“All you need is love. But a little chocolate now and then doesn’t hurt.”
-Charles M. Schulz

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Summertime Brunch!
Make it a lighter fare...

Though Sunday Brunch can be a year-round tradition, bright and sunny weather makes it all the more enticing. The absolute best brunches are long, drawn-out, indulgent meals shared with good friends, family and a fabulous mimosa. Brunch is a chance to be sociable with the people you love before beginning another long, drawn-out work week and after you've enjoyed a late morning sleeping in. Though casual, brunch can be had around a dining room table or at the backyard picnic table. No matter the setting, or the menu, brunch is meant to be enjoyed by all ages. Read on for great tips, tricks and recipes for pulling off the perfect brunch!

Creating the Perfect Brunch
• Set up your brunch buffet style, beginning with main dishes, followed by side dishes and ending with dessert.
• Don’t force everything to match. Brunch is a casual affair, and a chance for you to pull out all of your beautiful (albeit mismatched) dishes and servingware.
• Use flowers to spruce up the layout. Choose flowers from your garden for an inexpensive way to beautify your buffet space and tables.
• Give everyone a chance to mingle by providing drinks first! Brunch is the perfect opportunity to drink a mimosa or Bloody Mary on a Sunday morning.
• Keep things simple! Create as many dishes as you can the night before and pop them in the oven in the morning. The less prep necessary the day of your fabulous brunch, the better!
Summer is here at the Co-op with the incredible array of fresh food the season offers. The aroma of the melons, apricots, peaches and nectarines permeate the store and entice us to take them home to create summertime brunch dishes for family and friends. We are so fortunate to have the luxury of quality, fresh, organic and local food at its best! Check out the summertime brunch recipes in this edition of the newsletter and I hope that we can offer some new tasty ideas for you to use.

Our Co-op is one of the 134 food co-ops in the National Cooperative Grocers Association (NCGA) operating more than 170 stores in 36 states with combined annual sales of over $1.5 billion and over 1.3 million consumer member-owners. Our membership in the NCGA helps us optimize operational and marketing resources, strengthen our purchasing power and ultimately offer more value to our member-owners and shoppers. The NCGA offers resources to the member Co-ops through professional development and training for staff, provides national advocacy on food issues and supports new and expanding Co-op stores. Co+op, Stronger Together is NCGA’s consumer brand. It is designed to communicate all the great things Co-ops offer. The Stronger Together website www.strongertogether.coop provides resources for the consumer with a vast amount of food articles, great recipes, cooking videos and more! You can access the link on our website. Check it out sometime and see how we are truly part of an incredible cooperative model.

This past May Nehemiah Bear, a longtime board member, left this world. His support and contributions to our Co-op will always be remembered. Nehemiah was gracious in his support and kind words. He routinely sent emails thanking us for making our Co-op “the best damned store in the county” and acknowledged the great service the staff provides. He really enjoyed his participation on the board and was a longtime member of the grants and donations committee. Nehemiah loved going to the annual scholarship presentation at Mendocino College to give the “John Milder” fund to the awarded recipients. He will be greatly missed in the community.

Have a great summer and thank you all for supporting our locally owned cooperative serving the community for 37 years.

In cooperation,
Lori Rosenberg
General Manager

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**Vision:** We envision Ukiah Natural Foods Co-op to be the foundation of a trusted, cooperative marketplace of goods and services that provide for the needs of our diverse community.

**Purpose:** The purpose of Ukiah Natural Foods Co-op is to be a vital, thriving, and growing community center that will:

- Provide and promote organically grown, sustainably produced food, goods, and services that are locally and regionally sourced whenever possible.
- Promote the health and wellness of our community by providing facilities, resources, and information and by offering effective, positive community education and services.
- Embody and model sustainable, humane, equitable, green ways of working and living, creating and maintaining an ideal workplace.
- Add to the enjoyment and enrichment of our greater community ventures and networks.
- Have fun doing it!
Use these recipes for a quick and easy start to your summertime brunch! Add some of your family's favorite recipes for a personal touch that your friends will love! Don't forget to include a platter of yummy, light fruit for snacking enjoyment before brunch truly begins!

Summer Vegetable Quiche
This basic quiche recipe can be easily adapted with your choice of in-season and local ingredients. Try any combination of locally-made sausage or bacon crumbles, sliced or diced tomatoes, arugula, or corn kernels for an "eat local" version.

