



MOSCOW FOOD CO+OP
COMMUNITY NEWS

COMMUNITY NEWS GOES RETRO



We're gearing up to celebrate our 50th anniversary in 2023! This zine-style Community News harkens back to the start of the publication in 1985.

**Plaid & Pearls
On the Palouse**

**Latah County Fair
Sept. 14-17, 2023**



ANIMALS, VENDORS, MUSIC,
FOOD, RIDES, FUN, & MEMORIES
Thursday: 1pm to 10pm
Friday & Saturday: 10am to 10pm
Sunday: 10am to 5pm



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Aug. 30-Sept. 12



**Pumpkin Spice
IS BACK**

September 1st

products you'll find at the Co-op

MOSCOW FOOD CO-OP

SEPTEMBER 2023

READ THE EDITION ONLINE AT [MOSCOWFOOD.COOP/COMMUNITY-NEWS](https://moscowfood.coop/community-news)
ISSUE EDITOR AND LAYOUT: PEG KINGERY

What's the Buzz?

"What is your favorite sandwich?"

By Ashley Fiedler, Co-op Volunteer Writer

"Prime rib French dip with horseradish aioli" Lovina Englund, Moscow, Palouse Land Trust



"Bacon, Lettuce, Tomato (BLT) with heirloom tomatoes and chipotle mayo" Karl Englund, Moscow, Recycler



"I am very particular about my peanut butter and jelly. It has to be Seattle french bread, creamy Skippy peanut butter, and Smuckers grape jelly" Abby W, Pullman, Washington State University Student



"Hot club sandwich" Nichole J, Pullman, Washington State University Student



"Bacon, Lettuce, Tomato with sprouts, avocado, thick cut bacon, and heirloom tomato, on sourdough bread" Grace McGreevy, Moscow, Playwright



"Turkey, sprouts, avocado, NO tomato, pesto, provolone, on french bread" Karen Lopez, Moscow, Print Maker



August Board Meeting Recap

By Mark Thorne, Board President

This summer has certainly gone by quickly, but it seems there was so much to do and a lot that has not yet been done. I apologize for the delay in writing this recap as my focus was fragmented with all the summer chores.

The August 2023 Moscow Food Co-op Board of Directors meeting was held on August 8 at the 1912 Center from 6 – 8 p.m. Present were seven of nine Board members, our General Manager and Co-op staff, and one Co-op owner. We reviewed and accepted the General Manager's monitoring report for Policy B7 covering communication with the Board. The report was thorough and well-prepared and covered the General Manager's responsibilities in presenting timely and accurate monitoring reports, informing the Board of pertinent issues that affect the Co-op, and informing the Board if the Board is acting outside its own policies.

The Board also monitored its C5 Board Code of Conduct policy. This is critical policy because it reminds us of our responsibilities as well as what we are not to be doing. The Board engaged in a well-thought-out and healthy discussion that helped everyone better understand these policies. We did add some clarification to the Policy that all Directors, not just new Directors, will report and sign the Conflict of Interest statement each year following the seating of any new Directors. We voted to accept the report with the Board in compliance.

The Board also discussed and voted to merge the Board Owner Communication Committee (BOCC) and the Nominations and Elections Committee (NEC). This merger will help synchronize committee duties of planning elections and annual meetings, as well as other communication activities. I want to thank all the members of these two committees for putting together a well-written and thought-out proposal for merging!

The Board is still working on planning a fall retreat and dealing with scheduling issues; however, we are looking forward to the work and benefits that come from these events! Also, the GM's FYI report was very encouraging; it showed sales and ownership increases!

We did not have a Study and Engagement speaker at this meeting, but we are looking forward to hearing from Tom Lamar, Executive Director for the Palouse Clearwater Environmental Institute (PCEI) at our September meeting. Our Study and Engagement Series is a way in which the Board and staff become better informed about issues and activities that affect the community around us. One of the Seven Cooperative Principles states that we have "Concern for Community," and listening to people describe aspects of concern in our community is directly tied to our Ends.

