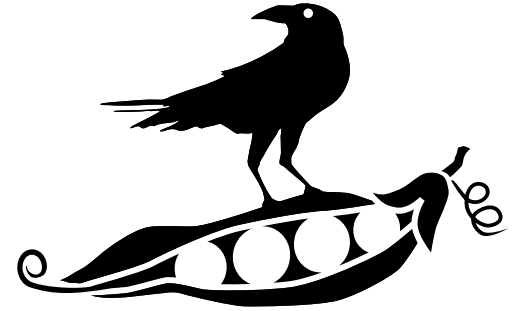


# Füidz

SEPTEMBER 2011  
VOLUME 1, NO. 3

*The only reason for making a buzzing-noise that I know of is because you're a bee. And the only reason for being a bee that I know of is making honey. And the only reason for making honey is so as I can eat it.*

Winnie the Pooh  
A.A. Milne



CO-OP MARKET  
FAIRBANKS COMMUNITY COOPERATIVE MARKET

Füidz \ foods \ noun 1: A newsletter from Co-op Market that nourishes, sustains or supplies (ex: food for thought). 2: Any nutritious substance that people eat or drink, in order to maintain life or growth.

## Notice: Annual Membership Meeting and Board Elections for Fairbanks Community Cooperative Market

The Board of Directors respectfully requests your attendance at Co-op Market's third annual general membership meeting on October 2, 2011 at 1 pm at Pike's Waterfront Lodge Binkley Room. A community potluck brunch will be held from 11 am to 1 pm preceding the meeting.

### Please Attend This Important Meeting

As member-owners, we control Co-op Market's activities. This control is exercised through voting at annual and other membership meetings, and indirectly through those members elected to the board of directors.

Everyone is welcome to join us at this free event. You will learn more about food co-ops and perhaps decide to become a Member-owner yourself! 🌱

### Proposed agenda for the business meeting:

1. Introduction and Call to Order
2. Establish quorum
3. Review and Approval of Agenda
4. Minutes from Annual Meeting 2010
5. President's Report
6. Treasurer's Report
7. Committee Reports
8. Election of Board of Directors
9. National Co-op Month Kick Off & Tour of Co-ops
10. Member Comments
11. Prize Drawings
12. Adjourn

*This is an official announcement of the Co-op Market board.*

### Our Community Partners

We are thrilled to extend an invitation to other businesses to join us in our community effort by advertising with us. Call if you'd like to discuss any potential partnership. Call 457-1023 to become a Community Partner.

Tanana Valley Television & Radio  
FM96.9

5TH AVENUE  
DESIGN  
& GRAPHICS

Cook & Schumann & Crococcio, Inc.  
Attorneys at Law

GRAPHICNORTH  
A Printing Company

## Thought For Food

### Dr. Patricia S. Holloway, Georgeson Botanical Garden

My family has a mixed cuisine. My mother grew up in Philadelphia and fed us a hodgepodge of German potato salad, stuffed cabbage, Italian hoagies and Pennsylvania Dutch scrapple. My father hailed from the Deep South. To our dinner plate, he added pickled okra, fried green tomatoes, catfish, hush puppies, and toasted pecans. Since we lived in the North, the vacation trips to Mississippi were memorable: big outdoor picnics with tables loaded with fried chicken, catfish, gingered peaches, cherry salad, sweet potato casserole, piles of spinach, turnips and of course, the pecan pie from nuts harvested in the front yard. The next year we would head to Philly and enjoy beef brisket, applesauce, pickled beets, potato salad and bread pudding. This mixed cuisine made us a family of food explorers, always looking for local favorites just to try something new.

Last January, I decided to take my sons on a trip "down South" so they could learn about their southern roots. They had never been to Mississippi and I wanted to introduce them to the great cooking traditions of their ancestors and see if the old homestead was still standing. We started our adventure in Memphis and traveled south along back roads, crossing bayous lined with trees draped in Spanish moss, and driving through little farm towns that didn't look much different from the pictures in my old family photo albums.

