

February/March 2014

Volume 4, Issue 1

Sales and Deals!

See special promotional prices for February and March on page 5.

Nothing like a fine wine

Learn everything you need to know about the Wine Cellar of Yelm on page 2.

Cooking Corner

Out of ideas? Check out these recipes on page 7.

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.

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

What's new in produce?

Kate Morgan
Co-Store Manager

Produce is often in a state of transition during the winter months. A lot of product comes from out of the country this time of year, but there are plenty domestic producers as well. California, Florida, and the desert states are our major domestic suppliers for the season. Produce in itself is a sensitive product and there are many factors that can affect quality, supply, and pricing.



Crops can face unpredictable weather. Everything from heavy rains to freezing temperatures can cause dam-

age. When this happens, supplies and prices can fluctuate

See **Produce**, page 3

What's wrong with our wheat?

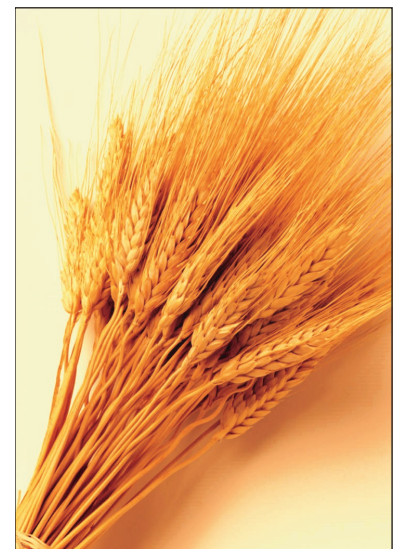
Jutta Dewell
Co-Store Manager

The first time I ever heard about “manipulated wheat” that might be the cause of a lot of health issues was at the Yelm Food Co-op through one of our wonderful Working Members. It made sense to me, but I wasn't ready to give up my yummy homemade French baguettes, pasta and pizza, thinking or hoping that I would be fine with organic wheat.

About a year or so later, I heard about the book

“Wheat Belly” written by cardiologist William Davis, MD and I knew I had to change something... I had gained a lot of weight ever since I arrived in the US and I was not feeling well at all, like all of my inner organs were inflamed.

Wheat has been in our food supply for thousands and thousands of years and has been called the "Staff of Life" for its importance. But, it turns out that wheat is not necessary wheat when it has been modified, hybridized and manipulated thousands of times.



See **Wheat**, page 6

Wine Cellar of Yelm

Wines From Around the World

Anne Marsh
Virtuose de Vin

"Who would ever have thought the best wine experience would be right here in Yelm!"



Anne Marsh
"Virtuose de Vin."

Organic Wines

Wine speak on it's own can be hard enough to make sense of, let alone adding organic terminology to the mix. Here's the quick and simple of it: Sustainable, bio-dynamic, organic, and agriculture biologique are all terms that indicate that grapes are grown without pesticide and the practices in maintaining the vineyard and making the wines are environmentally safe for the earth ... and good for your body.

I'm super proud of my organic selection. The majority of the wines are organic, but you can find an organic display front and center in the shop

that features at least 25 organic wines. I've tasted every one of them and wow. No longer is organic wine barely acceptable. These wines will impress you with their character and finesses. Don't let the labels intimidate you. There are tasting notes prominently displayed.

"A taste of the world, right here at home"

I'd love to see you at one of our tastings very soon. The wine tasting classes are a themed presentation of six wines by Anne. It's a fun and delicious educational experience. Come on out and see what everyone is talking about.

We've been re-made!

If you haven't stopped in, come see the shop. We remodeled to accommodate all the new wines and it's just the sweetest space. I'm in love with it here. Thank you to everyone for your inspiring comments and feedback. I'm glad you're here, too!

In the last few months I've added over 30 new wines. Many of them are organic and you wouldn't believe how wonderful they are. And there's more to come ...so shop often.

Like us on Facebook. Wine Cellar of Yelm...Wines from around the World.

Everyday is cause for celebration!

And yes, bubbles are for everyday. Come check out delicious Cava from Spain, Prosecco from Italy, Champagne from France and Sparkling wine from Germany.

