

Prairie Newsletter

Yelm Food Cooperative Needs Board Members!

We have changed our business structure, and we need dedicated and talented individuals to help direct us into the future! Currently, 3 board positions stand vacant. Ideal candidates will be appointed initially, and equity members would vote for you later in the year.

An ideal board member candidate would have a passion for organic and locally grown food; shop our cooperative on a regular basis; possess skills in the areas of law, finance, business, and community development; and/or have strong ties to the Yelm area.

Please inquire at the front desk if you are interested in helping our store build on the success over the past ten years. After we learn that you are interested in becoming a board member, a committee from our current board will contact you for an interview.

Father Time By Barnaby Urich Rintz

Father Time has given us a full month in 2017 already, but Mother Nature continues to provide us with plenty of winter. Of course, winter officially continues until late March, but the transition to better weather has normally started long before then. You may be familiar with some of the bureaucracy that we have faced with the change of our business back to an equity-based model for 2017. We still continue to put time into making sure our "i's" are dotted and our "t's" are crossed. In some ways, the process has seemed similar to opening a brand new business (but not quite). I want to thank Tom Dewell in particular. Due to his tireless effort as our volunteer Board President, Tom made sure that we had our licenses and documents ready in time for The New Year deadline set by the IRS. Now we can look to increase our impact on our Yelm/Thurston County community.

From a financial perspective, we currently have pluses and minuses. 2016 was another profitable year for us, but not as much as previous years. This is better news than it may seem like at first glance. Yelm Food Cooperative continues to suffer from a lack of operating capital that we can use for store development. This situation comes from a drive to provide natural food alternatives to Yelm despite having a relatively small equity base. Our equity base continues to grow, thanks to the change in business structure. However, since this store began with so little money, we continually need to upgrade and improve our store. These asset expenses could total more than \$100,000 if we had that kind of money to work with. For example, we still lack key grocery services, like food production and fresh deli/meats. At the same time, we continue to spend a fair share of cash by making modest store improvements. For example, we added cosmetics and kombucha on tap to our product line just last year. These additions increased our expenses and our inventory levels, and most folks seem pleased with the results.

Our sales growth in 2016 almost exclusively rested in the Wine Department. With double-digit percentage growth for 2016, we could not be happier with the community's response to Anne's Wine Cellar of Yelm. The growth in the rest of the store was less than 2 percent. This falls below our expectations, but the competition in the natural foods grocery industry remains fierce. We definitely have a great deal of interest in upgrading the Wine Cellar, but just finishing the wine



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

www.yelmfood.coopyelmfoodcoop@gmail.com

KALE SALAD (SERVES 8)

By Jutta Dewell

This is a yummy recipe our friend fed to us awhile back and we have since fed to friends. Always a hit, especially in winter!

Salad Ingredients:

1 container baby kale
1 bunch curly kale - chopped/
blanched
1 cup goats feta - crumbled
1 cup dried cranberries
1 cup walnuts or pecans
Lime Ginger dressing

Lime Ginger Dressing

1/2 cup lime juice
1/2 cup oil
3 tbsp. fresh grated ginger
3 tbsp. parsley or cilantro
2-4 tbsp. honey



Mix well and let sit for a few minutes for all the ingredients to work together. Then pour the dressing on the salad mix or let your guests add it to their individual portions. Enjoy!

Turmeric Ginger Garlic Orange shots

Stay healthy with this
Super Immune Booster

By Christine Jarlik-Bell



This month I share a remedy with you that stops any cold/ congestion in its tracks – what you will need is a juicer and 4 fresh ingredients: Turmeric root, Ginger root, Garlic cloves and a couple Oranges. We have all those ingredients in our store. And I LOVE the color of this elixir!

Ingredients for 2 to 4 servings

4 inches fresh Turmeric root
4 inches fresh Ginger root
4 Garlic cloves, peeled
2 Oranges

Now: One at a time, run each ingredient through a juicer, keeping the juices separate. Combine 1 tsp turmeric juice, 1 tsp ginger juice, 1/4 tsp garlic juice and 1/4 cup of orange juice in a small glass. Stir to combine and drink immediately.

Why is this juice working? It promotes the secretion of fluid from the lungs and is especially used to treat coughs and speed up the healing process. In order to get the maximum benefits from this juice make it at the first onset of a cold/cough/congestion/sore throat: these shots will help your body to stay healthy and persevere. To your health!!!

cellar space would cost thousands of dollars.

Despite a small overall increase in sales, we are still performing very well overall. Since I have arrived to live in WA state back in December of 2012, two grocery cooperatives, Tacoma Food Cooperative and Vancouver Food Cooperative, have closed their doors – both due to financial woes. Other grocery cooperatives around the country have also faced threats to their sustainability. We stand clear of any threat like that right now, but natural food groceries have become quite mainstream. This means that we need to continue to find opportunities in the margins. Fortunately, we are pretty



*Join Anne
every Friday 2p-7p
and
Saturdays from Noon-4 p.m.*

*"Taste often. Drink what you like." — Anne Marsh
Virtuose de Vin*

Nothing like a fine wine

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

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 meets at 6 p.m. on the third Thursday of every month at Olympia Federal Savings, 907 W Yelm Ave SE, Yelm, Wa 98597.



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

Brenda Surerus, BPE, LMP
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