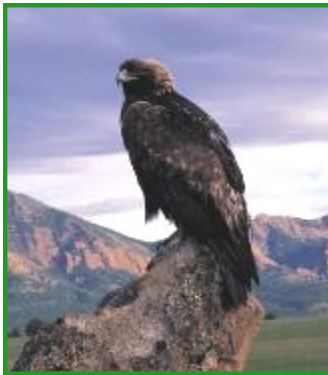


THE CO-OP CHRONICLE

September-October 2009



368 A Street
Idaho Falls, ID 83402
208-529-6993
Hours: 10 a.m. - 7 p.m.
Monday through Saturday



CO-OP BOARD MEMBERS

Shirley Rawson - 529-3132
President
Dana Swift - 528-0317
Vice President
Justin Coleman - 251-1767
Secretary
Sue Rope - 569-9067
Treasurer
Marilyn Case - 524-2567
Anne Dustin - 524-2078
Kim Remien - 419-0269
Carol Strong - 529-1608

THE BOARD MEETS ON
THE 2ND AND 4TH
THURSDAY OF EACH
MONTH AT THE CO-OP
STORE, UPSTAIRS IN OUR
LIBRARY. ALL CO-OP
MEMBERS ARE WELCOME
TO ATTEND AND PROVIDE
INPUT. WE APPRECIATE
YOUR COMMENTS.

THANKS!

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Volunteer Opportunities

Website Moderator- We are looking for volunteers to help maintain design of our website.

Driver Needed- Anyone who has a truck and would want to share the responsibility of picking up our milk from Pocatello once a month.

Inventory Helpers- Looking for people who may have experience counting for inventory. Must be able to work on a Sunday. Inventory is taken quarterly.

Contact: Kim Remien at 419-0269



We validate all
parking!

LETTERS OR COMMENTS CAN BE
MAILED TO THE CO-OP STORE
AT: 368 "A" STREET, IDAHO
FALLS, ID 83402. EMAIL TO:
lisatobin@qwestoffice.net. YES,
WE WANT TO HEAR FROM OUR
MEMBERS AND READERS!

An Update from the Board of Directors

What Do You Need to Know about the Upcoming 2nd Annual Members' Meeting?



What is the 2nd Annual Members' Meeting all About?

- It's a Potluck and Chance to Visit with Other Members
- It's an Opportunity to Catch Up on What The Co-op's Accomplished this Year and Thank Everyone who has Played a Part
- It features an Open Discussion of Members, Giving You an Opportunity to Help Prioritize the Co-op's Agenda for 2009-2010
- It's a Place to Meet and Elect New Board Members and Vote on Proposed Changes to the Co-op By-laws.

Where, when, and who?

The 2nd Annual Members' Meeting is being convened at the Idaho Falls Public Library on Saturday, October 3, 2009 from 12 Noon to 2:30 PM. Please come and meet other members, the Co-op Board and candidates for the 2009-2010 Board, and hear about the contributions of our volunteers and suppliers. If your last name begins with A - L, please bring a salad or soup. If your last name begins with M - Z, please bring finger foods/snacks or desserts. Thank you! Main dishes are being provided.

What will happen?

You'll hear about the accomplishments of 2008-2009, and learn about the Co-op's financial status after a year of operations. There will be an open forum to have input to the Co-op's agenda for 2009-2010. You'll get to see and hear about volunteers and local suppliers as well.

You'll also be able to applaud and acknowledge the outgoing members of the 2008-2009 Board of Directors: Marilyn Case, Justin Coleman, and Carol Strong. They have done a fabulous job at guiding the Co-op through its first year of operations! Finally, there is an opportunity to vote for new members to the Board of Directors and to consider proposed changes to the Co-op by-laws.

What if I can't attend?

Ballots with directions for casting absentee votes for Board members and By-law changes are being e-mailed early in September. Alternatively, you can come in and pick-up an absentee ballot at the Co-op and vote at the Co-op. Voting is one of the benefits of membership, so please take the opportunity to have your input to the Co-op's future by electing the leadership team for 2009-2010, and approving/disapproving the proposed changes to our governing principles in the by-laws.

Who Is Running for Election to the Board?

The by-laws adopted in 2008 stipulate that the terms of the Board of Directors be staggered, with half of the members of the Board of Directors elected in 2008 serving for 2-year terms, and half of them serving 1 year. The Board members who are continuing on for a second year are: Anne Dustin, Dana Swift, Kim Remien, and Shirley Rawson. At this time, there are two candidates running for election to the 2009-2010 Board of Directors: Robyn McCollum and Chuck Wemple.