Ends Policy: The Moscow Food Co-op is at the heart of a thriving, healthy, and inclusive community where:

1. We embody and embrace cooperative principles and values.
2. All community members have local access to environmentally friendly, socially responsible, and healthful choices.

I want to thank all those who have given presentations during Board meetings about community issues and concerns!

I also want to remind everyone that your extra produce can be shared by placing items in the cooler in front of the Co-op at the Backyard Harvest Donation Station. Just use the Fresh Food Connect App to schedule drop-offs.

The next Board meeting is scheduled for September 5, 2023, in the Fiske Room at the 1912 Center (412 E 3rd St, Moscow, ID). The meeting will begin at 6 p.m. Current Co-op Owners can attend in person or via Zoom. To attend via Zoom, contact the Board's Administrative Assistant at boardadmin@moscowfood.coop for more information and to RSVP.

Further information about our Board meetings is at <https://www.moscowfood.coop/board-meetings>.

Wines of the World – Sicily

By Peg Kingery, Co-op Marketing Assistant

Sicily is the largest island in the Mediterranean Sea, located off the southern coast of Italy. It is one of the top wine-producing regions in Italy, as well as the largest at 10,000 square miles. It's strategic location in the Mediterranean, ideal climate, and fertile soils have contributed to thousands of years of wine-making history, under the influence of many of the ruling powers throughout time: Phoenicians, Greeks, Romans, Moors, Vikings, Habsburgs, and others. The industry especially flourished under the Greeks.

In 1770, a British entrepreneur named John Woodhouse saw the potential for producing high-quality fortified wines in Marsala, which greatly expanded the export market. However, just as Sicily

became unified with Italy in the 1800's, and vineyards were springing up all over the island, the Phylloxera louse devastated the industry by destroying the vines. When the industry recovered in the mid-20th century, the focus was on quantity rather than quality; the island once renowned for its wines suddenly became famous for cheap, insipid table wine. Fortunately, that changed in the 1980's when leading producers began focusing again on quality. Today, indigenous Sicilian grape varieties are receiving international attention and 30% percent of their vineyards are certified organic.

Sicily has a warm Mediterranean climate, lots of sunshine, and lots of heat. Its landscape is as varied as the cultures that ruled here throughout history, from sandy beaches to 10,990 foot Mount Etna. Twenty-four percent of Sicily is mountainous, which results in the large diurnal temperature fluctuations important to growing quality grapes. Most of Sicily gets less than 21 inches of rain per year, which is close to the bare minimum for vines to survive. There are very few rivers in Sicily; viticulturists rely mostly on rainfall. Fortunately, two ancient winds bring rainfall to the north and east coasts of the island – the Scirocco and Maestrale. The Scirocco is a warm and humid wind that blows from the southeast, absorbing moisture as it runs over the Mediterranean Sea. The Maestrale is a cool and humid wind that blows from the north.

Most of Sicily's soils are made from chalk, gypsum, or limestone. These soil types are white, which reflect sun and heat and also hold water well. The soils on Mount Etna, however, are volcanic in nature. These are dark in color and full of minerals.

Sicily contains 23 DOC- and 1 DOCG-designated wine regions. It is home to more than 65 native varieties of grapes. White grape varieties make up 64% of vineyard plantings. The main red varieties

are Nero d'Avola, Nerello Mascalese, and Frappato; the whites include Catarratto, Inzolia, Carricante, and Grillo. European varieties – Cabernet Sauvignon, Syrah, and Chardonnay – are also planted.

Nero d'Avola is the most widely planted red grape. It produces wines with deep color and flavors of dark fruit and spice, with soft-to-medium tannins. Frappato is generally used in blending. It is lean, with floral notes, and supple tannins. Nerello Mascalese is both elegant and rustic with a touch of spice.

Catarratto is the most planted grape in Sicily. It makes delicate, soft, dry wines. Grillo is a medium-bodied, dry white accented with notes of peach. Inzolia, Catarratto, and Grillo are all used as a base for Marsala. Carricante is grown on Mount Etna. It makes dry, medium-bodied wine with zippy acidity.

