

The Co-Op Chronicle

News from the Mountains

Welcome New Co-Op Members!

During the month of
January, we gained fifteen
new members!

- Connie Banta
- Alexa Brinkerhoff
- Emily Clark
- Camille Cochonneau
- T. Jackson
- Pam and Tom Ford
- Paul Kinkus
- Steven Lawrence
- Michelle Mauri
- Hannah McDonald
- Chase Miller
- Devan Perdue
- Emily Smith
- Carly Spear
- Spa Roma

All of us at the co-op
want to say thank you
to all the new and
current members. We
are a community owned
& operated store and
could not do it without
the support of our
members!



A Month in Review:

January

On the 20th of January, the Co-Op hosted Venerable Bean's Anniversary Dinner, which marked one year of delicious house made vegan dinners made by Aaron of Venerable Bean Bakery! Twenty-three people joined in for a wonderful night of fresh vegan food. You can look forward to another Venerable Bean Bakery dinner in the spring!

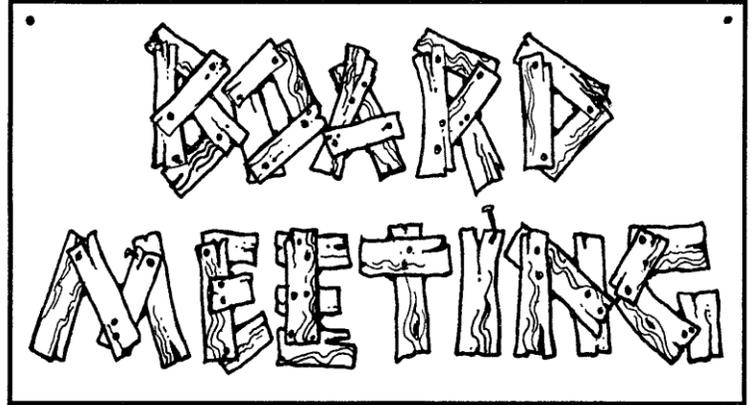
We are proud to announce that in January, we signed up with a local company called DubVEatz, an online local home-delivery service that takes your groceries from the Co-Op right to your door. With a standard delivery fee of \$3.99 in the

Morgantown area, \$5.99 for Cheat Lake, and past Cheat Lake for additional \$0.50 per mile. It is a wonderful way to still get fresh, organic food without the hassle of traveling to the store! You may visit their website www.dubveatz.com/faq.xls to learn more. Follow us on social media (@mountainpeoplescoop) for when it starts!

For the first few weeks of December into January we held over ten interviews in hopes to find new cashiers for the Co-Op and hired three new employees! Be sure to welcome Devan, Chase, and Emily to the Co-Op team next time you're in the store.

Board Meeting

This month's board meeting will be held at 6:30pm on February 5th at the Co-Op. All co-op members are encouraged to attend. Come out and speak your mind!



Venerable Bean Bakery

Venerable Bean Bakery Venerable Bean Bakery will be taking pre-orders for 4" mini heart cakes. Gluten-free options will be available! Check for more details in the store, VenerableBean.com or [@VenerableBeanBakery](https://www.instagram.com/VenerableBeanBakery)

Customer Satisfaction Survey

We are currently working on a brief survey to get valuable feedback from our customers. This survey will be sent to all members on our email list as well as be available to access in-store and [@MountainPeoplesCoop](https://www.instagram.com/MountainPeoplesCoop)



Reusable Spotlight:



Eco-Bag's Canvas Chicken Bag is 15% off for everyone all month long!

“Eco-Bags Products, Inc. opened for business in 1989 with a simple goal; to produce quality bags at great prices so that “Reusable becomes a way of life.” These chicken bags have been a hit in our store for years. This roomy reusable bag is sure to fit all of your grocery essentials.

Herb of the Month

By: Tia Johnson

Lobelia (*Lobelia Inflata*)

Lobelia Inflata is a member of the Bellflower family, Campanulaceae, also known as Indian tobacco. Its main alkaloid, lobeline, is almost identical to nicotine and has an acrid taste like no other herb (except maybe tobacco) due to its high alkaloid content. Its alkaloid content binds to the same receptor sites making lobelia a great alternative smoking blend.

Its main powers come from smaller doses diluted in water. It relaxes muscle tissue like nothing else, making it excellent for asthma and other lung complaints. It warms the irritating reflex action to ensure that the lungs will expectorate everything they need to.



Brand of the Month



Rozy's Homestyle Peppers in Sauce is a local business out of Fairmont, West Virginia. They make a variety of homemade jams, hot pepper mustard, and the famous peppers in sauce (hot, mild, and original). All their peppers are grown and harvested by Veterans in the Veterans and Warriors to Agriculture Project in West Virginia. Rosa Crites and her husband Lonnie use Rosa's grandma's recipe to keep the tradition of homemade jams and peppers in sauce alive for everyone to enjoy.

February 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 3rd

So Delicious Unsweetened Coconut Milk

Jackson's Honest Sweet Potato Chips

Raw Split Walnuts- **BULK**

Bragg's Apple Cidar Vinegar Ginger Spice Drink

Spencer & Co. Gravlaz Style Salmon

NOW Sandalwood Essential Oil

WV Fruit & Berry Blackberry Jelly

Week of the 10th

Earth Balance Coconut Spread

Siete Grain-Free Tortilla Chips

Yellow Split Peas- **BULK**

Farmhouse Culture Kimchi Gutshot

Tempe (2 Pounds)

NOW Bergamot Essential Oil

Beeswax Ear Candles

Week of the 17th

Parmela Creamery Sharp Cheddar Nutcheese

Naturally Bare Chocolate Coconut Chips

Backroads Maple Pecan Granola- **BULK**

High Country Wild Root Kombucha

Food4Life Sprouted Bread

Triloka Superhit Incense- 100 gm

NOW Elderberry & Zinc Lozenges

Week of the 24th

Beyond Meat Beyond Meatless Burger

Lundberg Cinnamon Toast Rice Cakes

Medjool Dates- **BULK**

Lakewood Organic Pure Pineapple Juice

Bilinski's Mild Italian Chicken Sausage

NOW Ultrasonic Essential Oils Diffuser

Colloidal Silver Gel