

Free

CO-OP NEWS

A PUBLICATION OF NORTH COAST CO-OP



FALL 2019 • ISSUE 110



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All articles, columns and letters are the expressed opinion of the author and not of North Coast Co-op.

LETTERS TO THE EDITOR

Letters must include your name, address, member #, and telephone #. Letters should be kept to a maximum of 250 words and may be edited. We regret that we may not be able to publish all letters due to limited space. Email your letters to co-opnews@northcoast.coop or send them to: Co-op News, 811 I Street, Arcata, CA 95521.

Letter from Editor

by Laurie Talbert, Marketing & Membership Director

WHAT A WILD RIDE THE LAST TWO YEARS HAVE BEEN! Working at the Co-op has been a bit like a trip on a roller coaster—fun, exhilarating, full of twists and turns and a little stomach dropping at times. There have been so many changes at the Co-op in just my short time here – changes in the stores and the surrounding communities, to the Co-op board, and to the staff. There have been celebrations, financial challenges, comings and goings of members new and old and plenty of spirited discussions.

Life is taking me on a new ride in a different part of northern California. I'll be close enough to visit and shop now and then, but much too far to commute, and so I am leaving my position as

Marketing & Membership Director for the Co-op. Members remain in good hands and can contact Membership Coordinator Margaret Sataua with any questions they have about their membership. There are exciting things happening in the coming year and the Co-op's members can look forward to new ways of becoming a bigger part of the co-op community.

It has been an absolute pleasure working on behalf of the membership and with the staff of the Co-op. I am, without a doubt, a better person for it and I owe you all a debt of gratitude for the experience. I wish nothing but the best for the Co-op and look forward to being a member for many years to come. ■

INSIDE

- 2** Letter from the Editor
- 3-4** From the General Manager
- 5** News from Membership
- 6** Board Meeting Recaps
- 7** Member Feature
- 8-10** Local Produce Guide
- 11** Guest Feature
- 12-13** Holiday Gift Guide
- 14** Featured Produce: Carrots
- 15** Co-op Carrot Cake Recipe
- 16-17** Low-Waste Baking
- 18-19** Farmer Feature: Willow Creek Farms
- 20-21** Co-op Month
- 22** Fair Trade Month
- 23-25** Eat-It-All Recipes
- 26** From the Archives
- 27** Quarter 1 Financials
- 28** Wellness Wednesday
- 29** Co-op Kids Corner
- 30** Meet the Co-op Team
- 31** Calendar

Cover Photo by Alex Villagrana, Marketing Communications Coordinator

Co-op Maintains Profitability, Raises Funds for Capital Improvements

by Melanie Bettenhausen, General Manager

DESPITE A HOTTER, DRIER SUMMER than I can remember here in Humboldt, we skated by without a devastating fire season. Locals took advantage of the opportunity to once again enjoy the natural beauty that surrounds us in all directions by hiking, camping, swimming, kayaking, rock climbing, surfing, gardening and more. It could just be my imagination, but even the local organic produce tasted better than ever before. All around it has been a fantastic summer, especially given that so many come to the Co-op to fuel their adventures.

We recently posted our third quarter of increasingly positive net income! We continue to see double-digit growth at our Eureka Deli since the addition of a new food bar, signature sandwiches, juice and smoothie bar, and hot beverage menu. We've also seen an increase at our Arcata Deli since adding signature sandwiches, a new hot beverage menu, and a renewed focus on keeping the grab-n-go shelves fully stocked for those of you who need a fresh, healthy meal on the run. We've heard positive response to the unarmed security personnel at our Eureka store and con-

“It will be a year of creativity, experimentation and cooperation as we discover how to be more inclusive and relevant to our customers and our community.”

tinue to benefit from the dedicated officer assigned to Old Town by the Eureka Police Department.

Our biggest concern at the moment is simply cash. While we have grown our cash through tightly-controlled expenses and improved sales, we continue to make our way through a list of requests from members to have their C-Share investments repurchased by the Co-op. Some of our earliest investors are, sadly, passing away and their estates are being settled by their families. Baby Boomers invested in our co-op in the 1970s and 1980s, but investments have not been as robust since then, although we saw an uptick in the late 1990s when the Arcata store was expanded. To be fair, we have not done a capital campaign in decades. It is time to once again ask our

membership to engage in Cooperative Principle # 3—Member Economic Participation.

We are working on a plan to encourage A-Share holders (basic membership) to increase their investment to Fair Share status by purchasing \$300 in B-Shares. If only 1,000 members out of 18,000 invested \$300, that would be \$300,000 added to our cash flow. Investing in the Co-op makes financial sense too; Fair Share memberships are eligible to purchase dividend-earning C-Shares (currently 2.65% APR) up to \$50,000.

We have several big projects in the works and we'll be looking to our members to provide the capital needed for these improvements:

- \$150,000—Redesign the Arcata store parking lot to create bike and pedestrian access,

[Continued on page 4]



Concept drawing for adding outdoor seating along windows, native vegetation between parking spaces, and new bicycle amenities in Arcata.

[Continued from page 3]

develop environmentally-friendly drainage, add outdoor seating, improve flow/parking for cars and smooth the surface for shopping carts

- \$150,000—Replace the Arcata store's refrigerant gas with a more environmentally-friendly and EPA-compliant gas while reducing the potential for leaks
- \$350,000—Upgrade the Deli at the Arcata store to include a self-serve food bar, with improved production space and equipment for workers

With enough support and investment from our membership this fall and winter, we should be able to get make headway on our planning early in 2020.

In addition to these much-needed projects, we will continue working to strengthen our position as the most welcoming, accessible, and affordable place to buy healthy, quality, organic, and local food. Our focus this year is on the customer experience and revenue-generating changes within our stores. We recognize that our consumers have plenty of options when it comes to finding natural, local and organic foods. We will also be working to meet the milestones laid out in our strategic plan. It will be a year of creativity, experimentation and cooperation as we discover how to be more inclusive and relevant to our customers and our community.

In all of this we must always be looking at

the financial bottom line. In fact, one of our strategic plan goals is Financial Viability. At times, this can lead our attention away from the social and environmental bottom line. Our strategic plan ensures that we will keep all three bottom lines at the forefront as we conduct our daily business. If you haven't had a chance to read it yet, I encourage you to do so and learn more about our six goal areas for fiscal years 2020-2024: Community Hub, Racial and Social Equity, Environmental Responsibility, Cooperative Economy, Robust Local Food System, Financial Viability.

As always, thank you for your continued patronage and investment. I hope to see you at the Annual Membership Meeting! ■

Annual Membership Meeting & Gathering

Saturday, October 12
Bayside Community Hall
2297 Jacoby Creek Rd,
Bayside • 1-4pm

A free event for Co-op members!

*Each membership can bring one guest, plus children

 Please join us for 

- Food & Drink
- Candidate Meet & Greet
- Open Comment Session
- Raffle Prizes
- State of the Co-op
- Seeds for Change Announcement



Seeds for Change Partners

WE HOPE MEMBERS TOOK THE OPPORTUNITY to vote for the Seeds for Change partners the first week of Co-op board elections. Ballots were available in the stores listing the local nonprofits that applied to be included in the Co-op's new Seeds for Change program. Members selected their favorites and the top nine organizations will be announced at the Annual Membership Meeting & Gathering on October 12. Representatives from each of the awarded organizations have been invited to attend so members can learn more about how they'll put their round-up funds to good use in our community.

Starting in January, the first of the member-selected recipients will have the chance to share the story of their nonprofit with customers and receive all round-up funds collected that month. Signs in the stores will announce the monthly Seeds for Change partners and information will be available about each organization.

