

Quincy Natural Foods Co-op

Newsletter
Summer 2011



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FARMERS' MARKET

Local Produce, Coming Your Way

by Becca Glaspy

Wow, the sun is here, starts are in the ground and the frost is a thing of the past. Hello, I am Rebecca Glaspy, the new Quincy Certified Farmers' Market Manager. After that long winter the Farmers' Market committee and I are fully fueled and bursting with energy to make our market even more fabulous this year.

First off, the new Feather River College bike club, F.R.E.B.E., will be offering free chain lubrication and bike advice as a courtesy to all who cruise to the market gas free and on two wheels. Bike parking is across the street at the Co-op's beautiful new bike racks, also courtesy of F.R.E.B.E. So pedal on down and reap the benefits!

Another new feature being implemented will be geared toward all Spanish speakers. This year, the Farmers' Market brochure, including all information about the market, will be offered in English and Spanish. The committee and I are very enthusiastic about representing our community as a whole and we want to make sure that all are welcome and encouraged to attend and participate. I would like to thank Tom Neill for volunteering to translate the entire brochure. Muchisimas gracias Tom!

Now, entertainment, entertainment, entertainment! Many of our talented local musicians will be featured once again but we are also recruiting some new bands from out of town for your dancing and listening pleasure. They include the Railflowers out of Chico, The Adam Burns Band from Yosemite and ABBA Roots Hi-Fi Reggae from Arcata, CA. These groups are traveling far to play for us for minimal pay and with our Farmers' Market in mind. Let's give all entertainers our support for providing such a wonderful service to our market.

Last year the market did incredibly well with more vendors than ever and an extension from 10 to 12 markets. We are still accepting WIC vouchers and food stamps (applicable at all participating booths). Visit the EBT booth to learn more! With readily available hot foods, fresh, local produce, local arts and crafts and live entertainment located on the grassy lawn across from Quincy Natural Foods Cooperative, the Quincy Certified Farmers' Market will be the best hot spot in town. Look for it every Thursday evening from June 23rd 'til September 8th.

Special thanks to Quincy Natural Foods Cooperative, all of our sponsors, Eva Rocke, PUSD, all volunteers, and all that make the Farmers' Market possible.

QUINCY CERTIFIED



FARMERS' MARKET



Manager's Report

by Lucinda Berdon

Operations

Our 1st quarter income statement, January through March 2011, looks like this:

Sales	\$ 516,410	100.00%
Cost of Goods	\$ 332,869	64.50%
Expenses	\$ 188,366	36.50%
Net Ordinary Income	\$ -4,825	-.90%

Our first quarter of 2011 fell during our winter season, which was quite significant in terms of precipitation and cold temperatures. Snow, rain and then even more snow made it difficult for shoppers to walk, ride, drive, and park to come into the store. Deliveries were often late, anywhere from a few hours to a few days. The good news is that the loading dock served us really well. Our first winter of not receiving off of Main Street made our deliveries work so much smoother and more easily for everyone involved.

We saw a slight increase in sales over the prior year, but a big decrease in sales over the prior quarter. Improvements in our overall gross margin continue to meet our target of 35% or more. The bottom line results indicate a loss of \$4,825 for the quarter. Our total labor was over budget, primarily due to the sales figures not supporting the level of staffing we maintained.

We also experienced many hours of closures during the power outages, which contributed to a loss of sales. While we'd love to stay open during power outages the difficulty lies in several areas. We do not have a generator back up system. Once the power goes off, the produce case, coolers and freezers hold their temps for a limited period of time, presuming the equipment doors remained closed. Our perishable products are in immediate risk of spoilage. The electronic registers will operate on a back-up battery for a limited time. The phones don't work and the bankcard terminals and DSL don't function. It's dark in many areas of the store so the safety and security of the store and staff become a factor. If we've been informed that the power may be off for an extended period of time, we take action to save as much of our perishable product line as possible. This year, twice, we transferred the products in the produce case and dairy coolers into carts, crates and boxes and moved them out to the back dock, where temperatures hovered around 30 degrees. It's a lot of work, and then it all has to get moved back when the power returns. The joys of running a grocery store!