Wherever we went we searched for cafes to sample local food. There were none. We passed plenty of Subways and KFC fast food joints. Not one sign or storefront showed us the way to catfish and hush puppies. I kept passing up one fast food joint after another paralleling the great Mississippi levees. In my Dad's hometown of Como, the entire one-street town is on the National Register of Historic Places. Surely here we would find local cuisine. However, the town's only café was named Windy City Café, and the cuisine – burgers and fries! It didn't even serve great Chicago fare let alone southern food.

Vicksburg, Natchez, Biloxi, Hattiesburg, Jackson – we zipped through them all. Granted we didn't have time to explore every single road and town along the way, and we couldn't afford the gourmet offerings of high priced restaurants where yes, indeed, you could order farm raised catfish braised in lemon butter sauce encrusted with almonds and seated on a bed of mixed collard and turnip greens for 85 bucks. Only one place advertised something called southern cooking. Along Old Highway 61, right in the middle of the cotton fields, surrounded by a fake moat, was the gaudy, turreted, Harrah's Casino in Tunica, Mississippi. Huge billboards advertised a buffet designed by Georgia restaurateur, Paula Deen! Only in a smoky, loud, gambling casino, with no southern charm, with recipes from Savannah, Georgia did we taste fried catfish, hush puppies, okra and the only piece of pecan pie we ever saw in Mississippi. I am so glad I collect old family recipes so at least I have great memories of good local southern cooking. Now I just need start my own hybrid tradition and learn how to cook salmon sitting on a bed of turnip greens, fry up some green tomatoes (lots of them on my deck) and hush puppies, and serve up some fresh picked wild blueberry pie!!

Visit my vegetable trials website:  
<http://georgesongb.org/research/vegetables/index.html>

Dr. Patricia S. Holloway  
Department of High Latitude Agriculture  
Georgesong Botanical Garden

Each quarter a new guest writer will reflect on one of many questions involving our relationship with food. This article aims to present, explain, or expound on the many facets of the topic. It will, we hope, stimulate much thought for food.

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3RD  
ANNUAL  
CO-OP  
MEETING  
Pike's Waterfront Lodge  
Binkley Room  
October 2, 2010 ~ 1pm

A community potluck brunch will be held from 11 am to 1 pm preceding the meeting

# LETTER FROM THE CHAIR *by Board Chairman, Robert Leach*

Fairbanks will be home to Alaska's first cooperatively owned grocery store and we are the ones who will open it. As I reflect on the year since the 2010 Annual Meeting, I feel such gratitude for members, volunteers and supporters who have contributed much to bringing us closer to this goal. Progress has been significant. We now boast 1,135 member-owners.

We have raised over \$300,000 in Member Loans and are on our way to reach a goal of \$350,000. Volunteers continue to help in countless ways. Thanks to those who help in the office, serve on committees, man the booth at the fair, publish this newsletter, and provide the workforce for the events we sponsor. Our fundraising has been successful and we continue to move steadily forward.

Support from the business community is also strong and continues to grow. Local businesses and organizations have stepped up as Community Partners, providing either direct contributions or valuable in-kind services. The progress we have made since last year is a direct result of all who have contributed. Your efforts and support are appreciated.

I also would like to express my appreciation to Golden Valley Electric Association for an especially important commitment of financial support.

In June of this year GVEA submitted an application for a grant from the USDA Rural Economic Development Grant program to create a low interest economic development revolving loan fund in Fairbanks. If this grant is funded, \$300,000 from USDA will be combined with \$60,000 in matching funds provided by GVEA to create a significant new source of investment capital that will contribute to economic development here in Fairbanks.

The great news for Co-op Market is that we will be the first recipient of a loan from this new fund. Although the GVEA grant application is still under review, I hope to report a successful outcome by the Annual Meeting. I applaud GVEA for taking this initiative and for its continuing commitment to strengthening the community.

