



Food for Thought

The Newsletter of the Los Alamos Cooperative Market

Contents:

News	1
GM	2
Grocery	2
Meat	2
Produce	3
Wellness	3
Deli	3
Outreach	4
Volunteer	4
Events	5
Board	6
Calendar	6

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(For a map,
please see Page 5)

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info@losalamos.coop

Website:

losalamos.coop

Hours:

Monday to
Saturday
7 a.m. to 9 p.m.
Sunday
8 a.m. to 8 p.m.



Like us on [Facebook](https://www.facebook.com/losalamos.coop)

Happy Birthday, Co-op!

I cannot believe that it has been nearly one year since we opened the Los Alamos Cooperative Market. On Saturday March 3rd, 2012, help us celebrate this momentous occasion. The co-op will be a flurry of activity all day with music, food, kids activities, birthday cake, chair massage, raffles and **MEMBERS SAVE 10%** all day on regularly priced items. Upgrade your annual membership on Friday, Saturday or Sunday and receive credit for any prior payments made towards membership. Most of you will be able to save \$30 towards the \$250 full share. In addition, each member who upgrades will receive a new, limited edition tote bag with our silk screened logo and other goodies! Those who renew or join with an annual membership will receive a reusable co-op shopping bag and other goodies. Most activities are scheduled between Noon and 4PM. See you then!



—Steve W.

Did You Save 18% at Your Co-op this Month?

Member Survey Available On-Line and In-Store until 2/29

February sales have been incredible so far, most likely due to the fact that so many members are taking advantage of their 18% discount awarded to them for completing their 2012 Member Survey. The co-op uses the survey to assess our performance in several areas including customer satisfaction, communication, and to gain insight into our member's shopping pattern and demographics. We also use that information to communicate to co-op stakeholders how well we as an organization adhere to our Customer Service policy as well as the mission and vision of the co-op. These reports are presented to the Board in March and April and published on the website once approved/accepted by the board of directors.



The Co-op as it looked in early February of 2011...

Everybody is welcome; you don't have to be a member to shop at the Co-op!

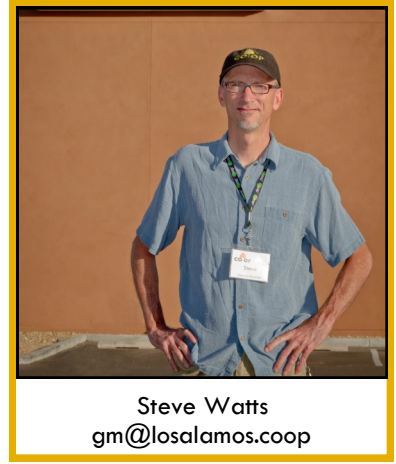


Join us Saturday March 3rd for our 1-Year Anniversary!

General Manager

Last month I wrote about the challenges of getting our co-op opened and how we've met or exceeded most of our financial goals for 2011—notably budgeted sales by 12.6%! We have some challenges ahead and I'm confident we will rise to those. One of first challenges will be to retain as many of our members as possible. On 3/2/12, nearly 700 memberships will come up for renewal and we encourage all of our members to rejoin or better yet,

upgrade to a full share membership and get credit for your first year's annual payment—a savings of \$30. Also, when you do this you'll receive a special gift as appreciation!



Steve Watts
gm@losalamos.coop

Grocery



White Mountain yogurt is one of many new grocery products

It's been "out with the old and in with the new" in the grocery department during the last few weeks. We've been bringing in quite a few new products, most of which come via customer requests or comment cards. So keep those suggestions coming; we do listen!

A few recent additions to grocery include:

- White Mountain yogurt and local Beneficial Farms eggs in dairy
- Sriracha sauce, sprouted wheat flour, teff flour, carob powder, Newman's Own Pasta Sauce, Barbaras Cheese Puffs, Barbaras Snackanimals, Genisoy soy crisps, Bean and Body coffee drinks, Jovial brown-rice pasta, new Blue Sky soda flavors, and several

new cereals and teas in dry goods.

- Golden raisins, black mission figs, Spanish peanuts, gluten-free oats, bread flour and teas in bulk.

Speaking of the bulk department, we have lowered prices on many bulk items! In fact, almost everything in bulk is now 5 to 20% less than it was a few weeks ago. Happy shopping!

—Matt Dreier



Manager: Matt Dreier
grocery@losalamos.coop

Meat & Cheese



Dozens of different cuts of meat are available

Fresh – never frozen – seafood is delivered to the Co-op every Tuesday and Friday. Choose from Alaskan salmon, north Atlantic flounder, and Chilean sea bass (sustainably caught off Falkland Islands). Try the tuna and moon fish from Fiji, or a selection of farm raised trout (including red and rainbow).

