

May
2018

The Co-op Chronicle

News from the Mountains

Welcome new
co-op members!

During the month of
April, we gained
nine new members!

- Anna Maria Basamania
- Olivia Grunau
- Paul Hartman
- Courtney Herndon
- Jame Mackey
- Jeff Mahaney
- Christine Marino
- Chris Matlick
- Dolly Sullivan

All of us at the co-op would like to say thank you to all the new and current members; we could not do it without your continuous support.



A Month in Review:

April

April was an eventful month for us at the co-op as we hosted a poetry reading, held another 'Venerable Bean' dinner and celebrated our annual potluck with the community. We held the potluck on April 21st at Dorsey's Knob where members of the community, staff, and board of directors came together to share food and celebrate another voting season.

During the potluck each nominee introduced themselves to the community and stated why they would make a great addition to the Board of Directors. Our members voted and we're proud to announce that Joe Cowan, Jonathan Hall, and Amanda Marple have been elected to join!

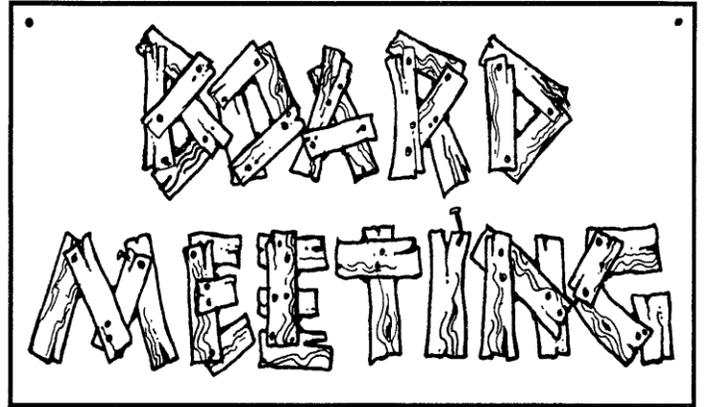
The weekend proceeding the potluck, we hosted 'Venerable Bean's' April dinner where the guests were served crispy seitan strips, sweet pea and ramps over quinoa, vegan macaroni and cheese, lavender cupcakes and much more! You can follow our events page on facebook to stay updated on the next available dinner.

We also held our first 'Pleasant Street Spring Open House', which was a great opportunity for the community to show their support for the local businesses downtown. We had a successful turn out for all the events held this past month and we look forward to seeing everyone at the next seasonal open house.

We are now carrying 'Hilton Farm' pork and chicken, along with 'Mountain State Trout' trout filets and smoked trout, and 'Wild Alaskan Sockeye Salmon' whole filets and cod filets.

Board Meeting

Next month's board meeting will be held at Mountain People's Co-op on June 4th at 6:30 pm. Come support your local community and discover what's happening with Morgantown's only community-owned grocery store!



Mountain Harvest Farm 2018 CSA

Mountain Harvest Farm's 2018 CSA registration is open! Community Supported Agriculture (CSA) is a mutualistic relationship between producer and customer or "shareholder" in which both share in the bounty and risk of sustainable agriculture. By joining a CSA program, you are becoming a part of the farm and investing in them so that they can grow your food. Mountain Harvest Farm works closely with us to supply us with local, naturally grown produce throughout the growing season. We love them and so should you! Follow the link to learn more about their CSA and the benefits of becoming a shareholder.



<https://www.mountainharvestfarmllc.com/csa-program.html>

Reusable Spotlight: *Beeswrap*



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

The single medium beeswrap food wrap is 15% off for everyone all month long!

Herb of the Month

By: Tia Johnson

Gravel Root

Eutrochium purpureum, commonly known as milkweed and purple boneset, is a perennial plant in the sunflower family. Known for growing along stream margins, wet meadows, thickets, wooden embankments, and river sides throughout the northwest, eastern and central parts of North America. Typically blooming in mid-summer to early fall with tiny purple-pinkish flowers that are vanilla-scented, making them highly attractive to butterflies, especially the endangered monarch butterfly.



Deriving its name for its ability to break down stones in the kidneys and other organs of the body. The whole plant, particularly the root, works effectively on the urinary system, uterus, and joints by cleansing the kidneys and dissolving the build-up of uric acid. Its natural diuretic ability/soothing astringent effect make it a great choice to treat bladder infections and other conditions affecting the urinary tract.



Brand of the Month

Mountaineer Brand is a West Virginia based all-natural health & beauty product company. Founded in 2013, they have quickly grown from a local individual selling to family & friends to a small business selling across the US and Europe.



Find their products
in our WV Personal
Care section!

Mountaineer Brand began as a beard-care company and now has an expansive list of body care items like arrow-root based deodorant, foot-cream, hand-salve, body washes, and brushes of all kinds. Our employees love their products and use them every day!

May 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.

Week of the 5th

One Degree Whole Wheat Flour
Fearn Soya Powder
Lightlife Original Organic Tempe
BULK Rue Herb
Yogi Decaf. Kombucha Tea Bags
NOW Prostate Health Capsules
Super Salve Facial Toner
Silver Water First Aid Gel
NOW Nature's Shield Blend Essential Oil
Triloka Jasmine Incense Sticks

Week of the 12th

Sir Kensington Mayonnaise
Lakewood Organic Pineapple Juice
Daiya Dairy-Free Cheddar Cheese Shreds
BULK Bitter Orange Peel
Eden Kukicha Twig Tea
Herb Pharm Rhubarb Tincture
Super Salve Cocoa Mango Body Oil
NOW Ubiquinol Supplement Capsules
NOW Clear the Air Essential Oil
Triloka Sweetgrass Smudge Braid

Week of the 19th

Spectrum Balsamic Vinegar
Primal Kitchen Honey Mustard Dressing
BULK Neem Leaf Powder
Siete Grain-Free Tortilla Chips
Daiya Key Lime Cheesecake
Mountain Rose Herbs Catnip Hyrosol
Herb Pharm Soothing Throat Spray
Acure Marula Oil
Triloka Lotus Perfume Oil
Earth Balance Butter Substitute

Week of the 26th

Table 5 Italian Sausage Pizza
Sartari Merlot Cheese
BULK Broccoli Sprouting Seeds
R. W. Knudsen Acai Berry Juice
Follow Your Heart Soy-Free Mayonnaise
Tulsi Holy Basil Original Tea Bags
Simple Mills SunDried Tomato/Basil Crackers
Herb Pharm Fenugreek Tincture
Acure Facial Toner
Triloka Evening Breeze Perfume Oil