

THE COOP SCOOP

4th Quarter 1999

Inside:

The Winner of this Year's Salsa Contest.

Quinoa: What it is and how to use it.

Meet the Interim Board of Directors

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



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 By-Laws Up for a Vote by the Membership **Come Down and Have Your Voice Heard**

The interim Board of Directors has approved the new by-laws for the membership vote. Please stop out at the Co-op through November 15th, give your membership number and vote! Also, as soon as the by-laws have been approved we will be holding elections for our Board of Directors. 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. All nominees

who wish to run will be asked to provide a brief statement on their qualifications, skills and why they want to be on the Board of Directors. Then elections in early December! This is a critical point in the development of the Co-op. Many plans and ideas are available to us and the Board of Directors is going to be working closely with the co-managers to implement plans to help us reach our objectives. Be a part of it!

Fall Fiesta Fundraiser and 2nd Annual Salsa Contest

This year's event was a great success, raising approximately \$1,200 which we have invested in store inventory. (We're carrying more of what you want—come on down!) Our 1st Place People's Choice Salsa Winner was Jeffery "Twist" Mick with his winning Twist's Six Pepper Autumn Salsa. See Twist and his winning recipe on the back page of this very newsletter.

A big "thank you" to all those that worked to make the Fall Fiesta

(continued on page 2)



Great Lakes Grass was one of the three bands that added their brand of fun to the celebration. Quiver and Poundin' Beers also put on quite a show.

Visit us on the Web at Michigan Live!
<http://community.mlive.com/cc/kalpfc>



New Products

Three new *organic* dressings from Annie's

Organic Green Garlic
Organic Sesame Ginger
Organic Horseradish and Echinacea

Santa Cruz organic spritzers and juices

Flavors such as Orange Mango, Lemon Lime, Mixed Berry Nectar and Lemon Ginger Echinacea

New Seeds of Change Products

The staff here at PFC thinks Seeds of Change is a great company to support and we hope you think so, too. We are trying to offer more organic products in the store. We feel it's important to support organic farmers and eco-friendly businesses.

Seeds of Change was founded in 1989 to provide gardeners with a diverse range of 100% certified organic seeds. This helps preserve biodiversity and promote sustainable organic agricultural practices. Seeds of Change now brings this same philosophy to a line of 100% certified organic foods.

The PFC now carries:

Black Bean and Tomato Salsa
Sun-Dried Tomato Salsa
French Herb Quinoa with Rosemary
Spicy Curry Quinoa
Basmati Rice Pilaf



Fall Fiesta Fundraiser and 2nd Annual Salsa Contest

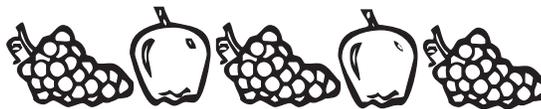
(continued from page 1)

Fundraiser a success. Your efforts are greatly appreciated.

In addition, the members and patrons of the People's Food Cooperative of Kalamazoo wish to extend their heart-felt thanks to the following organizations and individuals for their generous contributions to the Fall-Fiesta Fundraiser and 2nd Annual Salsa Contest. Their support is making many programs and stores improvements possible. Please support these organizations and individuals as they have supported us.

Aladdin Palace
Blue Cove Farms
Blue Dolphin
Breakaway Bicycles
Caffe Casa

Cosmos
Economy Printing
Flipside Records
Food Dance
Gazelle Sports
In Flight
Josephine's
Kahzmyk
Kraftbrau
La De Da's
Lee's Sports and Sportswear
Martini's Pizza
Mary Powers, Jeweler
Maya Cordes
Michael Donenfeld
North Farm Cooperative
Petals & Postings Ltd.
Piranha Alley
State Theatre
Terrapin Worldwide Imports
Tiffany's Spirit Shop
Waterstreet Coffee Joint
World Tree Peace Center



Co-op Happenings

Thanks to Suzie Dernay and friends for creating a 1st prize-winning colored chalk design for the PFC at **WMU's Homecoming Sidewalk Art Competition.**

On October 8th we participated for the first time in the **Greater Kalamazoo Arts Council's Shop Hop.** This show, comprised of art by Co-op members and supporters, will be up in the Co-op for one month so stop in and take a look. Approximately 60 people visited the store for the Hop and the feedback was that we served the best food! In fact, we served our deli staple, nori rolls, with a tahini/soy dipping sauce and a marvelous black bean hummus and chips.

The deli staff outdid themselves. We're looking into what it would take for us to be a regular part of the Gallery Hop.

Facade Improvements

Walking by the Co-op these days may just cause you to look twice. Thanks to the generous donations of members and a grant from the city, we have just replaced our old front window with one that lets in more light and opens up the space. Stop by and let us know what you think.

