

since 1972 **Stevens Point Area Co-op**

THE COOPERATIVE SPIRIT

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WEEKDAYS 9AM-8PM, SATUDAY & SUNDAY 10AM-5PM

SINCE 1972

SPRING 2011

OPEN TO THE PUBLIC -- 7 DAYS A WEEK

1% FRIDAYS FOR 2011

- January** Green Circle Trail
- February** MREA
- March** Family Connections
- April** SAVS
- May** Project Fresh Start
- June** Hospice
- July** Women's Fund of Portage County
- August** Camp Hope
- September** Stevens Point Sculpture Park
- October** Boston School Forest
- November** Holiday Basket
- December** Operation Bootstrap

If you have an organization that you would like considered for 1% Fridays in 2012, contact Maggie at info@spacoop.com or 715-341-1555

CLOSINGS

We will be closed on
Easter Sunday, April 24
Memorial Day Monday, May 30

BOARD OF DIRECTORS

Jenny Knade - President
Jennifer White - Vice President
Gerry Steltenpohl - Secretary
Debra Marten - Treasurer
Erica Esser, Mark Klein,
Angie Lemar, Dan Quade
Board meetings are open to the general membership and held at the co-op. Agenda additions must be submitted no later than one week prior to BOD meetings by contacting Jen Knade at board@spacoop.com. Meeting dates and times are posted in the Co-op foyer.

SPAC NEWSLETTER

Editor: Maggie Woodside

Layout: Anne Hylla

Contributors: Anne Hylla, Angie Lemar, Emily Schmidt, Marti Sowka, Kasmier Wawrzaszek, Norah Wiendant, Maggie Woodside

CELEBRATING STAFF ANNIVERSARIES

Maggie Woodside - 1997
Tracy Thrun - 2001
Christie Reynolds Woodliff - 2002
Kate White - 2004
Jenny Bellmer Callope - 2007
Sarah Jo Karoses - 2009
Dana Karls - 2010
Emily Schmidt - 2010
Noah Schmelzer - 2010
Luke Schmelzer - 2010

PRODUCT REQUESTS & SPECIAL ORDERS

Suggestions that we carry a certain item or inquiries regarding product availability and prices can be made by having a cashier fill out a **product request** form. You will be contacted if any information is found. You may not be contacted if the item is unavailable for ordering. If you are ready to buy and know exactly what you are looking for (brand, product, size and quantity), then a cashier will fill out a **special order** form. Orders are processed with the next ordering of that company's products. You will be contacted when it's ready to be picked up! Special orders are not returnable.

RETURN POLICY

Returns must be unopened (unless defective) and be accompanied by a receipt, within 30 days of purchase. No claims are made on the effectiveness of supplements or health & beauty aids. If you are dissatisfied the manufacturer may be contacted directly. Special Orders and bulk items are non refundable (unless defective). Books are non refundable. We may refuse returns on perishable items at our discretion.

OUR TOWN

The Co-op had a wonderful winter. It's over now, isn't it? The winter, that is. Hopefully, by the time this newsletter arrives in your mailbox the mountains of snow have dwindled to molehills and the roads and sidewalks are once again a pleasure to run, walk, and bike upon. In no time at all March will usher in refreshing spring; ahhh, the sweet circle of life. Speaking of things moving in circles, remember a few years ago there seemed to be a remarkable exodus from the downtown area? A few big stores closed shop for good or moved out to the 'burbs. It was a depressing time. And now it seems like there is a great amount of energy around our little college town and the downtown business district is a big part of it. A short year and a half ago there was one bakery in the downtown area (our very own incredible and long standing Earthcrust Bakery). Now we have a sweets shop-A Dash of Delicious on the square, the Main Grain Bakery next to Emy J's, Zest, a new coffee shop/bakery adjacent to the University on Stanley, and Café 27 on Clark Street. All of these places give us exceedingly delicious reasons to come to Stevens Point. Besides these places



there is Polito's Pizza, the Gyros and Kabob House, Erbert's and Gerbert's, Sugar Doll, Square Scoops, Kindred Spirit Books and Dala's Imports. On any given day downtown you could get a tattoo, buy a wedding ring, toys for the kids or fine stationery, visit an art gallery, or get your hair cut at Pamela's. There is a trend towards giving care and concern to restoring old buildings and renovating the outdoor farmers' market on the square. And now the people of Stevens Point have voted in favor of the transformation of the Mall! It is all very encouraging. It seems like everyone is thinking about what would be lost if we lose our town's center, and they have determined that it would be a lot! Having locally owned and operated small businesses to visit is vital to the life of a small city. We welcome all of the new businesses to town, and hope that you all will keep downtown Stevens Point on your list of places to visit and patronize. There is easy, free parking available and the sidewalks are clear. Inside these pages we have some local love, the return of the very popular kid's page, contests, and more... Happy springtime to you all!

