

Sept.  
2018

# The Co-op Chronicle

News from the Mountains

Welcome new  
co-op members!

During the month of  
August, we gained  
eighteen new members!

- Sean B.
- Lauren B.
- Nichole C.
- Katie C.
- Olivia C.
- Josh E.
- Maggie L.
- Katie L.
- Christopher M.
- Kallie N.
- Alexandra O.
- Donna P.
- Greg R.
- Matt R.
- Brittany S.
- Ryan S.
- Carrie T.
- Garrett W.

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: August

It's hard for us to believe that August has come and gone already! Co-op staff were busy in August preparing for back to school and prepping the store for the students' return.

As you'll see pictured above, we've been working to increase our grab-and-go offerings for those of you that are looking for a quick bite to eat and don't have time to waste! This cooler is located on our upper level next to the Venerable Bean's items, where you can also purchase vegan grab-and-go items.

The next time you're in the store, you may see some new faces because the Co-op has

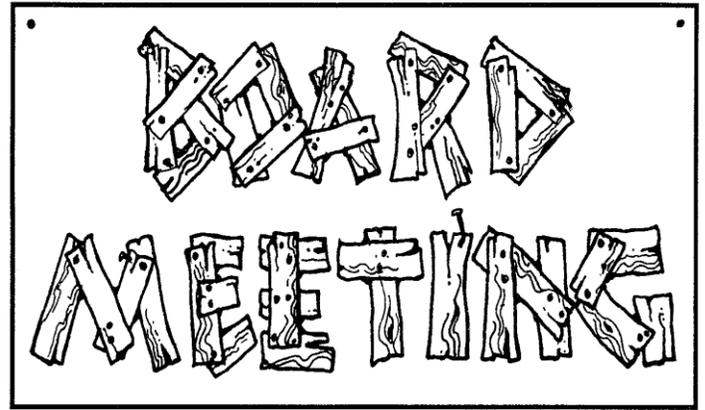
welcomed 4 new cashiers: Carrie, Carly, Josh, and Chris! We are so happy to have them on board and can't wait for y'all to meet them!

Based on our most recent survey results, we are proceeding with obtaining our beer and wine license and hope to have offerings for sale by the end of 2018. Have any product suggestions? Please leave them in our suggestion box in the store!

A few upcoming items to note: Fun Family Weekend will be 9/7-9/8 and the entire store will be 10% (excluding local art and Venerable Bean products) during event hours; the Pleasant St Holiday Open House will be 12/15. Mark your calendars!

## Board Meeting

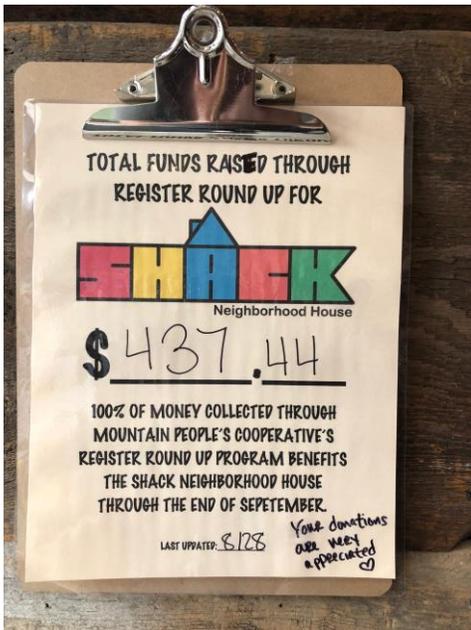
Next month's board meeting will be held at Mountain People's Co-op on October 8<sup>th</sup> at 6:00 pm. Come support your local community and discover what's happening with Morgantown's only community-owned grocery store!



## Register Round Up

Thanks to the generosity of our patrons, we've already raised \$450+ for the Shack Neighborhood House through the Register Round Up program! As a reminder, you now have the opportunity to round your order total up to the nearest \$1 or \$5 at check-out! If you are interested in having your local nonprofit be a part of our Register Roundup Program please fill out the donation request form on our website.

[www.mountainpeoplescoop.com/donations](http://www.mountainpeoplescoop.com/donations)



## Downtown Arts Walk

During Morgantown's Arts Walk you can stroll through over 40 downtown businesses and see artwork from local artists. As you stroll through downtown collect four fantastic bookmarks featuring Morgantown Area Artists. These artists are culture-makers who challenge the status quo and advance our region's Arts plus they are your neighbors. AnnaMarie Basamania from Gypsy Garden Incense will be our featured artist! The entire store will be 10% off during event hours (excluding local art and VB products).