Almost 1,000 years ago, Sicily was divided into three valleys, each with many designated wine regions: Val di Mazara (in the west); Val di Noto (in the southeast); and Val Demone (in the northeast). Four regions within these valleys are the most productive: Sicilia DOC, Etna DOC, Cerasuolo di Vittoria DOCG, and Marsala DOC.

Sicilia DOC is an island-wide appellation, designated in 2011. The dozens of wineries participating in this classification are dedicated to promoting Sicily's native grape varieties. The range of wines is as varied as the terrain of the island is.

Etna DOC, designated in 1968, is located in the shadow of Mount Etna, a snow-capped, still-active volcano. More than any other region in Sicily, Mount Etna's wines have earned lavish attention over the last few years. The climate here is different from elsewhere

in the country. It's alpine in nature, with abundant sunshine, and receives twice the rainfall of other regions due to ancient wind. The main grapes grown here are Nerello Mascalese and Carricante.

Cerasuolo de Vittoria DOCG, designated in 2005, is located in Sicily's southeast corner at low elevation and higher temperatures. It is prime red wine country. As a DOCG, it has strict wine-making requirements: Nero d'Avola must comprise between 50-70% of the base, with the balance filled by Frappato.

Marsala DOC is located in Sicily's southwest corner. The base grape of its famous fortified wine is Grillo, but ten other varieties are also allowed. Not all Marsalas are overly sweet or see extended aging. There are three sweetness levels (secco, semisecco, and dolce) and five age-related categories (fine, superiore, superior riserva, vergine/soleras, and vergine /soleras stravecchio).

Of special mention are two exquisite dessert wines made on islands off the coast of Sicily: Moscato Passito de Pantelleria and Malvasia delle Lipari. Pantelleria is a volcanic island 37 miles from the coast of Africa. Its dessert wine is made from sun-dried Zibibbo (aka Muscat) grapes. The wine is intensely perfumed with aromas of honey, peaches, dried wildflowers, and salinity. Malvasia delle Lipari is produced on the Aeolian islands, from the Malvasia grape. It is sweet, intensely floral, with notes of honey and bracing acidity.

Look for Sicilian wines from Villa Pozzi, Moncaro, and Colombo in your Co-op's wine department!

Change for Good

July through September 2023

By **Cortney Gosset, Co-op Marketing Coordinator**

Yes, you can bring in your own bags, jars, and bulk containers! Change for Good is the customer-powered community donation program of the Moscow Food Co-op focused on supporting and rewarding making sustainable choices in the store. You may choose from three community organizations to donate your wooden token(s) to for each reusable shopping bag, bulk container, coffee mug, or produce bag used during your shopping trip. Each token is worth five cents and you can earn up to 10 total items per transaction. This Co-op program benefits non-profit, non-sectarian, non-discriminatory organizations whose goals complement or support the Mission Statement of the Co-op.

Any organization can submit an application online to be featured from October - December. Learn more at <https://www.moscowfood.coop/change-for-good>.



Change for good

July - September Recipients

Palouse Clearwater Environmental Institute
Fundraising to support the Palouse Nature Center, a 26.2-acre green space that is free and open to the community 7 days a week.

SMART Transit
Fundraising to provide accessible transportation to all, seeking to create comfortability in riding the bus, the stops and stop times.

Humane Society of the Palouse
Fundraising to save and support animals who require extraordinary medical care.

More at: <https://www.moscowfood.coop/change-for-good>

Co-op Kids

By Cortney Gosset, Co-op Marketing Coordinator

Co-op Kids is in full swing! Come join in the fun from 9-10 am every Wednesday in the Co-op Deli seating area or at our field trip locations on certain dates

Would you like up-to-date information about the program? Email us at marketing@moscowfood.coop to join the mailing list

For more information, send an email to marketing@moscowfood.coop or call (208) 882-8537 ext. 238.