I encourage everyone to set aside the date for the upcoming Annual Meeting and make plans to attend. This is a chance to find out more about what is happening and to participate in the business of Co-op Market. Please bring your questions, comments and concerns. A potluck brunch is planned just before the meeting. Co-op Market will provide pancakes and a main dish. Feel free to come even if you don't bring food. There will be plenty. See you there.

## MEET YOUR BOARD MEMBER CANDIDATES



### HELEN McLEAN

Helen was born in Fairbanks and raised in the "bush" at a family owned hunting lodge. She was raised with the skills needed to make do with what you have until the next trip to town.

This has given her the personal skills to be adaptable and to realize the value of sustainability. Helen

worked in and sometimes managed her family's business in her early adult years. This experience helped her acquire business skills.

Helen has worked in the greenhouse/nursery industry for Risse Greenhouse for 19 years. Four of those years were as Grower/Production Manager and three more as General Manager/Grower. Her responsibilities include growing, financial planning, customer service, marketing, and cooperative efforts with other local greenhouse businesses.

**All member involvement in the cooperative is valued, particularly volunteer service on committees and special projects. Board Directors are needed for policy guidance and monitoring of cooperative activities and finances. Directors are volunteers who meet at least once per month and have a duty to participate in business and activities of the cooperative, educate membership about pertinent issues and solicit member feedback, and serve on committees as a liaison to membership.**

Helen has come to know some of the challenges of growing in this state, and has great respect for the work of our area farmers. She believes that we in the Interior of Alaska have the ability to work together to form stable local sources for food.



### ROBERT LEACH

Robert is currently assigned to the Corps of Engineers Northern Alaska Area Office, Fort Wainwright Alaska. He is responsible for monitoring the construction of new facilities being built under contract on Fort Wainwright to verify compliance with contract documents, plans, specifications, schedules, codes, and

standards that apply. His projects to date include barracks, training facilities and family housing.

From 1995 to 2005 Robert was responsible for managing

construction and renovations for leasehold improvements at several commercial locations in Fairbanks. Projects included medical offices, restaurants, retail businesses, day care facilities, and offices for State and Federal agencies.

Rob has a B.A. in Business Administration from Antioch College and a M.S. in Natural Resources from the University of Alaska, Fairbanks. He is a former member of the State of Alaska Board of Forestry. Robert also owns Commercial Leasehold property in downtown Fairbanks.

Rob brings outstanding planning and organizational skills to the Board of Directors. His thorough knowledge of construction and building code has been very helpful throughout the planning phases of Co-op Market, and his relationships with members of our community have provided Co-op Market with beneficial networking and outreach opportunities.

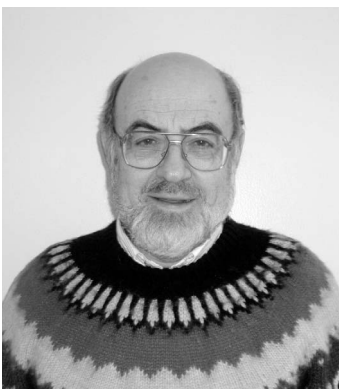


### SHARON ALDEN

Sharon moved to Fairbanks from California in 1989 to work as a forecaster for the National Weather Service. With the exception of 2 1/2 years in Pocatello Idaho, she remained in Fairbanks and now works at the Alaska Interagency Coordination Center as a Fire Weather Meteorologist.

Sharon's community involvement in the past included some time as a Sea Explorer and Girl Scout leader. She started an education and research grant at San Francisco State University, worked on the Fairbanks-Yakutsk, Russia sister city project, and volunteered for several years as a Literacy Council ESL tutor and 5 1/2 years as a Big Sister.

Sharon's interest in Fairbanks Community Cooperative Market stems from a desire to see a member owned grocery store near the downtown area that will encourage greater local production of food.



### RICHARD SEIFERT

Richard is a professor at the University of Alaska Fairbanks, as well as a Energy and Housing Specialist. Rich has been the Cooperative Extension Service "Energy guy" at UAF in Fairbanks for 27 years.