**Ingredients:**
- 1 10-inch prebaked pie crust
- 2 teaspoons vegetable oil
- 1 1/2 cups zucchini and/or yellow squash, diced
- 1/2 cup red bell pepper, sliced or diced
- 2 loosely-packed cups fresh spinach, roughly chopped
- 3 large eggs
- 2 large egg whites
- 3/4 cup milk
- Pinch of salt and pepper
- 1/4 cup crumbled goat cheese
- 1/2 cup Parmesan cheese, shredded

**Directions:**
Preheat the oven to 350°F. Heat the oil in a skillet over medium-high heat. Add the zucchini, peppers, and spinach and sauté for a few minutes just until tender. Remove from heat. In a mixing bowl, whisk together the eggs, egg white, milk, salt and pepper. Sprinkle the goat cheese on the bottom of the prebaked crust, then evenly cover with the vegetables. Add the Parmesan cheese and then pour in the egg mixture. Bake for about 45 minutes or until firm in the middle. Let the quiche sit for 10-15 minutes before serving.

Eggs Baked in Avocado with Bacon
Looking for a low-carb breakfast? Even your Paleo friends will like this one. Vegetarians can skip the bacon, or use a meatless bacon to add a little smoky crunch. A baked avocado is a lovely surprise, creamy and warm, and a delicious complement to the egg. It's also great scooped up with toast!

**Ingredients:**
- 1 slice bacon, cooked and crumbled
- 2 large avocados
- 4 large eggs
- Salt and pepper
- Aluminum foil for the pan

**Directions:**
Preheat the oven to 400 F. Cook the bacon and reserve. In a loaf pan or a small casserole pan, use crumpled foil to create a stable base for the avocado halves. Slice the avocado and remove the pit, then spoon out about 2 tablespoons of the avocado flesh where the pit was to make the hollow large enough for the egg. Then skim a thin layer off the surface up to the rim formed by the skin. Set the avocado halves in the pan on the aluminum foil, scrunching the foil to hold them level. Crack each egg and carefully slip into the avocado half. Sprinkle with salt and pepper, then bake for 25-30 minutes, until the whites are completely cooked and the yolk is at the desired level of firmness. Transfer to serving plates and sprinkle with crumbled bacon. Serve immediately.

Sour Cream Coffee Cake with Blueberries
This a great recipe to satisfy that sweet tooth and use your blueberries at the same time, fresh or frozen are both great for this recipe, so you can make it anytime of year!

**Ingredients:**
- 1 cup butter, softened
- 2 cups white sugar
- 2 eggs
- 1 cup sour cream
- 1 teaspoon vanilla extract
- 1 3/4 cups all-purpose flour
- 1 teaspoon baking powder
- 1 cup blueberries
- 1/2 cup brown sugar
- 1/2 cup chopped pecans
- 1 teaspoon cinnamon
- Powdered sugar, for dusting (optional)

**Directions:**
Preheat the oven to 350°F. Grease and lightly flour a 9-inch bundt pan. In a large bowl, cream together the butter and sugar. Beat in eggs, one at a time, and stir in sour cream and vanilla. Combine flour and baking powder and stir into the batter. Gently fold in the blueberries. In a small bowl, combine pecans, brown sugar, and cinnamon. Fill the bundt pan with half the batter, sprinkle in half the pecan mix, then pour in the remaining batter and top with remaining pecan mix. Use a knife or fork to swirl the pecan mix into the cake batter. Bake 60 minutes. Cool in the pan and dust with powdered sugar before serving.

Recipes courtesy of strongertogether.coop
Brunch is such a fun thing to do with friends on a lazy Sunday. I love knowing early on in my week that Sunday brunch is coming up with my close friends. I daydream about what food will be there, what the weather will be like, who will be there and oh yes, there will be mimosas. Many, many mimosas to be had. Mimosa is a typical alcoholic beverage that is usually served on a Sunday brunch. Your typical mimosa is a combination of sparkling wine, and orange juice. You can vary your mimosa of choice and substitute the orange juice for any other fruit juice such as mango juice, pineapple juice, guava and grapefruit. You can add herbs and muddled fruit for decoration (and taste). I have been to a casino out in Redding where they also have the all you can eat buffet with an all you can drink mimosas! Yes, you can drink mimosas until your heart’s content! (However, I do not recommend this as the gluttony of bellying up to the bar to eat and drink as much as you can probably does not serve any health benefits, but I digress). The perfect combination of equal parts sparkling wine and orange juice in a fancy champagne flute to accompany your eggs benedict, bacon, and fresh fruit to me is a great way to spend a relaxing early afternoon with friends on a patio with warm weather.