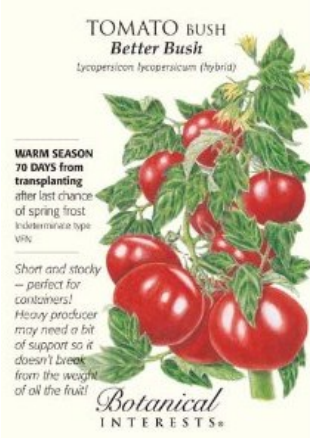
A selection of meat is also available, as meat and cheese manager Triny butchers an entire cow every other week. Every part of the

animal is utilized and available, including the heart, kidney, ox tails and tongues. Want something more traditional? Rib eye, New York, top sirloin, and flank steaks are available, as are several varieties of ground beef. Cows are raised locally.



Manager: Triny Vigil
Meat.cheese@losalamos.coop

Everybody is welcome; you don't have to be a member to shop at the Co-op!



Start thinking about your garden now — buy seeds from the Co-op!

Produce

I know it's still cold outside, but spring is just around the corner. Now is the time to start thinking about your garden. This year's seeds are in. We've got lots of heirlooms, organic varieties and several flower mixes. All of our seeds come from Botanical Interests out of Broomfield, CO. They are a small, family-run business that believes in resurrecting the lost art of gardening. Their seed packets are loaded with information that will help you achieve success in your garden. A little later in the season we will be bringing back Charybda Farms garden starts. This farm is located in Arroyo Hondo, so plants are acclimated to New Mexican conditions. This is a sharp contrast to the garden starts at home improvement centers, which are

grown in far-off greenhouses and then shipped hundreds of miles. We will offer chard, chiles, spinach and kale, melons and tomatoes and lots of other favorites. Look for them in late April or early May. And if you're garden soil needs a boost, we'll be offering Soilutions Composted Earth. This soil mix is simply awesome! It's crafted in Albuquerque and its approved for organic farming. Good luck with your garden this year!

— Phil Kearney



Manager: Phil Kearney
produce@losalamos.coop



The Wellness department now carries Badger products.

Wellness

The Co-op now stocks Badger products — organic balms, oils, aromatherapy and sunscreens — that are formulated and produced in Gilsum, NH. Badger items include fresh whole herbs, flowers, fruits and roots that are blended into super-concentrated “agents of good” that nourish the skin.

The days are getting longer and the sun is getting stronger, so check out Badger's popular SPF 30 Unscented Sunscreen. If you spend a

lot of time in the garden, try the certified organic Badger Balm for “hardworking hands.” For more information, visit bagerbalm.com.



Manager: Aviv Stein
wellness@losalamos.coop



Fresh baked goods made daily in the deli.

Deli

Baked Goods. If you haven't already tried the deli's delicious baked goods, stop by & try! You'll find an assortment of fresh regular, vegan and gluten-free (GF) items. Need a quick breakfast? Grab a blueberry scone, an agave sweet vegan muffin or GF coffee cake. If it's time for dessert, try a snicker-doodle cookie, a gluten free brownie or vegan spelt pumpkin bread.

Sliced Chicken. We now feature Applegate natural GF chicken breast in our deli case priced at just \$10.99/lb.

Ask to try a sample next time you're in!



Manager: Emily Chapman
deli@losalamos.coop



February is member survey month.

Visit losalamos.coop to complete the questionnaire and receive your 18% discount coupon!

Outreach

Last month we kicked off the International Year of Cooperatives with many seeds of opportunity. We held three classes and started a discussion group at the Co-op. Our partnership with PEEC made the Hoop House class taught by Jesse Boudreau possible (thank you Jesse, PEEC, and all instructors!).

Did you find Waldo in our commercial showing at the Reel Deal movie theater? If not, there is still time. You can also still listen to us on KRSN-1490 about 7:20 a.m. and 8:20 a.m. each weekday.

Co-op members: February is for you. Thank you to all who already filled out the member survey. If you have not filled out the survey, please visit our website and take a moment to do so. You'll receive an 18% discount on a Co-op shopping trip. The coupon is only good through February 29, so come by soon.

Even though spring has not arrived, preparation has begun in many gardens and greenhouses as well as local events, classes, our shopping carts and closets. At the Co-op we are preparing for the fun classes and events held this month and through the spring. We have two spring Shop with the Chef classes scheduled: 1) Thursday, March 8, 6 to 8 p.m. with Christopher McLean (see Page 5); and 2) Tuesday, April 17, 6 to 8 p.m. with Ara Whetten. Through our partnership with PEEC, you can also attend Sustainable Los Alamos:

YOUR

Sustainable Home, a free event held at PEEC on March 14 at 7 p.m. (see Page 5).