Life is Too Sweet to Drink Ordinary Wine

Organic Wines!

Chateau Calage La Mejane11e from Languedoc France \$11.99

Delicious, powerful, bold red blend. Deep purple in your glass. Dark red and black fruits with baking spices come together in your mouth. It's a party not to be missed.

Cabanon Augurio from Italy. \$13.99

An stunning blend of Croatina with 6 other grapes. Floral, fruit-forward aromas followed by a complex medium bodied palate brimming with black currant, anise, pepper and dried herbs. This wine is stunning.

Perrin Nature Cotes du Rhone from France \$10.99.

Really interesting and delicious. Macerated cherries and spices with notes of herbs. Full bodied with lots of fruit and a long finish.

Unique Reds

Black Pearl Oro from Paarl, South Africa \$19.99

Hands-on process from berry to bottle! The vineyard sits on the slope of Paarl mountain which looks like a black pearl when it rains.

Deep dark purple in your glass! Bursting with minted glossy fruits. Very full bodied and tastes of rich dark honeyed cherries. Amazingly different!

Foris Fly-over Red from Rogue Valley Oregon \$11.99

Soft and generous flavors of blackberry, black currant and pomegranate with toasty vanilla spice and fine herbs adding complexity.

WINE TASTINGS AT THE STORE

"Taste often. Drink what you like." — Anne

Join Anne each Saturday from 11-4 in the Wine Cellar.

It's fun. It's casual. It's tasty and no one ever left sorry that they visited.

Every Saturday 11 a.m. to 4 p.m. in The Wine Cellar

Wine Tasting Classes

Enjoy six wines in a specific theme. Sit down to a beautifully set table, relax and enjoy. Anne makes wine fun and easy!

Select evenings from 6:30 -8:00 p.m.

Tues Feb 11 "Oh How Sweet it Is" Romancing wine and chocolate AND what ot have with desert

Weds Feb 24 "Southern Rhone Wines" The fabulous South fo France.

Buyer's Update: Seasonal Delights

Sarah Morgan

Buyer

Winter can seem dull compared to the rich variety of summer, but if one looks closely there are many delights to be found. For example, packaged and bulk teas are wonderful to enjoy in cold weather. There's nothing quite like a steaming cup to warm your insides and boost the immune system!

We have several quality brands of organic and natural bagged teas. Yogi tea's Echinacea Immune Support and Cold Season contain powerful herb blends to help your body fight back against cold season. My personal favorite teas to combine are Traditional Medicinal's Echinacea Plus and Triple Leaf's Ginger for a spicy yet therapeutic drink.

For energy support we have a nice selection of black

and green teas. Yogi tea has a blend called Women's Energy which includes Dong Quai root, a Chinese herb used traditionally for thousands of years to balance and support the female system. Our bulk tea selection is small but growing as we work to include customer requests. We currently have several blends formulated for different ailments, such as Happy Tummy for digestive support and Forest Blend for the Respiratory system.

Next time you're in the store don't forget to check out our new bulk coffee display! We have brand new bins and two new Equal Exchange whole bean coffees: Mind, Body, & Soul and Peruvian.

Essential oils are another uplifting idea for the winter season. We have many great scents and are always willing

to include new varieties. Simply add a few drops of your favorite scent to a steaming bath or bowl of hot water for a refreshing boost. We have previously carried unscented beeswax candles but in preparation for Valentine's Day we have recently added some new Aromatherapy blends, such as Rapture (Patchouli and Cassia) and Sensuality (Palmarosa and Lavendar).

With the New Year, the store has expanded its selection of vegan items. We have brought back Daiya Vegan Cheddar Cheese and Follow Your Heart Vegan Sour Cream due to popular demand. We will continue to add to our Vegan and Vegetarian options as the year progresses.

Other new items to look for in the store include Spectrum's Omega-3 Flax berry and Savory Hemp blends,

Honey Loquat Throat support syrup, Healthforce Digestive Enhancement Enzymes, and Harmony Cone's Tea Tree ear candles.