September Schedule

 **Wednesday, September 6: 9 - 10 a.m.**
Join us at the Co-op in the Deli for a craft!
In-Store Only: Food Tasting + Bookmarks

 **Wednesday, September 13: 9 - 10 a.m.**
Join us at the Co-op in the Deli for a craft!
In-Store Only: Cork Flowers

 **Wednesday, September 20: 9 - 10 a.m.**
Join us at the Co-op in the Deli for a
In-Store Only: Toilet Paper Binoculars

 **Wednesday, September 27: 9 - 10 a.m.**
Join us at Palouse Clearwater Environmental Institute!
Meet at Location: PCEI Field Trip

*Co-op Kids will not be offering to-go bags May - September.
Reach out to events@moscowfood.coop to volunteer with the program!*



Company Profile: World Centric

By Amy Newsome, Co-op Volunteer Writer

World Centric had an unconventional beginning for a company. In 2004, Aseem Das, a software engineer with a big heart, started a non-profit organization with the mission of reducing economic injustice and environmental degradation through education and community networking. Not wanting to take the usual approach of securing donors and grants to fund the non-profit, he created an online store offering Fair Trade items as well as compostable tableware and cutlery. Before long, the compostable products were in such demand that they needed to focus 100% on them. Eventually they brought in too much money to still be considered a non-profit. So at that point, Aseem decided to switch to a for-profit business but still stay true to the original mission of his non-profit. One way he accomplishes this is by donating 25% of the company's profits to global grassroots organizations that focus on alleviating poverty and combating climate change. Examples of the projects they support are Rainforest Action Network, Women's Global Education Project, Amazon Frontlines, Indigenous Environmental Network, Sustainable Cambodia, and Orangutan Foundation.

It should be noted that in order for their products to be completely compostable they must be commercially processed for 2-4 months. However, the creation of the products is much more environmentally friendly than polystyrene (regular plastic) and PET plastic which produce 3 to 4 times the amount of greenhouse gas emissions. Also, both polystyrene and PET are created using a non-renewable resource, petroleum, whereas World Centric tableware uses renewable resources like bamboo

and agricultural by-products from corn, tapioca, sugar cane, and wheat.

The Moscow Food Co-op carries World Centric bamboo and plant fiber plates in a 20-count pack, and a combination pack of forks, knives, and spoons made from cornstarch and talc in a 24-count pack.

World Centric's mission is to "make an impact and create a more just and sustainable world."

World Centric Snapshot

Founded in 2005

Located in Rohnert Park, California

Certified B Corporation

1% for the Planet Member

Green America Certified Business

California Green Business Network

BPI Certified Compostable

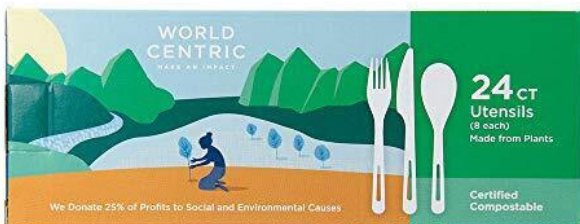
USDA Biobased Certified

Compost Manufacturing Alliance Certified

Forest Stewardship Council Certified

This information and more can be found at worldcentric.com

Amy Newsome thinks that the Moscow Food Co-op's idea to just let people take and return metal utensils for their deli food is really great.



Local Producers Profile:

Stacia Moffett

By Terri Schmidt, Co-op Volunteer Writer

Stacia and David Moffett are retired WSU faculty who taught Physiology and Biology. In 1995, while still teaching, they purchased their Wawawai property, built a house, and started growing plants. Stacia and David consider themselves pioneers – taking a raw piece of land and making it productive.

The couple were always interested in growing in general, both coming from farming backgrounds in North Carolina and Tennessee. A neighbor let them know their land was surveyed by a man from France, who said, “This property should be growing grapes.” “So we made it happen,” Stacia said. “It was a brand new learning experience having never set foot in a commercial winery or vineyard.” A past winemaker told them he wished he had more underground storage. They listened and created an earth dome storage area, which now holds over 100 barrels of wine at a naturally cool temperature. Their vineyard was the first commercial vineyard planted in Whitman county since Prohibition.

