



April/May 2013

Volume 3, Issue 1

Store Closures

None at this time.

Board Opportunity

The Board of Directors is seeking a qualified person to be the Board's Treasurer.

Wine Buy Club

Great deals available through our Buy Club. See page 2 for information.

Board meetings open to all

Board meetings are open to all members. Ten minutes is set aside at the beginning of each meeting for comments and suggestions.

The Board meets at 6 p.m. on the second Thursday of every month at the Rosemont Retirement Center at 215 Killion Rd SE, Yelm, Wa 98597.

The next scheduled meetings are April 11 and May 9.

Volunteer on the Grapevine

The Grapevine is currently looking for volunteers to work as reporters and photographers.

Be Part of the Grapevine

- Want to advertise with us?
- Have an idea for an article?
- Suggestions or comments?
 - Let us know!

Email: grapevine@yelmcoop.com

Introducing our new General Manager

Barnaby Urich Rintz**General Manager's report:**

I have been on the job for three months now, and it has included periods of appreciation and frustration. I appreciate the welcoming response that I receive from most of the people that I meet in Yelm. I think that folks here have a very open and receptive point of view. On the other hand, I am

frustrated by the difficult situation that Yelm Food Cooperative faces right now. The store has not experienced much sales growth since moving to the new location, but our costs have increased appreciably over the past year. Our margins fail to make the store sustainable at the current levels. This makes it tough on paid staff and working members. In addition, our operational systems need further development. Of course, The Board selected a General Manager in order to solve these problems.



Changes

By Kate Morgan

New and exciting changes are underway at the Coop this year! We are currently in the process of reviewing and expanding our product lines and offerings. On the forefront of this growth is our goal to expand our produce department. Already, we have transitioned into getting three deliveries a week, providing our customers with greater access to fresh product. The new delivery schedule is Tuesday, Thursday, Saturday. In the long run, we will also be on the

lookout for a second or larger produce chiller. This will give us the ability to increase our selection and quality of display. You can also expect to see a wider array of local, seasonally available produce. Feel free to make suggestions.

Other departments under expansion include dairy, freezer, and nutritional supplements. We recently started carrying an increased variety of yogurts, creamers, and other milk products. Local milk, yogurts and cheeses from Tunawerth

LLC (formerly Fresia Dairy) are now available. These are low pasteurized products. We also now carry local grass fed steaks and pork chops. On our supplement aisle Herb Pharm tinctures will soon be available.

Stop in and see for yourself!

... General Manager

From page 1

The biggest concern that I have right now involves the change in membership. Now that dues are annual for everybody, we have experienced opposition to 'founding' members who received the promise of a lifetime membership when they joined. Yelm Food Cooperative has raised a fairly substantial amount of money for the new Yelm Cooperative since the beginning of the New Year. These funds will get allocated to programs that were never promised as part of opening and maintaining the grocery store. The Yelm Farmer's Market and an educational community garden are just two of the efforts that Yelm Cooperative has in the works. As part of a continuing mission to improve local food production and distribution, these endeavors need regular funding in order for them to both begin and continue. I remain hopeful that the development of these projects will act as an incentive for the community to donate to the Yelm Cooperative. In the case of the grocery store, we remain hopeful that our community will still patronize our shop despite

anyone's disappointment with the change in dues structure. We have eliminated the non-member surcharge in an effort to better follow the Rochdale's Principles of Cooperatives regarding non-discrimination. For the new Yelm Cooperative members, we have 'Yelm Cooperative Only' promotions in the store that give our new members deep discounts on some of the quality products that we carry. While the execution of the Yelm Cooperative's planning improves, more benefits for the members will develop. A small amount of people volunteer a lot of their time to make these programs happen. It will take some time before all of the benefits of membership will be actualized.

In regards to volunteers and working members, Yelm Food Cooperative has experienced a precipitous drop in our staff over the past month. If you believe in the store, and would like to help us continue our mission, please come in and fill-out a working member application.

On a positive note, the buyers at Yelm Food Cooperative have worked hard to bring new products into our store in order to better serve our customers. Nutritional supplements, produce, and a whole lot of wine are a few

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Wine Tastings **Every Saturday 11a to 4pm** At the store in The Wine Cellar

Come check out the Wine Cellar of Yelm. We now have over 100 wines for your enjoyment.

Featured Case of the Month.

12 pre-selected bottles for \$99.99. Some reds, some whites all great for everyday. Trust Anne's talent for choosing great bottles at a great price. Check on line or at the shop for a description of each wine and what food to enjoy along side these wines.

On sale now, one of our most popular wines,

Domaine Lauribert 2009 Traditions Cote du Rhone Rouge

France, South East Rhone Valley.

Fresh raspberry and strawberry fruits mingled with clove. 100% Grenache. Full-bodied, earthy and herbaceous spiced red fruit. Delicious on its own or with roast pork or smoked ham dishes or roasted fowl. \$11.99



The Cooking Corner

Debbie Burgan

Here is a recipe that I discovered recently while visiting the Food Network. I used Apricot preserves by St Dalfour's but you can use your favorite preserves. Raspberry is a great choice too.



Fruit Crumble Bars

Serves: 9 to 12 bars

Ingredients

- 1/2 pound (2 sticks) unsalted butter, at room temperature
- 3/4 cup sugar
- 1 teaspoon pure vanilla extract
- 2-1/3 cups all-purpose flour
- 1/2 teaspoon kosher salt
- 10 to 12 ounces good raspberry jam, such as St Dalfour or Crofters.
- 2/3 cup good granola without dried fruit
- 1/4 cup sliced almonds

Confectioners' sugar, for sprinkling

Directions

Preheat the oven to 350 degrees.