In addition to our regular bulk selection, we are moving forward with packaged bulk as a way to expand and explore new things. We already have 100% raw Italian almonds and Organic Pecans. We plan to add to this category with many more items. First on the list are jelly beans, gummy bears, and chocolate covered raisins. If you have anything you would like us to add, please do not hesitate to let us know. This new packaged bulk section is specifically designed to cater to the needs of our customers. Please contact Sarah at yelmfood-coop@gmail.com, shoot us a message on Facebook, or call the store at (360) 400-2210 to let us know what you'd like to see as we move into 2014.

Produce From page 1

on a week to week basis as it can take weeks for farmers to fully assess the situation.

The weather has hit the U.S. hard this year. The freeze in early December, which heavily affected California, has already pushed up some shelf prices. We're still waiting to see how the effects of January's nearly country wide deep freeze will affect crops and prices. Early estimates suggest that nearly 30% of the country's citrus crop has been damaged. It is likely that prices will be only marginally affected by this. There may be some supply issues and price jumps here and there as different suppliers are called in to supple-

ment product.

The weather is not the only threat to availability and shelf prices however. This season's Orange crop is one of the smallest on record and a lot of that has to do with a nasty little problem known as Regreening.

Citrus greening is a bacterial disease that affects citrus trees and slowly kills them. It is spread by the Asian citrus psyllid. The bacteria weaken the tree and cause early fruit drop, smaller fruit size, and a greenish tinge to appear on ripe fruit, among other issues. The disease originated in Asia and was discovered in the U.S. in 2005. Currently there is no known cure,

and many citrus groves have become infected. Horticulturist Fred Gmitter, however, has found several trees that may be resistant to the bacteria. Genetic engineering has been suggested as another option. Nonetheless, the disease threatens almost all citrus cultivars to varying degrees and is likely to become a major problem in years to come. It has definitely become an issue to keep and eye on.

Another item on the produce forecast, Organic blueberries. Typically we get Organic blueberries from Chile this time of year, but not this year. The USDA has required all fresh blueberries coming from Chile to be fumigated; therefore there will be no Organic product

available. The fumigation requirement is due to the detection of the European Grapevine Moth in areas in Chile. Of course, other countries will work to fill the supply, but we will likely see gapping and price fluctuations.

As you can see, there are many factors at play when ordering produce during the winter months. The Co-op always works diligently to get the best product available, to mitigate gapping and to keep pricing in line. Shortly, the season will change and we'll shift our focus to locally available produce, but for now we steer ahead with what we've got. Feel free to discuss produce with any of our staff members; we're always excited to get your input.

General Manager's Report

Barnaby Ulrich Rintz
General Manager

Happy New Year to all of our readers! Let 2014 be a bountiful and nutritious year for the Yelm community. Many people embrace change, and others do not. In the case of Yelm Food Cooperative, we plan to adjust our operation in order to better serve our neighbors.

January is an important month for us in terms of raising money through membership. Since the modifications in our membership structure, we now raise more money through member dues in January than in any other month. But I hope that we can do more to convince shoppers that joining Yelm Cooperative is worth it for all of us. Earlier this year, the YC Board of Directors approved a patronage refund to Yelm Cooperative and Yelm Food Cooperative members on purchases made in 2013.

For nearly all transactions entered under your name, you will receive one percent store

credit which will be applied later this year. For those of you who were YFC Original members and Yelm Cooperative members, you will receive a two percent patronage refund. Buyclub, Working Member, and ten percent off purchases on the third Wednesday of the month are excluded from this refund. But on almost anything else, this offer will apply.

I am very pleased that we can express our appreciation for our members with this

“ January is an important month for us in terms of raising money through membership. ”

new program. Unfortunately, we cannot guarantee a rebate for 2014 at this time. But if the store continues to yield a net profit margin that is within industry standards, we will likely continue this benefit.

We have also begun a ‘goodie’ bag offer to those shoppers who pay their Yelm

Cooperative dues in full from their first due date. Inside of the goodie bag are an assortment of popular products that we carry. Moreover, a

“ We have also begun a ‘goodie’ bag offer to those shoppers who pay their Yelm Cooperative dues in full from their first due date. ”

paid in full membership will also qualify you for recognition as a sponsor of the Yelm Farmers Market. A banner with the names of the primary members will be placed at the Market during the hours of operation. Our members are critical when it comes to providing revenue for the YFM, so this is one way that we can publicly thank you all.