David and Stacia originally planted a dozen varieties of grapes, then reduced that to five and added new varieties later. The vineyard now has nine varieties of grapes, which are chosen for taste and how well they do with the local climate, wind, and precipitation patterns. The winery produces six red and one white wine. Stacia’s favorite is wine is Syrah. She said, “Syrah is the best grape for Washington state and the grapes do wonderfully here.” Stacia and David’s son, Ben, went to school at Walla Walla Community College and earned a degree in Viticulture and Enology. He is the winemaker, producing wines of "exceptional balance" using

traditional methods of dividing fruit into small lots and fermenting in barrel. He also explores new techniques like carbonic maceration.

The Moffetts opened Wawawai Canyon Winery and Tasting Room in 2004. It was originally on the Moscow Pullman Highway. City officials recruited them to move their winery to Uniontown, wanting to put the historical buildings in the small town to good use. The winery and tasting room are now at 202 S. Montgomery St. in Uniontown. Stacia encourages people to come out and enjoy the experience of tasting in person. The tasting room is open noon to 6 p.m., Thursday-Saturday. They also host Christmas parties, baby showers, and other events.

Stacia said, “Local wineries need to be appreciated. This is a wonderful place to grow a vineyard. People are increasingly developing a taste for local wines and how they change from year to year depending on the different conditions.”



Stacia Moffett. Photo by Terri Schmidt.

Stacia also grows a large garden and said, “Gardens are a mainstay of my life.” They often sit down to a meal that is all their own food and wine. You can find her table grapes, quince, winter squash, and walnuts at the Co-op. She also has chickens, ducks, and goats – who keep the blackberries down. They proudly use sustainable practices to manage the vineyard and garden, using companion plantings of vetch and natural orchard grasses and encouraging insects like lacewing, ladybugs, praying mantis, and beneficial spiders. They grow in a safe way so their workers and customers are not exposed to any toxins.

Ben is in the process of taking over the wine business, so it will happily stay in the family. The Moffetts have another son, Howell Moffett, a research scientist in Seattle, and a daughter in Indiana, Rosalee Moffett, a poet who has published two books.

To learn more about the Moffett family and the winery, check out their webpage: www.wawawaicanyon.com



Staff Picks

By Ivy Dickinson, Co-op Volunteer Writer

The first staff-person I spoke with this month was Liz Branson who has been working at the Co-op as the lead receiving clerk for three and a half years. For their recommendation this month, they chose the green chili and cheese tamale made by the Tucson Tamale Company that is located in the frozen meals section of the freezer aisle. Liz said that they chose this product

because they feel that “despite being a teeny tiny tamale, it is a very mighty tamale” which they described as meaning it doesn’t have the sad, heartless flavor that characterizes many frozen meals. Liz learned about the product and company while working at the Co-op, and through some of their own research discovered that the tamales are made by hand in a gluten-free factory and as a



Liz Branson

as a result are a very appropriate quick meal choice for someone who has food sensitivities or is prone to “tummy issues”. Liz says they make a great snack or light meal, they are way more filling than you think they will be, and they are delicious.

Since its inception in 2008, Tucson Tamale Company has become a revered institution within the heart of Tucson. With a culinary

passion deeply rooted in crafting mouthwatering tamales, this establishment has won the loyalty of locals and visitors alike (<https://tucsontamale.com/>).

Behind the scenes of Tucson Tamale Company's success stand Todd Martin and Sherry Martin, visionaries who sought to redefine the culinary landscape. Their dream was to transcend the ordinary, creating a food company that embraced excellence in every aspect. The guiding principles were clear: employ top-tier ingredients, cultivate a positive work environment, and craft tamales that would be both a delectable delight and a health-

conscious choice. As Todd Martin explains, "We wanted to create a food company that was different from the others... make tamales that were both delicious and healthy." Sherry Martin further affirms, "Our tamales are made with love... We want our customers to enjoy our tamales as much as we enjoy making them" (<https://www.facebook.com/TucsonTamaleCompany/>).



