens, a 40 acre naturalist Arboretum and 3 miles of hiking trails. No pesticides are used and wildlife is commonplace. The nature preserve itself offers varied habitats, as it backs up to the St. Joseph river. Fernwood also offers educational and interactive displays inside the Nature Center as well as canoe trips, wildflower walks and bird watching to name a few. Admission is only \$4 for adults, \$3 for seniors, \$2 for students and \$1 for children ages 6–13. Children under 6 are free.

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Many people have a negative view of this herb when it pops up in their lawns; however, the dandelion is quite nutritious with its leaves, roots and tops having healing properties. Dandelion cleanses the bloodstream and liver, and increases the production of bile. It improves functioning of the liver, kidneys, pancreas, spleen, and stomach. Dandelion may aid in the prevention of breast cancer and age spots. Its leaves can be tossed into your salad — *please make sure to harvest dandelions you know have not been treated with chemicals*— and the roasted root can be used as a coffee substitute.

Rather than declare chemical war on your dandelion population this summer, allow your yard to rid itself of poison residues and enjoy the beauty and usefulness of this plant.

Chemical and Nutrient Content:

Bioflavonoids, biotin, calcium, choline, fats, folic acid, gluten, gum, inositol, inulin, iron, lactupicrine, linolenic acid, magnesium, niacin, pantothenic acid, phosphorus, potash, proteins, resin, sulfur, zinc, vitamins A, B1, B2, B6, B12, C, and E.

*from Prescription for Nutritional Healing
by James F. and Phyllis A. Balch*

Co-op Happenings

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

The Co-op Kitchen. Have you seen PFC Manager, Sue St. Onge, or Deli Manager, Maria Panone on television this year? We are now taking advantage of the talents of the folks at Community Access Cable to produce an educational cooking show. 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!

Spring Gathering. Coupled with our Friendraiser Membership Drive finale, our annual springtime get-together was a success. Thanks to everyone's help, we gained 50 new members and raised almost a thousand dollars which the Board voted to put toward our educational programs this summer.

Rummage Sale to Bolster the Moving Fund! August 16–18 we will host a rummage sale at a place yet to be determined. Drop-off days will be August 13–15 at the site (not the PFC). Contact Maria at the Coop for more information. All profits from the sale will go toward moving the PFC.

Taste of Kalamazoo. July 26, 27, 28. We need volunteers to help make our great veggie food available to the community at this well-attended event again this year. If you'd like more info or to sign up, call Maria at the Coop.

Environmental Education Series.

Thanks to support from MSU Extension, Americorps and the Michigan Groundwater Stewardship Program, the PFC is offering monthly lectures on topics tailored to our membership throughout the summer. See the back page for details.

Co-op Garden. 2119 N. Westnedge Ave., Volunteer hours: Wed. & Fri. 5:30–7:30pm. We've hired a garden manager. Genevieve Malek is going to be managing our garden space as well as selling our produce at the Bank Street Farmers Market. Genevieve has been gardening for years with a focus on ornamentals. We are grateful to have such a creative, knowledgeable and hard-working person in this position. See "How's the Garden Growing?" on p.3 for more information about this project.

Cookbook. If you have a recipe you'd like to share with your fellow members, bring it down to the Coop and drop it in the manila envelope labeled "Recipes" on the bulletin board. The plan is to put together a reference of great veggie and vegan recipes. For more information please contact editors Laura (694-5802 or mysticapex@aol.com) and Jo (385-2478). Your favorite recipe will join the ranks with Barbeque Tempeh, Mushroom Miso Soup, Almond Chickenless Salad and countless other specialties of the house.



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Co-op Relocation Update

by Earl Hall, Board Member

Hello to all of our readers. It has been sometime since we have given you an update on our quest to find a new home for the Co-op. We have looked at a few buildings in the downtown area since January's membership meeting. The Depot and a space next to The Wellness Store on Burdick Street have been graciously offered up; however, they either lack in storage or floor space and would not allow us to expand.