Beyond membership, the store certainly needs some equipment updates. With some simple baskets and shelves, we will improve the merchandising in our chillers and freezers. The big push this year, however, will be to bring in a new produce case. There is still work to be done as far as selecting and installing a new refrigerator, but we anticipate having a twelve foot merchandiser in the store by spring. We really need a better way to showcase and store the many produce items that we keep in stock. That is why we feel that a better display for produce remains a top priority for 2014.

Certainly now is also an excellent time to go loco for local. It can be a major challenge for a small store like us to get products into the store

from local artisan food producers. Delivering small orders is expensive for these producers, and our volume sales does not give us much leverage

when trying to bring new products in. Despite the drawbacks, we will emphasize local foods and producers with a new level of enthusiasm. Naturally, we also are open to suggestions from our faithful shoppers when it comes to bringing local products in. Please let your voice be heard (not too loud, though, inside voices!).

The ambition that this store was predicated on has not waned. There are even more ideas for store improvements, but we run with limited wiggle room on the money side. Patience remains vital for this little store in the prairie.



Layout Design
Daniel Wyman

Grapevine Logo
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



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Mail: P.O. Box 512
Rainier, Washington 98756

Brenda Surerus, BPE, LMP
Lori Drayson, LMP

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- Aromatherapy



FEATURED PROMOTIONS FOR FEBRUARY

Find more at: [facebook.com/YelmFoodCoOp](https://www.facebook.com/YelmFoodCoOp)



Evol Foods Burritos
Member Price: \$2.35
Non-Member: \$2.50



Brown Cow Yogurt
Blueberry, Apricot, & Mango
Member Price: \$0.85
Non-Member \$0.95



Udi's Gluten Free Bread Loaves
Member Price: \$4.45
Non-Member: \$4.75



Amy's Lower Sodium Soups
Member: \$2.45-2.70
Non-Member \$2.70-2.90



Van's Blueberry Waffles
Member: \$2.70
Non-Member: \$2.85



Bragg Raw Apple Cider Vinegar Quarts
Member: \$4.95
Non-Member: \$5.25



Chocolove (Except Fair Trade Dark)
Member: \$2.55
Non-Member: \$2.70



Enjoy Life Sea Salt Plantils
Member: \$2.85
Non-Member: \$3.05



Late July Classic Crackers
Member: \$3.10
Non-Member: \$3.30



Kettle Conventional Potato Chips 5 Ounce Bag
Member: \$2.10
Non-Member: \$2.25



Spectrum Organic Flax Seed Oil
Member: \$8.85/8z
Non-Member: \$9.40
Spectrum Coconut Oil
Member: \$6.80
Non-Member: \$7.20



Oregon Chai Liquid & Powder
Member: \$ 3.70
Non-Member: \$3.95

FEATURED PROMOTIONS FOR MARCH



Follow Your Heart Chipotle Vegenaize
Member: \$4.15
Non-Member: \$4.45



Annie's Organic 6 Ounce Mac & Cheese
Member: \$2.35
Non-Member: \$2.50



Ella's Smoothies & Baby Food
Member: \$1.40-1.65
Non-Member: \$1.50-1.80



Back To Nature Stoneground Wheat Crackers
Member: \$3.10
Non-Member: \$3.30



Field Day Brown Rice Pasta
Member: \$2.55
Non-Member: \$2.70



Garden Of Eatin' 16oz Tortilla Chips
Member: \$4.65
Non-Member: \$4.95



Lundberg Risotto
Member: \$2.85
Non-Member: \$3.00



Mount Hagen Organic Instant Coffee
Member: \$7.90
Non-Member: \$8.40



Fig Newmans
Member: \$4.10
Non-Member: \$4.35



RW Knudsen Conventional Just Juice
Member: \$7.30
Non-Member: \$7.75



Dr. Kracker Asiago Chips
Member: \$3.45
Non-Member: \$3.65



Field Day Apple Juice
Member: \$12.75
Non-Member: \$13.55

Wheat

From page 1

First, I discovered that in the early 40's, scientists began experimenting with wheat (and soy and corn) in order to get better crop yields to help alleviate world hunger. By the 1980's, thousands of new strains of wheat had been produced. Now the America's "amber waves of grain" have been replaced almost entirely by the very high yielding dwarf wheat plant developed by Dr. Norman Borlaug for which he won the Nobel Prize in 2009.