I have been cautious to utilize the words ‘sparkling wine’ and not ‘champagne’. You can truly only call sparkling wine ‘champagne’ if it is from the Champagne region of France. The CIVC (Comite Interprofessionnel du Vin de Champagne) has developed a strict set of rules and regulations for all wine produced in the region to protect its economic interests. Champagne appellation law only allows grapes grown according to appellation rules in specifically designated plots within the appellation to be used in the production of champagne. The primary grapes used in the production of champagne and sparkling wine are pinot noir, chardonnay and pinot meunier. We here at the Co-op carry Scharffenberger and Roederer Estate, which are some of the best sparkling wines in the world! Both of the vineyards are located out in Anderson Valley (if you picked up the Wine Spectator issue in May, you would have read a great article on Anderson Valley wines!) You can opt for a delicious smooth Cremant sparkling wine (which is French for creamy) or a dry Brut sparkling wine. Scharffenberger Brut Rose (we carry that too!) is a delicious pale salmon color and is fully rounded when it slides down your throat and the bubbles awaken your spirit. My personal fave is the Roederer Estate Brut. It is a decadent dry sparkling wine with notes of crisp pear, and in the glass, it dances; it entices me to try it.

Don’t limit yourself to sparkling wines for New Year’s Eve or an anniversary! They’re not that much more expensive than a good bottle of red or white wine, so try a sparkling wine! Sometimes they can even be less expensive. Bring it over to a family or friend’s house for dinner next time and you will see how nicely surprised they are.

Next time you are invited to a Sunday brunch, try the recipe below and let me know what you think!

A votre sante!

**STRAWBERRY, LEMON, BASIL MOJITO**

**Ingredients:**
- 3/4 cup packed fresh basil leaves
- Juice from 2 large lemons (about 1/2 cup fresh lemon juice)
- 1/2 cup agave or honey
- 8 medium fresh or frozen strawberries, thawed and sliced
- One 750ml bottle sparkling wine, chilled
- 1/2 cup soda water or sparkling water, chilled

**Directions:**
Combine the basil, lemon juice and agave in a pitcher. Using a wooden spoon, lightly crush the basil. Stir in the strawberries, sparkling wine and soda water. Pour into chilled champagne glasses and serve.
SUSTAINABILITY IS IN!
Fad vs. Fact in the World of Sustainability

Joan Griswold - Former Outreach & Marketing Manager

We hear a lot about sustainability in our daily lives. From blogs to newscasts, from magazine articles to product packaging, the environment, it seems, is at society’s forefront. But with more companies using “sustainability” as part of their marketing campaigns it can be hard to know what is “fad” and what is “fact.”

Sustainability isn’t just a buzzword here at the Co-op! For over 37 years part of our purpose has been to “model sustainable, humane, equitable, green ways of working.” This is something you can see daily throughout the operation.

Our organic produce department is a great example – nothing ever goes to waste. Produce has to be prepped before it is set out in the display cases. All of the excess peelings, carrot tops and cabbage leaves are picked up daily to be composted. (Note: the food and coffee waste from the organic Juice Bar is also picked up and composted daily). And the excess produce that’s not quite perfect? We donate to Plowshares.

Most food and product delivered to the Co-op arrive in cardboard boxes, and we’ve been recycling thousands of pounds a year for many years.

What you may not know is we also recycle 1 ½ tons of film plastic annually. Film plastic is generated from shrink-wrap on individual cases of product and shrink-wrap bound on the pallets of delivered merchandise. For the first couple of years one of our employees took the plastic to the Materials Recycling Facility weekly (at that time it couldn’t be added to our recycling bins).

Energy Savings

In addition to our sustainable practices, we’re always looking for ways to improve our store’s carbon footprint. Two years ago this fall we qualified to participate in an electric energy rebate program through the City of Ukiah. We were able to qualify for all new gaskets on refrigeration doors, strip curtains on refrigerated storage units and EC motors for our walk-in coolers. By taking these steps we were able to reduce the CO2 emission by 41,488 pounds a year.

Sustainability is not only important when we make store improvements but also when we select equipment. For example when we purchased our first (new) copier we chose a Ricoh C4501 in part because it would allow us to save energy and reduce CO2 emissions. The reduction was from 2,465 lbs to 1,060 over five years, a savings of 1,405 lbs. This is the equivalent of “20 trees worth” of carbon offset. The yearly carbon offset for copying and printing has gone from seven trees to three trees.