He has a Bachelor's degree in Physics from West Chester State University in Pennsylvania, and a

Master's Degree in Engineering Physics from the University of Alaska. He has lived in Fairbanks 39 years, except for one year (1985-86) when he was a Fulbright Scholar at the Technical University of Norway, in Trondheim, Norway.

Richard brings years of experience in service on several statewide non-profit boards with budgets of up to one million dollars, long and deep experience in public education and outreach, a lifelong interest and commitment to cooperatives and their style of operation and a deep concern for Fairbanks community's food security.



### THOMAS PARAGI

Tom Paragi moved to Alaska in 1985 to attend UAF and has spent most of his career as a wildlife biologist, working for the U.S. Fish and Wildlife Service and presently for the Alaska Department of Fish and Game. Tom has served on the board of directors for a public radio station and community library in Galena and 8 years as an elected officer

for the Alaska Chapter of The Wildlife Society (statewide professional organization for wildlife scientists).

Tom also served two 3-year appointments on the Citizen Advisory Board for Northern Area State Parks. Tom's interest in helping with Co-op Market includes support for local agricultural production and economic development, increasing awareness of the food system upon which we rely, and working with friends and neighbors to keep our community a good place to live. Tom is a private seaplane pilot and enjoys cross country skiing, canoeing, woodworking, gardening, and gathering wild foods.



### DEBRA DELONG

Debra DeLong was born and raised in Southeast Asia where she gained an understanding the importance of food and food production. After completing her BS degree in Geology she moved to Fairbanks, Alaska where she raised her two children. She recently graduated from UAF with her Master's in Professional Communication.

For the past three years Debra has been on GVEA's Member Advisory Committee which serves in an advisory capacity to the board of directors. Debra has extensive experience in administration and management. She has been a Director of the Downtown Association as well as the Information Officer for the University of Alaska Museum.

Some of the skills Debra would bring to the Board are:

Experience with the Co-op model and how a Co-op Board works.

Experience with all aspects of staging large, public events from fundraising to marketing.

Ability to listen well, determining the core issues to enhance the group process.

A history of volunteerism with a desire to serve the Fairbanks community.

As a 35 year resident of Fairbanks, working, raising a family, and volunteering in the community Debra brings a familiarity with many of the aspects and groups that make up our community.

Debra envisions the Co-op as a natural outlet for our farmers and food producers. This will also allow us to be a voice for farmers and even for changing food policies in our community. Issues such as GMO foods, organic certification, urban poultry farming, raw milk production, and sustainability are some of the exciting issues that the Board could explore as we continue our proud tradition as self reliant Alaskans.

# CO-OP PROGRESS REPORT

Every day we move closer to opening the doors of Alaska's first cooperative grocery. Co-op Market's Board of Directors and other volunteers continue to work countless hours in the effort to establish a sound cooperative business that will benefit our member-owners and our community.

Since the last annual meeting on September 11, 2010 we have many accomplishments to celebrate:

In October, we launched the Member Loan campaign to raise \$300,000 which was achieved by March. Such success led the Board of Directors to increase our member loan goal by \$50,000. This will allow us to supply more than 50% of the total project funds from member-owner equity.

The annual Dessert Auction and Dinner raised more than \$12,000 for the Membership Outreach Campaign – a rousing success! Sales of T-shirts, mugs, and bags in 2010 brought another \$11,705 to the project.

Throughout the fall of 2010 volunteers worked with Store Planner, PJ Hoffman, to create a preliminary store design with the Foodland building in mind. We then negotiated the lease and signed an option with Bachner Company, Inc. for 6000 square feet of the Foodland building on 546 Gaffney Road.

Board Members learned of the USDA Rural Economic Development Grant program which offers funds for projects that increase jobs and create new markets for agricultural production. The USDA

RED Grant is only available through a rural utility cooperative who must match 20% of the fund. This establishes a revolving loan for other start-up enterprises in our community.