The Co-op is excited to offer you a new way to support local nonprofit organizations that are doing important work in our community and hope you'll support them with your change. ■



Round Up for Co-op Month

WHILE ROUND UPS DURING NINE MONTHS of the year will be dedicated to the member-selected Seeds for Change partner, October will be set aside each year in honor of Co-op month. Starting this October, North Coast Co-op will collect register round-ups to support our Twin Pines Cooperative Community Fund. Together, Equal Exchange and Frontier Co-op, proud sponsors and supporters of Twin Pines, will match round-ups collected at the register, up to \$1,000 each. Our goal is to raise a total of \$2,000 from member round-ups and add it to the generous match. Beginning next October, the Co-op will begin granting from our Twin Pines fund, using the interest that we earn to support local nonprofits undertaking cooperative projects.

The Twin Pines Foundation is the largest single funder of cooperative development organizations in the United States. Forty-four cooperative grocers, including North Coast Co-op, participate in Twin Pines Cooperative Community Fund. ■



Fair Share Membership

NOT A FAIR SHARE MEMBER? Now is a great time to think about becoming one. B-Shares are known as Sustaining Shares because the member investments help sustain operations and keep the Co-op going strong in support of its members. It's part of what makes the Co-op a co-op – Cooperative Principle #3 – Member Economic Participation.

B-Shares are sold in \$10 increments and can be purchased at Customer Service or at any register if you are already a member. Your investment of \$300 in Sustaining B-Shares will allow you to begin investing in and earning dividends on C-Shares. The dividend rate is currently 2.65% APR. If you'd like to know your current B-Share balance, it's shown on the annual statements all members recently received in the mail. You can also call the Co-op's Membership Coordinator at (707) 443-6027 ext. 434. Even if you've never made a purchase of a B-Share, patronage refunds from past years may have been collecting in your B-Share balance and you may be closer to Fair Share than you think! ■

Second Quarter Board Meeting Recaps

July, August, September board meetings

by James Kloor, Board President and Treasurer

FINANCIAL VIABILITY

FISCAL YEAR 2020 (FY20) QUARTER ONE financials were strong and showed a net profit of \$64,000. That's the third straight quarter of profits, and even better, the third straight quarter of increasing profits. The third quarter of Fiscal Year 2019 (FY19) we managed to squeak out a roughly \$8,000 profit (after some heavy losses in the first two quarters), and then in the fourth quarter of the year we ended up with a roughly \$48,000 profit. It's one thing to have profitable quarters, it's another to have increasing profitability.

At the August Finance Committee meeting we also received our FY19 Audited Financials. Most importantly, there weren't any significant findings by the auditors. I have to commend the entire accounting staff at the Co-op – a fiscal audit is kind of like a class final – it happens every year, you are meticulously judged and put under a microscope – and in the end the Co-op came out with high marks. Our auditors – Wegner CPAs – work with hundreds of Co-ops across the United States and were very impressed with staff and the turn around. This is our controller, Barney Doyle's, second audit with the Co-op and he knocked it out of the park.

ELECTION UPDATE

Kirsten Lindquist won the employee election and is on the ballot for ratification by the general membership. Way to go Kirsten! I want to thank Kirsten, along with the other two employee candidates, Rob and Terrence for their commitment to the cooperative business model and for putting themselves out there to engage with our Co-op in a new way. For the two general-member board seats we have three candidates running, Laura Wright, Joaquin Estrada and Roger. They're all great candidates and I look forward to seeing who the membership chooses. I'm really happy to see folks running for the Board – and am

excited to serve with whomever the membership chooses. Be sure to cast your ballot and include your voice in this democratic process!

ON THE BALLOT

Also, on the ballot this year is a proposed change to bylaws section 4.13(c). We want to provide additional clarity to the "Record" date for voting eligibility. In the past, for written ballots, we've used the Annual Membership Meeting as the date of record for valid memberships. Going forward we'd like to use the following language:

The record date for determining the members entitled to vote at a meeting is forty-five (45) days before the date of the meeting. The record date for determining the members entitled to vote via written ballot without a meeting is forty-five (45) days before the start of voting.

ANNUAL MEMBERSHIP MEETING & GATHERING:

Join fellow Co-op members, the Management Team and our Board of Directors for a celebration of 46 years strong!

The Annual Membership Meeting & Gathering will take place on Saturday, October 12 from 1-4 pm at the Bayside Community Hall, 2297 Jacoby Creek Rd, Bayside, CA 95524.

You'll hear about the state of our co-op, learn about our roll-out plan of the member-driven Strategic Plan, meet board candidates, eat some incredible nosh, and celebrate with other Co-op members!

All Co-op members are invited to this free event. Each membership can bring one guest, plus children. Please RSVP at Customer Service, calling (707) 443-6027 ext. 434, or emailing membership@northcoast.coop. ■

BOARD OF DIRECTORS & COMMITTEE MEETINGS

October Meetings

Board of Directors Meeting

October 3 • 6pm, Jefferson Community Center, 8 Clark St, Eureka

Member Action Committee

October 9 • 5:30pm, upstairs in the Arcata Store (811 I Street)

Earth Action Committee

October 9 • 6:45pm, upstairs in the Arcata Store (811 I Street)

Nominating Committee

October 17 • 2pm, Eureka Chamber of Commerce Headquarters (612 G Street, #101), Eureka

November Meetings

Board of Directors Meeting

November 7 • 6pm, Location TBA

Member Action Committee

November 13 • 5:30pm, upstairs in the Arcata Store (811 I Street)

Policies and Procedures Committee

November 20 • 6pm, upstairs in the Arcata Store (811 I Street)

Finance Committee

November 21 • 6pm, Eureka Chamber of Commerce Headquarters (612 G Street, #101), Eureka

December Meetings

Board of Directors Meeting

December 5 • 6pm, Location TBA

Member Action Committee

December 11 • 5:30pm, upstairs in the Arcata Store (811 I Street)

Earth Action Committee

December 11 • 6:45pm, upstairs in the Arcata Store (811 I Street)



What is your favorite fall beverage from the Co-op?

The first six members to answer our featured question and let us take their picture get a \$10 gift card. Look for our table in Eureka this winter— you could be featured next!



“Sleepy Time Tea”

Sara, Arcata
Member for 17 years.



“Hot cocoa with whipped cream.”

Trillium (and Carolyn), Eureka
Member for 12 years.



“Cider”

Danika, Arcata
Member for 14 years.



“A cozy glass of wine in front of the fire.”

Rob, Bayside
Member for 8 years.



“Spirit Juice ‘cause sometimes when it’s cold I need a boost of summer!”

Suzanne, Arcata
Member for 12 years.



“Coffee with half & half.”

Barbara, Trinidad
Member for 34 years.



Local Produce Guide October | November | December

<i>Apples</i>	Oct	Nov	Dec	Farm
Bellflower	●	●		Clendenen's Cider Works
Blushing Gold	●	●	●	Clendenen's Cider Works
Crab Apple	●			Clendenen's Cider Works
Fuji	●	●	●	Clendenen's Cider Works Swallowdale Farm
Golden Blush	●			Swallowdale Farm
Golden Delicious	●	●	●	Clendenen's Cider Works
Granny Smith	●	●	●	Clendenen's Cider Works
Gravenstein Varieties	●			Clendenen's Cider Works
Hudson Gem	●	●		Swallowdale Farm
Ida Red	●	●	●	Clendenen's Cider Works
Jonagold	●	●		Clendenen's Cider Works Swallowdale Farm
King	●	●		Clendenen's Cider Works
Mutsu	●	●	●	Clendenen's Cider Works
Pink Lady			●	Clendenen's Cider Works
Pippin	●	●	●	Clendenen's Cider Works
Red Delicious	●	●	●	Clendenen's Cider Works
Rome Beauty			●	Clendenen's Cider Works
Sierra Beauty	●	●	●	Clendenen's Cider Works
Stayman Winesap	●	●	●	Clendenen's Cider Works
Spitzenberg	●			Clendenen's Cider Works
Waltana		●	●	Clendenen's Cider Works

<i>Pears</i>	Oct	Nov	Dec	Farm
Asian Pear	●			Neukom Family Farm
Bosc	●			Fruitwood Farms
Comice	●	●		Fruitwood Farms