We are also looking at the former New York Collection building on the corner of Rose and Kalamazoo. It is an old building with enough room for the Co-op to expand and grow for some time. Currently it is being renovated and will not be habitable for several months. We have expressed our interest to the owner, and we will be meeting with him soon to get more information on the application process.

Sue and I recently met with DKI and the Edison Neighborhood Association to discuss potential locations within the city. Though Edison is primarily geared to residential property, they may have some commercial buildings available. The city of Kalamazoo has several properties that may be suitable for our new location. When we have the opportunity to go through them we will give you another update. If you have any questions feel free to leave them for me at the Co-op.

from the CO-OP'S KITCHEN

by MARIA

Cherry Cashew Cookies

Dry Ingredients:

- 1/2 cup dry cherries
- 3/4 cup cashew pieces
- 2 1/2 cups whole wheat pastry flour
- 1/2 cup oats
- 1 tbsp. baking powder
- 1 tsp. sea salt

Wet Ingredients:

- 2 1/4 cups honey (or 1 cup maple syrup)
- 1/4 cup cashew butter (almond butter or tahini work as well)
- 1 tbsp. liquid lecithin (refrigerator section at the Coop)
- 1/2 cup canola oil

Mix wet ingredients in a large bowl, mix especially well to incorporate oil and sweetener. Mix dry ingredients in a separate bowl. Once well mixed, add dry ingredients to wet, stirring just enough to mix together.

Grease a cookie sheet well — adding a little lecithin to the oil will help cookies not to stick. Spoon out batter into ping pong ball sized portions and press out the cookies with a wet hand or the bottom of a juice glass. Keeping the press wet helps the pressing go faster.

Bake at 375° for 20–25 minutes until cookies are completely browned. Let cookies rest on cookie sheet for about 5 minutes before placing them on a wire rack to cool completely.

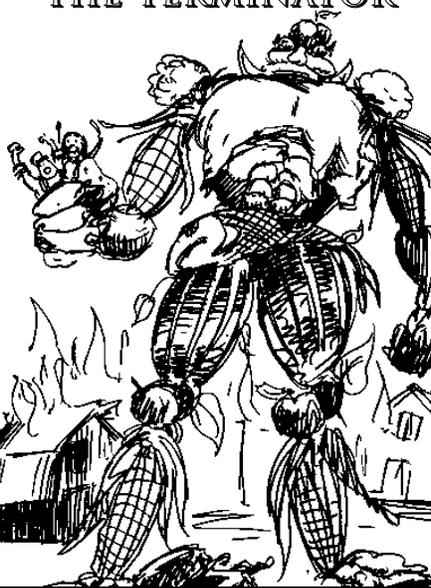
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From the Archives:

This article was first printed in the February 1996 edition of the Coop Scoop. We are reprinting it with minor editorial revisions and additions by Sue St. Onge.

A Garden on Your Windowsill— The Simple Art of Growing Sprouts

So you'd love to grow your own food but don't have any gardening space and your thumb is decidedly flesh-toned? Behold the versatile sprout: Anyone with a windowsill who knows how to fill a jar with water can produce this healthy, ready-to-eat vegetable in less than a week.

Sprouting turns dry seeds into tiny dynamos of energy, rich in enzymes, anti-oxidants, minerals, and other important nutrients. Sprouting is an enjoyable activity that reduces energy usage, benefits the environment and results in improved health and well-being. It is fingertip gardening at the point of consumption and promotes self-sufficiency.