Another point in favor of the C4501 is there is zero percent landfill from creation to end-of-life for the copier. The fact that there is no waste anywhere in manufacturing and that the equipment is 100% recyclable was a huge plus.

eRecipts

One of our most recent innovations, courtesy of our IT department, was the introduction of eRecipts. Instead of our BPA free paper receipts you can opt to have your Co-op receipts emailed to you automatically, within seconds of your purchase. The emailed version can be copied into a spreadsheet, and includes additional information such as:

• Your current share status
• Your savings on each item purchased
• The eligibility of each purchase for the new patronage dividend

All it takes is a one-time opt-in, by calling or visiting Customer Service. You will be asked to choose between two versions of eRecipts: ePlus or eOnly. With ePlus service, you will continue to receive full hardcopy receipts at the register PLUS the emailed receipt.

With eOnly service, your hardcopy receipt will contain no details about your purchases. It will be very short (three inches long), with a barcode identifying the receipt number. The mini receipt will serve as your proof of purchase.

Besides taking up less room in your pocket or purse, those mini receipts will save a lot of paper. As the eRecipts catch on we’re looking forward to reducing the amount of printer paper we use at the registers – currently 1,500 rolls a year.

From the building facility to equipment, from store improvements to sustainable practices, concern for the environment is vital to the Co-op mission.
In 2013 the co-op began its 37th year of business! Sales for the first quarter of the year totaled $3,278,679, with 73% of the sales generated from our Co-op owners. This is a modest sales growth of 4% over the same period last year. We’re aiming for annual sales this year of $14,020,000; to achieve that sales will need to increase by 6.7% over 2012. Customer count was up in the first quarter by an additional (average) of 32 more shoppers per day and 171 new owners joined the co-op in the first quarter!

The cost of the goods we sell represents 64.14% of gross sales. The cost of goods has been rising over the past few years. In-store inflation reports show a rise in costs of 2.31% this year, while the consumer price index shows food-at-home costs increased just 1% from March 2012 to March 2013.

After deducting the cost-of-goods-sold from sales, we have the store’s “gross margin”. The co-op’s gross margin needs to cover the cost of all operation expenses, capital improvements, patronage dividends, taxes, and also (hopefully) a net profit. The first quarter gross margin of 35.86% is a bit lower than we would like to see. Excluding 2012, our average gross margin from 2007 to 2011 was 36.3%. From past history we know that a 36% margin keeps us financially stable, with enough capital to cover unexpected expenses and to save for future expansion plans.

Before any other store expenses were paid, co-op owners received $43,477 or 1.33% of sales in discounts at the register.

Labor is our highest expense, and totaled 22.13% of gross sales in the first quarter of this year, just under the budget of 22.67%. In comparison, labor expense in 2012 totaled 22.05% for the year. We are expecting higher labor costs this year, particularly in work comp insurance where premiums are rising by 45%. The co-op ended the first quarter with 88 employees and an average hourly wage of $14.33 per hour.

Co-op operating expenses for the first quarter total $937,147 or 28.58% of gross sales. That’s .35% higher than same period last year, but .85% lower than our 2013 budget. After adding “other income and expenses” and deducting estimated income tax, the co-op shows a very good net profit for the first quarter of 5.14% or $168,380.

### Balance Sheet Summary

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<thead>
<tr>
<th>3/31/2013</th>
<th>3/31/2012</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Assets</strong></td>
<td></td>
</tr>
<tr>
<td>Current Assets</td>
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<tr>
<td>Cash/Savings</td>
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<tr>
<td>Accounts Receivable</td>
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<tr>
<td>Inventory</td>
<td>$504,343</td>
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<tr>
<td>Prepaid Expenses</td>
<td>$43,857</td>
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<td>Prepaid Income Taxes</td>
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<td>Total Current Assets</td>
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<td>Cert. of deposit - noncurrent</td>
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<td>Equity &amp; Deposit in Co-ops</td>
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<tr>
<td>Property &amp; Equip. - net</td>
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<td>Total Assets</td>
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<tr>
<td><strong>Liabilities &amp; Owner's Equity</strong></td>
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<td>Current Liabilities</td>
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<td>Accounts Payable</td>
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<td>Accrued Liabilities</td>
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<td>PD Payable</td>
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<td>Income Taxes Payable</td>
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<td>Deferred Taxes</td>
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<td><strong>Owner's Equity</strong></td>
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<td>Membership Shares</td>
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<td>Retained Patronage</td>
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<td>Retained Earnings</td>
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<td>Ret. Earnings/Current</td>
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<td>Total Equity</td>
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<td><strong>Total Liab. &amp; Equity</strong></td>
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### Income Statement Summary