ON THE HORIZON

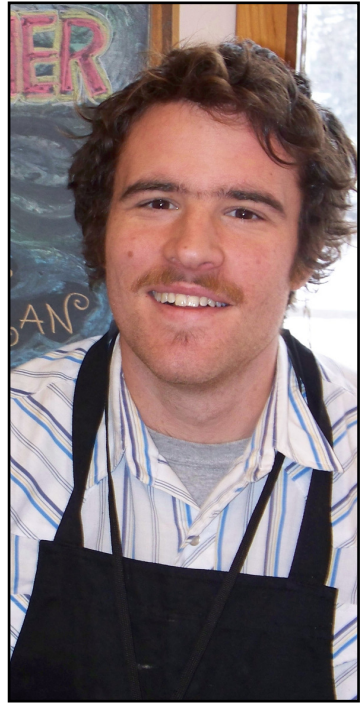


~ Call for submissions! Be part of our annual roving Poem Issue of the *The Cooperative Spirit*. Send entries to info@spacoop.com or turn in hand written pieces at the registers.

~ Next year is the Co-op's 40th anniversary! We want to celebrate big, but we need you! If you would like to help plan a reunion of sorts, please contact Anne at anneh@spacoop.com or at ext. 308

HI, MY NAME IS KASMIER

Wawrzaszek, but just about everyone calls me **Kaz**. As the co-op's newest employee, I like talking to people about what they are trying for the first time, or their new favorite dish, or their traditional favorite dish, or the one food item they just could never get enough of (chocolate chip cookies from Earthcrust is mine). But I was asked to write a few things about myself and I think a list might sum things up best:



My main employment:
Chemistry Lab Instructor:
wonderful job and future dream
Foods: Mediterranean, chocolate, dark beer
Favorite colors: brown, orange
Favorite plant to grow: basil
Music: Pink Floyd, Tom Petty, and Bob Marley
Hometown: Chippewa Falls
TV shows: Arrested Development, Community, Portlandia (early to call-check it out though!)
Dreams: retirement, travel
Fruit: Mangoes and figs
Guilty pleasure: wallowing
Swimming hole: Lake Elaine
Biking spot: Near the dam south of Point or in the Amherst area.

Frisbee golf course: Standing Rocks
Thanks for getting to know me! I hope we share some similarities and I know we already share one: The CO-OP!

A TRUE HOLIDAY SPIRIT

By Anne Hylla

Thank you. What an awesome group of customers, members, employees, and friends you are. Each November, I place empty jars on the register counters. One is for Operation Bootstrap's Holiday Basket and the other is marked Heifer International. It does not take long for those jars to fill up with a few cents here, a dollar there, a five, a twenty, or a check for significantly more. Year after year, your collective generosity is overwhelming. This past holiday was no exception. For Operation Bootstrap we collected **\$600.00**, between the November 1% Friday's and the jars, to buy food, clothes and toys for a local family. Alone, I get to deliver the goods and see the difference such a gift makes. It is the most favorite part of my job.

As for Heifer International, your response was shocking. As you may have read, the Co-op promised to match the amount donated. A wonderful idea, one that made us a bit nervous when the dollars started really adding up (next year we will have a "match up to" amount). We collected **\$1,850.00!!** Match that, and we donated **\$3,700.00!!** Whoa, that is amazing. Managers, Maggie and Norah had the pleasure of picking out two gifts. The first one was the Joy To The World collection which included two sheep, four goats, a heifer and two llamas. This international gift provides families with cow and goats' milk that provide daily provisions of vitamin-rich milk. For the second gift they choose to donate to a U.S. based project in Arkansas called Seeds of Hope. This project helps fund The Delta Sprouts cooperative in southeast Arkansas. Folks in this region struggle with poverty, poor nutrition, unemployment, decreased population from economic flight and limited jobs due to lack of education. The project will provide 17 families with heifers, goats and sheep; assist 116 families in producing food and income for their families; and establish two learning centers for livestock and horticulture education. The original 17 families who receive livestock will pass on the gift to an additional 17 families, while the learning centers will impact 50 families per year. The project will also establish three farmers' markets and one community kitchen that will benefit 45 families. For more information about Heifer and the Seeds of Hope project visit their website www.heifer.org. For more information about Operation Bootstrap please call Health and Human Services 715-345-5350. Thank you again for a great season of giving.

