

Prairie Newsletter

Yelm Food Cooperative Still Endeavors to Recruit Board Members!

Thanks to everyone who has expressed interest in becoming a Yelm Food Cooperative Board Member. If you have expressed interest by emailing yelmfoodcoop@gmail.com, we certainly appreciate it! If you have not heard back from us, please email strategy@yelmfood.coop. From there, the current Board of Directors should be able to assist you.

We are still working with a temporary Board of Directors. However, elections for long term seats (1-3 years) will be held at our Annual General Meeting which is usually held in early September. That is only a few months away now, and we want to get a jump on recruiting!

We certainly want as many highly qualified individuals as possible to express their interest in helping Yelm Food Cooperative at the Board of Directors level. You could be the next critical piece of the puzzle for a variety of projects and developments.

We are currently in need of people who are interested in helping us with anything from policy governance to site selection. Certainly, we would like to have many Directors who have extensive professional experience in working with Boards of Directors, legal analysis, construction, real estate, IT, etc.

However, if you have a passion for the Yelm Food Cooperative, community organizing, or the co-op movement in general, then we want you to throw your hat into the ring!

Our Board of Directors was the difference between having a viable store today instead of merely having the idea to make a cooperative happen in Yelm. You could be the one that takes us to the next level of sales, community building, and local foods empowerment!

Determining What/When To Carry New Items

Yelm Food Cooperative has provided a wide selection of local, organic, natural, and fair trade products for our customers for many years now, and during that time, some items have come and gone. The way in which we determine what we carry is based upon a number of factors, some of which we do not have any control over. Sometimes, a manufacturer stops producing a product. In other cases, our supplier discontinues something that does not sell well for them. Yelm Food Cooperative will also discontinue products based upon poor performance among other reasons. At the same time, we try to continue to carry the more popular goods in our lineup. Unfortunately, some products sell well at our store, but they do not



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

www.yelmfood.coop yelmfoodcoop@gmail.com

fare as well overall. This happens to us frequently.

Yelm Food Cooperative continues to add about 50 new products every month on average. I would like to get that number over 100, but we have inventory limits that preclude us from adding products in a more aggressive fashion. However, the goal that I have for new products emphasizes local products, preferably organics. Unfortunately, I have had problems with getting the attention of some new suppliers.

No matter what, there are still a whole lot of local products that I think we can bring into our store. I really believe that we can better separate ourselves from our competition by emphasizing more local products. In fact, I was just at a food show in which I realized that a lot of the products that I saw had potentially suitable alternatives that are produced locally. So I hope that you all will be seeing more local probiotics, sprouted foods, desserts, pet treats, nutritional supplements, cheese, and more! The 'Left Coast' produces a lot of different foodstuffs, and we want the money spent at this store to go to the local economy as much as we can make it happen!

It's Tick Season Again

Jutta Dewell

Most people use conventional insect repellants that really work, but what is in that stuff that they are spraying on their body and in their face and on their kids, too? Most of them contain a potentially dangerous chemical insect repellant/insecticide named DEET.

The EPA says it is safe, but suggests that you should wash it off your skin when you return indoors, avoid breathing it in and not spray it directly on your face. So, it's not completely harmless and some people do have adverse reactions to it.

There are safer alternatives that do work, too. One of the prod-



ucts we carry at the **Yelm Food Co-op** is **BUZZ AWAY EXTREME® SPRAY**. It's made from essential plant oils and other natural ingredients like Castor Oil (8%), Geranium Oil (6%), Soybean Oil (3%), Cedarwood Oil (1.5%), Citronella Oil (1.0%), Peppermint Oil (0.5%) and Lemongrass Oil (0.25%) and is DEET-free.

Another great cedar oil based product that we also have used is Cedarcide's TickShield© Tactical non-toxic backwoods repellent for people and pets. This is not only a repellent, but also a contact killer for ticks, fleas, chiggers, gnats, no-see-ums, mosquitoes, bed bugs, lice, wasps, horseflies and a lot of other non-beneficial insects. It is 100% organic and contains 20% cedar oil and 80% hydrated silica, a form of silicon dioxide (sand). It is EWG (Environmental Working Group) verified with a very low level (score 1) of overall hazard (https://www.ewg.org/skindeep/ingredient/719552/HYDRATED_SILICA/). Cedar oil seems to be the most powerful natural repellent. It was even used by the Egyptians in the mummification process!



Join Anne
every Friday 2p-7p
"Taste often. Drink what you like."
— Anne Marsh
Virtuose de Vin

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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ANNIES SMOKEY MAPLE BBQ SAUCE

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\$3.64 /12 OZ



ANNIES HOME 5 GRN or ALFREDO PASTAS

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\$2.03 /6 OZ



CASCADIAN RAISIN BRAN CEREAL ORGANIC

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\$3.94 /12 OZ



LATE JULY JALAPENO LIME TORTILLAS

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\$2.61 /5.5 OZ



GARDEN OF EATIN CHIPS -BLUE -RH BLUE -YELLOW

Member Price
\$2.70 /8.1 OZ



PACIFIC HEMP MILK ORIGINAL

Member Price
\$3.04 /32 OZ



SODELICIOUS MINI COCONUT ALMOND BARS

Member Price
\$4.25 /4/BOX



TRUWHIP WHIPPED TOPPING ORG

Member Price
\$4.10 /10 OZ

Pizzeria

La Gitana

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(360) 400 2929