

THE COOP SCOOP

4th Quarter 2001

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Fall Fiesta 2001—Big, Big Fun

It happened again. I mean, would you believe, it is almost like people just expect it now. Weird. What? You mean you don't know what I am talking about?

This year's PFC Fall Fiesta was a blast. Bear with me whilst I pine away a bit for that Sunday gone by.... We had six very creative and tasty salsas, groovy activities for the young, music from six great acts, great food (not quite enough for everyone—sorry), a kids costume parade to the tune of the Locomotion, and you couldn't spit without hitting somebody interesting, fun or cool—check out the photos on page 2. It was at the Kraftbrau on a beautiful sunny afternoon—a great way to celebrate autumn with our community.

If you missed it, don't fret; we'll have one every spring and fall from now on. Originally these events were a way for People's to supplement its income and pay the bills. Well, those days are behind

us and now we just have 'em 'cause we love seeing everyone and long for a reason to show off all the talented musicians, cooks and dancers in our community.

As always, there is no way that it could have come off without so much help from Burt and the staff at the Kraftbrau; all the PFC staff, board members and volunteers that worked shifts throughout the day; everyone who came out alone or with their kids; and musicians Mechele Peters, Cori Somers, Greg and Jeff Lynn, and the folks from Poke Salad, Greensky Bluegrass, the Jason Miller Band, and Orquesta Ranura. We also owe thanks to all the businesses who donated the cool door prizes: State Theatre, Fontana Chamber Arts, Wellspring / Cori Terry & Dancers, Gazelle Sports, Terrapin, The Space, Western Film Society and Crosstown Salon. Our deepest thanks to every one of you. Namasté.



Kids' Costume Parade—thanks to Elizabeth, Benji and Wendy even the small co-ops had a blast

Like to Direct?—Run for the PFC Board of Directors

by Chris Dilley, board member

Next March PFC members will have to fill out their ballots and choose three new directors for the board. Who will be on the ballot? Well... you, we hope.

Three of my fellow directors, after giving so much to People's, have decided it is time to

move on and focus on other wonderful projects. I thank them. And, in the next breath, I ask you to consider running for a two-year term as a director on the PFC board. We are engaged in bringing good food and education to the community. If you are interested please contact me at 381-2716. Thank you.

And the Winner is ... Sushi Salsa!

This year's Fall Fiesta Salsa Award went to Marita Agopian, 16-year-old daughter of former PFC Coordinator, Chris Orsolini. Marita's love of sushi inspired her prize-winning recipe.

- 2 peeled cucumbers
- 1 green pepper
- 1 yellow pepper
- 6 tomatillos (or one can of tomatillos)
- 1 can green chilis
- 1 tbsp. jalapeño peppers (canned or fresh)
- 1/3 bunch fresh cilantro
- 1/2 bunch parsley



- 1 tbsp. grated, squeezed ginger, juice and pulp
- 2-3 green onions
- 3 avacados
- 1 sheet crumbled nori
- 2 tsp. salt
- 2 tbsp. umeboshi paste (to taste)
- 2 tsp. rice vinegar
- 3 tbsp. wasabi powder (more or less to taste)

Grate or finely chop (by hand or in food processor) all veggies except green onion and one avacado. Dice avacado and green onion coarsely and mix with grated veggies and seasonings. Chill before serving.

Cooperative Insurance

Have you ever thought it would be great to have insurance? I know, but ... you work for yourself ... your job doesn't provide benefits ... you don't work enough hours ... it is too expensive to buy insurance on your own ... and so on. Wouldn't it be great if we could just join together like a credit union or buying club to buy insurance? Yeah, it would.

One of our members is starting to look into that very concept. If you have an interest or if you have done any research about cooperative insurance, please contact René at superfly1213@hotmail.com or 373-5777. We'll keep you posted.



PFC FALL FIESTA 2001 FUNKY PHOTO MONTAGE



Thanks to the great folks at Kraftbrau, the entire show went off without a hitch.



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Greensky Bluegrass and Michele Peters both with special guest Cori Somers on the fiddle, Poke Salad, the Jason Miller Band, Jeff and Greg Lynn, and Orquesta Ranura all put on a great show.

Permaculture Corner

by Tyler Bassett, member
and horticulturalist

In order to broaden our community's knowledge of sustainable agricultural practices, members Tyler Bassett and Jay Tatara are starting this column on permaculture. Expect practical information about growing food in limited space and in sustainable ways, but first, a definition...