What Changes are Being Proposed to the By-laws?

The biggest change to the by-laws is the proposal to remove Section 2.4, which gave the Board of Directors authority to collect a renewal fee. Other changes include clarity in the schedule for setting up the Annual Members' Meeting, and defining 'active' members. A complete copy of the proposed changes is being e-mailed to members in early September.

The 2nd Annual Members' Meeting is for all of us as members to meet, communicate, and decide where we want to go co-operatively in 2009-2010. Please come join in this gathering, by emailing your RSVP to cjfood@ida.net or by letting Lisa at the Store know you'll be there.

Thank You to Sue Rope for Serving on the Board in 2008-2009

The ERFC Board of Directors and Lisa Tobin would like to thank Sue Rope for her dedication and commitment to the Co-op during her service as Treasurer for the 2008-2009 Board of Directors. We're sorry to report that illness of a family member has required Sue to resign from the Board of Directors this month, to devote her time to caring for her family.

Those of you who attended the Locavore Picnic at Idaho Brewing Company in August have Sue and her team of enthusiastic volunteers to thank for initiating and orchestrating such a fun and successful fund-raising event. Sue has volunteered her expertise to create future exciting member events for the Co-op, and we look forward to her continued involvement.

Thank you, Sue, for a job well-done!

RETHINK - REUSE - RECYCLE



NOTES FROM LISA

While reflecting back on this last year's business, I can't help but dream about the future of the Co-op and all it can be. The road to success is paved with a lot more than good intentions and I can tell you that this year in business has been a lot like the roads in our beautiful state, always in need of work somewhere!

Whether it be regular maintenance or construction for growth, the question is: How can we get the funding? Several board members and myself got together to brainstorm about our long-term goals with our focus being first and foremost on growing the Co-op business. We have a vision for expansion that we believe would bring in more business. Picture this: A gathering place for the community that would include a full service deli and take-out with an incredible cheese selection, olive bar, fresh salads and sandwiches; a quaint seating area surrounded by a juice, coffee, and tea bar with our infamous coffee roasters, roasting right there in house: and perhaps a fresh meat and seafood department that is made to order. Wouldn't it be great to create community capital by having a certified kitchen so we could encourage local people to create their masterpieces? Larger selections across the whole store, including non-foods and supplements, would also be a great addition. Make a commitment and get involved. We can have our own "Trader Joes" or "Whole Foods" only it would be called the "Eagle Rock Food Co-op!"

THE EAGLE ROCKS!

WISH LIST



Here is my wish list for items we could use at the Co-op:

Color printer, fax, and copy machine needed- All of these are used and have been kindly donated in the past but all need to be retired. The copy machine needs to be repaired but otherwise is in good condition.

Food Dehydrator- The Co-op would like to develop its own line of healthy snacks and also reduce waste by dehydrating our "expiring" fruits and veggies. A large capacity dehydrator would be nice as the process is a long one!

Food Processor- This would also aid in creating our healthy snacks!

Any of the items can be new or used as long as they are in good condition. If you would like to donate to our wish list, please contact Lisa at: 529-6993.

Apple Facts

Apple season is now upon us as more and more new crop varieties are coming into season. To help celebrate the season, here is an assembly of apple facts - some just for fun, but some that can be very useful in your daily interactions with your customers:

- 61 percent of United States apples are eaten as fresh fruit.
- Apples are fat, sodium, and cholesterol free.
- A medium apple contains about 80 calories.
- Apples are a great source of the fiber pectin. One apple has five grams of fiber. An apple contains 80% soluble fiber. Soluble fiber can help lower blood cholesterol and insoluble fiber may prevent certain types of cancer. An apple has more fiber than a serving of oatmeal, most brands of cold cereal and more fiber than an entire head of iceberg lettuce, a bran muffin, or two bell peppers.
- In 2001 there were 8,000 apple growers with orchards covering 430,200 acres.
- Apple trees take four to five years to produce their first fruit.
- Apples are a member of the rose family.
- 25 percent of an apple's volume is air. That is why they float.
- Apples ripen six to ten times faster at room temperature than if they were refrigerated.
- It takes about 36 apples to create one gallon of apple cider.
- Keep cut apples from turning brown by dipping them in a solution of 1 part

citrus juice and 3 parts water.