The Co-op turns 1 on March 2, so we are getting ready for our Anniversary Celebration on

Saturday, March 3, noon to 4 p.m. Join us for fun activities for all ages as well as music, food sampling, and birthday cake.

Co-opRocks!, a music and art based event planned and organized by teens and the community for our young adults, is gaining energy our first Co-opRocks! event will be held on May 5—Cinco de Mayo. The Teen Center and multiple high school groups are getting involved to help us plan this fun and unique event. We conducted three presentations this week on "What is a Co-op?" and encouraging ideas and interest for the Co-opRocks! event. Los Alamos youth are creative and talented and we at the co-op think it is fun and rewarding to help them to create a new, fun (and free) venue.

We are also looking forward to contributing to PEEC's Earth Day events. For more information on these and other Co-op activities, please see the outreach page on our website (losalamos.coop/programs/outreach).

Do you play music? Do you want to volunteer? Do you have ideas for Co-opRocks!, current/new programs and/or partnership opportunities? Please contact Sandra West with ideas, interests, and requests. Thank you for supporting the Los Alamos Co-op, the "Heart of the Community at the Edge of Town."



Sandra West
outreach@losalamos.coop

Below: Sandra, Sharon and Steve on KRSN



Everybody is welcome; you don't have to be a member to shop at the Co-op!



Shop with Chef
Christopher McLean on
March 8

Shop with the Chef – A Taste of Spring w/Christopher McLean

Join us on Thursday, March 8 from 6 to 8 p.m. for our next “Shop with the Chef” class. Christopher McLean, executive chef for Bishop’s Lodge Ranch Resort & Spa, has returned to host a spring Shop with the Chef class. He helped us debut the Shop with the Chef classes last fall, and we are excited to have him back. “Shop with the Chef,” part of our outreach and education program, is designed to highlight fresh local and organic produce, bulk foods and other ingredients and how to prepare dinners using these items. Join us in learning how to prepare what could be your next favorite meal.

This class held on Thursday, March 8 from 6 to 8 p.m. cost is \$15 for members and \$20 for non-members. You can sign-up at the customer service counter. Reservations are required and can be made in the store or by calling 695-1579. Look for more details in the store, Facebook, and the website (losalamos.coop).

Chef McLean has worked with top chefs across the globe. Drawing from French, Spanish, New Mexican, Mexican and Native American influences, his menu at Las Fuentes Restaurant at Bishop’s Lodge is farm fresh and locally sustainable, including products from New Mexico farmers, ranchers, brewers and wine makers.

Texan by birth, Chef McLean’s work has taken him across the globe, most recently to West Africa, where he was the Executive Chef of Golden Tulip, a large Dutch hotel in Accra, Ghana. He cooked for royalty and heads of state on a regular basis, including private dinners for the President of Switzerland, President of Ghana, Prime Minister of Italy, and the Princess of Thailand.



Free Event: Sustainable Los Alamos: YOUR Sustainable Home

On Wednesday, March 14 at 7 p.m. at PEEC (3540 Orange Street), the Co-op and the Pajarito Environmental Education Center (PEEC) present a fun, free event where we can learn to live more sustainably by sharing tips, techniques, and ideas.

You've heard from the experts about how to make your home more sustainable. Now we want to hear from you! Join us for a fun, world-cafe style evening of learning and sharing ideas/actions we do to live more sustainably. Bring your favorite tips, tools, and ideas to help us gather fun and easy things we can all do today to create a sustainable future. Come to share your ideas or pick up some great tips from your neighbors! This Free event is brought to you by PEEC and the Los Alamos Co-op. Visit PajaritoEEC.org for more info. We hope to see you there!



Greenhouse Fundraiser: Support Our Eighth-Grade Green Team

Thank you to all who have helped support our greenhouse fundraiser. The Y has purchased the framing and cover for the 10’ x 16’ hoop house greenhouse that will be set up here at the Co-op. With the funds you helped us raise, we will begin purchasing materials for the hoop house: ends, raised beds, and gardening tools.

Because we live in a desert where the weather can be unpredictable, we have spent time learning about local hoop house greenhouses to gain knowledge to set up our greenhouse to work well in this environment.

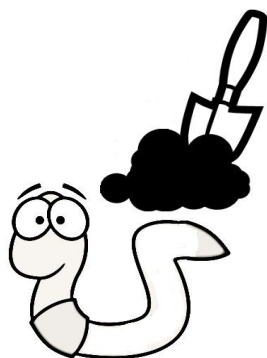
As we purchase materials and begin to build the greenhouse, we will keep you updated with what we have and what we still need to purchase. The hand decorated worms (\$2) and spades in dirt (\$5) are still available and located at the registers.