<i>Lettuce</i>	Oct	Nov	Dec	Farm
Butter Varieties	●			Organic Matters Ranch
Green Leaf	●			Organic Matters Ranch
Oakleaf Varieties	●			Organic Matters Ranch
Red French Crisp	●			Organic Matters Ranch
Romaine	●			Organic Matters Ranch



<i>Melons</i>	Oct	Nov	Dec	Farm
Annana	●			Neukom Family Farm
Canary	●			Trident Lightning
Charleston Gray	●			Trident Lightning
Crane (Eel River)	●			Neukom Family Farm
Crenshaw	●			Trident Lightning
Gold Flower Watermelon	●			Trident Lightning
Ha Ogen	●			Neukom Family Farm
Honeydew Varieties	●			Neukom Family Farm Trident Lightning
New Orchid Watermelon	●			Trident Lightning
Swan Lake	●			Neukom Family Farm
Sugar Baby Watermelon	●			Trident Lightning
Toad Skin	●			Neukom Family Farm

<i>Grapes</i>	Oct	Nov	Dec	Farm
Black Muscat	●			Pierce Family Farm
Green Grapes	●			Pierce Family Farm
Green Muscat	●			Pierce Family Farm

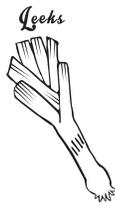
<i>Potatoes</i>	Oct	Nov	Dec	Farm
Blue	●	●	●	Wild Rose Farm
Gold	●	●	●	Wild Rose Farm
Gold, 5lb bag	●	●	●	Wild Rose Farm
Red	●	●	●	Wild Rose Farm
Russet	●	●	●	Wild Rose Farm
Russet, 5lb bag	●	●	●	Wild Rose Farm

<i>Mushrooms</i>	Oct	Nov	Dec	Farm
Lion's Mane	●	●		Mycality Mushrooms
Oyster Varieties	●	●		Mycality Mushrooms
Shiitake	●	●	●	Mycality Mushrooms

Continued on page 9

Local Produce Guide October | November | December

<i>Root Veggies</i>	Oct	Nov	Dec	Farm
Beet Varieties	●	●	●	Wild Rose Farm
Carrots	●	●		Willow Creek Farms
Carrots, 5lb bag	●	●	●	Willow Creek Farms Pierce Family Farm
Daikon Radish	●	●	●	Willow Creek Farms
Fennel	●	●		Flora Organica
Garlic	●			Luna Farm
Leeks	●	●	●	Rain Frog Farm
Parsnips	●	●	●	Willow Creek Farms
Radish Varieties	●	●		Green Spiral Farm
Rutabaga	●	●	●	Willow Creek Farms
Shallots	●	●	●	Pierce Family Farm
Turnips	●	●	●	Luna Farm



<i>Squash</i>	Oct	Nov	Dec	Farm
Crookneck	●			Pierce Family Farm
Delicata	●			Willow Creek Farms
Green Zucchini	●			Pierce Family Farm
Jack-o-Lantern Pumpkin	●			Willow Creek Farms
Kabocha Varieties	●			Willow Creek Farms
Red Kuri	●			Willow Creek Farms
Spaghetti	●			Willow Creek Farms
Sugar Pie Pumpkin	●	●		Willow Creek Farms

<i>Cucumber</i>	Oct	Nov	Dec	Farm
Slicing	●			Pierce Family Farm
Lemon Cucumber	●			Pierce Family Farm

<i>Greens</i>	Oct	Nov	Dec	Farm
Assorted Greens	●	●	●	Little River Farm
Chard Varieties	●	●	●	Wild Rose Farm
Collard Greens	●	●	●	Wild Rose Farm
Dandelion Greens	●	●	●	Wild Rose Farm
Kale Varieties	●	●	●	Wild Rose Farm
Mixed Greens	●	●	●	Wild Rose Farm
Mustard Greens	●	●	●	Wild Rose Farm
Spinach	●	●	●	Wild Rose Farm

<i>Tomatoes</i>	Oct	Nov	Dec	Farm
Cherry Varieties	●			Willow Creek Farms Luna Farm Pierce Family Farm
Mixed Heirloom	●			Willow Creek Farms Neukom Family Farm Pierce Family Farm
Roma	●			Pierce Family Farm
Slicing	●			Pierce Family Farm

<i>Herbs</i>	Oct	Nov	Dec	Farm
Basil	●			Pierce Family Farm
Cilantro	●	●	●	Wild Rose Farm
Kaffir Lime Leaves	●	●		Claudia's Herbs
Parsley Varieties	●	●	●	Luna Farm Little River Farm

<i>Peppers</i>	Oct	Nov	Dec	Farm
Anaheim	●	●		Flora Organica
Bell Varieties	●	●		Pierce Family Farm
Cayenne	●	●		Flora Organica
Italian Sweet (Carmen)	●	●		Willow Creek Farms
Jalapeño	●	●		Pierce Family Farm
Jimmy Nardello	●	●		Flora Organica
Padrón	●	●		Flora Organica
Poblano	●	●		Willow Creek Farms
Serrano	●	●		Willow Creek Farms
Scotch Bonnet	●	●		Willow Creek Farms
Shishito	●	●		Flora Organica

Continued on page 10

Local Produce Guide October | November | December

<i>... and more!</i>	Oct	Nov	Dec	Farm
Artichokes	●	●	●	Earthly Edibles
Bok Choy Varieties	●	●	●	Willow Creek Farms
Broccoli	●	●		Earthly Edibles
Cauliflower Varieties	●	●	●	Organic Matters Ranch
Brussels Sprouts		●	●	Flora Organica
Eggplant Varieties	●			Pierce Family Farm Willow Creek Farms
Fuyu Persimmon	●	●		Willow Creek Farms
Green & Red Cabbage Varieties	●	●	●	Willow Creek Farms Organic Matters Ranch
Hachiya Persimmon	●	●		Willow Creek Farms
Napa Cabbage	●	●	●	Willow Creek Farms Organic Matters Ranch
Pineapple Guava		●	●	Henry Rose
Romanesco	●			Organic Matters Ranch
Sunflower Shoots	●			Little River Farms
Wheatgrass	●	●	●	Flying Blue Dog

<i>Where's your farmer?</i>		
Swallowdale Farm <i>in Arcata</i>	Organic Matters Ranch <i>in Freshwater</i>	Claudia's Herbs <i>in Orleans</i>
Green Sprial <i>in Arcata</i>	Patty Clary <i>in Hoopa</i>	Flora Organica <i>in McKinleyville</i>
Little River Farm <i>in Bayside</i>	Earthly Edibles <i>in Korbelt</i>	Trident Lightning <i>in Phillippsville</i>
Rain Frog Farm <i>in Blue Lake</i>	Fruitwood Farms <i>in Orleans</i>	Luna Farm <i>in Willow Creek</i>
Wild Rose Farm <i>in Blue Lake</i>	Green Sprial <i>in Arcata</i>	Neukom Family Farm <i>in Willow Creek</i>
Mycality Mushrooms <i>in Fairhaven</i>	Flying Blue Dog <i>in Arcata</i>	Willow Creek Farms <i>in Willow Creek</i>
Clendenen's Cider Works <i>in Fortuna</i>	Pierce Family Farm <i>in Orleans</i>	Trying something new? Ask for a sample!

Weather may affect produce availability

Organic Produce Specials

Fresh savings every Tuesday—see new specials in our stores and online www.northcoast.coop

NORTH COAST CO-OP

Why the Co-op is More Than Just an Awesome Grocery Store

October is Co-op month! Cooperation Humboldt is striving for a solidarity economy in Humboldt County and supports existing cooperatives and the creation of new cooperatives. Co-founder David Cobb shares what he thinks makes a co-op, like North Coast Co-op, something to celebrate.

OUR NORTH COAST CO-OP really is an awesome unionized grocery story. We have made a pledge to become the most welcoming, accessible, and affordable place to buy healthy, quality, organic, and local food in our community. And as big as that is, the Co-op is so much more. Most importantly for me, it is ours.

We are a member-owned organization, operating under the international cooperative values of self-help, self-responsibility, democracy, equality, equity and solidarity. Our North Coast Co-op provides multiple opportunities for members to be engaged.