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<th>2013</th>
<th>2012</th>
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</thead>
<tbody>
<tr>
<td><strong>Income</strong></td>
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<tr>
<td>1/1/2013</td>
<td>3/31/2013</td>
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<tr>
<td>Store Sales</td>
<td>$3,278,679</td>
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<tr>
<td>Less: Cost of Goods Sold</td>
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<tr>
<td>Gross Margin on Sales</td>
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<tr>
<td>Less: Member Discounts</td>
<td>$43,477</td>
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<tr>
<td>Store Margin</td>
<td>$1,132,266</td>
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<td><strong>Expenses</strong></td>
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<td>Labor Expenses</td>
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<td>Occupancy Expenses</td>
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<td>Depreciation Expenses</td>
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<td>Marketing Expenses</td>
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<td>Governance Expenses</td>
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<td>Operating Expenses</td>
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<td>Administrative Expenses</td>
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<td>Total Operating Expenses</td>
<td>$937,147</td>
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<td><strong>Net Savings from Store Ops.</strong></td>
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<td>Plus: Other Income &amp; Exp.</td>
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<td><strong>Earnings Before Income Tax</strong></td>
<td>$197,336</td>
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<tr>
<td>Income Tax Expense</td>
<td>$28,958</td>
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<tr>
<td><strong>Net Savings</strong></td>
<td>$168,380</td>
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Cont. on page 7
FIRST QUARTER FINANCES CONT. FROM PAGE 6

The balance sheet is a snapshot that shows us what we own and what we owe on a specific date. On March 31, 2013 our co-op had a current ratio of 4:1, meaning we have $4,000 in current assets for every $1,000 in current liabilities. Our biggest asset increase was in cash, which increased $142,943 from the 4th quarter of 2012. Inventory increased to $564,343. The higher inventory has slowed turns down to 17 turns per year. Turns are how many times the store sells its inventory in one year period. The more turns, the better! $101,361 was spent on capital improvements and equipment during the first quarter. Those purchases included some computer replacements, the parking lot asphalt repair that we all enjoyed, new lights at the check stands, and the big new refrigerator located next to the espresso bar.

In total, assets increased $189,797 and liabilities only increased $75,177. Owner’s equity increased by $182,280 - $13,900 from share purchases and $168,380 from 1st quarter net profit. In summary, as-sets are high, liabilities low, and 6337 co-op members collectively own $4.9 million in equity. This is a good start for 2013 and we’ll see what the rest of the year brings us!
Ukiah Natural Foods Co-op and Patrona restaurant and Lounge are excited to team up again this year to offer a fresh and delicious cocktail class! Come learn how to make the Patrona favorites; Basil Blues, Hibiscus Margarita and the rosemary Pear Martini are just a few of the items on the menu for this class. In addition to some great drink recipes, you will also learn how to create simple syrups and infuse liqueurs with the use of fresh ingredients from your very own garden!

Limited space is available and this is one that can't be missed, so sign up today at www.ukiahcoop.com. Class will be held at Patrona restaurant and Lounge at 130 W. Standley Street in Ukiah.

We’re Teaming Up Again!
FARMER’S MARKET COCKTAILS
CO-OP CLASS
Saturday, August 10th
3:00 - 4:30 p.m.
$10 Owners, $15 Non-Owners
(all proceeds going to a local charity)
21 and Older Only
Online Sign-Ups Only, www.ukiahcoop.com

Ukiah Natural Foods Co-op and Patrona Restaurant and Lounge are excited to team up again this year to offer a fresh and delicious cocktail class! Come learn how to make the Patrona favorites; Basil Blues, Hibiscus Margarita and the Rosemary Pear Martini are just a few of the items on the menu for this class. In addition to some great drink recipes, you will also learn how to create simple syrups and infuse liqueurs with the use of fresh ingredients from your very own garden!

Limited space is available and this is one that can't be missed, so sign up today at www.ukiahcoop.com. Class will be held at Patrona Restaurant and Lounge at 130 W. Standley Street in Ukiah.
CO-OP Staff Stuff!

STAFF FAVORITE RECIPES:
Angel Food Cake French Toast

Jessica Silva – Outreach & Marketing Manager

A lighter version of traditional french toast - this recipe comes from a recent trip to the south!