To get a generator that would run all of our equipment would cost a minimum of approximately \$35,000. With the infrequency of power outages, investing in a system like that just doesn't make sense. Given the amount of time it would take to see a payback it really wouldn't pay for itself. However, we are exploring the idea of getting a small back up generator for the registers and the lighting so that we can stay open on a limited basis.



The cold winter also impacted our utility bills, which rose to meet heating demands. The cloudy winter reduced the effectiveness of our solar panels, reducing the benefits of offsetting our PG&E bill. And, for the first time since we've been in this location, we had to pay for snow removal.

Tuesday's 10% Community Discount Day accounted for over \$13,000 in discounts that benefited our shoppers. With the community discount now at a 5% rate that \$13,000 will be cut in half resulting in \$6-7,000 more income for the Co-op on a quarterly basis.

Sunny days are here, again! Now that spring and nicer weather have finally arrived, we're already experiencing a boost in sales. Our solar panels are generating electricity and the umbrellas are up out front. Our landscaping is taking shape, the lid on the creek has been lifted, and we are gearing up for another busy summer.

Updates:

- Our Quincy Certified Farmer's Market season begins this month!
- Reminder: The new Co+op Deals promotions are running 2 times per month now, as are the rest of our store sales! Most of the promotions in the flyers will be on sale for a two-week period, rather than a month. One of the issues we're facing is that the 'buy in' periods are much shorter. **If you have a product you want to special order and stock up on, we need to order it the week it goes on sale to ensure that you get the pricing that's advertised.**
- Our promotions, events and other newsworthy information are being posted on our Facebook page and, more recently, are being sent to those who wish to keep up to date with the Co-op's happenings via email! It's easy to sign up to receive our e-newsletter. Just email Jamie Huynh, Member Services Coordinator, at memberservices@qnf.coop.
- Watch for some new products in the store! The grocery department has just brought in some beans, tomatoes and pasta sauces from Eden Foods. The cans that Eden uses are BPA free and the jars are amber colored. Eden is a great company to support. They go the extra mile to ensure your food is safe, organic and of the highest quality. There's also a new line of organic jerky that we think you'll like!
- The bulk department recently brought in 50 new herbs and spices. You'll see that we've moved a few things around to improve the flow of product location.

- New arrivals in the wellness department include Barleans Flax Oil, HealthForce super foods, and MyChelle organic facial products. Check out the trial sizes of the HealthForce products, plus the testers for MyChelle's, and give us your feedback!



Thanks for supporting your home grown food co-op and enjoy a wonderful summer!

In cooperation,
Lucinda



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Meet the Quincy Certified Farmers' Market

by Nance Reed

Our Co-op's Annual Meetings are important. The meeting held in 1999 was an especially important one, as this is where our Community Outreach Committee was formed with the goal of the Co-op becoming more involved with our community. Several generous people signed up to be on the new volunteer committee and began brainstorming immediately. Kay Dalbec and Kathy Westervelt, who had been to the San Luis Obispo Farmers' Market, suggested a Quincy Farmers' Market. With some hesitation on the part of some members the group got to work and, even though it wasn't always easy, the meetings at Kay's and then Rose Risinger's were always fun. "We became family," commented one member. Several people came together to create the first market season: Bob Boschee, Kay Dalbec, Ann and Kent Frid, Shaun Lemnah, Keith Linford, Rose Risinger and Kathy Westervelt. The Dawn Institute, Abby Edwards, Allan Fleming of Red Bluff+, Chuck LaViolette of Gridley and Thompson Valley Ranch were some of the early vendors.