The Co-op Board of Directors is elected by our membership every year, and two of the seven seats are reserved for employee members. We also operate five standing committees that contribute to the organization and operations. The Earth Action Committee makes recommendations about sustainability. The Finance Committee considers financial motions (that ultimately must be approved by the Board). The Member Action Committee provides an opportunity for members to communicate their ideas/concerns, and to influence policies. The Nominating Committee recruits and nominates candidates for the Board and its committees. The Policies & Procedures Committee acts as an advisory committee, and addresses issues delegated by the Board.

A profound and beautiful example of what active participation can mean is our democratically enacted decision to make an explicit commitment to racial and social equity. Lots of organizations and businesses use nice rhetoric, but the member-owners of our Co-op have made a public pledge to diversify the makeup of our leadership positions and to ensure that we confront inequity and inequality in our operations and in our community.

We also work hard to move our operations to ecological sustainability. That means reducing waste, energy consumption and



North Coast Co-op employees in front of the Arcata Store in 1980.

greenhouse gas emissions in how we operate. It means reducing in-store packaging and pushing our suppliers to do the same. We also empower shoppers to engage in “low-impact shopping” by encouraging folks to use their own durable containers and to compost their food and post-consumer waste. This dual approach allows us to help how food is produced and distributed.

Like all co-ops, our co-op is also an important part of our local economy. Stated simply, we know that the Co-op will never leave the community in an effort to seek more profits, nor does it funnel money to absentee owners. Deeper still, we help to foster and develop other local cooperative ventures, and we share resources with other community partners through a variety of programs. This helps to empower our entire community and helps us to move away from the dominator model of power-over exploitive economics toward the collaborative model of power-with solidarity economics.

We also help to grow our local foodshed

and to establish “Food Sovereignty” by sourcing as much of our products locally as we can. According to the Food Sovereignty Alliance, food sovereignty is: “The right to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and the right of people to define their own food and agriculture systems. It puts the aspirations and needs of those who produce, distribute and consume food at the heart of food systems and policies rather than the demands of markets and corporations.”

So, when you shop at North Coast Co-op, you are not only getting fresh, nutritious food. You are also doing your part to help transition our community into a more socially just, ecologically sustainable, and democratic place.

David Cobb

North Coast Co-op member,

Co-Founder of Cooperation Humboldt, a local organization dedicated to creating a solidarity economy in our community

Holiday Gift Guide

The Co-op carries unique gifts that are perfect for the holidays and for all year round. Here's a few of our favorites!



- ① **Socks from Sock It To Me**
Fun and quirky socks to fit everyone's personality.
- ② **Greeting Cards from Good Paper**
Fair-trade cards handcrafted with handmade paper.
- ③ **Candles from Rosewood Naturals**
Made locally with 100% beeswax.
- ④ **Mug from Pen+Pine**
Celebrate Humboldt County with this locally designed ceramic mug.

- ⑤ **Chakra Pillar Candles from Aloha Bay**
Energy pillars infused with 100% pure essential oils.
- ⑥ **Ornaments and Coasters from Lonni Magellan**
Locally hand-painted gifts.
- ⑦ **Kitchen Utensils from Island Bamboo**
Earth-friendly cookware made with 100% pakka wood.



Featured Produce: Carrots

There are so many reasons to fall in love with carrots this fall:

- They are a versatile veggie that's tasty raw, boiled, fried, steamed, cooked in soups or stews, juiced or a popular favorite—in the form of a carrot cake!
- You can eat every inch of a carrot, including the leafy carrot tops.
- Carrots can be stored for several months in a refrigerator or over the winter in a cool, moist spot.
- Carrots are most commonly orange, but can be found yellow, red, purple, and white as well. The color doesn't necessarily influence flavor though there can be subtle differences from one color to another.
- Carrots are high in Vitamin A, with a single carrot containing more than 200% of the daily requirement. They are also rich in biotin, vitamin K, potassium and B6.

To peel or not to peel is personal choice, though it's recommended to peel or wash non-organic carrots to remove pesticide residue. Some people find the outside bitter, but the nutritional value of the skin is nearly identical to the flesh, so you aren't missing much if you peel.

Locally, carrots are grown for the Co-op by Willow Creek Farms and Pierce Family Farm.



Co-op Carrot Cake

Cake Ingredients

- 1 ¼ cup sunflower oil
- 1 cup brown sugar
- 1 cup granulated sugar
- 2 cups whole wheat pastry flour
- 2 teaspoon cinnamon
- 1 ½ teaspoon ground ginger
- 2 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 4 eggs
- 1 pound grated carrot

Frosting Ingredients

- 4 oz butter
- 4 oz honey
- 12 oz cream cheese

Cake Instructions

Preheat oven to 350 degrees. Combine sunflower oil, brown sugar and granulated sugar together in a mixer. In a separate bowl, sift together whole wheat pastry flour, cinnamon, ground ginger, baking powder, baking soda and salt. Add the dry ingredients to the sugar and sunflower oil bowl and thoroughly mix together. Gradually add each of the four eggs. Line two 8-inch cake pans with parchment. Divide the cake batter evenly between the two pans. Bake for 50 minutes or until a toothpick inserted in the center of the cake comes out clean. Allow cakes to cool completely before removing them from the pans to frost.

Frosting Instructions

Bring cream cheese and butter to room temperature. Using a hand or stand mixer cream butter until smooth, scraping the sides of the bowl frequently. Slowly add the honey and continue beating until mixture is light in color. Gradually beat in chunks of the cream cheese. Mix until smooth.





Low-Waste Baking from Bulk

By Kiya Villarreal, Sustainability Coordinator

HOLIDAY GATHERINGS OFTEN INCLUDE homemade baked goods. The type of gathering usually determines the type of treat- a recipe may be a family tradition, a new recipe you've been waiting for a reason to try, or a trusty favorite. Special holiday recipes often call for unique or seasonal ingredients, a single teaspoon of this or just a ½ cup of that. When you buy baking ingredients in traditional packaging you're often stuck with a larger-than-needed bag taking up valuable pantry space, a bottle of an expensive spice you only needed a

pinch of and a full trash can.

When you buy baking ingredients in bulk you waste less space, money, food, and packaging. The Co-op offers plastic and paper bags to take home bulk items, but to avoid the packaging all together, we welcome customers to bring their own reusable containers. Baking basics like flour and sugar can be purchased in large mason jars. Bring small bottles or jars to purchase just what you need of seasonal spices, extracts, honey and other sticky stuff. ■

The Co-op has hundreds of items in our Bulk Department suited for specialty baking. Here are just a few:

Extracts & Flavorings:

- Vanilla and vanilla beans
- Cacao butter and cacao paste wafers
- Whole lavender flowers
- Sea salts

Oils: Olive oil and canola oil

Spices & Herbs:

- Cinnamon – ground and sticks
- Pumpkin pie spice, cardamom, nutmeg and cloves
- Juniper berries

Sugar and Sweeteners:

- Maple sugar and maple syrup
- Honey
- Powdered sugar, brown sugar, cane and coconut sugars
- Sucunat, Xylitol and Stevia

Cocoa and not:

- Dutch cocoa and carob powder
- Cacao powder
- Cocoa nibs

Not flour:

- Almond meal, golden flaxseed meal and corn meal
- Arrowroot powder
- Baking powder and soda
- Active dry yeast

Flours:

- Local hard wheat flour and pastry flour
- Dark rye, garbanzo, barley, tapioca and oat flour
- Gluten-free 1:1 flour

Nuts & fruits & chips:

- Almonds, walnuts, pecans, pistachios, hazelnuts and more
- Coconut chips and shreds
- Dried cranberries, dates, figs, currants, apples and cherries
- Fresh-ground peanut butter, almond butter and butter toffee peanut butter
- Semi-sweet, bittersweet, carob and white chocolate chips





How to shop the Bulk Department:

1.



WEIGH

Bring a container from home, or use one of ours. Have your own container weighed by a cashier before filling up so you aren't charged for the container's weight, just the delicious food inside.