Place the butter and sugar in the bowl of an electric mixer fitted with the paddle attachment and mix on medium speed just until combined. With the mixer on low, add the vanilla.

Sift the flour and salt together and, with the mixer on low, slowly add to the butter mixture, mixing until it almost comes together in a ball. Turn the dough out on a board. Lightly pat two-thirds of the dough evenly on the bottom of a 9-inch square baking pan and about 1/4-inch up the sides. Spread with the jam, leaving a 1/4-inch border. Mix the granola into the remaining dough with your hands. Break the dough into small bits and distribute it on top of the jam, covering most of the surface. Sprinkle the almonds on top. Bake the bars for 45 minutes, until lightly browned. Cool completely and cut into 9 or 12 bars. Sprinkle lightly with confectioners' sugar.

Enjoy!



The 2nd annual Yelm Farmers Market will be starting up soon. Date and location will be announced shortly.

... General Manager

of our key focal points. We also welcome suggestions for new products, and we hope to have a better way to interact with customers about suggestions. YFC has a lot going on with little time to work with, however, so we hope that people will understand that changes may take some time. I am regularly available to listen to customers about concerns regarding the store, but I do need to balance any input with the feedback that I receive from others. Ultimately, I must secure what I think are the best interests of the store. Consensus among hundreds or thousands of people is almost impossible to achieve. I certainly take every viewpoint into consideration when I make decisions. I also use my own sense of judgment during this process.

Here's to better weather, new beginnings, good food, and the passage of 1522!

**Your
Ad
Here**

Contact us at
grapevine@yelmcoop.com



Artwork by Christina Maggio

Be part of The Grapevine!

The Grapevine has several volunteer opportunities available. Additionally, we accept advertisements, articles, and recipe submissions from all Yelm Co-op members. The Grapevine reserves the right to reject any submission and to edit all submissions for content and length if necessary. We appreciate your comments and suggestions.

Contact us by email at grapevine@yelmcoop.com

or leave us your contact information in the store. We look forward to hearing from you.

Vegan Corner

Eleanor Israel
Volunteer

Welcome back! One fun idea is to have a special vegan day a week or month to experiment and see how many different foods you can eat without you and your family feeling deprived.

Seems daunting? It isn't. We will talk about some vegan foods that our Yelm Co-op keep in stock and you will see how easy it is. You may even decide to increase it to two days as you will feel so much healthier and start to lose weight.

The things people say they would most miss, or can't live without are dairy (cheese, butter, milk and eggs), meat and fish. Well cheese is easy as there are lots of vegan alternatives.

Our favorite is "Sheeze", it's delicious. From Scotland, it has the same consistency as hard dairy made cheese and comes in many flavors. Milk is easy too: hemp, coconut, almond, and soy milk are all wonderful substitutes - the vanilla hemp milk is just the best! Butter? No problem. "Earth Balance" is tasty and much healthier than dairy butter. You will not know the difference! On toast, in sandwiches, or in cooking for pastry, crumbles etc. For cooking there is an egg replacer, but eggs as eggs, as in scrambled and omelets are not so easy although vegan restaurants make wonderful egg dishes out of tofu. Meat substitutes are plentiful and delicious. "Field Roast", tofu, tempeh, seitan, Tofurky sausages, veggie burgers - so many to choose from. Healthy and easy to digest, these products do not stay in the body as long as meat which can cause many health issues. Fish has no vegan substitute but some sacrifices have to be made for your principles and conscience. Vegan wine is now available in the Yelm Co-op as discussed in the last issue.

Grains, nuts, seeds, legumes, vegetables and fruits are all suitable for vegans and are delicious - experiment! Use herbs and spices for different flavors. Start juicing vegetables and fruits - make smoothies and you can add vegan protein powder if desired. Herb teas are very good for you and many varieties are available at the Co-op.

Don't forget your vitamins. Vitamin D and B12 are essential supplements for vegans. You are all set. Go for it!



Monday - Saturday
9 a.m. - 7 p.m.

Sunday
10 a.m.—5:30 p.m.

**Yelm's Only Natural
& Organic Market**

308 Yelm Ave, E,

Phone: 360-400-2210

Fax: 360-400-4021

E-mail: store@yelmfood.coop

WWW.YELMFOOD.COOP

Working-Members Needed

Did you ever play "Store" as a kid?

If you did, your YELM FOOD CO-OP offers you the chance to do it for real...

If you would like to be part of a big dream and want to help people change to a healthier lifestyle, work with great motivated people, gain some valuable experience and earn some cool benefits, come into the store and pick up a working member application form or download it here:

<http://yelmfood.coop/working-member-application-form-2/>

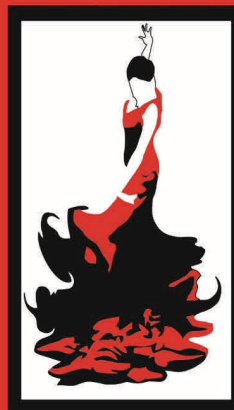
If you have ever thought about volunteering for the good cause, this could be it!

We are looking for self-motivated people to support our beautiful store by filling the shelves, cashing out our members and customers, keeping our store clean and many other tasks that need to be done.

We are looking forward to meeting you!

Your Ad Here

Contact us by email at grapevine@yelmcoop.com



Pizzeria

La Gitana

Wood Fired Oven

(360) 400 2929