Andrew Rose

Tucson Tamale Company's

commitment to quality shines through in every aspect of their tamales. Their tamales are constructed using organic corn masa, non-GMO lard, and a medley of fresh, organic fillings including pork, chicken, beef, vegetables, and beans. A diverse range of vegan and vegetarian options also showcases their dedication to inclusivity.

Tucson Tamale Company extends the joy of their tamales beyond their brick-and-mortar location. Whether through their online platform, retail store in Tucson, or delivery and catering services, the company's tantalizing offerings are accessible to all. However, their commitment to the community doesn't stop at taste. Tucson Tamale Company champions sustainability by employing compostable packaging and donates a portion of their profits to local charities.

The second staff-person I spoke with this month was Andrew Rose who has been working at the Co-op as the meat department manager for four years. For his recommendation, Andrew chose the Sambazon acai energy drinks located in the chilled drink area of the Co-op. He said that his favorite flavor is “Jungle Love” which is crafted from a blend of acai and passionfruit. Andrew said these are literally the best tasting energy juice drink he has ever tried. He feels they taste like “really, really good juice”, and are made from high quality organic ingredients. He also likes supporting a company that is taking mindful actions to mitigate environmental impacts and deforestation in the Amazon. Andrew was hesitant to admit it, but said it is not unusual for him to drink three to four of these a day because he loves them just that much.

In the vibrant landscape of health-conscious foods, Sambazon has emerged as a pioneer, specializing in the cultivation and distribution of acai-based products. Founded in 2000 by Ryan and Jeremy Black and Ed Nichols, Sambazon has not only carved a niche for itself but also championed sustainability and community welfare through its operations. Sambazon's journey began with a deep-rooted passion for the Amazon rainforest and its rich biodiversity (<https://www.sambazon.com/our-story/>).

The founders were inspired to create a business that could contribute positively to both the environment and local communities. Drawing from their sustainable business practices and acai's inherent nutritional benefits, Sambazon set out to introduce this Amazonian superfood to the global market.

Acai is a small, dark purple berry that grows on the açai palm tree (*Euterpe oleracea*), native to the rainforests of Central and South America, particularly the Amazon basin. The fruit has gained significant popularity in recent years due to its rich nutritional content and potential health benefits.

Acai berries are renowned for being a nutritional powerhouse. They are a rich source of antioxidants, which help protect the body from oxidative stress and cellular damage caused by free radicals. Acai berries are also high in dietary fiber, essential fatty acids (such as omega-3, omega-6, and omega-9), and an array of vitamins and minerals, including vitamin A, vitamin C, and potassium.

Sambazon ethically harvests acai from the Brazilian rainforest, working closely with local farmers and communities to ensure fair compensation and sustainable practices. Their product line includes a variety of acai-based items, ranging from frozen acai packs to ready-to-drink beverages (<https://www.sambazon.com/collections/all>).

In collaboration with local farmers, Sambazon has established a sustainable supply chain that benefits both growers and consumers. The company's initiatives include reforestation projects, educational programs, and partnerships with indigenous communities to promote ecological awareness and social well-being (<https://www.sambazon.com/sustainability/>).

Palouse Area Environmental Update

**By David Hall, Co-op Volunteer Writer
and Member of the Paradise Ridge Defense
Coalition**

What's going on with the Thorn Creek to Moscow Highway 95 project this summer? Things have been mysteriously quiet. On March 9, 2021 the U.S. Army Corps of Engineering (USACE) issued a Nationwide Wetlands Permit for construction in wetlands to the Idaho Department of Transportation (ITD) for the project. ITD subsequently broke ground in June 2022. The permit required that each individual wetland site be at most one-half acre in size or less. ITD asserted in their permit application that they were. However, on August 9, 2022 USACE discovered, with input from the Paradise Ridge Defense Coalition, that site 1, at the southern end of the project, was greater than 1.16 acres in size, and it suspended the permit for site 1, and then subsequently the other 12 sites under an abundance of caution. Then on March 31, 2023 ITD submitted a new permit application allegedly meeting all of USACE's requirements, and asking for an expedited 30-day review.