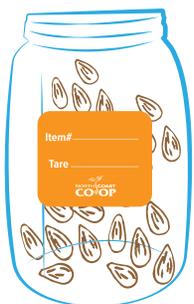
2.



FILL

Fill your container with as little or as much as you like.

3.



LABEL

Write Item Number on container.

4.



PAY

Take to checkout—you won't be charged for the container's weight!

Other Low-Waste Baking Tips

- Buy butter in a large block, instead of individually wrapped sticks.
- Buy milk in returnable glass jars.
- Use paper butter wrappers like parchment to line muffin tins or baking sheets.
- Invest in silicone baking sheet liners and pans to avoid using cupcake liners, foil or parchment.
- Return you egg cartons to the Co-op. Clean, sturdy cartons can be returned to the farmers for reuse.
- Reuse plastic bags as piping bags. Simply fill and cut off a corner.
- Use spent vanilla beans to make vanilla sugar. Stash them in a canister of sugar to give it a light vanilla flavor.

FARMER **Willow Creek** FEATURE **Farms**

Farmers: Mike and Jennifer Peterson

Location: Willow Creek

Acres: 23

How did your farm get started?

We've been here since 1993.

What kinds of crops do you grow?

Bell peppers and specialty peppers, squash, flowers—marigolds, cosmos, zinnias, sunflowers—melons, carrots, parsnips, beets, pumpkins, cabbage, and tomatoes.

What is your favorite part about farming?

The opportunity to grow food for the community and having a connection with the land.

What's your favorite crop and why?

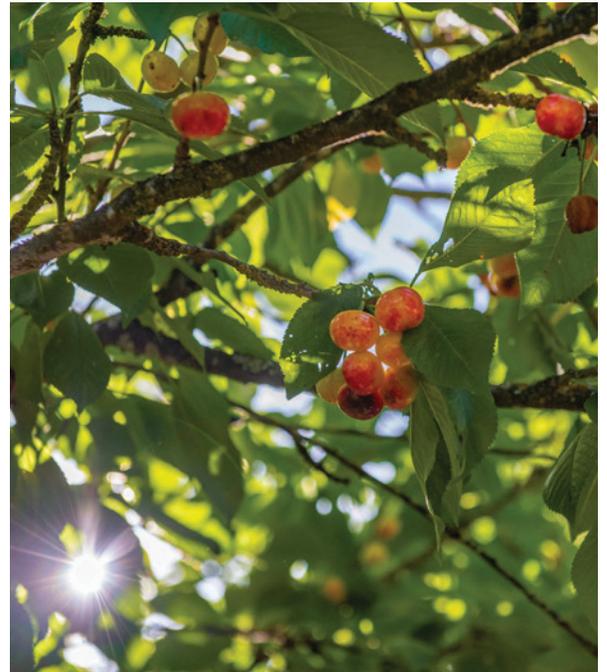
The carrots are great. There are so many varieties of peppers, we're selling our Scotch Bonnet peppers to Burn Babylon Hot Sauce. And cherry tomatoes, I'm smiling when I go through them.

How has working with the Co-op impacted your farm?

Working with the Co-op has been wonderful. Everybody recognizes the quality at the Co-op. It's a significant reflection for the communities that depend on the Co-op. The relationship we have with the Co-op is very much valued. It allows us to know what to grow, gives us a little bit of certainty. Having a little bit of predictability for farming is nice. It's unusual, this relationship, it's been made a standard for us through the years.



Jennifer and Mike Peterson at Willow Creek Farms in Willow Creek, CA.
Photos by Zev Smith-Danford



The sun shines through cherry trees at Willow Creek Farms.



Mike Peterson at Willow Creek Farms. Photo by Caitlin Fowler

In Celebration of Co-op Month

by Laurie Talbert, Marketing & Membership Director

WHAT IS A CO-OP?

A CO-OP IS A BUSINESS THAT IS OWNED and operated by and for the benefit of its members. It provides a framework that allows people to get what they want in a way that better meets their economic, social and cultural needs. A co-op exists to serve its members, but those members are also the owners. So, besides getting the products and services they want, members also have a say in the business decisions their co-op makes.

THE COOPERATIVE STORY

The modern cooperative movement was born in 1844 in Rochdale, England when 28 weavers banded together to open their own store selling food they otherwise wouldn't be able to afford at the company store. At first, they sold just butter, sugar, flour, oatmeal, and candles. Known as the Rochdale Pioneers, they also wrote the Rochdale Principles, which provided the foundation for the Seven Cooperative Principles – the principles by which co-ops around the world operate today.

The COOPERATIVE PRINCIPLES

voluntary & open membership *Democratic Member Control*

MEMBER ECONOMIC PARTICIPATION

autonomy & independence

EDUCATION, TRAINING, & INFORMATION

Cooperation among cooperatives

CONCERN FOR COMMUNITY

THE NORTH COAST CO-OP STORY

North Coast Co-op began as a cooperative food buying club in 1972 called Humboldt Common Market, run entirely by volunteers out of a small storefront in Arcata. In August 1973, the Co-op incorporated as Arcata Cooperative, Inc., held its first election of the Board of Directors and hired its first paid workers. It reincorporated as North Coast Co-op in 1981 and opened a second location in downtown Eureka in 1982. Today, North Coast Co-op is one of the 148 members of the National Co+op Grocers, itself a co-op, that provides support to grocery cooperatives across the country.

CO-OP MONTH

Co-op Month has been celebrated across the U.S. each October for more than half a century. It has been a nationally recognized celebration since 1964, when U.S. Secretary of Agriculture Orville

[Continued on page 19]





Eureka Co-operative Association branch of the Pacific Co-operative League, formed in 1913 by a group of co-op stores in rural California.



Top Photo: Grand opening of the expanded Arcata store in 2000. Bottom Left Photo: Mara at the Spoons take-out kitchen at the Arcata store in 1996. Bottom Right Photo: Co-op employee stocks shelves at the 1st Street Co-op store in Eureka, 1985.

[Continued from page 18]

Freeman, a former Minnesota governor, proclaimed October Co-op Month. It is a time for cooperative businesses to reflect on their shared principles and to educate others about the value of belonging to a cooperative.

Co-op month is celebrated by more than 40,000 cooperative businesses across the U.S. with 350 million members between them. In addition to grocery co-ops, it is common to find cooperative farm-supply businesses, insurance, utilities, dairy farming, housing and child-care cooperatives. ■

SHOPPING COOPERATIVELY

North Coast Co-op supports other cooperative businesses and carries products from a number of cooperatives in its stores.



Breaking Down the Fair-Trade Label

by Alex Villagrana, Marketing Communications Coordinator

IF YOU'RE A COFFEE OR CHOCOLATE LOVER, you may have noticed small green labels with the words "fair trade" on packages. Social responsibility has always been one of the North Coast Co-op's guiding values. Fair-trade certified products offer more options to members who want to support the small-time farmers around the world that bring products to our shelves and ensure they are able to make a living producing items that we enjoy. In turn, consumers have a wider variety of products to choose from while knowing that their purchases are making a difference in others' lives. But what exactly does fair trade entail, and what do the different fair-trade labels mean?

WHAT EXACTLY IS FAIR TRADE?

Fair trade is a movement toward trade practices that empower marginalized, small-scale producers of commodities from developing countries. It ensures higher standards for payment, work conditions and environmental management. The goal is to create opportunity for these farmers and artisans by providing access to the global market and assist in creating self-sufficient situations where the producers can support themselves and their communities.

Of course, fair pay for goods and safe working conditions are only one aspect of the benefits of fair trade. Many fair-trade organizations go beyond just making sure fair prices are being paid in exchange for goods. They also foster other programs that enable producers to grow their communities. While not all fair-trade organizations follow the same defined principles, most tend to promote direct long-term relationships, transparency and accountability, democratic organization through the support of cooperatives, profit sharing, education and capacity building, gender equity, and banning forced and child labor. Fair trade is meant to empower producers for an extended period of time.

WHAT'S IN A LABEL?