The committee found it needed to have insurance, a market bathroom, raise money, invite vendors and advertise. Bob Boschee and Shaun Lemnah wrote the "Rules and Regulations 2000" and Shaun went to Redding for a meeting to learn more about the legalities of a farmers' market. The committee suggested that the market be held on Saturdays and considered two sites: Jackson Street behind the Courthouse and Buchanan Street. In the end the market took place on Harbison Street, at that time in front of the Co-op. Bob spread the word via radio (station KPCO) each week while others spoke with CHP in order to close the street. Meanwhile, Keith Linford was busy rounding up musicians with the help of Roxanne Valladao and Plumas Arts. Bob remembers that "we were flying by the seat of our pants."

After many public meetings at the library and committee meetings at Rose's the committee members waited with anticipation for that first market in 2000. Their hard work paid off as they watched the community shop, listen to music, talk with neighbors and enjoy that first season. There were four markets from August 24 to September 14 boasting nine growers and at least a dozen artisans. The Hair Farmers, performing on the porch of Body & Soul, were the first musicians to play at market. Manuel Boehmer, the Dawn Institute farmer, remembers that he took his garlic to the first market planning to clean it between customers. He sold out without having time to clean them at all, though! The Dawn, with the valuable assistance of Robert Gershenow, has participated in all eleven market seasons selling produce and Michelle Adams' beautiful flowers. Abby Edwards became a vendor in 2001 when she was five years old and has participated every year selling onions, purple carrots, beets, radishes and more. Many satisfied customers have enjoyed meat every year since 2001 from Thompson Valley Ranch, where the Homegrown Festival is currently held. Those "old timers" among us who were around in the early years of the market may also remember Tehama Gold Olive Oil, Miller's Bakery, soaps by Mel and Michelle, Gerry Adams, and the Battagin's canola oil powered VW Jetta. Market participants won first place for their float in the county fair parade that first summer.

Luckily for us, Ann Frid, the first Market Manager, kept albums of photos and newspaper clippings through 2005. Consecutive Market Managers included Kathy Westervelt (2001-04), Aimee Chudy (2005-07), Tiffney Rodriguez Lozano (2008), Eva Rocke (2009-10) and now, Rebecca Glaspy (2011).

In 2003 the Co-op moved from Harbison Street to its present location on Main Street. Several folks remember the Board of Supervisor meetings in which they discussed the possibility of holding the market at Dame Shirley Plaza. At some point Kent suggested that Mike Chelotti, then PUSD Superintendent, be approached about using the Plumas Unified School District Office lawn, across from the Co-op. Fortunately Mike agreed and the market has been held there ever since.

The popular and educational solar oven demonstrations and potlucks began around 2005 and, since 2009, EBT participants have been able to easily shop at the market thanks to Elizabeth Powell and Plumas Rural Services' Community Food Network.

Our 12th Annual Quincy Farmers' Market begins Thursday, June 23rd, and continues for twelve Thursdays from 5 'til 8pm or dusk. Along with Rebecca Glaspy, Market Manager, the committee members are Don Dailey, Carla Hamilton, Howard Heyden, Wes Mead, Gabe Miller, Nance Reed and John Ringwald. Thankfully Aimee Chudy and Eva Rocke will continue their involvement. We are grateful to Lucinda Berdon, our farmers, other vendors, sponsors and all the many people who make the Quincy Certified Farmers' Market possible. See you at the market!

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Greener on the Other Side?

by Jamie Huynh

Earlier this year Lynn Dow, of American Valley Baking, came to me with an interesting discovery: while vacationing in Maine she had found a map of "safe lawns" at the Visitor's Bureau. Upon returning Lynn told me of her find and suggested that I take a look at SafeLawns.org. Started by Paul Tukey, author of The Organic Lawn Care Manual, in 2006 SafeLawns offers many helpful tips for anyone with a patch of grass. Here are a few of the highlights:

- For every 1% that you increase your soil's organic matter, you increase the water absorption capacity by 16,000 gallons of plant-available water per acre, down to one foot deep (EPA).
- In addition to curbing weed growth, placement of mulch over a plant's roots will save water and inhibit moisture evaporation.
- Soaker hoses offer a great alternative to sprinklers and can conserve up to 50% more water.
- Lawns need only about one inch of water a week to stay green in the summer, so be aware of this fact, especially if your area is in the midst of a drought.
- Lawn mowers and other gas-powered lawn care equipment contribute to 10% of the nation's air pollution, according to the EPA.
- For more durable grass and less weeds, set your lawnmower blades higher. Your grass should typically be about 2 to 3 inches in height.
- The EPA estimates that only 35 percent of lawn fertilizers ever reach the grass plant; the remainder is volatilized into the air or seeps into groundwater.
- Allow some pests in your yard. Not all bugs are bad and nature may even rid itself of the bad ones before you need to take action.

For more information visit SafeLawns.org.

Local Flavorites:

by Jamie Huynh

Lundberg Family Farms Rice

Brown or white; long or short; sushi, basmati, jasmine, arborio. While Lundberg Family Farms may not technically be 'local' they're as close as we get for grain. And they practice sustainable farming methods such as incorporating water fowl into their field plans. During the winter you'll find cranes, egrets, ducks, herons, swans, geese, pheasants, red-legged dowitchers, and mud hens, among others, on Lundberg's flooded fields where they help decompose straw, reduce weed population, and provide natural fertilization. Then, come Spring, pheasants and ducks lay their eggs in the purple vetch cover crop where the Lundberg farmers look for nests before working. Any eggs are brought to a volunteer organization which hatches them and returns the birds to the wild. That's my kind of rice!

Sierra Valley Farms Greens & Carrots

Sierra Valley Farms, owned and operated by Gary and Kim Romano, was first established as a native plant nursery in 1990 and broadened its diversity to growing certified organic produce in 1999. Gary and Kim's diverse operation includes a wide range of cool-season vegetables and some fruits, micro greens, herbs, wasabi, and value-added condiments. Look for fresh greens and carrots in the Produce Department this summer!

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QNFC Annual Meeting Has a New Date

by Linda Margaretic, QNFC Board Member

In January of this year, QNFC member-owners voted to approve new bylaws, bylaws that are consistent with our reorganization as a California Consumer Cooperative. Our new bylaws state that the annual member-owner meeting shall be held within 6 months after the end of the fiscal year, which for QNFC is December 31st. Traditionally we have held our annual meetings during the month of November. This year, though, the annual meeting will be held on Saturday, June 4th. Although the date has changed, you can count on the cordial and informative atmosphere of years past. At the Vets' Hall a



At the 2009 Annual Meeting



lovely organic meal will be provided, preceded by a social hour. You'll hear our General Manager's report and updates from the Board after which there will be an open forum for your questions and comments. We hope you'll join us.

Grow Your Own! QNFC Demonstration Gardens

by Jamie Huynh



One of QNFC's goals is to provide our community with high integrity local food, as well as to be a diverse hub of community gathering, participation, education, and ownership. In 2010 we brought you the Demonstration Gardens, six beds located in front of the QNFC Learning Center on Main Street. Employees shared beds and gardening methods as they grew mounds of tomatoes, masses of watermelons, and much more. Some used cover cropping techniques while others tried mulching. QNFC supplies the materials including organic seeds, garden tools, and organic fertilizers, all of which are available in the store. So get ready to grow your own as we inspire you this season with the beauty of our beds and the many possible approaches to gardening!

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If you're logging in from home, bring your special order information to the store, along with your name and phone number. You can drop it off in person, FAX it to 283-1537, or email it to: qnf@snowcrest.net.



FOOD INC., The Film ~ Part 2: Our Part

by Benjamin Sawyer

As we could see in our review of the film FOOD, INC. in the last issue of the QNFC Newsletter, the American industrial food system has built into it major problems with corporate centralization, treatment of workers and animals, lack of environmental sustainability, food safety, and loss of nutrition in its end product of food (with ubiquitous corn syrup being a parallel problem).

