

# Prairie Newsletter

## SPRING IS HERE!

Wow! What a year so far! Without getting too glum, it has been a wet and cold winter. It appears that the unseasonable conditions have started your grocery cooperative's year with a drop in sales compared to last year. Other factors, like trying to keep the store operating seamlessly while working through a business restructure that was mandated by the IRS, diverted our attention away from critical store development plans. Despite the many factors that have affected us, Yelm Food Cooperative will continue to make improvements. We may face occasional struggles, but we will always work hard in order to provide the product line and the service that our community expects from us.

With that in mind, we still plan to provide better ready to eat, grab and go, and bakery items for our customers. All of our ideas thus far have hit snags, but we may be on to something if we can share one of the many kitchens that



are only a few dozen feet from our store. This will result in some limits, because we will not be able to provide per order menu items. However, the possibilities for a hot/cold deli bar with soups and pastries still exists. Certainly, food service has been dreamer talk so far. The chance for this dream to come true may happen soon!

From a community standpoint, we have added many new owners to our equity membership system that was reintroduced this year with the business restructure. The equity proceeds may prove pivotal as we work to improve the kind of services that we offer. We have also added some members who are completely new, and I would like to thank all of you, new and old members, for joining our community cooperative. We certainly cannot do it without you, and we look forward to your support as customers!

That just leaves patronage refunds. We have not made a decision yet involving the disbursement of funds for patronage. We simply have needed to focus on other areas of the store. Also, we have experienced a reduction in net profits in 2016 compared to 2015. This was as expected, since we have allocated more funds to expenses over the past three years. As a result, if we decide to disburse patronage, it will probably be less than what was given last year. We will notify our members through this publication and other means when we make a final decision.

Thanks for continuing to support Yelm Food Cooperative and the food sovereignty issues that we all support!



**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.coopyelmfoodcoop@gmail.com](http://www.yelmfood.coopyelmfoodcoop@gmail.com)

## Raw Lime Pie

by Christine Jarlik-Bell

What I love about this pie? It is piquant, vegan AND super easy to make: Prep time is 25 minutes! Besides that it has only 10 whole food ingredients and is soy as well as grain free. I substituted the maple syrup for our local honey from Bee Forever Apiary and the birthday pie was a hit! The pie serves 8-10 people depending on how thin you want to slice it.

### Ingredients

#### Crust:

- 1 cup dried dates
- 1/2 cup whole almonds, coarsely chopped
- 1/2 cup whole pecans, coarsely chopped
- 1/4 cup unsweetened shredded dried coconut
- 1 Tbsp. coconut oil
- Pinch of sea salt

#### Filling:

- 2 cups cashews
- 3/4 cup fresh lime juice
- 1/2 cup maple syrup or local honey
- 1/3 cup melted coconut oil
- 1 tsp pure vanilla extract
- 1 tsp matcha powder (optional for color only)
- 6 key limes, sliced (optional as garnish)



### Instructions:

1. Place all the crust ingredients into a food processor, and process until the ingredients start to stick together. You shouldn't have a gooey mess. Stop and scrape down the sides as needed. Press the crust mixture into the bottom and up the sides of a 9inch glass pie dish.
2. Now place all the filling ingredients in your high-speed blender or food processor and blend until the filling is completely smooth and creamy.
3. Pour the filling evenly over the piecrust, smooth with a spatula. Place the pie in the freezer covered to set for at least 3 hours, or overnight if possible.
4. Let the pie sit at room temperature for 10 minutes and garnish with key limes before serving.

Enjoy !

## We Still Need Board Members !

We put the word out a couple of months ago or so about needing board members for Yelm Food Co-operative's (YFC) new board of directors. We have received some interest in the available positions, and we now have some candidates with backgrounds that could make great contributions to our store. As fantastic as this is, we still need to recruit even more board members! One reason that we require more applicants involves the fact that we may come up short of a few officer positions despite the interest that we have received thus far. We will also have an election later this year for all board members who were appointed on a temporary basis along with anyone else who subsequently expresses interest. It would be very nice to have an election with as many skilled, caring individuals as we can possibly muster.

If you would like to proclaim your interest in becoming a board member at YFC, please send an email that includes your name and contact information with a subject heading of, "YFC Board of Directors". You could also submit a resume or a brief biography of yourself (or both). After that, we plan to contact you with additional details.

Thank you, in advance, for demonstrating such a personal interest in making YFC a strong enterprise for food empowerment in the greater Yelm area!



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 at <http://yelmfood.coop/yc/>

### 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.

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



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 <p><b>CASCADIAN GREEN BEANS/CORN PEAS/BROCCOLI</b> Mem Price <b>\$2.61</b>/EACH</p>	 <p><b>CHLOES FROZEN FRUIT POPS STRAW/MANGO</b> Member Price <b>\$3.81</b><sub>4/2.5 OZ</sub></p>
 <p><b>MCDUGALS ASSRTD SOUP CUPS</b> Member Price <b>\$1.86</b>/EACH</p>	 <p><b>ORGANIC PRAIRIE ORIG or TERIYAKI</b> Member Price <b>\$5.38</b><sub>/2 OZ</sub></p>
 <p><b>LUCINI PASTA SAUCES</b> Member Price <b>\$6.57</b><sub>/25.5 OZ</sub></p>	 <p><b>MONTE BELLO PASTAS ASSORTD</b> Member Price <b>\$3.26</b>/EACH</p>
 <p><b>ANNIES HOME 5 GRAIN Or ALFREDO</b> Member Price <b>\$2.91</b><sub>/6 OZ</sub></p>	 <p><b>KISS MY FACE DEODORNT</b> Member Price <b>\$3.91</b>/EACH</p>
 <p><b>TOMS/MAINE CHILDRENS STRAWBERRY TOOTHPASTE</b> Member Price <b>\$3.83</b><sub>/3.5 OZ</sub></p>	 <p><b>SIMLASAN -IRRITATED EYE -ALLERGY RELIEF</b> Member Price <b>\$8.96</b>/EACH</p>
<p><b>WHILE SUPPLIES LAST!</b> ☞☞☞</p>	 <p><b>NAPA VALLEY SHERRY VINEGAR</b> Member Price <b>\$6.00</b><sub>/12 OZ</sub></p>

**Pizzeria**  
*La Gitana*  
Wood Fired Oven  
**(360) 400 2929**