



Food for Thought

The Newsletter of the Los Alamos Cooperative Market

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(For a map,
please see Page 4)

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505-695-1579

E-mail:

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.



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Rockin' the Co-op

The Co-op, along with Entrada Business Park and the Holiday Inn Express, hosted a Gordon's Concert in the Co-op parking lot on July 27. Tony Furtado and his drummer wowed the crowd with a great show of familiar covers and original songs. The Co-op sold grilled sausages, brats, and kielbasa, fresh melon and drinks and had an informational booth for folks who'd never been to the Co-op. About 150 additional people came through the registers, and it was a stellar day for sales.

As a side note, Tony and his drummer said they felt like "kids in a candy store" (as they are both from Portland with its deep commitment to natural food co-ops) when they were allowed to pick out any of our deli items for dinner after the show. They walked out of the Co-op with a big bag of food and smiles on their faces!

"Five percent on the fifth" was the setting for another round of music when the Fabulous Co-op Brothers played a live show outside the store. The Fabulous Co-op



Tony Furtado Band



Brothers, who hail from parts back East such as Brooklyn, NYC; Oxford, Miss.; Cambridge, Maryland; and right here in Los Alamos, played from the American songbook, with emphasis on bluegrass, country and Old Time standards.

This was just the start of hosting talent for member-owner appreciation days. We'd like to book more music and get to know the singer-songwriters in the area. If you are a musician, have band, or know someone who is, please let us know. The Co-op has room for music on Monday, September 5 and Wednesday, October 5!

— Steve Watts

Grocery

"I am proud to be an American," Bill Cosby once said. "Because an American can eat anything on the face of this earth as long as he has two pieces of bread."

No matter what you put between your two slices, the Co-op has the bread to fit your taste. Looking for fresh, local bread? Santa Fe's own Sage Bakery offers a variety of beautiful artisan breads, sliced breads and baguettes. Plaza Bakery, also out of Santa Fe, has a wide selection of baked goods from hearth round breads, baguettes, focaccia and ciabatta to sweet treats like cakes, éclairs and bars. And last, but not least, Fun Bun Bakery of Taos offers delicious uniquely flavored sliced breads as well as Challah rolls and braids. With bread deliveries Monday through Saturday, there's always fresh bread at the Co-op.

Looking for Gluten-free options? The Co-

op offers a dozen different gluten-free sliced breads from five different brands, not to mention gluten-free bagels, English muffins, hot dog and hamburger buns, tortillas, crackers, cookies, and pretty much anything else you could want, sans wheat, barley and rye.

So grab some bacon, lettuce and tomato (or whatever you fancy on a sandwich), your choice of bread from the Co-op, and enjoy an American tradition.



Manager: Matt Dreier
grocery@losalamos.coop



— Matt Dreier

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

Produce



Fresh peaches — come get them now!

Summer's almost over, and sweet Colorado peaches have arrived. We'll sell organic Rancho Durazno peaches for \$2.99 per pound for as long as the season lasts. This is your chance to taste real peaches grown on the eastern slope of the Rockies near the town Palisade. These peaches are big and juicy and totally unlike the peaches you'll find at our competitors (conventionally grown peach varieties have been selected because of appearance and shelf life). Rancho Durazno grows peaches with flavor!

On August 20, we'll start roasting organic New Mexico green chile. Seco Spice Farm will supply us with both medium and hot for all your stews and burgers and enchiladas and whatever else you might like to cook up. Try some green chile with tomatoes for salsa, stuff green chiles with cheese and fry them for chile rellenos. The possibilities are endless!

Seco Spice owns two organic farms near Hatch. By giving them your support you're demonstrating the economic feasibility of going organic. The conventional chile growers down in Hatch, along with



Manager: Phil Kearney
produce@losalamos.coop

NMSU, are busy developing a genetically modified green chile. Every pound of green chile we sell at the Co-op gives farmers an incentive to reject GMO chile! Help us preserve the future of *real* New Mexico green chile.

— Phil Kearney

Deli



Wheatgrass juice and plants are available at the Co-op.

