

Prairie Newsletter

Updates for 2018

The new year is here and we are building a great new Co-op for the whole community with lots of great plans for both the grocery store and the Wine Cellar.

Watch for special events to introduce our new products. PLUS Look for an announcement for a list of upcoming community and family friendly events to make your Co-op more than just a grocery store. Want to learn how to make chocolate truffles or pie pastry? How about fun child-friendly activities like art and crafts to keep the kids happy while you shop?

We have hundreds of items on sale for both members and non-members this month. Look for Erika Fehr and her EM products. Come join her in the store on Wednesday January 17th and Saturday January 27th from 1pm to 5pm each day to learn how you can use the awesome EM products.

Did you know? The 3rd Wednesday of every month is 10% discount off your entire purchase for all our YFC members. This month it is the 17th. Tell all your friends!

And check out all our specials throughout the store. New this month are Birchbender pancake mixes and Kabrita goat milk baby foods that are shelf stable. Try two new items from Pacific Natural Foods: Tomato stock and Roasted Red Pepper stock in convenient 8oz containers. It's Soup Season and these are perfect as a base for hearty soups.

Fridays in our Wine Cellar....

It's the place to be every Friday from 2-7. Join Anne Marsh "Virtuose de Vin" for a fun tasting with educational elements... and specials on featured wines.

Watch for an announcement of the complete listing of special event wine tastings for 2018. Here's a sneak preview: "Anne's Table" food and wine pairings PLUS "Wine School" tastings: take a tour of a region and learn all about the specific wines PLUS "movie-night" themed tastings ... we have three planned. All of this and so much more for 2018.....



Yelm's Only Natural & Organic Market
Monday - Saturday 9 a.m. - 7 p.m.
Sunday 10 a.m. - 5:30 p.m.
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Deli Sandwiches have arrived!!!!!!



We now have Deli Sandwiches for sale! Our first offerings are:

- Organic roast beef with Swiss cheese, romaine lettuce hearts
 - Organic turkey breast with mild cheddar cheese, romaine lettuce hearts
 - Black forest ham with Monterey jack cheese, romaine lettuce hearts
- All on a ciabatta sandwich rolls..

We will have Soy Free Veganaise, Dijon Mustard available On the side.

EM1, Effective Microorganisms

More a Movement than a Product -

By Erica Fehr

Some time ago I applied EM1 in my greenhouse to keep the plants vital. Can you imagine Italian Kale that overwinters the second year, is now five feet tall, looking like happy palm trees. In spring they will rotate back into the garden.

What is the secret of the vinegarish smelling solution called EM1? It's pure nature in a bottle, bringing a world of good and a lively frequency into our very homes and gardens; the real Green Revolution, using the same microbes as nature does. With EM1 we have a living tool to revive our soils and waters and even rid our environment from pollution. The regenerative power of these microbes is related to their electromagnetic wave resonance, the way of communicating with each other. ☺

Our thanks to Prof. Higa, the genius behind the EM formula! His awesome discovery: Only three groups of microbes out of a plethora of existing ones have to be present in the soil in order to create a strong regenerative medium where no "bad bug" dares to invade and where plants can strive like in paradise. These are the ones, wherever applied, igniting in unity the "Song of Life": Lactic Acid, Beneficial Yeast, and Phototrophic Bacteria, heroes of living soil and radiant environments. How do they do their magic?

Following a million-year-old inherent metabolic wisdom, they secrete catalysts such as enzymes, vitamins, amino acids, and anti-oxidants, which then break down organic matter into micro-nutrients they are able to absorb, thereby making all the nutrients available for

IT IS ONLY NATURAL

plants as well. Without microbes our soil would be dead, just like our gut after a good dose of Anti-Biotics, ready to be cured by Pro-Biotics. Yes, EM1 could be called a Soil Probiotic.

Being developed for agriculture, EM1 soon spread to other uses. Some are: Composting including kitchen waste, septic systems, animal stock, house cleaning and even human health. Since microbes are involved in so many environmental processes EM1 is the crew for nearly everything. Favorite household applications are cleaning floors and counter tops, inside the fridge, laundry, hand dishwashing, washing veggies, pet odor, mold, you name it. The best use is it's good for the skin! Always a special treat is a footbath with EM1!

Did you cover your garden beds with organic matter? You can do it early in spring as well and adding a good dose of EM1 is the best soil preparation for your garden. Fruit trees also benefit from pre-seasonal EM1 treatments; you will be surprised how much more fruits your trees will give you.

Last not least, you can multiply EM1 microbes thirty times by adding molasses – and of course lots of love and gratitude.

EM1 Q&A Sat Jan 20, 10.30 am

followed by classes on EM Fermentation

Erika Fehr, 360-446-6819 emwizard2018@gmail.com



Join Anne
every Friday 2p-7p
"Taste often. Drink what you like."



We won!

A sincere thank you to our patients and all those who voted us *Best Acupuncturist* in KING-5's Best of Western Washington 2017 poll. We are honored to have been serving the community since 2010.



Ann, Edith, Dr. Mike and Ella
Blue Waters Acupuncture Center

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One block from the Co-op!



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

Brenda Surerus, BPE, LMP
Lori Drayson, LMP
360-446-0116

Specializing in...
• Sound Vibrational Healing Therapy
• Deep Tissue Massage • Injury Work
• Lomi Lomi • Hot Stone Massage
• Cranial-Sacral Therapy
• Visceral Manipulation
• Lymphatic Drainage
• Aromatherapy

Featured Members Only Sale Items—More in Store



**BIONATURAE
EGG PASTAS
PAPP/TAGLI**

Member Price
\$3.24 /EACH

**CASCADEICE
SPARKLING
WATER
ORGANIC**



Mem Price
\$1.11 /EA



**DAILY
CRAVE
VEGGIE
STICKS
/CHIPS**

Member Price
\$2.90 /EA



**EPIC
BONE
BROTH
TURKEY
CRNBRY**

Mem Price
\$6.32 /14 OZ



**EPIC
GUM
XYLITOL**

Member Price
\$1.40 / 40 CNT

**FARMHOUSE
KRAUT
KRISPS
SSLT/CHDR/
PICKLE**



Member Price
\$3.10 /5 OZ



**KEVITA
ASSORTED
TONICS**

Member Price
\$2.70 /15.2 OZ



**HONEY
STING
FRUIT
ENERGY
CHEWS**

Member Price
\$1.72 /1.8 OZ



**STRAUS
YOGURTS
VANILLA,
NF PLAIN,
WHOLE MLK**

Member Price
\$5.31 /32 OZ



**NUTPODS
ORIG/HZLNUT/VAN**
Member Price
\$3.21 /EACH



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Pizzeria
La Gitana
Wood Fired Oven
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