

The Co-Op Chronicle

News from the Mountains

Welcome New Members!

During the month of November, we gained 5 new members!

- Audrey Ferri
- Riley Lydon
- Vanessa Reaves
- Matt Robinson
- Carrie Showalter

A big thank you to all new and current members. We are a community-based organization which is owned and operated by its supportive members. We have been a source of natural foods and products for over 40 years, and are dependent on the continued growth and support of our member base. By joining, you are helping to support small, local businesses, and helping to build an environmentally conscious community. Thank you all, we would not be here if it weren't for you.



A Month in Review: November 2016

This month we added several new products to our shelves. We now carry the 48oz GTS Kombucha in the Trilogy and Gingerade flavors. These bottles are the equivalent to three regular sized bottles. From our suggestion box we've added: Wild Planet Sardines in olive oil and lemon, Bob's Red Mill Paleo Flour, Sir Kensington's Avocado Oil Mayo, as well as couscous and tamari pumpkin seeds in our bulk section.

Small Business Saturday was on November 26th. We had a 10% off storewide sale, offered several samples, and gave away some beautiful handmade wood carvings. A big thank you to everyone who came out to support us and the other small local businesses in the area.

As we are sure many of you know we enjoy the holidays around here. We love to decorate, and feel as though it adds a certain charm to the place. We have spent the last few days gearing up for the holiday season. We have hung our decorations and the window display has been updated for the season.

We are fully stocked on everything you may need for this holiday baking season. Remember we have an extensive bulk section too! You can buy just what you need to make your favorite recipes. Just need a tablespoon of ginger powder? We have you covered! To see our full list of bulk herbs and spices check our website: mountainpeoplescoop.com.

Holiday Hours

December 24th 9:00-noon

December 25th CLOSED

December 26th CLOSED

December 31st 9:00-noon

January 1st CLOSED

Venerable Bean Bakery

Be sure to pre-order your pies for the holidays!

- 8" Pumpkin Pie...\$19.50
- 8" Gluten Free Pumpkin Pie...\$19.50
- 8" Gluten Free Chocolate Truffle Pie...\$27.50

To place your pre-order contact Aaron via email!

thevenerablebean@gmail.com.

All Venerable Bean products are Vegan.

Addressing Your Concerns

Recently we received an anonymous note in our suggestion box that read, "I would love to see affordable staples here—milk, juice, butter for everyone". Since this is something that concerns everyone, we want to take the time to address it here. Though we do carry these products, they are not what anyone here would call "affordable for everyone". We do not deny that. However, they are as affordable as we can make them without sacrificing the quality of the product, such as substituting other brands. We are so very careful with the products we sell; we pride ourselves on the research we do to ensure that every product we carry is up to our standards. Although we do compete with some prices at other retailers, we do not have that same ordering power as the larger chains like Kroger, Giant Eagle, and Walmart. So, since we are not ordering thousands of dollars' worth of milk, our cost is higher. If you go to our bulk section and get a few pounds of organic oatmeal it is \$1.65/lb, but if you were to order 50lbs it would cost \$1.40/lb. That same mechanic applies here, if you buy more you get a better discount. We do our best to make up for this shortfall in other ways, such as our bulk section. We do our best to make things cheaper by purchasing these items in bulk with minimal packaging. We also extend that courtesy to you via special ordering. As members, you can save 15% by buying a case of anything, even products we don't carry in the store we can typically order for you. We hope this clears our pricing system up, but if anyone has any questions, or wants to know more information we encourage you to call the store or speak with a manger the next time you are in. We would love to hear from you.

Holiday Gift Guide from the Co-Op

We will be offering several gift options during the holiday season.

Plastic-Free Gift Cards

We have recently changed how we use gift cards in our store. We are no longer using physical cards, and have switched to using an in store credit system. This means that you don't have to worry about losing your card, because we are able to simply look up your customer name at the register and the balance is all there. As far as having something physical to gift to someone, we do have paper certificates you can give out, but it is not needed in order to redeem the credit.