But, as Dr. Davis points out, during this rush to gain better crops with the thousands of changes made to the wheat plant's DNA, no one found it necessary to do either animal or human testing to see if there might be any adverse effects. The attitude of the scientist and the regulators was, "wheat is wheat".

Since then research has shown a number of adverse effects that seem to stem from this new wheat. These include weight gain, addiction to wheat products, increases in celiac disease and even autism.

So based on the knowledge gained from my research, my husband and I eliminated wheat from our diet. Within what seemed to be days, things began to change. I felt much more alert, I slept better, I started to lose some weight, no longer had heartburn and very important to me, I ceased to have what were sometimes excruciating headaches.

My husband also found that his waist line began shrinking (I wished mine was shrinking as fast!). This effect is why Dr. Davis called his book "Wheat Belly" since the weight gain most people experienced was around the belly area. This has to do with the new "wheat's" high glucose index and the bodies storing of the resultant increased fat in the belly area.

Switching off wheat was really easy since we love to

cook and know all the ingredients. We started by using spelt flour for our bread and pizza dough. We only noticed minor differences and soon the effects began to come. And they have continued now for about six months.

To replace wheat, spelt flour is a wonderful alternative. I found that I could use it in almost every recipe that called for wheat. We have 2 varieties at the Yelm Food Co-op in the bulk section, organic spelt flour from Fairhaven and white organic spelt flour from Vitaspelt (wonderful for pizza dough!). Of course, we also carry spelt flour from Bob's Red Mill in packages.

However, if you are allergic to gluten, unfortunately spelt is not an option.

When we opened the Co-op in 2007, customers began

asking for "gluten-free" products. To which I had to answer, "What's gluten?" Slowly I got more informed and just recently have discovered that I, too, am highly allergic to gluten.

One of the most dramatic results of the massive alterations to wheat is the change to the gluten protein. Tests have shown that, as a result of the hybridization process, as many as 15 new proteins were produced, none of which were in either "parent" plant. It makes me wonder if this is one of the reasons so many people seem to be gluten intolerant.

So we had to find alternatives to gluten products without ending up with things that were just as bad. We have found a very tasty gluten-free bread at the Co-op, the Bavarian gluten-free whole grain bread. I like it so much because it does not contain sugar and tastes really good toasted! We also have substituted rice flour pasta for the wheat flour variety and barely notice the change. The YFC carries a large variety of non-gluten pasta. We especially like the organic brown rice pasta spirals from Tinkyada and the organic brown rice fettuccine from Field Day.



Working Computers

360-458-7430

New and Used Laptop and Desktops

Prompt Repair Service
Effective Internet Protection

Data Recovery Services
Networking

On Site Services

Lessons

Local References Available

Save When You Buy in Bulk

Did you know? As one of the benefits of being a member of the Yelm Cooperative you can save big bucks when you make bulk purchases through the Yelm Food Co-op's Buy Club. Anything that we have in the store, and thousands of things that we don't stock, can be ordered through one of our suppliers.

Order forms are available at the Food Co-op, or on our website, yelmfood.coop. On the reverse are the order sizes needed to qualify for up to 20 percent off normal retail prices. Buy in Bulk and Save!

Cooking Corner

Warm Soups and Hearty Breads

Debbie Burgan

Cold weather is a great time to cook up a pot of soup and serve it with a hearty bread of your choice.

For this issue of The Grapevine I have chosen Minestrone soup with vegetables and pasta cooked in a Slow Cooker. The typical pasta used for Minestrone soup is ditilini but I use whatever I have on hand. Trying to get your little ones to eat their vegetables? Try our Kids Pasta by Field Day with cute shapes that will intrigue them.

All of the ingredients can be purchased from Yelm Food Co-Op store.