Attempting to define permaculture is nearly as difficult a task as containing nature within the narrow confines of human desire. And, as we see everyday, more and more, the dangerous repercussions of this mindless trend of our current techno-industrialist obsession. Permaculture attempts to embody the exact opposite direction of this thought and living that loudly defines present-day society. It is pro-organic, pro-people, small scale, only regionally relevant, and purely dependent upon natural phenomena and the power of independ-

ent thought of its practitioners. Most importantly, it works. That said, the most precise definition of permaculture comes down to two words: common sense.

That is what is so revolutionary about permaculture; it assumes a person has accepted the limitations of her immediate environment, observing the natural forces at work — the slope of a hill, angle of the sun, rainfall — a skill nearly lost to most thanks to technological fixation. These are all skills that cannot be taught in a classroom. A permaculture workshop may begin in a classroom setting, but the rest of the “class” consists of doing the work of permaculture, engaging oneself in the application of ideas both new and old. This, friends, is the kind of pursuit that lasts a lifetime, both in the teaching and the doing.

Permaculture necessitates community, for sharing ideas in a constant dynamic flux. And for sharing other things: seeds, building materials, time, and, inevitably, the joy of living in harmony with the natural forces our lives depend upon.

St. Paul Passes Anti-GMO Resolution

On August 1, 2001, the City Council of St. Paul, Minnesota, unanimously passed Resolution 01-771, which reads:

“Whereas, genetically engineered foods are not tested by any federal agency; and whereas, the Food and Drug Administration requires only that companies producing such genetically engineered foods state — on the “honor system” — that such foods are safe with no further testing required, now, therefore, be it resolved, that the Council of the City of Saint Paul urges the Federal Government to encourage research and to disseminate information from that research to determine the safety for human consumption of genetically modified organisms and

any dangers to the environment. This research should assess the human health impact of genetic engineering in agriculture that conforms to scientific standards; and be it further resolved, that the City of Saint Paul supports the establishment of federal legislation requiring labeling of all foods and products, whether foreign or domestic, derived from, processed with, produced by, containing or consisting of genetically engineered organisms; and be it further resolved, that the Council of the City of Saint Paul urges the Saint Paul School District to investigate the viability of offering organic foods as part of their food service program.”

Taken from Acres, USA — October 2001

Child in Afghanistan

by Erik Benson, staff member

Child in Afghanistan
on landmine playgrounds
Tip-toe through the night
forced fast for Ramadan
Forced fight for life.
Operation eternal damnation
in Asian hands
to join arms with the Taliban.
Legacies of fear
Blood, sweat & tears
will soon freeze
& form human pyramids
where buildings once stood.
Good against “evil-doers”
gluttons gobble humble shepherds
mutton, hams & turkey birds:
'tis the season.
bounty hunters
in red, white & blue
pay others to join the skull
& bones crew.
Eighteen to twenty-one:
targets for the propaganda gun
High spirits & youthful hearts
turned to stone
left alone — camouflage art.
Youth in Afghanistan
must cross the sea.
Out of bomb craters
can there grow a tree?
Please Yahweh — mek we strong
& reveal the light
from ARMAGIDDEON



What's the Buzz?—Relocation Update

by Earl Hall, board member

Many of you have been asking about the Co-op's plan for relocation. Many of you probably heard rumors or overheard conversations discussing a move. We have been actively pursuing relocation to another building. We found a location on the north end of Burdick Street in the Koopsen's building. The entire building will be refurbished and condominiumized into separate facilities. We were negotiating with the developers to move into one of these spaces.

With a move to this location we would see a substantial increase in the square footage of the store; however, the rent would also greatly increase. We would expect that the increase in rent would be offset by an increase in the number of product lines we could support in the space. However, this would likely be a gradual process. Relocating is

a considerable expense. Though the PFC is financially secure and debt free, a move at this time would deplete our savings and force us in a position of borrowing a substantial amount of money.

Much as the entire board and staff want to relocate, our primary responsibility is to make sure that the Co-op continues to exist. We have decided that People's must have more savings in order to relocate. We continue to seek ways to be as efficient as possible in order to provide the necessary funds for a future move. In the mean time, as with any organization, we have lots of room to grow and improve in the space that we currently inhabit. If you'd like to know what you can do to help out toward the long term goal of relocation please call me at 345-7720.

Scoop Printed on Hemp and Sugar

by Chris Dilley, board member
and Coop Scoop editor

Maybe you've noticed that in the bottom left corner of the front page of the *Scoop* there is a tag which reads: *Printed on 100% Forest-Free Paper*. It is true; the paper that we use is made of non-tree fibers: sugar cane and hemp, which are easily renewable every season. Sugar cane is grown prolifically and the fiber is a natural by-product of sugarmaking, so it comes to the mill pre-processed. Hemp is one of the longest organic fibers, takes fewer chemicals and less energy to process and can be recycled more often than wood pulp. Hemp also requires less pesticide, fertilizer and herbicide than other crops. And this paper is colored using environmentally sound dye, to boot. Makes you feel good just to be reading the *Scoop*, doesn't it?