The Board submitted a proposal to GVEA that included our business plan and 10 year financial pro forma. The GVEA Board of Directors asked that we have an independent review of the business plan. The review was completed in February. With the help of Stuart Reid of Food Co-op Initiative, we presented our proposal to the GVEA Board and they agreed to submit a grant proposal to USDA for a revolving loan fund with Co-op Market as the first recipient.

Energized by the success of November's auction our Membership Outreach Committee brainstormed another year of fundraising activities. In February we hosted a Southwestern Brunch. This was followed by a plant sale and the first open house of our future store site on May 22, 2010.

Our booth at the fair this year brought even more attention to our cause – hundreds taking our survey, new members, and many people willing to volunteer. Join us at our most spectacular events on September 10 and November 5. Most important, come to the annual meeting on October 2 to cast your vote. This is your chance to participate in governance of YOUR food co-op. 🌱

## WHY DO WE KEEP ASKING YOU TO JOIN?

You may wonder "what's in it for me?" Your greatest benefit is a downtown grocery store that exists to serve your needs. The "Why" is that it will only happen with your support. Co-ops exist to serve the needs of their member-owners and they are capitalized by these members. Cooperatives enhance and protect the local economy. When the store opens, other benefits will be evident. There will be member-owner ONLY specials and discount days for member-owners. Your equity investment will return to you in two to five years. Your equity investment of \$200 will earn you the right, as a member-owner, to receive a patronage dividend from the profits earned on the money you spend in the store, for the life of your membership. See our website for information on how to join and for a calendar of upcoming events.

## COOPERATIVE PRINCIPLES

**Open Membership:** Membership is the lifeblood, but whether the members are staff, consumers, businesses or other organizations, coming together is their choice. Anyone who is eligible to be a member should be able to become a member.

**Equal Say:** All members get an equal say. For example, if you are electing a Board, it is one member, one vote rather than votes based on how much money you have put in.

**Economic Participation:** Cooperative members contribute equitably to, and democratically control, the business' capital.

**Good for Learning:** Cooperatives have a long tradition of training and education for members.

**Independence:** Cooperatives shouldn't be beholden to anybody, whether government or another business.

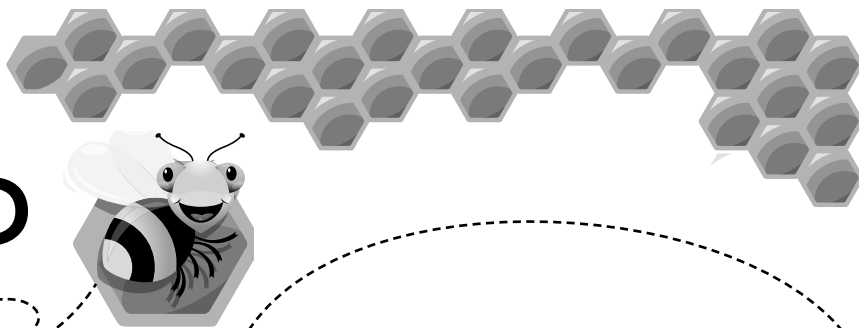
**Collaboration:** Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional and international structures.

**Community:** Commitment to community is ingrained in the cooperative structure. Cooperatives work for the sustainable development of their communities through policies approved by their members.

"Knowing the source of the foods you eat, the services you employ and the products you purchase are just a few of the benefits of joining a cooperative. As a member, co-ops invite you to take part in the way your favorite grocery store or financial institution is run, and share in any profits. This community approach to business is at the heart of the cooperative philosophy."

## SUMMER'S SWEET REWARD

By Stephen Petersen,  
Apicultural Consultant



Beekeepers in Alaska's Interior will soon be harvesting the essence of summer – the 2011 honey crop. This year honey will most likely be light colored (as opposed to the 2010 darker honey) due to prolific blooming of several clover species in the Interior. Honey, like fine wine, varies in taste and color every year depending primarily on the flowers which the bees are foraging upon as well as soil moisture, insolation (amount of sunlight received), soil chemistry and the success of blooming plants. You may have noticed that this year (2011) the fireweed, at least in the Fairbanks area, looked like blooms would be plentiful but as of late July just doesn't seem like it will burst out in fields of pink as it did in 2009.

