

THE **Cafe VERDE** FAIR TRADE COFFEE BAR
**PEOPLE'S FOOD CO-OP** NATURAL FOODS GROCERY STORE & BAKERY
Connection
UPDATE NEWSLETTER

EXCITING CHANGES IN THE STORE!

hope you have gotten a chance to notice and get excited about all the changes going on in the store!

We introduced Curbside Carry-Out. A new program that allows you to park where you can, shop as much as you would like and while you go get your car we'll hold on to your groceries and bring them out to you when you pull into the designated pick up zone.

We've reconfigured our scoop and gravity bulk bins to make sure we kept all the favorites and made some room by discontinuing items that were selling too slowly for us to stand behind their quality and freshness. And we've moved things around in the store to create a better flow for our customers and to bring in new and top selling items. This project may seem like it

happened over a couple of days to our regular shoppers but it actually took months of planning, data analysis and feedback from industry experts to achieve the final product.

We're also working on new coupons, updating our website and freshening up our facilities in general all to help make your shopping experience with us even more enjoyable!

We have more exciting changes planned for the coming months so stay tuned as we work diligently to make our co-op better and better every day!



CONGRATULATIONS! To Patrick, the winner of our Woodstock wagon raffle.



Enter
FOR A CHANCE TO WIN A
A WOODSTOCK
WAGON!

No purchase necessary to win. Void where prohibited. Entry forms available at participating food co-ops. One prize will be awarded at each participating location at the end of the promotion. Woodstock is dedicated to educating about the importance of organic and Non-GMO foods. Visit us online at woodstock-foods.com to learn more.



©2018 Woodstock

STOP IN & SEE our new mural in progress by Ann Arbor Artist, Mary Thiefels!

TreeTown Murals, founded by artist Mary Thiefels, two-time recipient of Ann Arbor, MI's Golden Paint Brush Award for public art excellence, is ever expanding. Each new commission brings a unique, fresh and engaging mural art experience to companies, communities, & you!



Come & join us for FIRST FRIDAYS, from 5pm-8pm

**NEW ART** IN THE **CAFE**
LIVE MUSIC
from 5pm - 8pm
FREE SAMPLES



We're hiring!

Grow your career with us

We offer rewarding careers, competitive wages, benefits and flexible scheduling. Full and part-time positions available. Pick up an application in the store today. Find job openings at: peoplesfood.coop/employment.





JAIME MAGIERA
PRESIDENT
TERM EXPIRES 2021

Hello fellow member-owners,

As we head from Spring into Summer, I wanted to share with you some of the latest news coming from the Board of Directors. First and

foremost, I'd like to welcome new board directors Amanda McCreless, Rainey Lamey, and Greg Upshur. They bring a lot of energy and each have their own unique perspective, which will be valuable to the Co-Op moving forward.

Next, I'd like to thank the member-owners who came to the Annual Meeting on April 26th. It cannot be stressed enough how important the meeting is for our PFC community. It's an opportunity to hear about the state of PFC, ask questions, and network with the Board, General Manager and other member-owners. At the meeting, we release our annual report, which provides an overview of the previous year's activities. You can find the 2017 Annual Report at the link below. We look forward to seeing everyone again next year.

<http://peoplesfood.coop/newsite/wp-content/uploads/2018/07/AnnualReport2017.pdf>

Between now and the next Annual Meeting, the Board's Linkage Committee will be launching projects to build a stronger bond between the Board and member-owners. This brings me to the topic of board committees. They provide the function of conducting specialized work for the board and the greater PFC community. Committees are generally made up of board directors. Some are open to

volunteers from our membership. You can find more information about all our board committees at the link below.

<http://peoplesfood.coop/about/pfc-board/pfc-board-committee/>

Lastly, I want to speak as plainly as possible about the challenges PFC faces right now. Sales have been down. We've been taking a loss for a while now. Competition in the health foods market is increasingly stiff. The store Management and the Board of Directors have begun a process of identifying crucial areas for change to reposition the Co-Op towards profitability. This has included conducting a survey of over 700 shoppers and hiring a firm to conduct a market study. We're now embarking on a feasibility study. There are a variety of paths we can take. We're performing due diligence to ensure that every step taken factors in the unique qualities that make PFC so special. I'd encourage member-owners to stay tuned as we lay out options for change in the coming months. Also, I'd encourage member-owners to share your love of PFC with others. Let them know why PFC resonates with you. In sharing our stories, we can increase support for PFC and all it provides the community. Lastly, please feel free to reach out with any questions or concerns you have. The Board of Directors exists to serve member-owners and as I step into the role of Board President, I am eager to serve you.