Paper Free: Now, as a member, you can get this newsletter 100% paper-free. That's right, if you have access to a computer, email and Acrobat Reader (download it free at www.adobe.com) you can now get your *Coop Scoop* subscription via the internet, 100% paper-free. To sign up, just write me a note at pickle@net-link.net and I'll put you on the email list and take you off the print list. You can also download PDFs of past newsletters at www.peoplesfoodco-op.org—thanks!

Email List: If you'd like to start receiving announcements about upcoming events or happenings related to People's please send an email to pickle@net-link.net with "PFC Subscribe" as the subject. You can unsubscribe at any time. It is just another way to let you know about all the cool stuff going on in our community.

Website: In other cyber-related news, check out our new website at www.peoplesfoodco-op.org; our very own Trevor Darnell is putting it together.

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Time to Grow

by Maria Panone, staff member

When the skies are grey and the winter wind is cold it is sometimes difficult to imagine spring. Adding sprouts to our daily meals may help. Not only are sprouts a delicious addition to salads and stir-frys, but they are excellent additions to other types of dishes as well. Simply soaking a seed and sprouting it raises the amounts of protein, vitamin C, and some of the B vitamins as well.

Growing sprouts at home is very easy and also makes a fun project to get the kids involved in. Simply choose a seed to sprout. Any whole seed will work. Alfalfa is probably the most popular seed, lentils are a personal favorite. All the equipment necessary to start growing sprouts may already be in your cupboard. A wide mouth jar, a piece of cheese cloth or nylon mesh screening and a rubber band or screw on mason-type jar ring are all you need.

While some seeds require different amounts of time to germinate, I find it easiest to soak seeds overnight for at least ten hours. To sprout smaller seeds add 2 tbsp of seeds to a full jar of luke-warm water to soak overnight—for larger seeds, such as lentils, add 1/3 cup to a jar of water. In the morning drain the seeds and rinse well with luke-warm water until the water runs clear. Keeping sprouts well-drained keeps them from rotting before they are ready. Alfalfa sprouts will take 6–7 days to fully sprout while lentil may only take 3 days. During the growing process it is important to keep sprouts rinsed (2 or 3 times a day is best) and in the sunshine.

At first sprouting may be a laborious task but once you get the hang of it, sprouting can be a delicious and nutritious way to put a little bit of green in your grey winter day.

from the CO-OP'S KITCHEN

by LUCY

Romesco Sauce

from Deborah Madison's Vegetarian Cooking for Everyone, 1997

This recipe makes about a cup of sauce which can be smothered all over beans, toast, sandwiches, pasta, or cooked vegetables.

- | | |
|--|--|
| 1 slice bread or 3/4 cup breadcrumbs | 1 tbsp. fresh parsley or 1/2 tbsp. dried |
| 1/4 cup almonds, roasted | 1 tsp. paprika |
| 1/4 cup hazelnuts, peeled & roasted | 1 red bell pepper, roasted |
| 1/4 cup sesame seeds, roasted | 1/4 cup champagne vinegar, cooking sherry, or white wine vinegar |
| 3-6 cloves garlic | 1/2 cup olive oil |
| 1-2 tsp. red chili powder or red pepper flakes | salt & pepper |
| 4 roma tomatoes | |

It's best to use raw almonds and roast them on the stove yourself (along with the hazelnuts & sesame seeds). If using bread, fry it in some oil until crispy. Put the pepper on a pan in the oven at 400, turning occasionally, until black. Put in paper bag for 15 mins (this makes it easier to remove skin). Meanwhile, put cooled breadcrumbs, nuts, seeds, garlic and chile in food processor. Puree. When the pepper has cooled, remove the skin & add to the food processor, along with everything else but the oil & vinegar. Puree. Gradually add vinegar then oil. Salt & pepper to taste.



Thanks as always to everyone who makes this publication possible: all the contributors (including Tom Bohs and Benji for the cartoon), the advertisers, the volunteer editors (Peter, Anne and Bill) and Portage Printing for their support. Thanks to all the great volunteers that have helped out in the garden, the store, on various projects and so on. Thanks also to everyone who took the time to fill out a survey. If you have any interest in volunteering on or contributing to the Coop Scoop, please contact Chris at pickle@net-link.net or 381-2716. Cheers.

