

The Co-Op Chronicle

Welcome New
News from the Mountains

Co-Op Members!

As of January 1st we have a grand total of 640 current active members.

During the month of December, we gained four new members!

- Katharine Belcher
- Shannon Dowling
- Tim Koch
- Jaqueline Robinson
- Cyrus Hajiran

All of us at the co-op want to say thank you to all the new and current members. As a community owned & operated organization and would not be here without continuous support from our members. We are very thankful to serve our community in a healthy and organic way. We love you!



A Month in Review:

December

New to the shelves is Purinize water purifying drops, which are perfect for camping and traveling. Kenyan Café hot sauce is back on the shelves—now available in an 8oz bottle for \$4.19.

We co-hosted the first annual Pleasant Street Holiday Open House. The businesses who co-hosted with us were Venerable Bean Bakery, 123 Pleasant Street, Daisy Moon Bakery, Furnishings For U, The Mon Valley Railroad Historical Society, and Black Bear Burritos

For the event each business had showcased several special events which included: tastings, free coffee, color contest, pictures under the mistletoe, door prizes, and even more

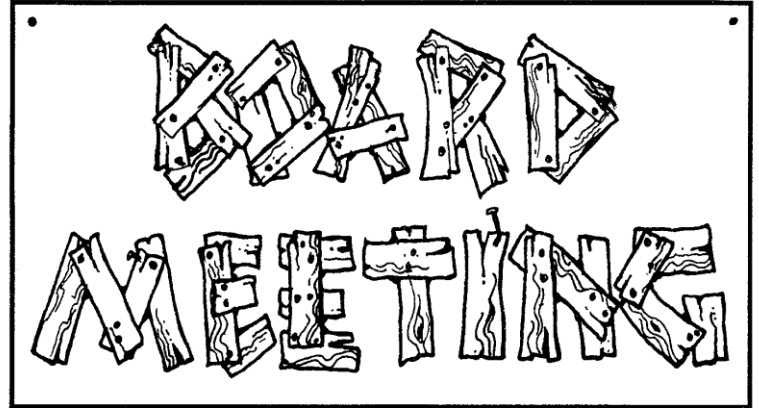
fun. In our store, Firsthand Co-Op Coffee set up next to The Veneral Bean Bakery cases and provided pour-overs with complementary biscotti. Stephanie of Hoot & Howl set up the last pop-up shop of the year, selling her vintage handmade jewelry, holiday décor and cozy crochet winter gear. This event was a huge success, bringing in more foot traffic than we saw in November for Small Business Saturday.

The Conduit Film crew also returned this month to reshoot a few scenes for their upcoming film. This throwback creature feature has several scenes in our store. Watch the trailer: <https://youtu.be/Q1rgbb5JXDI>

Board Meeting

This month's board meeting will be held at 6:30pm on January 8th at the

Co-Op. All co-op members are encouraged to attend. Come out and speak your mind!



Upcoming Produce

In the produce department of the store there is now a hanging clipboard above the produce bags. This clipboard will list all of the fresh organic produce that is currently on order including the delivery date. We always look for feedback, so let us know what you think!

We Take Egg Cartons!

Egg cartons cost farmers roughly \$0.50 each. It may not seem like a lot, but when you package 20-50 dozen eggs a week it really adds up! We collect egg cartons from the community in store and give them back to our local farmers. We accept only cardboard and styrofoam one dozen cartons.



Reusable Spotlight:



Bee's Wrap Sandwich Wrap is 15% off for everyone all month long!