Did you know that People's now has its very own web site? Log on and check us out at <http://community.mlive.com/cc/kalpfc>



Quinoa (keen' wa) has been called "the grain of the gods", a term that is befitting this wondrous little seed. Quinoa (*Chenopodium quinoa* Willd.) is an annual herb from the Andes Mountains of South America, where it has been cultivated, for 3000 years and was a staple of the Inca Empire. The Inca's considered it a "gift from the gods," in that it helped to sustain and nourish their peoples through the generations. It is a high protein, gluten-free grain and a good source of fibre, complex carbohydrates and vitamins. Quinoa provides people, especially the gluten intolerant, a nutritional, economical, easy to prepare, flavorful food source.

Quinoa, is not an actual grain for, it does not belong to the grass family but, is a broad leaf plant and a close relative of lamb's quarters. Quinoa as a plant grows three to seven feet high and produces a small, flat, circular-shaped seed. Varieties have been adapted which grow well on the prairies and have enabled local farmers to grow an alternative food source. Currently all quinoa is grown organically (OCIA Certified) or naturally, without pesticides.

The ancient Incas called quinoa the "mother grain". The United Nations Food and Agriculture Organization observes that

Quinoa is closer to the ideal protein balance than any other common grain, being at least equal to milk in protein quality. Quinoa's nutritional profile has higher levels of energy, calcium, phosphorus, iron, fibre and B-Vitamins than barley, oats, rice, corn, or wheat. Quinoa has a nutritionally attractive amino acid balance, being exceptionally high in lysine. Lysine is considered to be deficient in most cereal grains, making their protein profile incomplete.

Quinoa can be prepared as a cereal like rice, combined with other grains or ground into flour and used in baking. What it has: 160 calories per quarter cup (uncooked), 10 percent of your daily fiber and about as much protein as in an ounce of fish. At 8 milligrams of iron per half cup, quinoa is a good source of iron as well as copper, magnesium, manganese, phosphorus, potassium and zinc.

Quinoa Tabouli (Serves 3)

1 C quinoa, rinsed & well soaked
 2 C water
 pinch of sea salt
 1/2 C peas
 1 tomato, diced
 1/2 cucumber, sliced
 6 olives, cut into rings
 Chives, minced
 Parsley, minced
 1/2 tsp each thyme and marjoram
 3 Tsp lemon juice
 Soy sauce to taste

1. Combine quinoa, water and salt in a pot. Cover.
2. Bring to boil and simmer 20 minutes.
3. Steam peas 1 minute.
4. Place peas in ceramic bowl and mix with rest of ingredients.
5. Add quinoa, toss gently.



Peoples Food Cooperative Interim Board of Directors 1999

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.

Cheryl Dineen Ferrin is interim president and a researcher at the local business newspaper, Business Direct Weekly.

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

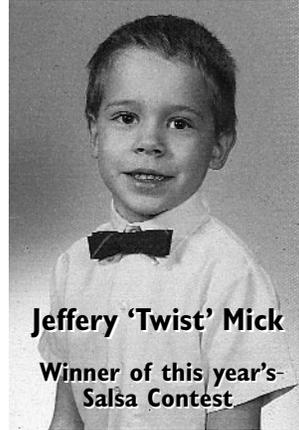
AmyJo Souers has a B.S. in Health Studies, is an Emergency Room RN at Bronson and is enrolled in the Graduate Certification Program in Holistic Health Care at WMU.

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.

And the Winner of the Second Annual People's Choice Salsa Contest is...

Jeffery 'Twist' Mick, currently apprenticing under Chef Ray Kusmack, Hyde Park C.I.A., at the Black Swan Restaurant. Twist—pictured to the right in what he calls "his only really good photo... ever"—has provided the winning salsa recipe below.



Twist's Six Pepper Autumn Salsa

1 each, diced: green, orange, red, purple and yellow pepper
 1 jalapeno, minced
 2 C cooked black beans, save the juice
 2 C pan roasted corn
 1 C cilantro, rough cut
 1 C scallions, diced

1/2 C olive oil
 1/2 C red wine vinegar
 1 Tsp maple syrup
 2+ Tsp garlic salt
 1+ Tsp black pepper
 1+ tsp spike seasoning

Mix all ingredients in a bowl, adding bean juice as necessary. Let sit overnight before serving.

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

Art by members and other Co-op supporters is on display for the whole month of October. This display was part of the October 8 Arts Council Shop Hop.

Through Nov 15, come and vote on approval of the new by-laws.

Nov 15-30, Nominations accepted for Board of Director positions.

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.

Thank you to the following volunteers who have so generously assisted in Co-op operations: Emma Turtun, Bernadine Hartman, Michele Johnson, Kenneth Mulder, Dave Barry and Derek Bell.

PEOPLE'S FOOD CO-OP

436 S. Burdick Street
 Kalamazoo, MI 49007

PRSRT STD
 U.S. POSTAGE
 PAID
 KALAMAZOO, MI
 PERMIT NO. 271