Ingredients:
1 pre-made angel food cake
1 1/2 cup toasted coconut
1 1/2 cup lightly frosted corn flake cereal
6 eggs, beaten
2 teaspoons ground cinnamon
2 tablespoons butter

Directions:
Crush cereal and combine with coconut, mix well. In a separate bowl beat 6 eggs and add cinnamon. Melt butter on a griddle at approximately 350 degrees. Cut the angel food cake into 12 slices, dip each one in egg mixture and then coat in the coconut and cereal mixture. Place on griddle for approximately 2-3 minutes on each side, finishing with the long end (outside of cake). Serve with whipped cream and fresh strawberries, enjoy!

Tips and Tricks from Co-op Staff Kitchens!

Here at the Co-op our staff is nothing short of amazing in the kitchen! We always have treats and treasures from the kitchens of Co-op staffers awaiting everyone’s trial on our breakroom table. For this reason our staff wants to share their lessons learned in all of their cooking endeavors!

1. Lori Rosenberg – General Manager
When cooking or baking, rinse your measuring cup in hot water before using syrup, oil, etc., it will pour out clean and not stick to cup.

2. Jessica Silva – Marketing Manager
Enjoy a salad at lunch without wilted lettuce! Use a leftover jar to layer your salad to go. Start with salad dressing, then put in your toppings (veggies, cheese, etc.), then put in croutons, followed by lettuce. At lunch, shake it up and eat!

3. Kelly Hulbert – Grocery Team Leader
Shape your hamburger like a donut! By poking a hole in the middle you don’t end up with fully cooked meat on the outside and raw in the center.

4. Tina A. – Grocery Stocker
Cherry tomatoes seem too small to cut, so place two or three on the cutting board and sandwich them down with an old yogurt container lid. Then, slice right through to halve them. It works great!

5. Kelly Miller – Marketing Support
Avocados don’t have to brown if you don’t use the entire thing in one sitting. Leave the pit in the extra half and cover it with a wet paper towel before storing in the fridge. It will help the avocado last an extra 2-3 days.

6. Amanda Slade – Wine Buyer
Freeze your green grapes to chill your white wine without watering it down. It works and looks more fun too!

Rob’s Top 9

1. Husch Vineyards Chenin Blanc
A great, local summer white wine - It tastes like white peaches!

2. Cherry Bomb Peppers
It makes an easy appetizer - Stuffed with Gorgonzola cheese and broiled!

3. Mushrooms
Great in risotto!

4. Bulk Farro
High protein alternative to rice.

5. Schat’s Seedlicious Bread
Great for toast or sandwiches!

6. Saint Gregory Pinot Noir
A nice earthy, velvety pinot noir at a great price!

7. Amy’s Frozen Pizzas
A great, guilt-free, “fast food!”

8. Field Roast Vegetarian Grain Meat Sausages
The Mexican chipotle flavor is great with pasta!

9. Ines Rosales Tortas - Orange
Great with blue cheese and red wine!

Staff Anniversaries

Maxine W.
Wellness
9 years

Erica F.
Wellness
8 years

Jackie S.
Front End
4 years

Ryan E.
Grocery
4 years

Lori Z.
Produce
3 years

Human Resource Coordinator Rob Pilling describes his eating style as “Locto-ovo pescatarian oenophile with a taste for Scandinavian and Caribbean cuisine!”
Stay Connected Online...

Interested in hearing more about the Co-op? Keep up with us through our ‘E-Beet’ - the new Co-op Newsletter online!

You’ll find recipes, up-to-date information, events and so much more in this bi-weekly e-mail.

Sign up today at www.ukiahcoop.com or by e-mailing Jessica at outreach@ukiahcoop.com!

Our Core Values

- Integrity
- Quality Food & Goods
- Customer Service
- Community Involvement
  & Leadership
- Prosperity

CHANGING FACES ON THE BOARD OF DIRECTORS

Cliff Paulin – Board President

If you’ve been watching the pictures in the newsletter, and on the bulletin board at the Co-op, you’ve probably noticed some changes over the past few months. Joe Wildman resigned from the Board in March. The Board appointed Elaine Boults, who had served on the Finance Committee for the past year, to fill his vacancy. In sad news, Nehemiah Bear passed away in May and Kathryn Quanbeck is moving in August. The Board is currently interviewing candidates to fill those vacancies. My heartfelt thanks goes to all those who have served on the Board and those who are yet to come.

