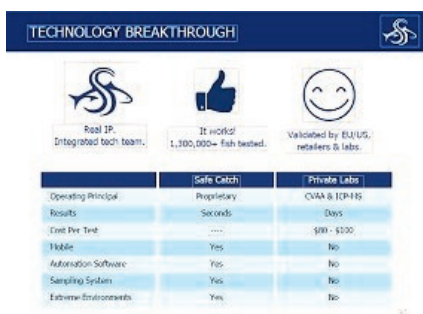


# Prairie Newsletter



Last month I sat in on a conference call with our ION (Its Only Natural) group from United Natural Foods (UNFI). The featured vendor that day was a Northwest local startup called Safe Catch. His presentation was fascinating to me and at the end I asked for permission to use his presentation for my newsletter.



What they told us was that they spent 8 million dollars in R&D to determine how to quickly determine the level of mercury in fish. Out of this came equipment that can tell within seconds the level of mercury in a fish. Since not all fish are the same this allows them to use the low level fish in their canned tuna and re-direct the rest of the fish elsewhere. Safe Catch tests every fish they catch.

Why did they do this? In 2004 the EPA/FDA issued mercury warnings on canned tuna that resulted in a 30% drop in tuna consumption. They wanted pregnant women, kids and health conscious consumers to feel great about tuna again.

If any of you have gone to the costly expense of having mercury removed from your teeth and body there is now good news. Tuna is safe again.



**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](mailto:yelmfoodcoop@gmail.com)  
[www.yelmfood.coop](http://www.yelmfood.coop)

We now have their **Albacore** and **Elite** line in stock. There are also a new line of flavored ready to eat tuna coming. Look for some of those to be on our shelves shortly. They are Chili Lime, Citrus Pepper, Garlic Herb, Habanero Mint, Cajun, Tandoori.

You can read the full [article](#) on our website.

## Albacore



## Special Sales This Summer

Now that summer is almost here we are starting to get some great prices on products which we want to pass along to our valued customers.

Throughout the summer you will **YFC Special Sales cards** on product. First up this month and next will be Woodstock Organic condiments. We got a mix n match deal on pickles, relishes, mustards, mayo and a few others.

As you have all noticed we are getting a lot of product via the ION program and some of it is new. As we try out these products and see that they are not moving in this area we put them on sale to move them out so we can make room for more new items. If the sign says **'While Supplies Last'** that indicates that we will not be bringing the product back in. If it is something you like you can always purchase it by the case through our Buyclub program.

## Wild 'bout Mushrooms

Christine Jarlik-Bell

Mushrooms are my favorite food. If I can't collect them in the wild, I'll buy them in the store. My first choice is Shiitake mushrooms.

Shiitake mushrooms are high in B vitamins as well as copper, and they serve as a food source of vitamin D. Some shiitake health benefits include its ability to support cardiovascular health, fight cancer cells, improve energy levels and brain function, and reduce inflammation. They also support the immune system and aid with weight loss.

How to handle and prepare Shiitake mushrooms for exquisite taste:

When purchasing Shiitakes they should be firm, not moist or wrinkled. Keep them refrigerated in a paper bag for up to a week. Just before use, wipe them with a clean, damp cloth. In order to keep the good stuff good - both taste-wise and nutritionally - gently sauté the mushrooms in butter or oil with or without garlic and onions. Compared to white button mushrooms, Shiitakes have 10 times more flavor and their smoky essence is quite unique.

To use raw shiitakes, you need to clean the mushrooms with a damp cloth. The stems of the shiitake mushroom are stringier and harder than the cap, and you can cut off the bottom half of the stem — or the entire stem — to make the mushrooms easier to eat. Slice the mushrooms into thin strips and scatter them over a salad or a plate of fresh nachos for extra nutrition and a boost in flavor.

AND here is the best part: now you can buy fresh Shiitake mushrooms in your Yelm Food Cooperative!!



**YELM YOGA CENTER**  
14523 Regal Lane SE Yelm WA 98597  
Call today 360 894 1141

## From the Buyers Corner

We continue to improve our store every day.

In May, Florence and I attended the DPI Specialty Foods in Portland, OR where we spent the day talking with many vendors. We came away inspired to offer some Grab n Go lunchables. They will have a variety of individually wrapped items like salami wrapped around cheese, mini ciabatta rolls by Boulart, crackers, hummus (2 oz size), olives etc. It is a fast way to grab a cheese/cracker/olives/nut meal to eat on the go or perhaps just as an evening meal with a glass of wine. We estimate they will retail between \$6-\$9 each depending on what is in them.

Then last month Florence and Emily attended the UNFI Pacific Northwest Show in Long Beach, CA. This is also a yearly event for us. Here they interacted with over one thousand vendors and brokers. We got many deals on product we already carry as well as some new and trending items. It was a fast and long 2 days for them and of course they came back inspired with lots of cool ideas!

As always if we get a discount we will pass it onto you our valued customers. There will many new and exciting products and special prices through the summer and into fall.