USACE replied in less than two weeks that ITD's new application was incomplete, and that the following items were missing or deficient. First, a complete delineation for all highway crossings sites within all of the wetland sites was required. Second, the use of current data for these delineations, instead of 12 to 19 year-old data, was required. Third, water quality certifications from the Idaho Department of Environmental Quality, which might need to be reviewed by the federal Environmental Protection Agency (EPA), was required. Review by EPA could potentially take 60 days or longer.

Thus, the project is delayed because ITD has done an inadequate job both with its initial delineation of wetland sites and also with the requirements of the application. USACE, instead of looking the other way, has held ITD to the rules and regulations. It is still not clear how this application process will finally play out, but in this case USACE deserves our appreciation for doing their job as required. ITD – not so much.

Copies of communication between the Idaho Transportation Department and the Army Corps of Engineering can be accessed at the Paradise Ridge Defense Coalition website, www.paradise-ridge-defense.org.

Hello Co-op Members and Happy Public Lands Month!

**By Dre Arman, Co-op Sustainability
Committee**

As a member of the Co-op's volunteer sustainability committee, and as a fierce public lands advocate, this month I want to invite you to celebrate Public Lands Month throughout September, and Public Lands Day on September 23rd! Public lands offer watershed protection, carbon absorption, important habitat for threatened and endangered species, opportunities to hunt, fish, and forage food . . . the list goes on. Whether it's heading out to Moscow Mountain for a breath of fresh air, picking up trash in our city parks, or venturing into the Frank Church Wilderness to unplug, public lands are worth celebrating as they are crucial components of our wellbeing as humans, and our sustainability as a society.

So with that, happy Public Lands Month and happy Co-op shopping!

Dare to Take the Buy-Bulk Quiz?

By Miriam Kent, Co-op Sustainability Committee

Test your know-how even if you're a newbie at buying bulk. Our Co-op and also Winco offer large Bulk sections with lots of varieties of flour and granola, for example. Snacks like toasted sunflower seeds, almonds, and cashew pieces get me every time. I also regularly buy liquid dish soap, Tea Tree shampoo and conditioner, tamari, peanut butter, and Dr. Bronner's soap.

I'm hoping after reading this short introduction and taking the following quiz you will become a bulk buyer – or a more serious one than you were before! Enjoy!

1. Buying bulk items is always cheaper. True or False.
2. Anything I can buy in bulk bins or containers can be found elsewhere in the store in an easy-to-grab box or single use packaging. True or False.
3. Buying bulk could take more time because:
 - a) You have to weight your containers, fill them, twisty-tie or close and label them.
 - b) Sometimes an old bag rips.
 - c) It takes time to find the desired items and decide which to buy.
 - d) You left your containers and bags at home or in the trunk of your car.
 - e) All of the above.
4. The Co-op and Ampersand are the only places in town to buy bulk oil. True or False.

5. To “TARE” means to weigh your container before you fill it.
True or False.

6. PLU” means:

- a) Price Look Up.
- b) The code number on the bin or bottle of all bulk items.
- c) The cashier knows what to charge for your bulk items.
- d) All of the above.

7. You must not PLU before you TARE. True or False.

8. I can purchase dried mangos, cranberries, or raisins at our Co-op using my own container.

- a. Yes.
- b. No, not at this time.

9. I have to be a current Co-op member (aka owner) to save money when the entire Bulk section is on sale.

- a. Yes.
- b. No.
- c. Sometimes Yes, sometimes No.

10. I have to be a current Co-op member (aka owner) to buy bulk.
True or False.

11. By choosing my own quantity of bulk items I can:

- a) Try out something new.
- b) Buy only the amount I want.
- c) Buy the teeniest amount of a spice for one recipe.
- d) Stretch my savings on bulk sale days.
- e) All of the above.

12. How many bulk items (dried, liquid, sundries, teas, spices, etc.) does the Co-op offer?

- a) ~259
- b) ~206
- c) ~115

Bye for now! Miriam.

Answers: 1. False. 2. False. 3. e) 4. True 5. True 6. d) 7. False 8. b) 9. c) 10. False 11. e) 12. a)



Owners receive an extra
10% OFF