Gift Baskets

We are making several types, sizes, and priced gift baskets this year. We have a lot of fun themes this year that are sure to make you chuckle. We will have tea baskets, coffee baskets, men's facial hair baskets, hot sauces baskets, and many others! We have fun making them and we hope you will enjoy them as well.

Give the Gift of Membership

You can now gift a membership to someone. We are offering this for each tier of our membership. To view our membership pamphlet which explains what you get with your membership please visit our website at <https://mountainpeoplescoop.com/whoweare/membership/>.

Pottery

Locally made pottery makes a wonderful gift, that your recipient can enjoy everyday. We have table top jars, bowls, cups, plates, mugs, vases, pitchers, as well as specialty items. All of our pottery is made locally, and we currently have two different artists. Mr. L Pottery is make right here in Morgantown by Ken Lu. Our other potter is M.U.

Jewelry

We have handmade jewelry from three different local jewelry makers. ThinkBig Designs has WV recycled glass necklaces featuring the WV emblem. Kat Jewels has steampunk inspired pieces ranging from necklaces and bracelets to hair pins. Hoot+Howl has necklaces and earrings as well as vintage spoon rings. We provide beautiful jewelry bags and small boxes for each piece of jewelry we sell.

Beard Care

This season we have beard care items from the Mountaineer Brand, made in Shepherdstown, West Virginia. We have beard balms, oil, shampoos, mustache wax, as well as their holiday gift set, which is sold in a festive burlap sack. These items are perfect for the Mountain Men in your life.

December Member Sales!

Every week we select 10 items from different departments in the store. Those items are 15% off for one week-Sunday to Sunday. To identify these items in our store there are small yellow signs with the discounted price listed.

Week of the 4th

Herb Pharm Anxiety Soother Tincture, 1oz
Pacific Chicken Bone Broth, 32floc
Field Day Coconut Oil Cooking Spray, 5oz
Follow Your Heart Vegan Egg Powder, 4oz
Bee Flower Raw Wildflower Honey, 2lbs 12oz
Ginger Soother Juice, 32floc
Now Peppermint Essential Oil, 1floc
Flora Echinacea Elderberry Tea, 16 bags
If You Care Large Trash Bags, 10 count
Follow Your Heart Roasted Garlic Veganaise,
12oz

Week of the 18th

Once Again Cashew Butter, 16oz
Biobag Compostable Clip Wrap, 63.2ft
Organic Gemini Tigernut Flour, 16oz
Triloka Superhit Incense, 100gm
Mediterranean Roasted Red Peppers, 12oz
Herbal Revolution Rose Petal Shrub, 8oz
Now Sandalwood Essential Oil, 1floc
Explore Asial Balck Bean Spagetti, 8oz
Simply Organic Turkey Rub
Mate Factor Mocha Mint, 20 bags

Week of the 11th

Go Primal Unscented Body Powder, 4oz
Enjoy Life Semi-Sweet Mega Chunks
Immaculate Baking Crescent Rolls, 8oz
Herbal Revolution Fire Tonic no.9, 8oz
Aunt Fannie's Flypunch! Fruit Fly Trap, 6floc
Nutiva Vanilla Hemp Shake Powder, 16oz
Now Kelp Powder, 8oz
Field Day Diced Pear Cups, 4 count
Bach Rescue Plus Lozenges, 10 count
Celesa Bengal Spice Tea, 20 bags

Week of the 25th

Bragg Apple Cider Vinegar, 32floc
Beyond Meat Beef-Free Beastly Sliders, 8oz
Green Shield Carpet&Floor Spot Cleaner
Dr. Bronner's Coconut Oil, 30oz
Norpro Compost Keeper, 1 gallon
Ginger People Original GinGins, 4.5oz
Triloka White Sage Smudge Stick
Acure Night Cream, 1.75floc
Now Glass Sprouting Jar
Traditional Medicinal Everyday Detox Tea, 16
bags