To grow your own sprouts, we suggest the following simple method:

1. Place two to three tablespoons of seeds in a one-quart jar with a wide mouth (a canning jar or an old Nayonaise jar will work. Cover the mouth with nylon netting, cheesecloth, or a mesh screen, and secure with a strong rubber band.
2. Wash seeds and then pour some spring water in to the jar to more than cover the seeds. Let seeds soak.
3. After three to six hours, pour off the water. Place drained jar on its side at an angle to provide growing space and to allow any extra water to drain off. The jar should not be kept in the direct sunlight.
4. Rinse the seeds two to three times daily, filling the jar with cool spring water through the netted cover. Drain well and replace on its side. Generally, alfalfa sprouts and red clover sprouts are ready to harvest when the hulls may be slipped off easily, in about four days.
5. Move the sprouts to a sunny windowsill for greening, then transfer them to a glass jar and refrigerate.

Happy Sprouting!

Clean and Green: Eco-Friendly Ways to Make Your House Shine—Part 2

*from a flyer assembled
by MDEQ and MSUE*

Last time in this column we discussed some of the basic ingredients and recipes for cleaning in an eco-friendly manner. Here are a couple ideas for cleaning specific areas and items around the house.

Carpets. Remove stains promptly by scraping up solids and blotting liquids; follow by dabbing with a solution of water and vinegar. Sponge with clean water and blot dry. To get rid of odors and greasy soil, mix two parts corn meal with one part borax, sprinkle liberally, leave one hour and vacuum. (As a last resort, a solution of water and ammonia can be used. First, neutralize spot with weak vinegar solution.)

Dishes. Use liquid or powdered soap. For tougher jobs, add 2 to 3 tsp. vinegar. In automatic dishwashers, use equal parts borax and washing soda.

Drains. Some rules of thumb: never pour grease down a drain, always use a drain sieve or hair trap and clean the metal screen or stopper mechanism regularly. Remove hair with a 1/4-inch bend in the end of a coat hanger. Once a week, as routine maintenance, plug the overflow drain with a wet rag, pour 1/4 cup baking soda down the drain, follow with 1/2 cup vinegar and close the drain tightly until fizzing stops. Flush with one gallon boiling water. If the flow slows or stops, plug the overflow drain, dissolve 1 lb. washing soda in 3 gal. boiling water, pour down the drain and use a plunger with petroleum jelly on its rim for a good seal. If the clog persists, flush the drain with same formula and use a plumber's snake instead of a plunger.

Tune in next time for more conscientious cleaning ideas. 'Til then: stay green!

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Book Review: Sauer's Herbal Cures

*Sauer's
Herbal Cures:
America's First
Book of
Botanic
Healing,
1762-1778*

Translated and
edited by William
Woy Weaver, Routledge, 2001.



In 1762, Christopher Sauer, a Philadelphia printer and business rival of Benjamin Franklin, added the first pages of a serial herbal to the almanac his press published each year so that the country folk who could not afford his books would have "a small herbal at little cost" which reminded them of how to use the plants in their own gardens to dose themselves and thus avoid the high cost of doctors. Nearly 240 year later, the herbal remains a useful adjunct for any gardener seeking to improve their health with the plants at their disposal.

Of course, 21st century gardeners rarely bother with goose fat and rabbit suet as binders, but recipes for ginger candy, lemon balm pancakes, and cinquefoil butterscotch should persuade even the fussiest children to "take their medicine." Distilled waters, cordials of all types, fancy herbal vinegars and a luscious white wine simmered cherry butter should gladden the hearts of adults. Livestock remedies, mostly feed additives and poultices, are sprinkled throughout.

As anyone who's pored over Nicholas Culpeper's (1616-1656) herbal knows, historical reprints may make fascinating reading, but they are horribly difficult to actually use — especially when someone is sick. William Woy Weaver, a scholar of Pennsylvania Dutch folkways, has not only smoothed the herbal's original Baroque-era Swiss German into readable English, he includes sections on Pennsylvania Dutch kitchen techniques, measurements, a glossary of 18th century medical terms, an extensive index that references plants, ailments and common uses, then tops it all off with individual essays before each herb in Sauer's text that puts the plant's use in context. Thus, while preserving the history of this 18th century document, Weaver makes it both understandable and useful for the 21st century herbalist.