Given the growth of the fair-trade movement,

we find more and more items on our shelves with a few different fair-trade labels on them. While it's a great thing that more companies are embracing fair-trade standards, it can be confusing trying to decipher what all the different labels and terms mean. Often you will see items labeled as "fair trade," while others are "fair-trade certified." Do all labels mean the same thing? First, let's take a look at who creates these labels.



Being that fair trade is a worldwide movement, there is no single authority that defines fair-trade standards. Instead of a single authority, there are a growing number of individual organizations that each set their own fair-trade standards. These organizations also offer certification on qualifying commodities. Many of these certifiers have joined together into larger organizations, which collectively adopt unifying fair-trade principles to follow and promote under a single label. In the U.S. alone, there are at least five widely recognized fair-trade labels. The two you may recognize in our store are Fairtrade International and Fair-Trade Certified.

So, what exactly is fair-trade certified? Generally, certification means that the item featuring the label was monitored through all production levels to meet the standards by the certifying body. From seed planting to store shelves, the item met all fair-trade requirements. The "all production levels" part of that statement is key, since items that are not monitored through every level of produc-

tion cannot be certified. At times, you may see variations of labels that certify only one level of production, such as the factory level. You may also notice products that contain specific ingredients or materials that are certified as fair trade while other components of the product are not certified.

But all this certainly doesn't mean that products without the certification label can't still be fairly traded, it just means that there is currently no certification body that labels such products. In some cases, producers and the companies that are helping import the goods may forgo third-party certification. Instead, they use their own defined standards for fair trade that they discuss with their customers. Some businesses operated using fair-trade standards before the rise of modern fair-trade certification. Therefore, they may not want to go through the certification process or adhere to a different organization's interpretation of fair trade.

NOT JUST COFFEE AND CHOCOLATE

As the movement continues to pick up steam, the range of products grows. Mostly associated with food products like coffee, chocolate and tea, fair-trade products can range from jewelry and clothing to wellness products like shampoo and lotion. Many artisan goods like baskets and decorations can be fair trade. It can also include things like instruments, cards and notebooks. As mentioned above, not all of these products are eligible for existing certification labels. But many companies are open about their fair-trade practices, so getting to know who you are buying from and what standards they may have when it comes to sourcing is important if you want to support the fair-trade movement.

Certification labels are indeed a great and easy way to know that your money is reaching the producers of the items you buy. But they are not the exclusive option. Whether certified or not, learning how to identify fair-trade products or materials may make it easier to determine if the things you are purchasing are in line with your personal values. ■

Eat-It-All Recipes

Instead of tossing the scraps from your favorite fall fruits and veggies into the compost bin, there may be ways to turn them into something delicious. Whole carrots become a sweet vegetable side dish plus a pesto for pasta or bruschetta. Four tasty recipes for snacks, a dinner and a dessert combine to make use of an entire pumpkin. Try all six recipes on the following pages for delicious and waste-free meals.



Photography by Zev Smith-Danford

Prep Your Pumpkin

Instructions

1. Cut the pumpkin in half.
2. Remove the seeds and pulp, set aside.
3. Roast the pumpkin halves at 350 degrees for 45-60 minutes, or until fork tender.
4. While the pumpkin is cooking, separate the seeds from the pulp.
5. Let the pumpkin halves cool a bit before peeling the skin away from the cooked pumpkin.

Lime & Chili Roasted Pumpkin Seeds

Ingredients

- Pumpkin seeds from one pumpkin – no need to rinse
- 2 Tablespoons olive oil
- Juice of one lime
- Zest of one lime
- 1 teaspoon sea salt
- 1 teaspoon chili powder
- ½ teaspoon garlic powder

Instructions

1. Preheat oven to 300 degrees.
2. Toss the seeds in olive oil and lime juice and spread them evenly across a baking sheet.
3. Combine lime zest, sea salt, chili powder and garlic powder.
4. Sprinkle the seeds with half of the spice mixture and bake for 12 minutes. Remove the seeds from the oven and stir them on the baking sheet.
5. Spread them evenly again and sprinkle the remaining spice mixture. Bake for another 12 minutes or until they are golden brown.

Pulp-kin Bread

Yield: 1 loaf

Ingredients

- 1 ¾ cups all-purpose flour
- 1 cups granulated sugar
- 1 teaspoon cinnamon
- 1 teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1 teaspoon sea salt
- ½ cup olive oil
- 1 ¼ cup water
- 2 eggs
- 1 cups of pumpkin pulp, chopped
- Optional: ½ cup chocolate chips or ½ cup chopped nuts

Instructions

1. Preheat your oven to 350* F.
2. Generously oil a 9x5 loaf pan and dust with flour.
3. In a large mixing bowl, combine flour, sugar, cinnamon, nutmeg, cloves, baking soda, baking powder, and sea salt.
4. In a separate bowl combine the pumpkin pulp, water, oil, and eggs.
5. Pour the wet mixture into the large mixing bowl with the dry ingredients and stir until smooth.
6. Add optional chips or nuts if desired.
7. Pour into loaf pan and bake for 1 hour, checking every 5 minutes thereafter until a toothpick inserted in the center comes out clean.
8. Allow loaf to cool completely before removing from pan.

Pumpkin Sausage Soup

Servings: 6-8

Ingredients

- 1 ½ quarts roasted pumpkin
- ½ pound pork sausage
- 1 diced yellow onion
- ½ teaspoon dried thyme
- ½ cup brown sugar
- ¾ cup half & half
- 1 quart chicken or vegetable stock
- Sea salt
- Black pepper

Instructions

1. Using a food processor or food mill, puree the roasted pumpkin.
2. Cut sausage into bite-size pieces and sauté in a soup pot until browned.
3. Remove the sausage from the pot and set it aside. Sauté the diced onion in the same soup pot until slightly browned.
4. Add the pumpkin puree and thyme to the soup pot and sauté for 5 minutes.
5. Add the chicken or vegetable stock, brown sugar, and half of the sausage.
6. Bring to a boil and then turn off the heat.
7. Add the half & half and remaining sausage and stir.
8. Salt and pepper to taste.

*If you have extra roasted pumpkin or pulp, you can add it to the soup!

Pumpkin Skin Chips

Ingredients

- Skin from one pumpkin
- ½ teaspoon sea salt
- ½ teaspoon paprika
- ½ teaspoon garlic powder

Instructions

1. Cut the roasted pumpkin skin into chip size pieces, approximately 2"x2".
2. Mix sea salt, paprika, and granulated garlic together.
3. Sprinkle the spice mixture over the pumpkin skins.
4. If using a dehydrator, dehydrate overnight at 115 degrees. If using an oven, place skins on non-stick baking surface and bake on your lowest oven setting, checking every 5 minutes until crisp.



Carrot Top Pesto

Ingredients

- 2 cups carrot tops (reserved from recipe below)
- 3 garlic cloves, peeled
- 3 Tablespoons peanuts
- ½ cup fresh basil leaves
- ¼ cup grated parmesan cheese
- ½ cup extra-virgin olive oil
- Juice of 1/2 a lemon
- Sea salt and cracked pepper

Instructions

1. Coarsely chop the carrot tops, measuring out approximately 2 cups
2. In a food processor, combine the garlic and peanuts and pulse until finely chopped.
3. Add the carrot tops, basil, and cheese, and pulse for 1 minute, until finely chopped.
4. While the food processor is running, slowly stream in the olive oil until combined, scraping the sides as needed.
5. Squeeze in the lemon juice, and when the pesto is smooth, transfer to a serving dish and season with salt and pepper to taste.

Maple Roasted Carrots

Ingredients

- 3 pounds carrots, with tops
- 2 Tablespoons olive oil
- 2 Tablespoons pure maple syrup
- ½ teaspoon sea salt
- ½ teaspoon freshly cracked black pepper

Instructions

1. Preheat your oven to 350 degrees
2. Remove the carrot tops, leaving just a touch of green at the top of the carrots.
3. Scrub the carrots (do not peel) and dry them thoroughly.
4. In a large bowl, toss the carrots with the olive oil, maple syrup, salt and pepper, then spread out in a single layer in an oven-safe roasting pan.
5. Roast for 25- 30 minutes, or until fork tender, turning halfway through.
6. Serve up the roasted carrots with your favorite main course dish.