THE PEOPLE HAVE SPOKEN

Remember that question we posed in the last newsletter? Having to do with cell phone usage in the Co-op? The question was: What if the Co-op was cell phone free? Yes. That's the one. Ok. So. Guess we were feeling radical and looking to stir the soup that day by posing this query. The pro cell phone users were quite convincing in reminding us of the necessity of phoning home to check on the correct brand of vitamin C or how many loaves of Earth Crust bread to purchase. The votes were evenly split. We cast the deciding vote in favor of continuing cell phone usage in the Co-op. Thanks for participating!

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GUESSING GAME...

Of the following items, which ones do you think are among the Co-op's top ten bestsellers? Just circle your top ten guesses.. (The entry with the most correct will win big! And the others will win small... but still win....) drop off by **March 28...**

Name _____
Phone _____

- | | |
|------------------------------|-----------------------------|
| Earthcrust Cookies | LaCroix Sparkling Water |
| Peanut Butter Bumpers Cereal | Bearitos Refried Beans |
| Earthcrust Bread | Bulk Local Honey |
| Organic Potatoes | Colavita 34 oz Olive Oil |
| Earthcrust Muffins | Eggs |
| Kettle Potato Chips | Organic Onions |
| Organic Parsnips | Ghirardelli Chocolate Chips |
| Bulk Organic Oats | Organic Yams |
| Organic Milk | Rice Dream Original |
| Organic Bananas | Organic Avocados |

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THANKS FOR GOODIES

Hey Co-op people, thanks for the great bag of goodies for winning the "best of 2010 in 10 words" contest - it is as if you picked my favorite things - cookies, cherry juice, honey mustard, green tea, pumpkin butter, kettle popcorn - and I love the bag, too. What a great way to end one year and start a new one.

I love the contests that require writing something creative - and would like to encourage others to take a few minutes and get their creative juices going. It is easy to enter a Co-op drawing by just writing name and number on a slip. I've never won one of those drawings. It is more challenging - and gobs more fun - to enter a contest that requires an original piece. This is my second win in 2010 (the limerick contest was great fun in March). So, if people aren't going to give me competition - fine with me - but they really should try!

Marti Sowka
(Formerly Marti "I-never-win-anything" Sowka)

CONTEST: HAIKU. What is a Haiku? It is a 3 line traditional Japanese poetry form. First and third lines have 5 syllables and the second line has 7 syllables. Here are a few examples:

<p>You write a Haiku, we give you a fancy prize and you get published.</p>	<p>Spring brings robins nests small shoots of tulips and grass, life begins again.</p>
--	--

Want to give it a try? Everyone who enters will get a prize..... and published in the next newsletter... bring your entry in before **March 28th**.

Hello, my name is _____
My phone # _____
And here is my very excellent Haiku entry...

NEW IN THE BULK AISLE

VOLCANO RICE™
West Java's Prized Blend, Imported from West Java

Volcano Rice is a mineral- and antioxidant-packed blend of traditional aromatic West Java rice varieties grown on volcanic soils rich in magnesium, manganese and zinc – essential minerals so often lacking in modern diets. A colorful blend of nutrient-dense Sintanur brown rice, whole grain red rice and lightly milled red rice that is reputed to restore vitality due to its high mineral, fiber and antioxidant content, it's no wonder the Javanese favor these healthy rices for their satisfying wholesome flavor. We're told that Sintanur, with a hint of vanilla-like Pandan aroma, is such a favorite with Javanese that they take it along when visiting other islands. Volcano Rice can transform any rice dish into a more flavorful and nutritious meal. Volcano Rice is grown by a cooperative of Tasikmalaya family farmers using the System of Rice Intensification. With SRI they are able to increase their production and conserve their local rice biodiversity using less water, seed, land and no agrochemicals. The cooperative is one of the first in Indonesia to get the rice it produces certified as both organic and fair trade. In fact, it is the first rice to be imported to the US that qualifies for labeling as "Fair for Life." The standards for this certification, set by IMO [Institute for Market ecology], are perhaps the most stringent in the industry encompassing many social and environmental criteria as well the price premiums most people associate with fair trade. Due in large part to the benefits of the SRI growing methodology, the production and processing of the Volcano Rice surpassed the minimum required standards of IMO. Visit the Fair for Life website to see the ratings for the Simpatik Farmer Cooperative. Visit <http://www.lotusfoods.com/Volcano-Rice/> to learn more about this remarkable system and how it is changing the rice-growing world.