Jaime Magiera
President, Board of Directors



JAIME MAGIERA
PRESIDENT
TERM EXPIRES 2021



PERSEPHONE HERNANDEZ-VOGT
VICE PRESIDENT
TERM EXPIRES 2019



BRUCE CURTIS
TREASURER
(734)-216-0580
TERM EXPIRES 2020



LEAH HAGAMEN
SECRETARY
(713)-687-7859
TERM EXPIRES 2019



GAIA KILE
DIRECTOR
(734)-994-4937
TERM EXPIRES 2020



AMANDA McCRELESS
DIRECTOR
(734)-306-3394
TERM EXPIRES 2019



STEVE RICH
DIRECTOR
TERM EXPIRES 2020



LORRAINE (RAINEY) LAMEY
DIRECTOR
(734)-306-3394
TERM EXPIRES 2021



GREG UPSHUR
DIRECTOR
TERM EXPIRES 2021

PFC Board Meeting
Wednesday, July 18th, 2018
6:30 p.m. - 8:30 p.m.
St Andrews Church
on Division Street
Everybody is Welcome!
Cafe VERDE PEOPLE'S FOOD CO-OP

PFC Board Meeting
Wednesday, Aug. 15th, 2018
6:30 p.m. - 8:30 p.m.
St Andrews Church
on Division Street
Everybody is Welcome!
Cafe VERDE PEOPLE'S FOOD CO-OP

KEEP ORGANIC TRUE

to its Roots Support the National Organic Standards Board

By: Co+op, stronger together

The Senate version of the 2018 Farm Bill contains historic advances for organic farmers and food, including unprecedented levels of funding for programs that will help to grow organic agriculture in the United States. At the same time, we're keeping an eye on a part of the bill that could potentially weaken the role of the National Organic Standards Board (NOSB), which is a public advisory board that plays an important part in the uniquely democratic and transparent process that ensures a meaningful USDA Certified Organic label.

The NOSB is responsible for reviewing the list of substances and methods that are prohibited in organic, and USDA is legally required to give its rec-

ommendations considerable weight. What makes this arrangement unique is that the board is made up of volunteer citizens from the organic community – farmers, eaters, scientists, food makers and environmentalists all coming together to determine how organic standards can be strengthened and improved over time. Anyone who wants to follow organic closely (like many farmers and food co-ops do) can attend a public NOSB meeting or contact the board to share their perspective.

For decades, NOSB volunteers have helped to ensure that the USDA Certified Organic seal represents public input, in recognition that the label is



only as strong as public trust in what it represents. It is not necessary to make changes to the NOSB in the Farm Bill, and reforms would likely result in weakening the NOSB's important role, an action that could erode trust in the USDA organic seal.

Please join us in asking Congress to avoid making any changes to the NOSB. Help us keep organic true to its roots! Call the U.S. Capitol Switchboard, (202) 224-3121 and your call will be directed to your elected officials.

ALL ABOUT ORGANICS

By: Co+op, stronger together



When it comes to food, organic is a delicious way to eat well and support the environment. The key principle behind organic food is healthy soil. By acting as responsible stewards of their land, organic farmers create a cycle of healthy soil, growing healthy food for healthier people. And it's clear from the tremendous growth of organic food—\$1 billion in sales in 1990 to \$43 billion in sales in 2016—that more and more people appreciate its value. Organic foods meet all government safety standards that other foods must meet, plus the specific requirements outlined for organic certification. While foods that are grown organically may sometimes cost more, they also offer the kind of value you won't find in conventionally grown foods.

WHY EAT ORGANIC FOODS?

They're healthier

Organic foods are grown without the use of GMO seeds, synthetic pesticides, chemicals, and fertilizers.

They're environmentally sound

Many conventional farming practices cost taxpayers billions of dollars in environmental damage and federal subsidies, while organic growers protect soil sustainability and water quality and contribute to biodiversity.

They're better for farmers

Organic farming protects the health and welfare of farm workers by limiting exposure to harmful synthetic pesticides, chemicals, and fertilizers. And organic farming, particularly when sustainable practices are used, better preserves and fortifies the land for farmers of future generations.

They're more humane

Animals on organic farms are typically treated more humanely.

So how do you tell if the products you're buying are organic? If a food is labeled as "made with organic ingredients," it contains at least 70 percent organic content, while the label "organic" means that 95% or more of the ingredients are organic. In general, looking for the "USDA Organic" label is the best way to guarantee that the product has been grown without synthetic fertilizers, pesticides, genetically modified organisms (GMOs), irradiation, antibiotics, or growth hormones. Organic growers avoid contamination during food processing, keep detailed records of their operations, and are likely to use sustainable growing methods.



2018 PFC CLASS SERIES

For more information, registration or cancellations check our Website, Facebook.

PROTEINS, CARBS, & FATS FOR THE RAW VEGAN

with Ellen Livingston

7/10/18

Pittsfield Branch Program Room

Ellen Livingston presents this lecture about the raw vegan diet - with a food tasting! Learn the advantages to not cooking your food, instead eating it as nature intended for us.