From the Co-op News Archive, Summer 1982

Why Must The Co-op Be More Than a Community Store?

By Lynn MacDonald

Having lived in Humboldt County for over ten years, I know well the pioneer spirit and sense of isolation and independence that thrives here. To a large degree, this spirit has helped to make the North Coast Cooperative what it is today – a successful, community-based business. However, within that sense of isolation and independence also lies the seeds of a serious weakness for a cooperative.

At the risk of boring you with the principles of cooperation one more time, I'd like to review the reasoning behind the sixth principle of cooperation – cooperation among cooperatives. Since 1844, customer cooperatives have found that they had success to the degree they adhered to the principles of cooperation laid down in Rochdale, England by a group of weavers. In 1966, the International Cooperative Alliance perceived a missing ingredient and added another principle – that of cooperation among cooperatives.

Jerry Voorhis, former United States Congressman, former president of the Cooperative League, and tireless promoter of all types of cooperatives, expressed it this way, "...there is too little cooperation among cooperatives...the centers of real cooperative strength do not, with a few outstanding exceptions, mutually support one another. It is not possible to point to a coordinated cooperative movement (in the U.S.) which has a united spirit and a will to so mobilize its resources that it can inject some much needed health and justice into the markets of the nation."

The purpose of the consumers cooperative is, after all, at least two fold – to serve as a focal point for people to organize to meet their needs through cooperation and to impact the larger economic market in terms of quality, price and distribution on behalf of the consumer owners. The first goal is achieved in the local community through the democrat-

ic control structures of the cooperative. The second goal can only be achieved in a larger arena (through the cooperation of cooperatives). Only through the pooling of the buying power of cooperatives throughout the United States is the North Coast Cooperative able to have Co-op label products on the shelf, for example. This pooled buying power and private label pack allows the co-ops to design the most progressive product label in the country, and in some cases, to determine the contents of a product pack, as with Co-op label unsalted tomatoes and natural pack fruits.

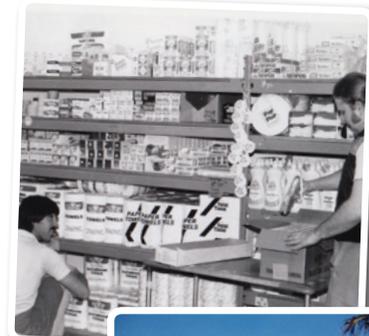
However, the combined buying volume of all the co-ops is still too small to impact the production process in a major way, or more importantly, to make significant price demands. This problem is in part due to the fact the total retail volume of the consumer cooperatives in the United States is insignificant (far less than 1%) in relation to the grocery industry.

However, part of the problem is due to a lack of discipline and commitment of the co-ops themselves. Everyone wants to be a buyer; every co-op wants its own buying power in this way. The same grass roots, self help ideal which builds strong, local cooperative societies can also be the tragic flaw which dooms them to irrelevance in the market place.

This dilemma has been going on in cooperatives for years. The point has been proved time and time again as we squander our resources reinventing the wheel. We no longer have the time or luxury to debate the question. The grocery industry has continued to concentrate its resources every year while the consumer cooperatives have stood still arguing the merits of decentralization. Either we move to act together and to buy together, or we will cease to move at all. ■



FLASHBACK PHOTOS FROM 1982 NORTH COAST CO-OP



First Quarter Financial Statement

by Barney Doyle, Controller

NORTH COAST CO-OP CLOSED FISCAL QUARTER 1 2020 (FY20) on June 29, 2019. Combined sales in the first quarter for the Arcata and Eureka stores were \$8,499,708, compared to \$8,684,263 in Fiscal Quarter 1 2019 (FY19).

Year to Year: First quarter FY20 sales were down <\$184,554>, a 2.1% decrease compared to the first quarter of FY19. Cost of Goods Sold were slightly higher (62.3% compared to 61.9%), resulting in lower gross margin (\$3,205,958 vs \$3,313,029). Both Total Payroll (\$2,229,314 vs \$2,558,875) and Occupancy Expense (\$405,412 vs \$448,413) were lower in the first quarter FY20 compared to FY19, due to the ongoing personnel reductions/attri-

tion and moving out of the Ten Pin Building. As a result, Total Operating Expenses were slightly less than gross margin, and the result was a Net Income gain of \$64,873 for the first quarter of FY20, versus a Net Income Loss of <\$196,945> for Q1 FY19.

The Co-op's Total Assets were less at the end of fourth quarter FY20 compared to FY19 by <\$415,539>, primarily due to lower Inventory of <\$396,434>. Current Owner Shares decreased by <\$317,606> compared to first quarter FY19, primarily due to moving C-Share Purchase Requests from Member Equity to Current Liabilities (per the yearly audit).

Quarter to Quarter: First quarter FY20

sales decreased from fourth quarter FY19 by <\$254,914> but Q1 FY20 was a normal 13-week quarter, compared to 14 weeks for Q4 FY19. However, with lower Payroll and Payroll Taxes <\$173,754> and Benefits costs <\$65,797>, the Co-op showed a net income profit of \$64,873, the third consecutive profitable quarter.

As previously stated, the Co-op recently raised the Dividend Rate on C-Share investments from 2.00% to 2.65% and we will hopefully see more members increase their investment in the Co-op. Please call our Membership Coordinator at 707-443-6027 ext. 434 if you are interested in becoming more invested in the Co-op. ■

North Coast Cooperative, Inc. Unaudited Financial Statements

Fiscal Year 2020 • Quarter 1 Ending June 29, 2019

INCOME STATEMENT

Quarter 1 Ending June 29, 2019
Fiscal Year 2019

Net Sales Revenue	8,499,708
Cost of Goods Sold	5,293,750
Gross Margin	3,205,958
Payroll & Benefit Expense	2,229,314
General & Administrative Expense	508,542
Occupancy Expense	405,412
Total Operating Expenses	3,143,268
Net Income from Operations	62,691
Other income (expense)	2,182
Total Income Taxes	-
Net Income (Loss)	64,873

BALANCE SHEET

Quarter 1 Ending June 29, 2019
Fiscal Year 2019

Assets:	
Current Assets	2,165,064
Property & Equipment	3,172,148
Other Assets	713,697
Total Assets	6,050,908
Liabilities:	
Current Liabilities	2,478,627
Long-term Liabilities	299,267
Total Liabilities	2,777,894
Member Equity:	
Current Owner Shares	3,208,142
Retained Earnings	64,873
Total Member Equity	3,273,015



Wellness Wednesday

All Co-op members and shoppers receive
10% off the entire Wellness Department,
every first Wednesday of the month at
North Coast Co-op!