Minestrone Soup with Pasta, Beans and Vegetables

Prep Time: 15 min

Cook Time: 4 hr 0 min

Level: Easy

Serves: 4 servings

Ingredients

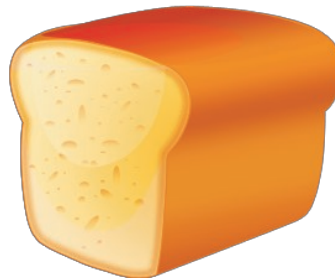
3 cups vegetable or chicken broth
 1 (28-ounce) can diced tomatoes
 1 (15-ounce) can white (cannellini or navy) beans, drained
 2 carrots, peeled and chopped
 1 celery stalk, chopped
 1 cup onion, chopped
 1 teaspoon dried thyme
 1/2 teaspoon dried sage
 2 bay leaves
 Salt and ground black pepper
 2 cups cooked pasta of your choice
 1 medium zucchini, chopped
 2 cups coarsely chopped fresh or frozen spinach, defrosted
 4 tablespoons grated Parmesan or Romano Cheese
 Basil sprigs, garnish, optional

Directions

In a slow cooker, combine broth, tomatoes, beans, carrots, celery, onion, thyme, sage, bay leaves, and 1/2 teaspoon each salt and black pepper. Cover and cook on LOW for 6 to 8 hours or on HIGH for 3 to 4 hours.

Thirty minutes before the soup is done cooking, add pasta, zucchini and spinach. Cover and cook 30 more minutes. Remove bay leaves and season, to taste, with salt and black pepper. Ladle soup into bowls and sprinkle parmesan cheese over top. Garnish with basil, if desired.

Hearty Bread



Try any of our fresh baked breads by Eight Arms Bakery or The Bread Peddler. We also carry a wonderful Irish Soda Bread mix by Bob's Red Mill.

Gluten Intolerant? Try our rice pasta and our Gluten Free bread mix.

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 from:

<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!



Pizzeria

La Gitana

Wood Fired Oven

(360) 400 2929

Working-Members Needed

The following positions need to be filled by working-members and qualify for discounts and other fabulous benefits.

Cashiers

Strong communication and customer service skills, initiative, understanding of the Co-op structure, and ability to multi-task. This position requires a strong knowledge of basic math functions, calculators, and computers or experience with Point of Sale systems.

Stockers

Self-motivated, customer service skills, and the ability to lift up to 25 lbs. Will work the floor as needed under direction of the shift lead or manager.

Price Comparison Shopper

Self motivated person who will conduct weekly price comparisons of YFC products with local Yelm and Olympia markets. YFC will pay for gas.

Graphic artist

Experienced in computer graphics required. We need a person to create flyers, cinema ads, e-mail ads and announcements. This is sporadic but critical work and typically needs short turn around.

Event planner

Must have above-average communication and organizational skills. Be able to multitask, think outside the box, and troubleshoot problems. The planner must have the ability to work with all types of people and be able to visualize an event not only from start to finish, but also the steps he will take to accomplish it.

Grant Writer

During these formative stages of the new Co-op vision the Co-op cannot pay for this work. The position can be reviewed every 90 days as the financial conditions of the organization change. This is a Pro Bono position.

Advertising/Promotion Director

Plan and direct advertising policies and programs or produce collateral materials, such as posters, coupons, or giveaways, to create interest in the purchase of co-op store products or any other service for any part of the entire Yelm Cooperative organization. This is a Pro Bono position.

Communications/Public Relations Director

He/she will produce and disseminate materials for communicating information about the Co-op and its programs; coordinate the content of the Co-op website/Facebook page and production of the Grapevine; develop and oversee the Co-op's branding and image; represent the Co-op with the media; and maintain an updated photo library and database of contacts. This is a Pro Bono position.



Yelm's Only Natural & Organic Market

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

Sunday
10 a.m. - 5:30 p.m.

308 Yelm Ave E, Yelm, WA 98597

Phone: 360-400-2210

Fax: 360-400-4021

E-mail: yelmfoodcoop@gmail.com

WWW.YELMFOOD.COOP



More Information

On the web

yelmfarmersmarket.yelmfood.coop

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