Remember those organic veggie juices mentioned in the July newsletter? Well, if you haven't tried a glass yet, stop by the Co-op and order one with [wheatgrass](#) (wheatgrass juice is also sold individually: \$1.49 for one ounce and \$2.89 for two ounces). The Co-op has a special juicer (because wheatgrass requires 50 times more pressure to juice than other vegetables) that extracts a dark green liquid from mature strands. When wheatgrass is juiced, it oxidizes quickly and should be consumed immediately.

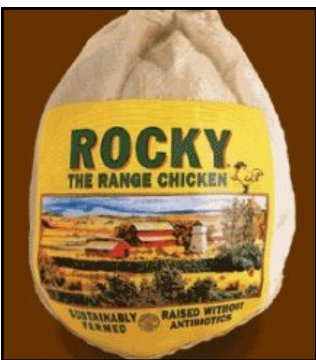
Wheatgrass contains a broad spectrum of vitamins, minerals, antioxidants, amino acids, essential fatty acids and enzymes. People who consume wheatgrass juice

regularly often experience a physical and mental sense of well-being, more energy, better sleep and a stronger immune system. Others report cellular detoxification, reduced inflammation throughout the body, lessened appetite cravings, increased mental clarity, steadier nerves, improved eyesight and night vision. So, drink up! Or, buy your own wheatgrass plant — the Co-op sells individual squares or entire flats.



Manager: Emily Chapman
deli@losalamos.coop

Meat



Try a whole Rocky chicken — only \$2.99 per pound.

Rocky free-range whole chickens are among the many types of poultry available at the Co-op. Weighing in at about five pounds, Rocky was the first USDA-approved free range chicken — all birds have access to fenced yards where they are free to roam. The birds eat a vegetarian diet that contains no antibiotics.

Rocky chickens are raised by Petaluma Poultry a Sonoma, California-based company that also raises Rosie organic chickens. Rosie birds consume a USDA

certified organic corn and soybean diet, and like the Rocky chickens, are also free range.

Try a Rocky or Rosie baked, roasted or barbecued. For great recipes, visit [Petaluma-poultry.com](#).



Manager: Trinity Vigil
Meat.cheese@losalamos.coop

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



Attend the Co-op's health fair on August 27

Wellness

The Co-op will host a Health and Wellness Fair on Saturday, August 27 from noon to 5 p.m. The event will (hopefully) take place outside, and you do not have to be a member to attend.

We want to educate the Los Alamos community about ways to stay healthy throughout the fall and winter seasons — which will be here before you know it!

Come get to know some of Los Alamos's local healthcare practitioners — pilates instructors, acupuncturists, chiropractors, nutritionists and more. Many of these folks will offer free consultations, free samples of nutritional supplements and free massages. We'll also be raffling off wellness and body-case gift baskets.

KokHeong McNaughton is offering a free intro to Tai Chi class at 3 p.m. Space is

limited to 15 people, so please sign up at the Co-op in advance.

Other tentative attendees include: Dr. Wendy Van Dilla, Naturopathic Physician; Dr. Bobbie Hall, N.P., Trinity Natural Health; Dr. Lee, Acupuncture & Chinese Medicine PC; Pet Pangaea; Kim Lazaraus, Chiropractor; Pam Houghteling, Access Consciousness; Mary Lutes, Blue Sky Pilates; Karla Sandine, massage therapist; Curves for Women; Hilltop House Spa; Bhasweti of MindPower Innovations; and Los Alamos YMCA. See you there!



Manager: Aviv Stein
Wellness@losalamos.coop

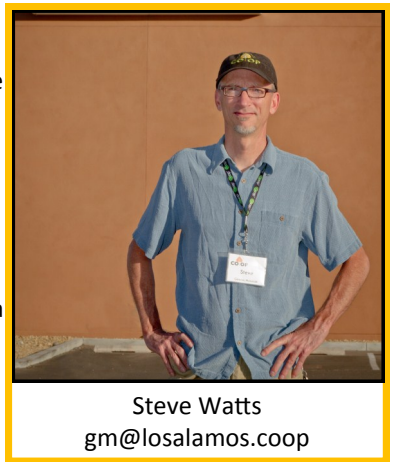
General Manager

We are busy gearing up for the return of families from vacations and the beginning of the school year. This is a time of year we see an increase in sales — more people are in town, preparing lunches for school and hosting dinners and parties. Our awesome deli has a catering service (for pick-up only) and can provide you with a menu of items to choose from. Additionally, we will be reviewing our product mix now that we've been open for six months. We will be discounting slow movers to make way for new items—so keep an eye out for some super deals.