- Cooks in 30 minutes
- High in magnesium, manganese, zinc
- 3rd year transition, organic certification
- IMO Fair for Life fair trade certification
- Gluten and wheat free

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SO LONG, FAREWELL

By Angie Lemar

Oh how things can change in 3 1/2 years. The co-op got a new register system, new shelves, a new produce cooler, a new look, a website, a freezer and walk-in cooler, and probably some other things that I've forgotten along the way. For me, I had a baby (now a little girl), a new job, and more recently a new community, which leads me to be leaving my position as secretary on the co-op board. My husband, Ed, took a job with Organic Valley as one of their Farmer Event Coordinators. And since the OV headquarters are located in La Farge, WI in the southwestern part of the state, we find ourselves in transition between here and there as we sell our house and start the next chapter of our lives.

As for the co-op board – it has been a great experience. I am thankful for the opportunity to give back to a cooperative that has taken care of me, my family, and many others over the years. I have no doubt that the co-op will continue on as a strong point in this community and I look forward to seeing what lies ahead. You'll continue to see us around until our house sells and for years to come as I will always need something from the co-op when I come to visit, especially a cookie from the bakery. Onward and upward.

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NATURAL GRASS-FED LAMB

LOCAL LOVE: MAIN GRAIN, ALL THE WAY

By Emily Schmidt

What began as a common passion for baking sourdough breads has evolved into a new business venture that the community of Stevens Point can now enjoy. **The Main Grain Bakery**, run by recent college graduates, Kyle Chivers, Nick Meyer and Sarah Karoses, and located next to Emy J's and Café Espresso on First Street, recently opened their doors for business on Saturday, February 12.

After Chivers completed an apprenticeship with an experienced baker in Blue Mounds, Wisconsin, he and Meyer began baking traditional, sourdough leavened breads from an apartment kitchen. The sourdough culture used was obtained from a friend who had started it in Vermont. As they improved, they began sharing their creations with friends, family members and former professors. They had the vision and desire to start sharing their newfound passion with a larger community and later joined forces with Karoses, who had been perfecting her pastry-making skills out of her home kitchen.

With the help and support of Guy Janssen, owner of Emy J's and Café Espresso, they were given the opportunity to rent out a space to fulfill their goals. The three strive to create an environment that reflects their values of sustainability, quality ingredients and full transparency with their customer base. Their energy needs are met in part by solar power. 90% of their packaging and cleaning supplies are manufactured in the United States using recyclable, compostable and biodegrad-



able materials. Handmade cloth bread bags will also be available to purchase in hopes that customers will reuse them each time they return. Chivers, Meyer and Karoses intentionally use ingredients from environmentally and socially responsible companies. Many of their ingredients will be sourced locally and will change seasonally. As Chivers explained,

"a good baker is constantly in search of the best source of flour which is likely to change from season to season." For this reason, they have chosen to buy their flour from King Arthur, an employee-owned milling company in Vermont. Their fully visible, open kitchen allows customers to witness their use of quality ingredients and traditional baking methods.

The trio offers several types of 11/2 pound sourdough loaves, ranging in price from \$3.75 to \$5.25. They will also provide seasonally flavored granolas and baked goods for Emy J's and Café Espresso. They are open 7 days a week from 7am-6pm.

To learn more about the Main Grain Bakery, check them out on Facebook, on their website at themaingrainbakery.tumblr.com or stop over to 1009 First Street, Suite C, next to Emy J's and Café Espresso.

March Equinox and the Egg of Li Chun

The terms Li Chun egg balancing or egg of Li Chun refers to a Chinese folk belief that it is much easier to balance an egg on a smooth surface during Li Chun (the official first day of spring in the Chinese lunar calendar, which usually falls on February 4 or 5), than at any other time of the year. Balancing fresh chicken eggs on their broad end was a traditional Li Chun ritual in China.

Myth!