Beekeeping is a blend of art and science – to be a good beekeeper you must understand the nectar and pollen plants of your area, know colony management techniques to maximize the bee population to coincide with the beginning of the honey flow, and decide what to do with the bees during our 7-8 months of winter when there are no plants for the bee to feast on. The best way to learn is taking a class or having an experienced beekeeping mentor. That said, there are many ways to keep bees as there are beekeepers. A good beekeeper is observant, basing management decisions on what the bees and the environment tell them, not on a cookie-cutter schedule.

Here are some FAQ and the "usual" answers. Remember, beekeeping is a partner to agriculture - it has its up and downs too.

### How much honey can I get?

The typical hive in an average year will produce 50-60 pounds of honey. My yields have ranged from 9 lbs to 200 for a single colony.

### How much does it cost to get started?

The "woodenware" (boxes and equipment) runs from \$350-\$400, the bees about \$145 per colony, and 15 hours of instruction \$150. After the initial investment the yearly cost ranges from \$150 to \$175.

### How much time does it take?

I tell my students that there is an input of about 24 hours during the summer of actually working the hive but this is spread out over the season. In spring it's necessary to make weekly checks; in late June through early August the bees are pretty much on automatic. Mid August is harvest time.

### I have a big garden, will that help my bees?

Actually the bees benefit your garden through pollination efforts more than your garden contributes to the honey crop. Bees range some three miles from the hive; find your house on Google Earth and draw a 3 mile radius. Consider the acres and bee forage within that circle (sweet clovers, vetch, alsike clover, and fireweed are some important honey plants) and compare that to the area of your garden. A drop in the bucket!

### I'm interested in bees, what do I do to get started?

Contact Stephen Petersen at akbeeman2000@yahoo.com or drop by the booth at Farmer's market to sign up. Classes start the first week of April, package bees come in during April and early May, and you can mail order or purchase equipment locally. 🌱

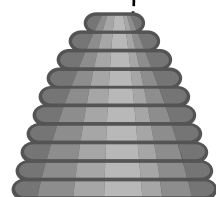
## 4TH ANNUAL *Fun for Food* CELEBRATION

Saturday November 5, 2011  
Pike's Waterfront Lodge  
Binkley Room

**LET'S CELEBRATE!** This event is all about food and fun! Enjoy a dinner of Alaska Grown food, buffet style. Then do some early Christmas shopping and pick up a Thanksgiving dessert at our silent auction tables. Next a lively outcry auction features weekend get-aways, delectable treats from Alaska's harvest, dance demonstrations and more good fun. And the finale – good ol' Rock n Roll tunes with The Flyers!

**5 pm Dinner and Silent Auction**  
**7 pm Outcry Auction**  
**8:30 pm Dance the night away!**  
**Tickets: \$35 each or \$30 in advance.**  
**Auction and Music only: \$15**

All proceeds help us grow a NEW KIND of grocery store. Find out more at [www.CoopMarket.org](http://www.CoopMarket.org)



## What's the Beef with Beef?

Dr. Ashley May

I see several patients with high cholesterol in my practice. Inevitably, when we get to the diet portion of the intake, most proudly proclaim their abstinence from red meat. Imagine their shock and sense of utter betrayal when I tell them they don't have to avoid this delectable bovine. Do you know all beef is not created equal? Growing research indicates that cattle feed greatly affects the biochemical makeup of their meat. What I'm referring to is grain-fed versus grass-fed beef. The beef most of us eat today is grain-fed. Cows are fed grain because it increases their weight and marbling (fat), thus producing more meat at slaughter. This meat, depending upon the cut, can be 35-75% fat, most of which is saturated. The omega-6 to omega-3 ratio can be more than 20:1 in grain-fed cattle, far greater than the recommended 4:1 ratio. This imbalance is a potent inducer of inflammation which leads to many health problems. The combination of high saturated fat and inflammation poses significant risk for someone with high cholesterol or other risk factors for heart disease. In contrast, grass-fed beef has a ratio of 0.16 to 1, about the same ratio found in fish, which has an anti-inflammatory effect. Also, grass-fed beef usually has less than 10% saturated fat, making it a much safer and guiltless choice. But the benefits don't stop there. Grass-fed beef contains 300-400% more CLA (Conjugated Linoleic Acid), a naturally occurring fat that, according to University of Wisconsin research, helps individuals who lose weight to keep from gaining it back. It also contains 400% more vitamin A (as beta-carotene) and E, and has fewer calories than grain-fed beef (a 6-oz sirloin will have 100 fewer calories). Take an active role in knowing where your food comes from and how it is treated and processed. As you can see, it can make a significant difference in your health.