We're not only looking to revamp the retail experience; the website is currently under total reconstruction. We very excited to have hired a local graphic and web designer, Brittney Felton, who is amazingly talented. The new website, to be debuted sometime this fall, will be an exciting and fresh approach to interacting with our members and customers. We hope you'll be

driven to check the website daily because of all the cool stuff you'll find there. Look forward to the announcement of the live launch—I can tell you it will be on a special day with special surprises!

And finally folks, I end this month's column with sad news—the Brattleboro Food Co-op (Vermont) was the scene of tragedy when a disgruntled employee fatally shot store manager Michael Martin. This is a horrible event that has left us and the rest of the co-op community in shock and deeply saddened. I had a chance to meet Michael last year and was excited to learn that he was being groomed for the general manager position. May he rest in peace.
— Steve Watts



Steve Watts
gm@losalamos.coop



Steve and his band, the Fabulous Co-op Brothers folk out on August 5 in front of the store

Co-op Member Benefits

You don't have to be a member to shop at the Co-op, although membership (ownership) does have its privileges:

- Daily savings on "Member Only Specials", monthly savings with "Five percent on the Fifth" sales, and quarterly savings with "Member Appreciation Day" when members save ten percent.

- A patronage rebate (refund) in those years the Co-op is profitable and Board declares a dividend to be rebated.
- Opportunity to participate in monthly Board meetings and annual Member Meeting to discuss the direction of the cooperative.
- Opportunity to volunteer and earn an 18 percent discount for each hour of work.
- Discounts on classes and programs, seminars and talks sponsored by the Co-op.



Members save five percent on the fifth of every month

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 love our new market! Rick Reiss, Sam Gardner and General Manager Steve Watts did a phenomenal job of creating a beautiful place to shop that far exceeds what we imagined five years ago when Nancy Savoia first started talking about creating a local, cooperative grocery store.

Steve Watts is an amazing general manager. He has assembled a wonderful, friendly and knowledgeable team. Their commitment to the community was evident during the Las Conchas fire — and every single day at the store. It is exciting to walk into the Co-op and immediately see someone’s smiling face and beautiful, fresh, delicious fruits and veggies.

Life has certainly slowed down for the Board since the store opened thanks to Steve and his team. The Board holds a monthly meeting on the third Monday at the Holiday Inn Express. The Board conducted new board member orientation and will participate in a one-day Board Retreat on Cooperative Board Leadership Development. Thad Hahn went to the



Board of Directors
board@losalamos.coop

CCMA Conference (Consumer Cooperative Management Association). He came back loaded with lots of useful information to share with the entire Board. We are in learning mode as we strengthen our oversight role and our partnership with the general manager.

If you haven’t been to the store lately, we would love to see you there. You don’t have to be a member to shop the Co-op. Please encourage your friends, coworkers and family to check out the Co-op. They will be amazed!

Thank you to everyone in the community for their support of the Co-op.

— Karen Kendall

Events

Date	Event	Place	Time	Contact
Saturday, August 20	Annual Board Retreat (closed meeting)	Holiday Inn Express	9 a.m. to 5 p.m.	board@losalamos.coop
Thursday, August 25	Los Alamos Says Thanks	Ashley Pond	4 to 6 p.m.	info@losalamos.coop
Saturday, August 27	Health & Wellness Fair	Co-op (outside)	Noon to 5 p.m.	Wellness manager Aviv Stein wellness@losalamos.coop
Monday, September 5	Five Percent on the Fifth	Co-op	All day!	info@losalamos.coop

**Visit us at
95 Entrada
Drive!**

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

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