# Reusable Spotlight: Full Circle Sandwich Bags



Organize the chaos - or just pack a snack for the road. These sustainable storage bags are built for bundling every bit (or bite) you want to keep close at hand and tidy, too. Stow, seal, and wash them to your heart's content. Label and wipe clean with a dry erase marker. From travel and household essentials to recipes and pantry goods, these bags go the distance.

Bags are made of Reusable FDA-Grade EVA material and are leak-proof, with an air-tight “lock” seal design. They are also dishwasher safe!

# Herb of the Month

By: Tia Johnson

## Yellow Dock (*Rumex crispus*)

Yellow dock, also known as curled dock, is native to Europe, Asia, and grows throughout North America. The name yellow dock refers to the unmistakable yellow flesh of this plant's thick, deep taproot which reaches its peak potency in the fall of their first year or spring of their second year. The part most used for medicinal purposes is the bitter root, though the leaves can have a mild laxative effect. For many the yellow dock plant is considered nothing more than an invasive and unwelcomed weed. However, herbalists and Native Americans know otherwise. One of the primary uses by herbalists is for skin conditions associated with weak digestion and poor liver function, such as eczema and psoriasis. Traditionally used as a blood purifier and detoxifier, especially for the liver, stimulating bile production which helps aid in digestion. Yellow dock makes for a great digestive bitter due to the presence of tannin that, in turn, increases digestive enzymes helping remove lingering waste from the intestinal tract. Yellow dock can be used in small amounts for short periods of time and should not be taken in large quantities for children, pregnant or lactating women.



# Brand of the Month

## Zeb's Barky Bites



Made in Wheeling, WV, Zeb's Barky Bites was started as an act of love for his own pups. After a year of making fresh, preservative free treats for his 3 boxers, he decided it was time to expand and offer his Barky Bites to dogs everywhere! The Co-op is proud to carry Zeb's turkey pumpkin jerky, Zeb's grain-free pumpkin pie snacks, and Zeb's banana peanut butter snacks. Zeb is fond of saying, "If there are ingredients we can't pronounce, I don't want them in our dog treats!"

## September 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 1<sup>st</sup>

Evamore Spring Water (32 oz)  
Hilton Farm Bone-In Chicken Breast  
Brown Rice Tortillas  
Lightlife Fakin' Bacon  
Harmony Cone Unscented Ear Candles  
Silver Market Co. Orange Ylang Ylang Soap  
Organic Carrots (2 lb. bag)  
Thistledew honey (BULK)  
Field Day Sliced Peach Cups (4-pack)  
Saffron Road Chicken Enchiladas

### Week of the 8<sup>th</sup>

Yves Vegan Pizza Pepperonis  
Seven Stars Plain Whole Fat Yogurt  
Nutcheese Pepperjack Cheese Shreds  
Organic Celery Hearts  
Garden of Life Raw Protein and Greens - chocolate (21.6 oz)  
Revive Cucumber+Mint+Lemon Kombucha  
Everyone Unscented Lotion  
Short-Grain Brown Rice (BULK)  
Gin Gins Chewy Ginger Candy (4.5 oz box)  
Eat Pastry Vegan Chocolate Chip Cookie Dough

### Week of the 15<sup>th</sup> & 22<sup>nd</sup>

Power Repair Skin Serum  
Jennie's Coconut Macaroons  
Bar Harbor Clam Chowder  
J. Q. Dickenson Ramp Salt  
NOW Rose Absolute Essential Oil  
Little Secrets Sea Salted Peanut Chocolate Candies  
Field Day Microwave Salted Popcorn  
Backroads Original Organic Granola BULK  
BioPac Laundry Liquid BULK  
Stone Tower Joe Breakaway Medium Roast Coffee (1 lb. bag)

### Week of the 29<sup>th</sup>

Heritage Store Castor Oil  
SunJa Medium Spicy Kimchi  
Andrew & Everett American Cheese  
Appalachian Mountain Specialty Foods Mustard Sauce  
Field Roast Italian Sausages  
Field Day Chicken Broth  
Dave's Killer Bread 21 Whole Grain Bread  
Sambucus Elderberry Syrup  
Dried Mangoes BULK  
Sesame Cheddar Sticks BULK