Co-op Happenings

Some very cool things that we thought you should know about...

by Maria Panone, staff member, Fred Royce and Earl Hall, board members

Knife Sharpening Service at People's in January

Bring us your dull knives and we will have a professional sharpening service put an edge back on your favorite blade. Check in at the PFC for drop-off and pick-up times and a price list. *Note:* food processor blades can be sharpened, too! (*Maria*)

501(c)3 Update

The board of directors of the PFC have a proposed draft of Articles of Incorporation for the new non-profit Educational Corporation that will be named People's Education for a Sustainable Future (PESF). There will be five directors appointed to the corporation's board by the current PFC board. Up to two of the new directors will be existing PFC board members. The PFC board is currently interviewing potential PESF board members to see what they might contribute to the mission of educating people about food, health, and environmental responsibility. If you have an interest in participating in this organization as a volunteer, please contact Fred Royce at 344-8000 or fred@hendersoncastle.com for more information. (*Fred*)

Our New Gas Stove!

Anyone who comes into the store for lunch is treated to fresh deli food which is prepared daily. What most of you don't know is the long hours and the hard work involved in making those soups and sandwiches. Believe it or not, Maria prepared some of the food using an old hot plate and a crock pot — not exactly the most efficient of cooking tools. It was time-consuming and dangerous; however, it was all we had. As of Sunday, Nov. 18, we have a six-burner gas stove and oven. It was purchased

from one of our bread suppliers. This equipment will enable use to reduce our preparation time and increase the variety of our deli. Due to the patience and help of the staff, things went smoothly. Thanks especially to Maria, Eric, Ryan, Sue, Andy and Wendy. (*Earl*)

Environmental Education Series

At the Infoshop on November 16, People's hosted Rosemarie Parsons, a local skin care expert. The presentation centered around the harmful additives found in many personal care products. A video tape of interviews with nationally recognized health care expert Linda Chae discussed the industry's use of proven cancer-causing chemicals as well as additives that have been linked to skin disease, nervous disorders and hormonal changes. A list of these ingredients are available at the Co-op. On December 10 Lori Tatay, an acupuncturist at Bronson's Integrative Medicine Clinic will discuss natural healing. More details on the calendar (p. 7). If you have an idea for a seminar or want more information please call Earl Hall, 345-7720. (*Earl*)

Wish List

- a CPA with some free time (...please?)
- empty baskets for holiday gift baskets
- calculators
- volunteers



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The Whimsical World of Herbland...

by Wendy Ouellette, staff member

The Co-op's bountiful herb section can be a little overwhelming with its many rows of small jars and engulfing aromas. You know, in addition to the spices and medicinal herbs, there are many other treasures you may not have discovered.

Here are just a few:



Wendy
in
Herbland

- Sun-dried Tomatoes
- Wasabi • Crystallized Ginger • Vanilla Beans
- Dried Shitake Mushrooms •
- Coarse Sea Salt
- Nigari (tofu solidifier) •
- Dried Habanero, Chipotle and Chili Peppers

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Book Review: *Clean House, Clean Planet*

Clean House, Clean Planet—
Clean Your House for Pennies a Day, the Safe, Nontoxic Way
By Karen Logan

by Cori Somers,
board member



After attending the People's Food Co-op Environmental Ed Series class that specifically focused on safe, non-toxic alternatives to cleaning supplies, I was excited to get my hands on a copy of *Clean House, Clean Planet*. This book not only gives quick non-toxic remedies for spills, stains, yucky goos stuck to your kitchen counter or toilet bowl, alternatives for pesticides, bleaches and detergents, but it also gives you inexpensive remedies made from ingredients that are easy to find and easy to work with.

Clean House, Clean Planet explains why and how so many of our day to day household cleaners are toxic to humans, animals and the environment. It also explains what nontoxic really is, what makes cleaners safe, how you can save time and water with these alternatives and where safe nontoxic ingredients can be purchased.

Michèle Richards, who was the presenter of this Ed Series class, was kind

enough to make some of these alternatives from *Clean House, Clean Planet* for the class to take home! This was a real motivator for me to seek out easy and cheap alternatives to buying the expensive version of environmentally safe products. Now I can afford more tofu! You will save hundreds over the years by trying these safe alternatives. To get you as geeked as I am, here is a recipe that will do wonders in your home:

Tub and tile Cleaner

Ingredients: Baking soda, a high-quality liquid soap, white distilled vinegar, water and a 16-oz. plastic container with a special kind of squirt flip-top cap.