And for the sandwiches, we still have not given up on that either and I hope to have more info for you next month.

As always, let us know your thoughts!

**One block from the Co-op!**



**360.878.2000**



## Hemp History

June 4th-10th was Hemp History Week. It gave us a chance to shine a light on hemp products available at the store including industrial hemp CBD oils, creams and candy. Hemp CBD is the low-THC, genetically distinct variety of the plant cannabis sativa, the non-psychoactive side of cannabis.

Once we put the 'A' board outside saying Hemp CBD for you and your pets, we've had many people come into the store to check it out. We've had veterinarians send many people into the store for their pets. And while the FDA says we can't make any claims for CBD, people are coming into the store for pain, anxiety, stress, insomnia, inflammation and many other ailments for themselves and their pets.

The World Health Organization did officially recommend at the end of 2017 that cannabidiol (CBD) should not be internation-

ally scheduled as a controlled substance. Their research showed there were



no side effects to humans or animals and that studies show its use could have some therapeutic value for seizures due to epilepsy, Alzheimer's, Crohn's, certain forms of cancer, Parkinson's disease and other serious conditions.

It seems that the U.S. Congress is about to agree as the Hemp Farming Bill was rolled into the U.S. 2018 Farm Bill, which will decriminalize industrial hemp when passed. We are hoping that small farmers will be able to grow hemp for many different products. Hemp can be used for food, beverages, cosmetics, personal care products and nutritional supplements as well as fabrics and textiles, yarn and spun fibers, paper, construction and insulation material and other manufactured goods.

While we've had many military personnel and government workers look longingly at CBD's potential, they fear being tested and showing up positive for cannabis; rather like eating a poppyseed muffin could show up in drug tests.

For those with that challenge, we will be bringing in products by Emerald Health Bioceuticals which offers a full spectrum herb mix that effect the human body's endocannabinoid system as does CBD, but without the CBD.

## The Vegan Corner

This month we will discuss a vegan diet and how it relates to the transference of energy. We create our own realities and the food we eat is part of this. The energy in our bodies impacts every aspect of our lives, from our relationships with others to our work situation. Only we have the power to make the necessary changes in order to live happier and healthier lives.

Meat is created from living beings. The way these beings are treated is reflected in their bodies, just like in human beings. Cows and chickens that are caged, injected with hormones and immunizations, and living amongst other stressed out creatures are filled with negative emotions and energy. Their bodies begin to reflect this and that is of course translated into the meat and dairy products they create. Then that gets translated into our energetic bodies. We are what we eat: we are scared, sedentary, angry, stuck, controlled, and not living the lives we were meant to live. As beings, we are basically just blobs of energy. The energy we consume through food affects the energy that is within us — the energy that makes our cells work and allows us to function. We can notice in our bodies that we feel physically better when we eat a more natural diet. Sometimes we go through a spiritual awakening and begin to notice things around us that we can no longer ignore, such as the treatment of the animals we use to “make” meat and dairy products. I began delving deep into universal energetic laws and realized something huge that caused me to no longer want to eat meat the way it is processed here in the United States: WE ARE WHAT WE EAT. Okay, so that's not news to anyone. But let's think about it on a deeper level. Food for thought. Vegan food is for the future and only that way of eating can save the planet. No more destruction of the rainforests to grow corn to feed cows for our burgers! The forests are for the animals that call it home, or did until we destroyed most of them.

Eleanor and Lee



Pizzeria

La Gitana

Wood Fired Oven

(360) 400 2929

# 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!

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



**ANGIES  
POPCORN  
SWEET/  
SALTY**

Member Price  
**\$2.50** /EA

**THRIVE  
CULINARY  
ALGAE OIL**

Member Price  
**9.99** /EA



**BEANI-  
TOS  
BEAN  
CHIPS**



Member Price  
**\$3.49** / 10-11 OZ

Mem Price  
**\$3.14** /EA



**DR PRAEGERS  
VEGGIE BRGR**



**TASTY BITES  
ENTRES**

Mem Price **\$2.50** /EA

**PACIFIC  
HEMP  
MILK**



Mem Price **\$2.50** /ea



**ALDENS VANILLA**

Member Price **6.99** /ea

**BLUE DIAMOND  
CRACKERS**



Member Price  
**\$3.09** /ea



**NADA MOOS  
FROZEN DESERTS**

Member Price **\$4.99** /EA

**HOPE  
HUMMUS**



Memr Price **\$2.99** EZ

**June Coffee of the  
Month is  
Love Buzz  
by Equal Exchange  
\$9.99/Lb**



Unit A, 109 Binghampton Street West  
Mail: P.O. Box 512  
Rainier, Washington 98756

Brenda Surerus, BPE, LMP  
Lori Drayson, LMP

**360-446-0116**

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- Lymphatic Drainage
- Aromatherapy

### 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.

## Buying 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 Buy Club providers as long as you buy in bulk quantities.

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