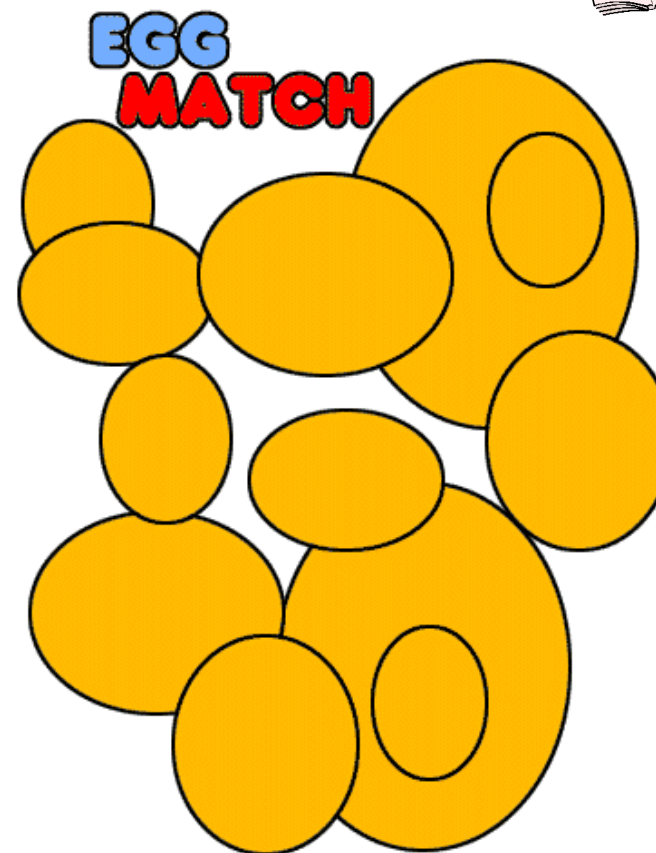
This "fact" has come to be widely believed in the United States since 1945, and egg-balancing events are sometimes held on that date. In fact, the balancing of an egg on its broad end is not particularly difficult, at any time of the year. source: Wikipedia

YOIK YOIK JOKES

1. What do chickens grow on?
2. What kind of egg lives by the sea?

See bottom of page for answers

Oology is the study of eggs



www.goldeneggs.com

1. Eggplants 2. An egg shell.

Make Your Own Egg Art!

Egg Dye

For each color, mix 3/4 cup of water and 1 tsp vinegar and 1/4 tsp food coloring. Add food coloring one drop at a time until you obtain the brightness that you desire. Completely submerge the eggs until tinted the color you want, from 2-5 minutes. Remove the eggs from the water and allow to dry before adding another color or continuing to decorate.

Tips

- * Cover your work surface with several layers of newspaper.
- * Tongs are a handy tool to use for dipping eggs in and out of the water.
- * A cake rack is useful for drying eggs.
- * Use a light colored wax crayon on your eggshell before dyeing.
- * For a porcelain finish apply many coats of Elmers glue diluted with a bit of water.
- * To make stands for decorated eggs, glue on buttons or bottle caps or use strips of paper rolled up and taped.



Egg Shell Chalk

Clean, dry egg shells keep well - save them up for a big batch!

1. Remove all the membranes from shells.
2. Crush and grind the shells to a fine powder.
3. Mix in two parts flour or plaster of paris for every part shell powder
4. For colored chalk add powdered paint before the water.
5. Mix in enough water to make a stiff paste.
6. Mould into shape, wrap in plastic and let dry.

Egg Yolk Paints (Egg Tempura)

Separate the yolk from the white. Mix 1/2 tsp water with the yolk. Pour a little of the yolk mixture into several small cups. Add food coloring, using a different color for each cup. Use a brush to paint your egg. If the paint gets too thick, add a few drops of water. Egg yolk paints can be used to paint designs on sugar cookies before they are put in the oven, or to paint faces or designs on bread before making sandwich or toast. Pop bread into toaster to dry the paint.

Hollow Eggs

Wash and dry the egg. Pierce both ends with a large needle. Slightly enlarge the hole at the small end of the egg. Push the needle well into the egg in order to break the yolk. Hold the egg over a bowl and with the small end down, blow into the hole at the opposite end until all the egg is removed. Rinse the shell with cold water and allow to dry thoroughly. Thread a thin piece of wire through the holes. Bend the wire at one end so the egg won't slip off. This makes a handy tool for dipping the egg in the dye and hanging it to dry. Hollow eggs make great ornaments!



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