

# Prairie Newsletter

## Hemp History Week June 4<sup>th</sup>-10<sup>th</sup>

Check us out all week at the Yelm Food Co-op, in Gordon's Garden Center Complex, 308 Yelm Ave E, Yelm 98597 to see some of the hemp products that are now available in the U.S.

*Join us for Special Sampling Sessions: Monday 4th June 2pm-6pm and Friday 8th June 2pm-6pm.*

*We will be sampling assorted goodies along with hemp milks, hemp nuts, CBD oils and CBD candy.*



**HISTORY:** The first European settlers who arrived in the U.S. in the early 1600s grew industrial hemp. The Declaration of Independence was drafted on hemp paper. George Washington, Thomas Jefferson and John Adams all grew hemp and actively advocated for commercial hemp production.

For centuries, industrial hemp (plant species *Cannabis sativa*) has been used worldwide to produce a variety of industrial and consumer products, including foods and beverages, cosmetics and personal care products, and nutritional supplements, as well as fabrics and textiles, yarns and spun fibers, paper, construction and insulation materials, and other manufactured goods.

**WHAT IS HEMP CBD:** Hemp CBD is the non-psychoactive, low-THC, genetically distinct variety of the plant *Cannabis sativa*. It has absolutely no use as a recreational drug. CBD was first isolated and synthesized from the cannabis plant in 1965 but the interaction of CBD with the human brain was unknown until the discovery of



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the human body's endocannabinoid system in the early 1990s.

**The World Health Organization (WHO)**, the health agency of the United Nations, has officially recommended that cannabidiol (CBD) not be internationally scheduled as a controlled substance. WHO research showed there were no side effects to humans or animals. Recent evidence from animal and human CBD studies show that its use could have some therapeutic value for seizures due to epilepsy and related conditions, and has shown medical benefits for pain, anxiety, insomnia and inflammation. According to the WHO report, there is preliminary evidence that CBD can treat Alzheimer's disease, Crohn's disease, certain forms of cancer, Parkinson's disease and other serious conditions.

**WHO'S GROWING IT:** Currently, more than 30 nations grow industrial hemp that is sold on the world market.

Currently there is no large-scale commercial production in the United States and the U.S. market depends on imports. The 2015 Farm Bill started to move industrial hemp from being regulated as a schedule 1 drug. Kentucky and Colorado are two of the most active states growing industrial hemp. With huge potential financial growth in the hemp industry, the ultimate goal is to see industrial hemp revive local economies nationwide.

**WHAT CAN I DO:** Sen. Mitch McConnell (R-KY) has proposed a bill "The Hemp Farming Act" to Legalize Industrial Hemp. *Please ask Sen. Murray 206-553- 5545 and Sen. Cantwell 206-220-6400 to support it.*

**Check out our special CBD display cabinet for humans and animals at the Yelm Food Co-op.**

# IT IS ONLY NATURAL

## 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 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!

**June Coffee of the Month is**  
***Mind Body Soul***  
**by Equal Exchange**  
**\$9.99/Lb**

### Board meetings!

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

The Board will meet 6 p.m. on the third Thursday of every month here at the store.

### WELCOME TO OUR NEW CASHIERS!

We are pleased to announce that we have hired 2 new cashiers: **Margaret Gilbride** and **Chelsea Bunn**. Both are "old hands" at the Co-op!

Margaret was a working member cashier at the old store and started volunteering again last year before she was hired as a paid cashier in February.

Chelsea has been a long time working member, also starting at the old store, who became the volunteer buyer for our bulk teas and spices. She joined our team as paid cashier in April.

Please welcome them the next time you see them in the store.

## Featured Members Only June Sale Items—More in Store



**SANTA CRUZ**  
**Lemonades**

Member Price  
**\$2.97** /32 Oz

**MICHEL**  
**Soy**  
**Wraps**



Member Price  
**\$4.36** /EA

**Choice**  
**Mush-**  
**room**  
**Teas**



Member Price  
**\$4.04** /Box

**JYOTI**  
**Heat n**  
**Serve**



Member Price  
**3.14** /EA



**All Boxed Teas**

Member Price **3.85** /Box



**BIONATURAE**  
**Egg Noodles**

Mem Price **\$4.00** /ea



**NUTPODS**

Member Price **3.13** /ea

**GODDESS SUN**  
**SKIN LOTIONS**

Member Price  
**\$3.09** /ea  
**\$4.10** /ea



**STEAZ**  
**ALL FLAVORS**

Member Price **\$1.60** /EA

**BIOKLEEN**  
**BacOut**  
**Stain/Odor**

Member Price  
**\$8.64** 32 OZ



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