An Open Letter to Ukiah Natural Foods

Sent to us by e-mail in March 2013
Nehemiah Bear, Beloved Board Member - Passed Away May 2013

Once again, I would like to thank you all for making our Co-op the best damned store in the county, and as far as I’m concerned, my favorite place to shop anywhere. I cannot think of a time when I have come in when I was not met with a warm hello and a smile, even from those among you that really don’t know me. (Actually, I am more surprised that is the reaction from those who do know me...)

This attitude on your part, of friendly, helpful, knowleadgable service to member-owners and non-members is what sets us apart from other stores, even other Co-ops. It is a pleasure to shop at our store and I thank you for creating that atmosphere, along with a dedication to providing good, clean, healthful food and products to our community.

Beyond that, I have come to consider many of you as an important part of my extended family. Those of you that do know me know that nature has dealt me a difficult hand and the love and support I feel from my many friends at the store (employees, board, management and fellow member-owners) has truly given my attitude and resolve a huge boost. I cannot thank you all enough. It is a privilege for me to serve on the board of the Co-op and be a part of all that you have helped to create.

Yours in Cooperation,
Nehemiah Bear

Ukiah Natural Foods Co-op BOARD OF DIRECTORS

President
Clifford Paulin
Vice Pres.
Adam Gaska
Treasurer
George Gibbs
Secretary
Terry d’Selkie
Lorena Calvo-Evans
Larry Mayfield
Kathryn Quanbeck
Elaine Boults
HEALTH & WELLNESS

A Theta Mind - Scarlett Sky A’Hearn
theatahealing@tahmind.com
895-9129 • 25% off 1st hour session
or Buy 9 sessions & Get One FREE

Acorn Whole Being Health
Alan Sunbeam, L.Ac.
ukiahacupuncture.com, 354-2665
25% off all services

Acupuncture & Chinese Herbalist
Candice Romanow, Licensed Practitioner
healing-pathways.com, 480-9021
25% off all services

Calm Spirit Acupuncture and Massage
Ellie Eich, L.Ac., CMT
485-1785
20% off first visit

Chiropractor
Low Intensive Laser Therapy
Christine Miller, D.C.
cmillerchiropractic.com, 462-2230
10% off all services

Chiropractor
Vincent J Corcoran
463-1984
10% off all services when paid at time of visit

Chiropractor
Angela M. Williams D.C.
angelawilliamsdc@gmail.com, 463-1310
Free initial consultation

General Dentistry
J. Robert Ortega, D.D.S.
mendosmiles.com, 462-3875
10% off all services

Holistic Health Consultant
Luna Hart, HHHC
hartofhealth.com, 354-4731
10% off first visit

Inner Harmony, Colon Hydrotherapy
Casey Eldredge
colontherapyukiah.com, 972-0692
10% off first visit

Meadows Physical Therapy
Herman Meadows, PT
meadowspst.com, 462-4996
10% off first visit

Natural Family Health Care
Drs. Amy Keichner & Kambra Phoebus
www.ukiahnaturopathic.com,
462-8628
4% discount on all services

Nutrition Counseling,
Weight Loss & Diabetes
Sharon Stewart
alpha0172@gmail.com, 367-0172
10% off first visit

Philo School of Herbal Energetics
Mary Pat Palmer, RH, AHG
herbalenergetics.com, 895-3007
10% off all services

Six Rivers Energy Services
Laptop computer sales and service
anandakrsna@hotmail.com, 462-1310
Free Estimate

Six Rivers Optical
Aurora Gross
anandakrsna@hotmail.com, 462-1310

MASSAGE

Kate Nachtwey, CMT
Jin Shin Jyutsu/Massage Therapy
Pregnancy
jsjbodyharmony.com, 489-1064
10% off first visit

Mary-Margaret Mastin, AHMT
Holistic Bodywork & Soundwave Therapy
621-1401
15% off first visit

Roberts Family Massage & Watsu
Mike and Hyaoka Roberts
Massage Therapist, 621-432-2827
10% off all services

Nan Tyllicki, LMT
Cranial-Sacral Massage
202 West Perkins, Ukiah, 463-0680
10% off all services

Inspired Wellness with Tracey
Tracey Hartje, 272-9032
10% off first massage or free 1 hour health consultation

THERAPY

Bonnie Barker
Reiki Energy Healing
413-7004
10% off classes / treatments

Doreen Blumenfeld, Clinical
Hypnotherapist
Health concerns and emotional issues
relax@hearthill.com, 459-8688
20% off first session

Brad Kammer, MFT
Marriage, Family Counseling
body-mindtherapy.com, 462-2133
Free consultation