Bee's Wrap was founded in Bristol, Vermont in 2012 by Sarah Kaech. A mother of three who wanted a green alternative to plastics used in the kitchen and wanted to store food in a sustainable reusable manner. The Bee's Wrap Sandwich Wrap is great for a snack on-the-go or packing a sandwich for lunch. Tie it shut for maximum freshness! We now carry the full Bee's Wrap line—located in the Household Goods

Herb of the Month

Amla (Whole)

Written by: Tia Johnson



We would like to introduce one of our newest additions to our bulk herb section, Amla (Indian Gooseberry). The Indian Gooseberry belongs to the Euphorbiaceae family, commonly known as the spurge family. The fruit of the Amla tree is slightly sour and ripens during autumn in the wet-forest areas of the Indian subcontinent. Amla is known for being a multi-purpose food and for its large quantity of health benefits. Commonly known health benefits include: improving immunity, protecting the body against infection, treating menstrual cramps, fevers, eliminating toxins, aiding in digestion, improving appetite, hair growth and reducing free radicals in the body. It makes a great remedy to add to any daily regimen.

Brand of the Month

Organic Nuna

“Organic Nuna's mission is to be your trusted source for great tasting 100% organic, always and only, protein that you and your family can feel great about enjoying. At the heart of our core values is a commitment to caring for the entire scope of the food chain, which encompasses the wholesomeness of our products, the humane treatment of animals, and sustainable practices that are optimal for the land and the environment.” - Nuna Organic Team



**JANUARY
20th**



VENERABLE BEAN BAKERY

JANUARY DINNER

“COMFORT FOOD AT ITS FINEST”

IN COOPERATION WITH:



137 PLEASANT STREET – MORGANTOWN, WV – 6:00PM TO 9:00PM

\$40 PER PERSON – 3 COURSES+DESSERTS – FAMILY STYLE SEATING

MOUNTAIN PEOPLE'S CO-OP IS PLEASED TO HOST ANOTHER VENERABLE BEAN BAKERY TASTING DINNER! THIS MEAL MARKS ONE YEAR OF THESE COMMUNITY BUILDING DINNER EVENTS. COME ALONE OR WITH A FRIEND—EITHER WAY YOU ARE SURE TO HAVE A WONDERFUL TIME!

PURCHASE TICKETS IN STORE OR BY CALLING 304-291-6131.

January Member Sales

Every week we select 10 items from different departments in the store. These items are 15% off for one week—Saturday to Friday. Keep in mind that all member discounts can be stacked up to 25%! To identify these items in our store there are square yellow signs with the discounted price listed.

**The three items not listed are manager picks and are chosen on the week of the sale. Follow us on Facebook to see all of the listed items!*

Week of the 6th

Explore Cuisine Adzuki Bean Spaghetti

Mt. Rose Herbs Catnip Hydrosol Spray

Eden Kukicha Twig Tea- 16 ct. Bags

NOW Panax Ginseng Extract- 500 mg

Woodstock Organic Frozen Cherries

Royal Rainbow Quinoa- **BULK**

Norpro Compost Keeper

Week of the 13th

Native Forest Quartered Artichoke Hearts- 14 oz

Jeff's Naturals Spicy Italian Olive Antipasto

Food4Life Genesis 1:29 Frozen English Muffins

Backroads Coconut Crunch Granola- **BULK**

Urban Moonshine "Hit the Hay" Sleep Support
Supplement

Ecover Non-Chlorine Bleach

NOW Juniper Berry Essential Oil- 1 oz

Week of the 20th

Ener-G Egg Replacer

Applegate Frozen Turkey Hot Dogs

NOW Neroli Essential Oil- 1 oz

Desert Essence Coffee + Coconut Oil

Tamari Roasted Pumpkin Seeds- **BULK**

Super Salve Co. Mimosa Blossom Dream Cream

CitraSolv Valencia Orange Concentrated Cleaner

Week of the 27th

Follow Your Heart Original Vegenaïse

Garrett Valley Sugar-Free Dry Rub Bacon

Organic Wild Rice- **BULK**

Traditional Medicinals Organic Gas Relief Tea

HerbPharm Rhubarb System Restoration
Extract

Triloka Sweetgrass Smudge Braid

Biokleen Automatic Dish Powder