### GUIDE TO EATING SEASONALLY:

**Fall:** Start warming things up and preparing for winter (cold and flu season) with nutrient dense foods like carrots, sweet potatoes, onions, and garlic. Add flavor with seasonings like ginger, peppercorns, and mustard seeds.

### SCARY STATISTICS ABOUT THE STATE OF OUR BEEF IN AMERICA:

70% of all antibiotics used in the U.S. are for animals

Ground beef is typically an amalgam of meat from different cows from different slaughterhouses. One burger could come from hundreds of animals and different parts of the world.

Almost half the meat and poultry sold in the US is likely to be contaminated by dangerous bacteria (some of which are resistant to multiple antibiotics), according to research published (April 2011) in the scientific journal, *Clinical Infectious Diseases*.

Feeding dead cats and dogs to cattle was legal in the US until 1997 when the government banned the practice because of fears over mad cow disease. Dead horses and pigs, however, are still occasionally ground into cattle feed.

One quarter of America's minced beef is made from worn-out dairy cattle, likely to be riddled with disease, the meat containing antibiotic residue.

The USDA imposed rules reclassifying animal carcasses with cancers, tumors and open sores as "safe for human consumption." 🌿

Dr. Ashley D. May, ND, BSc

Dr. May comes to Fairbanks with 10+ years of experience in pain management, weight loss, and rehabilitation techniques. He graduated from Bastyr University in Seattle, Washington, with an emphasis in physical medicine. He also had the privilege of completing an internship at the Cooper Institute for Aerobic Research and Fitness Center in Dallas, TX, under the "Father of Aerobics," Dr. Kenneth Cooper, MD. Dr. May enjoys practicing family medicine, with special interests in chronic diseases, digestive disorders, men's health, detoxification, and insomnia.

## Local Flavor

### BEEF AND HONEY STEW

#### INGREDIENTS

- ¼ C flour (wheat, millet, or brown rice)
- 1lb local or grass fed beef, cut into 1in cubes
- 3 T vegetable oil
- 1 onion, roughly chopped
- 2 carrots, roughly chopped
- 2 leeks, roughly chopped
- 1 small turnip, roughly chopped
- 1 T local honey
- 2 C beef stock
- 2 large potatoes, cut into chunks
- sea salt and freshly ground black pepper

#### PREPARATION

Place the flour in a container with a lid. Add the cubed beef and shake to coat.

Heat the oil in a dutch oven and brown the meat on all sides. Do this in batches to avoid steaming the meat rather than browning. Remove meat from pan.

Fry the onion in the same pan used for the meat, adding more oil if needed. Once the onion is browned, add the carrots, leeks, turnip, honey, stock and browned beef to the pan.

Cover the pan and simmer the stew over a very low heat for at least two hours – the longer it cooks, the better it will be.

20-30 minutes before serving, add the potatoes.

Season to taste with salt and freshly ground pepper just before serving.

See the website for more delicious recipes featuring local produce.

## Soup to Nuts

## What's Cookin' at the Co-op?

**The Co-op has been out and about**  
This has been a great summer for Co-op Market. The Spring Plant Sale, our first event of the season, was a tremendous success bringing in over 20 new members. Many people took a store tour and enjoyed poking around the Foodland building for the first time in years. Risse Greenhouse generously supplied plants and donated a portion of sales to Co-op Market. Camille, a lamb from Turning Light Farm, was also a big hit. Go to our website to see how she has grown.

