

# The Firestarter

Newsletter of The Tonasket  
Natural Foods Co-op

Winter 2022



## **Co-op Board of Directors**

Peggy Tofte, *President*

Ron Jones-Edwards,  
*Secretary*

Baka Charlene Rich,  
*Treasurer*

Patti House

**Your Name Here?**

## **Store Operations**

### **Manager:**

Sabrina Sofia

### **Assistant Store**

### **Operations Manager:**

Melissa Calhoon

## **Tonasket Co-op Member Appreciation Day**

*3<sup>rd</sup> Tuesday of each  
month*

*Members may  
bulk-order from the  
UNFI Catalog at 20%  
above wholesale.*

## **Alice Simon is retiring. We all wish her the best!**

Hi Everyone,

I'd like to take a moment to say that I will be leaving regular employment at the Co-op at the end of December. I will be in from time to time as needed to continue training Sabrina and Melissa in the administrative and bookkeeping duties, and anything else that is needed.

It's been a challenging, interesting, and fun time from August 2008 until present. Lots of changes, progress, and people – it's the people that make it great!

Some of the changes and progress include: a new roof, new storefront windows, multiple freezers and refrigeration units, new flooring, new shelving, a new heating and cooling system, new produce case, new coffee and dessert station, and many new products. There will be more changes to come including the long-awaited POS system which gets closer every week.

I will be returning to a job that I started before working at the Co-op and then continued for 6 years while working at the store. I will be conducting agricultural surveys on a parttime, intermittent basis which should keep me out of trouble but will provide more free time for me to enjoy.

Please give your support to Sabrina and Melissa as they carry the Co-op forward. It's time for the "next generation" to lead the Co-op.

Thanks to all of you who have shown your support and love for the Co-op over the years. We can't do it without you!

I'll see you while shopping at the Co-op.

Alice

Dear Co-op Community,

We at the Co-op want to thank all who donated and volunteered at our recent 45<sup>th</sup> Birthday Celebration and Fundraiser. It was a great success, especially since we did it on such short notice. Buffalo heard we had been having financial difficulties over the past year and more since we had to close for a Covid outbreak. He offered to help us have a fundraiser. Great idea! We combined it with a 45<sup>th</sup> Birthday celebration, and the idea took off. The community was very generous, and the donations were beyond our expectations.

It was a fun event with both new and long-time members joining us. Afterward, many folks expressed the desire to have it be an annual fundraising event. Some folks are already planning it to be bigger and better. We do have several months to plan, not just a few weeks.

With that in mind, let's make it a great auction. Local artists and crafters, keep us in mind as we would love to present your art. If you're not creative, see what unique treasures you own that you would like to donate, and then bid on something new and wonderful for yourself.

During the planning, a theme took root: "The Next Generation". It's time for the under-50 generation to take the lead! To keep the Co-op strong and all the other local organizations created by the Co-op community that we depend upon but too often take for granted, the younger generation must come forward.

It takes time and energy to keep these organizations solid and sustainable. If you can devote some time to these organizations we all love, you, your children, and the community will continue to reap the benefits. Thank you to those who have found the time to help one or more community endeavors. "The Next Generation" is a phrase you will often hear as we build upon that concept with your help.

We thank you for your support and generosity over the years, especially during these challenging times.

In gratitude,  
Your Co-op

## Action Alert: Object to the USDA's Phony-Baloney "Animal Welfare" Rule

The hostile takeover of the food system by corporations like Monsanto (now Bayer) and Pepsi (the largest U.S. "food" company) has caused a crisis for independent farmers. Under the rallying cry of "Get big or get out," family farms have been massacred.

Organic looked like a life-preserver. Consumers were willing to pay a premium for food that was certified as free of toxic pesticides, genetically modified organisms (GMOs) and synthetic fertilizers. Farmers thought they might be able to actually get paid what it cost them to produce the food.

But the same corporations that created the wasteland

that is industrial agriculture have moved in on organic, too. (Bayer's bought up organic seeds!) They've turned organic into a trap, so that they can continue with their controlled demolition of the food supply and keep pushing us towards a farmerless future of soylent-green-like lab creations and 3-D-printed Frankenfoods.

The organic trap works like this:

1. They get the smart, hardworking independent farmers to invest in regenerative organic farm systems to earn the "USDA Organic" label.
2. Then they slap the same "USDA Organic" label on the stuff coming from "organic"

factory farms run by big corporate bad actors.

3. When the real organic farmers can't compete, they get bought out by the big fakes.

4. Another independent farmer bites the dust, and the corporations are one step closer to the farmerless food system they dream of.

**The good news is that the real organic farmers are fighting back.**

Click on the link below or enter the URL into your browser to take action!

<https://organiceye.org/action-alert-object-to-the-usdas-phony-baloney-animal-welfare-rule/>

Source: Organic Consumers Association



### Apple - Squash Soup

#### INGREDIENTS

- 2 T unsalted butter
- 2 T olive oil
- 4 C chopped onions (3 large)
- 2 T mild curry powder
- 5 lbs. squash (3-4 cups) choose from butternut, curry, or similar
- 1-1/2 pounds apples (4 apples)
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 2 cups apple juice or cider

#### DIRECTIONS

Warm the butter and olive oil in a large pot over low heat. Add the onions and curry powder and cook, uncovered, for 15 - 20 minutes, until the onions are tender. Stir occasionally, scraping the bottom of the pot.

Peel the squash, cut in half, and remove the seeds. Cut the squash into chunks. Peel, quarter, and core the apples. Cut into chunks.