Nov
6

Dec
4

Jan
1



Co-op Kids Corner

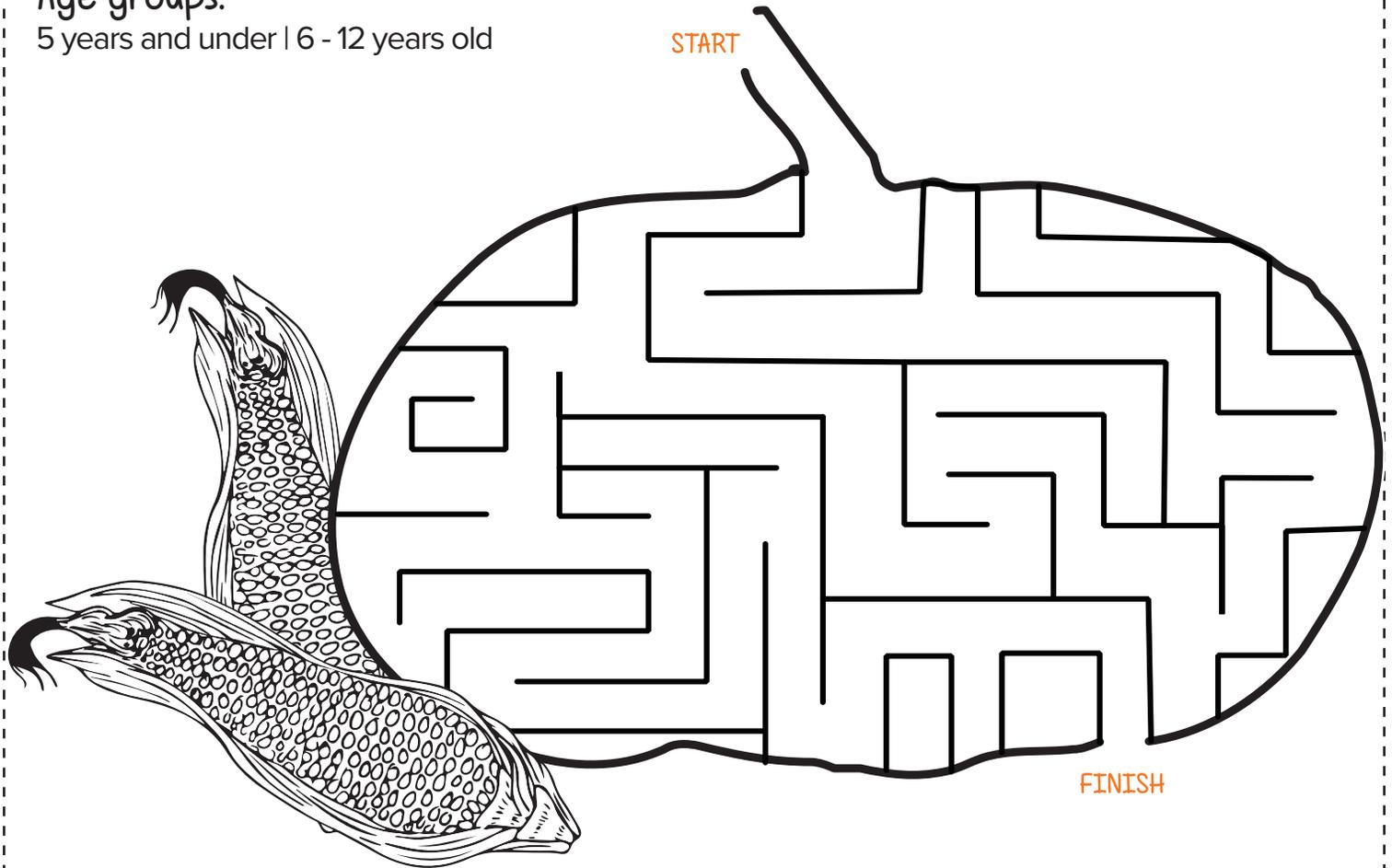
Pumpkin Maze

Enter our Co-op Kids Activity Contest for a chance to win a **\$10 Co-op Gift Card** and a **Co-op Kids lunch box!**

Complete the maze and return to Customer Service at either Co-op location by **December 13** to enter. One winner from each age group will be drawn!

Age groups:

5 years and under | 6 - 12 years old



Full Name: _____

Phone Number: _____

Age: _____



Member-Only Coupon

expires 12/31/19

\$5 off
 when you spend
\$50 or more
 before taxes

MEMBER NUMBER _____

Coupon expires 12/31/19; single purchase only; \$50 minimum purchase before tax; coupon may only be used by North Coast Co-op member-owners; limit one coupon per member. Coupon available while supplies last.

Not a North Coast Co-op member? Visit Customer Service to join!



North Coast Co-op Management Team



Melanie Bettenhausen
General Manager



Jason Davenport
IT Manager



Barney Doyle
Controller



Lauren Fawcett
Food Service Director



Alisha Hammer
Merchandising Manager



Alanna LaBelle
Operations Manager



Michelle Sanders
Human Resources
Director



Laurie Talbert
Marketing & Membership
Director

North Coast Co-op Board of Directors



James Kloor
Board President
& Treasurer



Colin Fiske
Vice President



Leah Stamper
Board Secretary



Cheri Strong
Employee Director



Ed Smith
Employee Director



Ivy North
General Member
Director

We love to hear from you!

Whether you have a product recommendation or a comment about our stores, there are many ways to let us know:

ARCATA
(707) 822-5947

EUREKA
(707) 443-6027

info@northcoast.coop

You can also come to either store to speak to Customer Service or write a comment for our in-store comment board.



Calendar of Co-op Community Events

www.northcoast.coop/calendar

October

October 1 Co-op Month Round Up. Support the Co-op's Twin Pines Fund by rounding up your purchase at the registers during the month of October. The change collected will be matched by Equal Exchange Co-op and Frontier Co-op and used to support local cooperative projects.

October 2 Wellness Wednesday. Everyone is invited to enjoy 10% off their entire Wellness Department purchase.

October 5 Pastels on the Plaza. A benefit for Northcoast Children's Services. Come by and see the Co-op's art.

October 12 Boots and Birkenstocks. A benefit for the North Coast Regional Land Trust.

October 12 Annual Membership Meeting & Gathering.

October 19 NCGA Farmers' Picnic. An annual picnic to celebrate our local artisan food producers, farmers and other supporters.

October 26 Trick or Treat at the Eureka Co-op location. Children 12 and under are invited to Trick-or-Treat at participating Downtown and Old Town businesses. Stop by the Eureka Co-op location from 2-4pm for a healthy Halloween treat.

October 31 Trick or Treat at the Arcata Co-op Location. Stop by the Arcata store before or after the Halloween on the Plaza event for a healthy Halloween treat.

November

November 1 Holiday Spirit Food Fund Drive. Support our local food bank, Food for People, by donating non-perishable food at designated drop-off areas in the stores.

November 6 Wellness Wednesday. Everyone is invited to enjoy 10% off their entire Wellness Department purchase.

November 9 Intertribal Gathering. The Gathering allows non-native people a glimpse at the depth and beauty of Native cultures while providing American Indians a chance to share and embrace their traditions.

November 11 Camila Meza & The Nectar Orchestra. Presented by Red-

wood Jazz Alliance. 8pm at Fulkerson Recital Hall, HSU.

November 21 Taste of the Holidays. A fundraising project for the Rotary Club of Arcata, Sunrise. Featuring Humboldt County's best specialty foods and drinks plus entertainment.

November 21 Share the Spirit. Support our local food bank, Food for People, by donating at the register thru December 31. The Co-op will match total donations up to \$5,000!

November 28 Co-op Closed. Both stores will be closed all day for Thanksgiving.

December

December 4 Wellness Wednesday. Everyone is invited to enjoy 10% off their entire Wellness Department purchase.

December 24 Co-op Closing Early. Both stores will be closing at 7pm.

December 25 Co-op Closed. Both stores will be closed all day for Christmas.



Member Survey Win a \$35 gift card!

Q: Have you changed your food shopping habits based on the social or environmental impacts of the food's ingredients? If so, which ingredients?



Member Name: _____

Member #: _____

Phone #: _____

Enter by December 31, 2019.

Detach this entry form and return it to the Member Survey box located near Customer Service at either store location. Be sure to include your name, contact information, and member number so that we can contact you if your entry is drawn. You can also send your ideas to co-opnews@northcoast.coop with "Member Survey" in the subject line. Must be a member to enter. One entry per member. Co-op employees and their families are not eligible to win.



Share The Spirit

Nov. 21 thru Dec. 31

**Make a donation at the register to support
our local food bank, Food for People.**

**The Co-op will match all
donations up to \$5,000!**



ARCATA LOCATION

811 I St., Arcata
(707) 822-5947
Open daily: 6am to 9pm

EUREKA LOCATION

25 4th St., Eureka
(707) 443-6027
Open Daily: 6am to 9pm

THE COOPERATIVE PRINCIPLES:

Voluntary & Open Membership, Democratic Member Control, Member Economic Participation, Autonomy & Independence, Education, Training & Information, Cooperation Among Cooperatives, Concern for Community