**Co-op and the Downtown Market**  
Our fearless volunteers braved wild weather at the Downtown Market, a new farmer and craft market in the Golden Heart Plaza on Mondays. One windy evening had us hanging from the tent to keep it from blowing away. This was a great opportunity to answer questions about the Co-op and to sell merchandise – tourists love our raven logo!

**Co-op at the Tanana Valley Fair**  
We had a beautiful booth again at the Fair this year where we debuted our new American Apparel t-shirts. A hearty "Thank You" to our Fair booth volunteers who brought in many new members and 276 new contacts. We now have 1,135

member-owners of Co-op Market with 690 fully invested. Our ultimate goal is 1500 member-owners by the time of opening.



**Co-op Market goes to San Diego**  
Mary Christensen, Hans Greier, and Shaun Lott attended the CCMA (Consumer Cooperative Management Assoc.) conference, a 3-day gathering of about four hundred food co-op managers, directors, educators, and consultants, plus our national allies. The trip was sponsored by the Alaska Cooperative Development Program. There were so many great workshops to choose from that the three of us split up to cover more ground. At night we would reassemble

and, so excited by what we learned, chat into the wee hours. The information about cooperative start-up, management, advertising, and growth was wonderful but what excited us the most was the message that Co-op Market is on the right track. There was a cooperative, recently opened, that is almost identical to ours: same population, same number of members, same store square footage, etc. Their board members and manager reassured us that Co-op Market will open and be a success. Everyone that we encountered was willing to offer advice, share information, and even make tools available (like software) that they developed – it was clear that these people live the Cooperative Principles.

**Co-op offer tours of the store site**  
We will kick off National Co-op Month at our 3rd annual meeting on Sunday, October 2. Join us in October to tour the site of your co-op; the future store site will be open Saturdays from 1 to 5 pm. Tour the store site, visit our t-shirt booth and help us meet our short-term goal – 1300 members by November 1. For more information call (907) 457-1023 or go to [www.CoopMarket.org](http://www.CoopMarket.org) to join. 🌿



## ON THE GARDEN SHELF

**Tomatoland: How Industrial Farming 'Destroyed' The Tasty Tomato**  
by Barry Estabrook

*Tomatoland* details the life of the mass-produced tomato — and the environmental and human costs of the tomato industry. Find out why today's tomatoes are bred for shipping and not for taste.

**Robbing the Bees: A Biography of Honey, The Sweet Liquid Gold That Seduced the World**  
by Holley Bishop

"Like gardening and trout fishing, bee-keeping is one of those endlessly fascinating engagements with the natural world that spawns a particularly deep and lively literature. Add Holley Bishop's *Robbing the Bees* to the shelf. Her love affair with honeybees combines natural and social history with gastronomy and memoir to produce a delicious reading experience."

Michael Pollan, author of *The Botany of Desire*



Fairbanks Community Cooperative Market (Co-op Market) is a member-owned, full-service grocery store coming to Fairbanks. We are committed to offering organic and sustainably produced food and local products when available.

Designed: 5th Avenue Design & Graphics, Inc.  
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#### Board of Directors

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Helen McLean  
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Project Manager: Mary Christensen

## CALENDAR

**October 2** Community Potluck Breakfast and Annual Meeting

**Oct. 8** Great Alaska Bowl Company will give Co-op Market 10% of proceeds from all sales made in their store that day.

**Starting Oct. 8** (Saturdays in October) Visit Your Store Site! It will be open for tours from Noon to 4 pm every Saturday in October.

**Oct. 13 Loving the Co-op Difference!** Tour cooperative groceries all over the U.S. with Mary Christensen and Shaun Lott. Noel Wien Public Library Auditorium. Presentation will begin at 6:30 pm

**November 5** Fun for Food Celebration, 5 pm in the Binkley Room at Pike's Waterfront Lodge.