- Apples give off gases that will speed up the ripening of peaches, plums, pears, bananas and kiwis.
- Apples are best eaten with the peel since most of the fiber and antioxidants are found in the apple's peel.
- The only apple native to North America is the crab-apple.
- More than half of all apples grown in the United States for fresh eating come from orchards in Washington state.
- The difference in dimension between apple sizes (example: from 72 count to 88 count) is approximately 1/8 -inch.

Washington has the highest concentration of CA storage of any growing region in the world. Eastern Washington, where most of Washington's apples are grown, has enough warehouse storage for nearly 200 million boxes of fruit. Nearly 70% of that space is for CA storage.

Enjoy this apple season! Make it fun and make it healthy.

Simcha Weinstein

Albert's Organics Retail Specialist



ATTENTION

Upcoming Event Reminder

The second Annual Members' Meeting of all Eagle Rock Food Co-operative members will be held on Saturday, October 3, 2009, from 12 Noon to 2:30 PM in the large conference room of the Idaho Falls Public Library at 457 W. Broadway. One purpose of the meeting is to elect new members to the Board of Directors. Please RSVP if you are planning to attend. Email to Carol at: cjfood@ida.net or tell Lisa at the store.



BATTERY RECYCLING

Recycling is part of our pledge to help the planet. One item we dispose of too easily is the dead battery we take out of a flashlight or other small appliance. There is a place to take these C or D cells for recycling. It is a small business called "Batteries Plus" located at 2182 Channing Way in Idaho Falls. They take all sizes such as AA, AAA, and even hearing aid batteries. The most important ones to recycle are the spent lead-acid car batteries, NiCd, NiMH, and lithium ion types.

For more info, contact Laura Lewis, owner, at 552-0215.



BOOK REVIEW: "Animal, Vegetable, Miracle" by Barbara Kingsolver

The author and her family moved from near Tucson, Arizona, to the southern Appalachian Mountains of Virginia for the rural life. They decided that they would grow what food they could, buy only food from local producers, and learn to live without the products that came through the industrial-food pipeline.

This book provides the humorous narrative of how they accomplished their goals. It is part memoir and part journalistic investigation reporting while being enthralling and heartwarming. There are also some local recipes for seasonal foods. It will open your eyes and mind to see anew that "You are what you eat!"

Her husband, Steven Hopp, an environmental biologist, provides many interesting sidebars on the subjects at hand. Her daughter, Camille, provides similar sidebars giving a teenager's perspective to enhance the sharing of their experience.

There is a copy of this book in the lending library in Lisa's office, upstairs at the Co-op Store. Check it out along with a great variety of other books of interest.

Bob West



RECIPES

VEGGIE LASAGNE

This is the best and easiest Vegetarian Lowfat Lasagne I've ever made. I make it a lot in summer when zucchini is plentiful. This can be made ahead of time and refrigerated overnight or up to two days before baking.

- 1 (14½ oz) can stewed or diced tomatoes, undrained
- 1 ½ Cups lowfat or fat-free, no-salt added pasta or marinara sauce
- 2 Tablespoons chopped fresh basil (optional)
- 2 Cups nonfat or lowfat cottage cheese
- 2 Tablespoons chopped fresh parsley (optional)
- ½ Cup grated parmesan cheese
- ¼ teaspoon ground black pepper
- Cooking spray - any kind
- 9 no-cook lasagna noodles
- 12 ounces fresh zucchini, trimmed and shredded in food processor (about 3 medium)
- 1 package reduced fat provolone (9 - 12 slices)

Combine tomatoes, pasta sauce, and basil stir well. Combine cottage cheese,

parmesan cheese, black pepper, and parsley, stir well and set aside.

Spoon one-third tomato mixture into bottom of a 13X9X2 inch baking dish coated with cooking spray. Place 3 uncooked "No cook" lasagna noodles over tomato mixture; top with one-third of the zucchini. Spoon one-third cottage cheese mixture evenly over zucchini; top with 4 slices provolone cheese. Repeat layers twice with remaining tomato mixture, noodles, zucchini, cheese mixture and provolone slices. The lasagna may be covered and refrigerated at this point and baked later. Bake 50 minutes or until thoroughly heated.)

Cover and bake at 350° for 45 minutes. Uncover and bake 15 minutes more or until the cheese on top is golden brown. The lasagna should be bubbly and firm. Let stand 15 minutes before serving.