Add the squash, apples, salt, pepper, and 2 cups of water to the pot. Bring to a boil, then cover, reduce the heat to low, and cook for 30 - 40 minutes, until the squash and apples are very soft. Puree, either in a regular blender, immersion blender, or food processor.

Pour the soup back into the pot. Add the apple juice and enough water to make the soup the consistency you like; it should be slightly sweet and quite thick. Check the salt and pepper and serve hot.

Makes 3-1/2 quarts



**Wearing masks while shopping in the Co-op is appreciated but not required.**

Masks are now optional in accordance with the new WA State requirements. This applies to both staff and customers. However, many of us will continue to wear masks to protect ourselves and others.

We encourage customers to bring their own clean containers for bulk non-food items, such as shampoo, etc.

Under Washington State regulations, we must now charge for shopping bags. Please try to bring your own supply of reusable bags.

We also offer a great selection of lovely and practical reusable shopping bags to purchase.

Thank You!



"I think we need to take back our language. I want to call my organic carrots 'carrots' and let [other farmers] call theirs a chemical carrot. And they can list all of the ingredients that they used instead of me having to be certified. The burden is on us to prove something. Let them prove that they used only 30 chemicals instead of 50 to produce an apple."

– Mary Jane Butters,  
Organic Farmer



## **Thank You For Paying For Your Co-op Purchases With Cash**

Many thanks to our customers for paying for their purchases with cash or a check. Doing so saves us about 60¢ on every transaction, which adds up at the month's end.

Of course, if this is not feasible, by all means, come shop anyway.

Some customers using cards have opted to round their purchases up, which is also beneficial. We always

welcome your business however it works for you.

We do our best to keep our prices reasonable and our doors open to serve you all, and every effort helps.

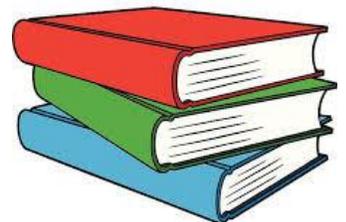
## **Co-Op Member & Tonasket Resident Announces New Book**

Are you ready for a new read to start your new year off with some helpful introspection? Come check out a book that Tonasket resident and Co-Op member, Stef Skupin, has available in our store. *Awakening From Fear: The Joy Of Living On The Other Side Of Inquiry* is

for sale on our bookshelf. As her publisher explains, "This book describes the simple, practical, down to earth application of living spiritual teachings in everyday life. In every chapter fearful concepts and beliefs are explored and transcended, leaving space for a human

life experience that is joyful, energetic, connected, present, compassionate, clear and fearless." For more information, visit Stef's website at:

<https://theleaderswork.com/stef-skupin>



*Supporting local farmers  
and the  
Community since 1977*

**ADDRESS:**

21 W. 4<sup>th</sup> Street

PO Box 591

Tonasket WA 98855

**PHONE: (509) 486-4188**

**E-MAIL:**

info@tonasketcoop.com

**We're on the Web!**

*See us at:*

**www.tonasketcoop.com**

*Store Winter Hours*

*10am-6pm Mon-Sat*

*11am-4pm Sundays*

Newsletter editor:

River Jones

*The Co-op Board of Directors  
meet on the 3<sup>rd</sup> Monday of  
each month at the CCC.*

*Meeting starts at  
4 pm.*

*Members are welcome.*

## Your Co-Op Has All You Need For Your Festive Meals and More!

Visit the Co-op first when shopping for your celebratory meals. We stock everything you need to whip up a feast for your loved ones. Or even if you're cooking for yourself and want to indulge in a delicious artisan applewood ham, turkey breast roast, or a vegan Field Roast meat alternative. What better way to show your love than serving quality, organic

food? And don't forget all the fixings – we offer delicious organic yams and potatoes, cranberries, organic salad ingredients, and so much more. So please stop by and check out what we can provide for your holiday table.

Speaking of celebrations, we have lovely gift items that anyone on your list would love to receive. Aside from the usual offerings,

we now carry some beautiful items from Ganesh Himal. This company supports Nepalese women who have been victims of trafficking, domestic violence, and civil war. All Fair Trade, the products include hats, headbands, gloves, slippers, bags, little journals, and more.

Shop Local this holiday season and everyday!

### Why shop local?

- It's convenient.
- It's better for the environment by helping reduce your carbon footprint.
- You help support local businesses.
- You invest in our community.
- It helps create demand for local jobs.
- Many products are locally sourced.
- You're likely to find quality products.



## Staff Picks

Products Our Co-Op Staff Really Likes and We Think You Might

**Brianna's Organic Real French Vinaigrette Dressing**  
It's very tasty and does not contain any sugar.  
~ Julie

Sabrina recommends **Lucky Korean-Style Veggie Pancakes**  
In our frozen foods section – They're savory and Quick!

*Alice says try Blissful Wunders Chocolate Truffles*  
They're absolutely delicious!

Melissa says she loves local eggs from **Raintree Farms**  
If your chickens slowdown in the cold, these are the only substitute.  
Grown with Love!

**Back on the shelf Brown Cow Maple Yoghurt**  
I love the creamy top & it's delicious!  
~ Lisa

**Jojo Bean's hand-blown glass figurines** ~  
They're perfect for the upcoming holidays as a local, hand-made gift!  
- Cambria

Follow the link on our website to submit an article to the Firestarter – the newsletter editor and store management will review all submitted articles to determine suitability for publication.

**REMEMBER**

**Look for the storewide SALES throughout the Co-op, displayed with white shelf tags below the items. Current Tonasket Co-op members receive special discounts on these products – some are a one-time deal, some are monthly sales, & some are introductory promotions. Price tags show member prices and non-member prices. These specials also apply to visiting members from other Co-ops. Just show us your membership card!**