STRANGER VEGGIES

with Keegan Rodgers

7/11/18

Downtown Library Multipurpose Room

Keegan C. Rodgers, Head Baker at the People's Food Co-Op, leads this hands-on and lively workshop. It's high veggie season and if you have a CSA or visit the Farmer's Markets often you might be inundated with veggies you have never heard or have no idea how to cook! From kohlrabi, garlic scapes, okra and root veggies to unusual herbs learn some new ways to cook or prepare these strange veggies.

HOW TO TALK TO PLANTS

with Linda Diane Feldt

7/17/18

Crazy Wisdom Community Room

Come learn why you should talk to plants and how it benefits them during this class, which is the final installment in our Herbs series.

THIS IS LINDA DIANE FELDT'S LAST CLASS WITH THE PEOPLE'S FOOD CO-OP OF ANN ARBOR.

SIMPLE TOOLS

with David Hall

7/24/18

Crazy Wisdom Community Room

These are stressful times on the planet, on all levels. Come to learn practical and simple methods to take responsibility for our lives, appreciate what we have, and live more fully.

FROSTINGS

with Keegan Rodgers

7/30/18

Downtown Library Multipurpose Room

Keegan C. Rodgers, Head Baker at the People's Food Co-Op, leads this hands-on and lively workshop. In this class you will learn about frostings, icings, fillings, and glazes, the differences between them, and how to use them to make fun desserts at home.

FUN FRUIT

with Keegan Rodgers

8/1/18

Pittsfield Branch Program Room

Keegan C. Rodgers, Head Baker at the People's Food Co-Op, leads this hands-on and lively workshop. Whether in a pie, compote, naked, or any one of the hundreds of ways to prepare them, fruit plays a major role in culinary arts. We'll explore ways to get the most flavor from a variety of fruits as well as several ways to prepare them for use in both sweet and savory applications.

RAW HARVEST TIME

with Ellen Livingston

8/7/18

Pittsfield Branch Program Room

Ellen Livingston presents this lecture—with a food tasting—about eating a raw diet. Discover how the macronutrients are provided naturally, and get the education you need to make a raw vegan diet work beautifully for you.

HIGH PROTEIN SALADS

with Keegan Rodgers

8/22/18

Pittsfield Branch Program Room

Keegan C. Rodgers, Head Baker at the People's Food Co-Op, leads this hands-on and lively workshop. Whether eggs, chicken, fish, tofu, steak or cheese & nuts learn a variety of protein packed and hearty salad recipes. Learn the ingredients, techniques and tips you will need to incorporate more protein into salads also packed with greens, veggies and fruits!

This event is cosponsored by the People's Food Co-Op and is part of an ongoing cooking & baking series.

SECRET LIFE OF WATER & PLANTS

with David Hall

8/28/18

Crazy Wisdom Community Room

David M. Hall has been an avid student of horticulture and holistic health for the past 20 years, studying the relationships of the natural world of the plants, animals, elements, and humans. Along with certifications in permaculture, he has facilitated consciousness practices for over two decades, leading retreats, workshops, and festivals as a student-practitioner.



PICKLED ASPARAGUS

INGREDIENTS

- 6 cups Apple Cider Vinegar
- 3 cups Water
- 3/4 cup Beet Sugar
- 3 Tablespoons Sea Salt
- 2 Tablespoons Pickling Spice
- 1/2 teaspoon Crushed Red Pepper
- 1 ea (large) Red Onion julienned
- 1/2 cup Fresh Garlic whole cloves
- 2 ea (large) Red Bell Pepper julienned
- 4 lbs Asparagus trim off woody bottoms

INSTRUCTIONS

In a stainless steel pot combine vinegar, water, sugar, salt pickling spice, red pepper flakes, onion, & garlic.

Bring to a boil to make a brine.

Remove brine from stove & let cool for 20-30 minutes. It is critical that the brine be below 120° F before pouring over asparagus & peppers to asparagus from turning "battleship gray" from enzymatic action.

- Arrange asparagus spears & bell peppers in a flat shallow 9x13 glass or stainless steel pan at least 2 inches.
- Pour the warm (NOT HOT) brine with onions, garlic etc... over the top. Make sure the veggies are covered with brine.
- Wrap & chill for at least 8 hours.
- Store the asparagus, onion, garlic, peppers with a splash of the brine & pickling spices in glass jar.

NOTE: Ensure you use a container that covers the asparagus with the brine. This will ensure it lasts 5 days refrigerated. If the asparagus is exposed it may not last as long. The brine can be reused up to 3 times. Asparagus can also be canned for longer shelf life.



PEOPLE'S FOOD CO-OP
NATURAL FOODS GROCERY STORE & BAKERY

216 N. FOURTH AVENUE ANN ARBOR, MICHIGAN
PHONE (734) 994 - 9174 • PEOPLESFOOD.COOP