8 servings, 308 calories per serving, 8.5 grams fat per serving.

Recipe provided by Julie Hutchcroft.

HELP!!! RECIPES WANTED

We would like to have more local, homemade recipes from our readers. Please send in your favorites and we will put one or two of them in each edition of the Co-op Newsletter. We hope to eventually publish all of them in an Eagle Rock Food Co-op Cook Book, so please send in any family stories that relate to the recipe. Photos of the food and/or the cooks would also be appreciated. Send them to the address at the bottom of page one or email to Lisa at address given.

MORE RECIPES

Grilled Savory Boneless Leg of Lamb

- 1 American lamb leg, boned
- 1 tablespoon paprika
- 1 tablespoon coarse garlic salt
- 1 tablespoon ground cumin
- 2 teaspoons dry mustard
- 2 teaspoons ground pepper
- 2 teaspoons brown sugar, packed
- 1/2 teaspoon cayenne pepper

Lay lamb out flat on cutting board; trim off all visible fat. In small bowl, blend paprika, garlic salt, cumin, dry mustard, pepper, brown sugar and cayenne. Rub seasonings onto lamb. Cover, refrigerate and marinate for 2 hours.

Oil or spray grill. Cook lamb over medium coals. Grill lamb for about 30 to 40 minutes or until desired degree of doneness, turning meat every 15 minutes. Remove lamb from grill, cover and let stand for 10 minutes.

Thinly slice lamb and serve on sandwiches or salads.

Servings: 8-10 (about half of this with one of our half legs)

292 calories	26 g protein
10 g carbohydrate	7 g total fat
29% calories from fat	77 mg cholesterol
2 g fiber	268 mg sodium
7 mg niacin	.36 mg vitamin B6
3 mcg vitamin B12	3 mg iron
5 mg zinc	



Thanks to Lori Anne Lau of Lau Family Farm. This and other lamb recipes can be found at: <http://www.americanlamb.com/recipes/grilling.aspx>.

GO GREEN: LOCAL AND ORGANIC

"I have long been a proponent of eating organic, locally grown foods. Not only do they generally taste better, but they often have higher concentrations of vitamins and minerals. But the advantages don't stop there. Local farmers' markets and community-supported agriculture groups provide food choices that haven't been shipped from thousands of mile away, so less gas and pollution goes into getting you your meals. Look for local farmers' markets and agricultural groups in your local paper or on the internet. Bon appetite!" Andrew Weil M.D. at: www.drweil.com

EAGLE ROCK FOOD CO-OP CONNECTIONS



Chanté Wiegand, Naturopathic Physician

Providing holistic, personalized health care at Cottage by the Falls Wellness Center.

Visit www.pangeanaturalhealth.com or call 354-9579 or 522-7700 for more information.

CompuSmart

Computer Sales and Service. Laptop repairs including power and screens. Tim Brockish, 465 W 18th St., Idaho Falls (east off Rollandet on 18th), Phone: 525-2058, www.compumart.us.

Cottage by the Falls Wellness Center

Offering a holistic approach to health! Join our email network at: www.cottagebythefalls.com to receive discounts and stay informed of upcoming classes and events. Call 522-7700 for more info.

Golden Compass Oriental Medicine

Find your way to optimal health. Now offering community acupuncture and Tai Chi. Contact Joe Siuda, L. Ac. at 208-403-2540.

Intermountain West Citizens for Sustainability—Elizabeth Cogliati

We are a local group promoting sustainable living in all facets of life and our environment. For additional information, contact us at: <http://citizensforsustainability.blogspot.com>.

Permanent Cosmetics

Permanent cosmetics applied by Mindy Jones at Cherz & Company, 310 N. Eastern Ave., Idaho Falls, ID 83402, Phone: 522-9595.

Stone Hair Care Products, Cher Stone

The foundation of truly healthy hair may be purchased at Cherz & Company, 310 N. Eastern Ave., Idaho Falls, ID 83402, Phone: 522-9595.

3 Brothers Spider Traps by Mountain Bluebird Products Co.

Get help for the Hobo Spider invasion this summer with these Spider Elimination Kits. Available at the Eagle Rock Food Co-op or we can deliver to you. Call 208-552-0661 to order.

NOTE: Advertisements for CO-OP CONNECTIONS can be placed here for \$5.00 per issue or \$30 for a year (6 issues). See Lisa at the Co-op Store with text you wish to insert.