Terry Kennedy LCSW
Specializing in Voice Dialogue-Jungian
model & non-dual approach to consciousness, 467-1382
20% off first session

Kathleen MacGregor
Counseling, process coaching
kathleen@healingtowholeness.com,
391-8569
10% off all services

Dennis Miller, MFT
Marriage, Family and Child Counseling
462-3228
20 minutes free consultation

Judith Phillips, SILL, PhD,
Psychologist
515 S. School Street, Ukiah, 937-3000
Initial free consultation

Divora Stern, LCSW
Energy psychology, EFT, counseling,
354-9911
60% off first session

MISC. SERVICES

Alden Tech & Design
Computer Consulting/Web Design
aldenrd.com, 462-3446
5% off all labor

Alliance Auto Service
213 S. Main St, Ukiah, 462-4432
20% off labor

All Ears Computing, PC Service & Repair
Marc Levine
marc@allearsaudio.com, 463-1885
25% off first visit

Coldwell Banker Mendo Realty, Inc.
Tara Moratti, 367-0389
Free market analysis

Deborah Pruitt, Ph.D.
Group facilitation
groupalchemy.net, 456-0654
Free one hour consultation

Graphic Design Services
Heidi Bazan Beltran
ydiah@hotmail.com, 972-7130
15% discount to Co-op members

Paulownia Tree Company
Fast growing hard wood
ZoeAnna Thies
dragontrees.com, 485-6277
Buy six, receive six free

Ron Greystar Photography
Portraits, Weddings, Commercial
rongreystar.com, 456-9099
Free 11 x 14 with portrait session

Political Landscapers | Political Consulting
Joe Louis Widman
joelouis@pacific.net, 367-0910
25% off consultation

Raw Food Chef - Christina Basor
Classes, special occasion desserts & more!
489-3600
10% off classes

Real Estate Appraiser - John Rensen
jdrensen@pacific.net, 743-1210
10% off appraisal

Redwood Home Inventory & Organizing
Sheila Leighton, 895-3735
5% off all services

Remax Full Spectrum Realtor
Howard Egan
hegan@sonic.net, 272-2500
Free market analysis

Salon 309 - Hair and Skin Care
Marlene and Cindi, 468-7979
10% off first visit

Shoefly & Sox
463-6933
10% off Earth brand and Vegan shoes

Smart Sharp
Knife and scissor sharpening
845-1025, sharpensmart@gmail.com
10% off all sharpening services
**Co-op Calendar**

**July 1st begins a new quarter, don’t forget to use your quarterly Owner Appreciation discount!**

**Wednesday, July 10**  
Summer Smoothies  
6:00 - 7:30 p.m., Co-op Annex  
$10 for Owners, $15 for Non-Owners  
Please RSVP at www.ukiahcoop.com or call Customer Service at 462-4778.

**Monday, July 15**  
Board Meeting — 749 C South State Street  
All owners are invited to attend, 6:00 p.m.  
For a copy of the meeting agenda, go to ukiahcoop.com or look on the Co-op event board on the day of the meeting.

**Tuesday, July 16**  
Beat The Heat — Kids Class!  
5:30 - 6:30 p.m., Co-op Annex  
$7 for Owners, $12 for Non-Owners  
Please RSVP at www.ukiahcoop.com or call Customer Service at 462-4778.

**Tuesday, July 23**  
Whole-Mega Class  
6:00 - 7:30 p.m., Co-op Annex  
$5 for Owners, $8 for Non-Owners  
Please RSVP at www.ukiahcoop.com or call Customer Service at 462-4778.

**Saturday, August 10**  
Farmer’s Market Cocktails  
3:00 - 4:30 p.m., Patrona Restaurant  
$10 for Owners, $15 for Non-Owners  
Please RSVP at www.ukiahcoop.com.

**Tuesday, August 13**  
Raw Fitness & Cleansing  
6:00 to 7:30 p.m., Co-op Annex  
$5 for Owners, $8 for Non-Owners  
Please RSVP at www.ukiahcoop.com or call Customer Service at 462-4778.

**Monday, August 19**  
Board Meeting — 749 C South State Street  
All owners are invited to attend, 6:00 p.m.  
For a copy of the meeting agenda, go to ukiahcoop.com or look on the Co-op event board on the day of the meeting.

**Wednesday, August 21**  
Back-To-School — Kids Class!  
5:30 - 6:30 p.m., Co-op Annex  
$7 for Owners, $12 for Non-Owners  
Please RSVP at www.ukiahcoop.com or call Customer Service at 462-4778.