Rosemary Gladstar suggests that anyone serious about herbal medicine should consult at least two or three herbals for any condition. Along with Penelope Ody's *The Complete Medicinal Herbal*, Sauer's *Herbal Cures* should be on every herbalist's bookshelf.

*Reviewed by Dorene Pasekoff, Coordinator,
St. John's United Church of Christ Organic
Community Garden, Phoenixville, PA*

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.

How's the Garden Growing?

by Genevieve Malek, Garden Manager

I'd like to thank the employees and members of the People's Food Co-op for giving me the chance to manage the first-ever PFC market garden. The past month has been spent planning and preparing the soil at the garden site which is located at 2119 N. Westnedge Ave. With the help of several volunteers, I've got a little over half the garden planted with annual flowers and vegetables. I hope to have a nice mix of cut flowers, salad greens and other vegetables to sell at the Bank Street Farmers Market.

Keeping in mind the Co-op's mission to provide the community of Kalamazoo with wholesome, organic food, I've maintained the garden without the use of any chemicals. I've also sown only organic, non-genetically modified seeds.

There are workdays at the garden every Wed. and Fri. evening, 5:30-7:30. Anyone is welcome to come down during these times to see what's 'growing' on in the garden and maybe even get their hands in the dirt. I am open to any knowledge or ideas anyone has to share with me about the garden! Call me with any questions at 344-4198.

Thanks to Ben, Jamie, Jennifer, Cathy, Mary, Bill and Cori for helping out in the garden over the past month.

Daniel Renstrom, MSW

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Environmental Ed. Series Underway

We asked for your input and you gave it to us. We've set up a series of lectures that cannot be beat. In May, Steve Lutte from City Recycling gave a wonderful talk about recycling and composting in the city. It was at once sobering and inspiring. Don't miss out on any other lectures ... the schedule:

You Are What You Drink

June 12, 2001, 5:30-7:30pm

MSU Extension, Room 303

Whether you drink city water or private well water, your water comes from the ground. Discover the risks to groundwater, our influence on them, and how you can protect yourself and others from contamination. We will also touch on the special issues that riparian (shoreline) owners encounter.

SPACE

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Feed Yourself Cleanly

July 11, 2001, 5:30-7:30pm

MSU Extension, Room 303

The lowest impact foodstuffs are grown with only biodegradable, environmentally friendly garden products ... or none at all. Get tips on combating pests, feeding your plants with low impact sources and how to prevent problems in the first place.

Clean House, Clear Conscience

August 14, 2001, 6:00-8:00pm

MSU Extension, Room 303

Grocery store shelves are often filled with cleaning chemicals we know little about. By using a few basic, environmentally sound ingredients you can avoid an immense amount of risk to our groundwater. Demonstrations will be given and recipes, as well.

Be a Part of the (Eco)System

September 11, 2001, 6:00-8:00pm

MSU Extension, Room 303

Wild Ones! Members will join us for a run-down of how to turn your backyard into a native plant ecosystem. By patch-working the natives back into the landscape we return Michigan back into it's historical self, piece by piece.

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

- June— **Co-op Garden Workday**
Sept Every Wednesday and Friday
5:30-7:30pm (any amount of time will be much appreciated)
2119 N. Westnedge Ave.
- July 10 **Board Meeting**
PFC, 7pm
- July 11 **Summer Ed Series**
Feed Yourself Cleanly
(Organic Gardening at Home)
MSU Extension, Rm 303
5:30-7:30pm
- July 26-28 **Taste of Kalamazoo**
We need volunteers! Please call Maria at the Coop for more info.
- Aug 13 **Board Meeting**
PFC, 7pm
- Aug 14 **Summer Ed Series**
Clean House, Clear Conscience
MSU Extension, Rm 303, 6-8pm
- Aug 16-18 **Rummage Sale**
Profits to bolster relocation. Please call Maria at the Coop for info.

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.

PEOPLE'S FOOD CO-OP

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