When the Co-op greenhouse is up and running, the Middle School Eighth-Grade Green Team will grow leafy greens in the Co-op greenhouse to feed the bears and other displaced animals at the Wildlife Center. The Co-op greenhouse will also be used to grow starter plants for the Los Alamos Youth Food Project garden (located at the Middle School).

If you would like to donate supplies, please contact Sandra West, Outreach Coordinator (outreach@losalamos.coop). Thank you for your support!



PEEC hosts a sustainable
Los Alamos event on
March 14.



Purchase a worm or a
spade in the dirt to help
build a greenhouse

Everybody is welcome; you don't have to be a member to shop at the Co-op!

Board Members:

President:
Karen Kendall

Vice President:
Andrew Erickson

Secretary:
Jane Riese

Treasurer:
Cecile Hemez

Past President:
Nancy Savoia

Paul Frederickson
Gale Zander Barlow
Thad Hahn
Ed Santiago

The board meets at 6:30 p.m. on the third Monday of every month at the Holiday Inn on Entrada Drive. All members are welcome.

Board of Directors

We had a good turnout for the January “Coffee with the Board” event, which was an informal time for members to chat with the Board over a cup of coffee or tea. The event is an important opportunity for the Board to understand member concerns so that we continue to grow our Co-op and strengthen its ties with the community. The Board plans to schedule future “Coffee” events about once a quarter. We will announce future events in the newsletter and in the store.

Looking to get more involved in the Coop? Join the Board! The annual election of new Board members is coming soon and will occur following the annual meeting in April. The Board has three positions up for election this year. If you think you might be interested and want to find out more please feel free to come to a Board meeting. The next one is Monday February 20 at 6:30 p.m. at the Holiday Inn Express. Prospective candidates need to express interest by submitting a statement of qualifications at least four (4) weeks before the elections begin to the Board Secretary (secretary@losalamos.coop). Candidates will have an opportunity to present to the



Board of Directors
board@losalamos.coop

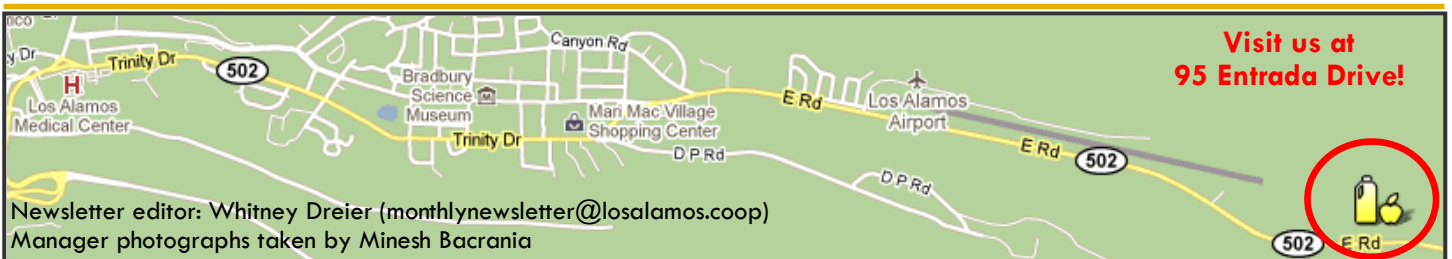
membership at the annual meeting.

Our first year in business has gone by quickly. On March 3rd the store will celebrate its first anniversary as your Co-op. The store continues to steadily increase sales and the number of customers visiting the store. In addition to shopping, the Coop is expanding its offerings to members and engagement in the community. The Board looks forward to celebrating this important and exciting milestone. We thank you for your continued patronage and support which make this all possible.

— Andrew Erickson

Events

Date	Event	Place	Time	Contact
February — All Month	Member Survey available online — fill one out to receive an 18 percent discount	Co-op	All Day	info@losalamos.coop
Monday, February 20	Board Meeting	Holiday Inn	6:30 p.m.	board@losalamos.coop
Saturday, March 3	Co-op's One-Year Anniversary Celebration SAVE 10% ON REGULAR PRICED ITEMS 3/3/12	Co-op	Noon to 4 p.m.	info@losalamos.coop
Monday, March 5	Five Percent on the Fifth	Co-op	All day!	info@losalamos.coop
Thursday, March 8	Shop with the Chef — Christopher McLean	Co-op	6 to 8 p.m.	info@losalamos.coop
Wednesday, March 14	Los Alamos: Your Sustainable Home	PEEC (3540 Orange St.)	7 p.m.	info@losalamos.coop



Newsletter editor: Whitney Dreier (monthlynewsletter@losalamos.coop)
Manager photographs taken by Minesh Bacrania

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