How to Make: Mix $1\frac{2}{3}$ cups baking soda with $\frac{1}{2}$ cup of liquid soap in a bowl. Dilute with $\frac{1}{2}$ cup water. Add 2 tbsp. Vinegar last. If it is too thick, add a little more water. It should be the consistency of pourable pudding.

How to use: Squirt it anywhere! The tub, sink and toilet bowl are great places, but you can also use it on floors, garbage cans, kitchen counter and any place you want to get the grime off. It will cost you about \$1.61 to make a bottle.

Clean House, Clean Planet is available on the bookshelf at People's for \$12.00.

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 Cathy Dernay, garden manager

The Co-op Garden is changing hands and I'd like to thank Genevieve for all her hard work and enthusiasm for making the first season of the Co-op Garden a success. As the new gardener, I'm looking forward to being a part of this project and envision it growing into a beautiful playground of flowering plants, vegetables, happy bugs and healthy soil. As for now, the big news from the garden is that the garlic is planted. Garlic is planted in the fall and harvested the following summer. I also planted some bulb flowers to add some color to the garden in early spring. I've started gathering materials for compost and mulch and had a soil test done. I think it will be a great year of learning what likes to grow best in our little spot.

Although spring is often the busiest time, I view gardening as a continuous cycle—a circle with rhymes that change and flow from one season to another and never stops even in the winter. So, call me if you'd like to help in the "off season". I'm hoping to build some cold frames and play with them this winter and early next spring to see what will grow. I'm also trying to do some outreach with different organizations in our community to develop an educational side of the garden, and winter is a great time to work on that.

Many thanks to all who have helped me with the garden so far: Ruth Zinniker for the Biodynamic preps, Chris and Earl, Sue, Billy and P2, Kris at Tiller's, the horses (for their manure) and all the great folks who shared seed garlic with me.

After a great season in the Co-op Garden, Genevieve has gone on to focus her energy on growing more ornamentals and other projects. We thank you, Genevieve! And we welcome Cathy back! Call her at 381-2716 with ideas or to volunteer.

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LAUGH — For the Health of It

by Benji Mogg, staff member

Did you know that people who laugh a lot are more likely to be healthy? Laughter helps the body to release tension and toxins, and it is known to give a boost to the immune system. After all these years of laughter I had no idea that I was so healthy. Now are you asking yourself, "how can I increase my laughter?" Well, don't worry. I know several easy exercises that you can do to maximize your laughter and others' as well. I call these exercises Laughletics. They are easy to do and can be done virtually anywhere.

Exercise 1: Drive-By Shouting—This is an old time favorite of mine. If you see a friend or family member and you are in your car or on your bike, simply shout something loud and obnoxious at them. A high pitched scream does wonders. The look on their face will be so funny that tears will be rolling down your face and you might find it hard to steer. Soon, you'll be driving around all day just shouting at everyone. It's ok, I have done this before and I've never felt healthier.

Exercise 2: Walk Into Wall in Public Place—You actually can run or walk

when doing this exercise. And it does not always have to be a wall, it could be a pole or trash bin. Make sure when you walk into the wall that there are a lot of people around. Also, try to make it look like it was a mistake and make sure you fall down, spin, roll, or anything that will add drama. When you smack into that wall and fall down you'll be laughing so hard you might think your gut will explode. Not only will you be laughing but the people who see you do it will too. Then they will tell all their friends about what they saw and their friends will laugh too. Now look at how many people you're helping to be healthy and they won't even know it.

These exercises are just a few things you can do to laugh at yourself and make others laugh at you. You are probably saying, "Wow, I had no idea that when I make people laugh I am actually helping them to be healthy." It sure makes you feel good about yourself. So get out there and laugh and be happy. Oh, and by the way, hopefully you're laughing right now. Peace.

Benji can be found making people laugh daily at People's and all around town.

PFC Calendar:

- Dec 10 **Environmental Ed. Series**
Natural Healing with Lori Tatay—
naturopath and acupuncturist from
Bronson's Integrative Medicine Clinic
Royce-Henderson Castle, 7pm
(more info: call Earl at 345-7720)
- Dec 12 **Board Meeting**
PFC, 7pm
- Jan **Environmental Ed. Series**
Natural Plant Landscaping with
Tom and Nancy Small of Wild Ones!
Date and Place, TBA
(more info: call Earl at 345-7720)
- Jan 8 **Board Meeting**
PFC, 7pm
- Jan 18 **Annual Membership Meeting**
Potluck and meeting to update you
about where we are and get your
input about where we're going.
Henderson-Royce Castle, 5:30 pm
- Feb 12 **Board Meeting**
PFC, 7pm
- Mar 1 **Board Nominations Due**
Please see the article on page one
about the PFC board elections.

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*.

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