However, we eaters have power and we can use it. This is the positive potential in this picture. The creators of FOOD, INC. lay out "Ten Things You Can Do to Change Our Food System," taking the outrage and disbelief that the viewer almost certainly comes away with and channeling it into positive acts. Here are the ten actions they suggest, many of which will be old hat to QNFC members, yet all bear repeating as reminders and to show what the creators of FOOD, INC. feel are fundamental. We do not have space for the detailed reasons they give for each, but anyone who cares about healthy food and how it is grown can fill in the blanks, as it were.

- Stop drinking sodas and other sweetened beverages.
- Eat at home instead of eating out.
- Support the passage of state and local laws to require chain restaurants to post calorie information on menus and menu boards.
- Tell schools to stop selling sodas, junk foods, and sports drinks.
- Meatless Mondays . . . go without meat one day a week.
- Buy organic or sustainable food with little or no pesticide use.
- Protect family farms and visit your local farmers' market.
- Make it a point to know where your food comes from--*READ LABELS*.
- Tell Congress that food safety is important to you.
- Demand job protections for farm workers and food processors, ensuring fair wages and other protections.

To show that more critical thinking is abroad now about our food system, due in no small measure to Michael Pollan's books and interviews but also more generalized activism, the National Cattlemen's Beef Association has set up a program called Masters of Beef Advocacy to fight back against critics of big agribusiness. The status quo is being questioned, never an unhealthy thing.



QNFC's Back To Basics Pricing Program

Look for
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signs throughout
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Deadline for the next issue is Nov. 1, 2010



Join the Composting Community!

Composting is a great way to use those fall leaves you rake up, the grass clippings you bag, and the food scraps you generate every day. By recycling this kitchen and yard waste, you reduce the amount of garbage sent to landfills. Adding nutrient-rich compost can enrich depleted soil, increase the ability of sandy soil to hold water, and add porosity to clay soil to improve drainage. Compost also provides food for microorganisms in the soil, which in turn produce nitrogen, potassium, and phosphorus.

How does composting work?

If you leave a pile of organic waste in a corner of your yard, it'll decompose on its own, thanks to nature. If you put a bit more effort into helping the process along, you can have more compost, in a shorter amount of time.

Helping the process means providing good conditions for decomposition, which is fueled by microorganisms like bacteria and fungi. Good conditions include the right carbon to nitrogen ratio, moisture, and aeration. A working compost pile will be warm, usually about 140 and 160 degrees F.

A good carbon to nitrogen ratio is about 25 to 30 parts carbon to 1 part nitrogen by weight. Composters think of carbon and nitrogen ingredients as "greens" and "browns." The "greens" are high in nitrogen. These include weeds, manures, hay, grass clippings, vegetable scraps, seaweed, garden waste, most food waste, clover, and alfalfa. The "browns," on the other hand, are high in carbon. "Browns" include wood ashes, cardboard, corn stalks, fruit waste, leaves, newspaper, peanut shells, pine needles, sawdust, straw, soil, and wood chips.

Of course, you don't need to measure your ingredients exactly. Start with two parts "greens" to one part "browns" by volume. If you notice that your compost pile isn't heating up and decomposing as fast as it should, it might mean that there's too much carbon. On the other hand, if the pile starts smelling, it might mean that you have too much nitrogen.

The right moisture level is also important for decomposition. If the compost is too dry, the microorganisms will slow down, but if it's too wet, it will interfere with aeration and leach out nutrients. The compost should feel damp, like a sponge that's been wrung out. If the weather is very dry, you might need to water the pile occasionally. If it's too wet, it might be necessary to cover it with a tarp now and then.

Aerating the pile is an important step because you need to disperse the microorganisms throughout the pile and because oxygen is necessary for decomposition. Using a bin with plenty of air holes helps with aeration, but, for best results, you'll also want to turn the pile regularly, using a pitchfork. Some composters turn their piles every month or week, others every few days. You can also help by increasing the surface area of the materials you compost -- by shredding or chopping them up, for example.


Do I need a compost bin?

No, you don't. If you choose to have a simple, uncontained pile in your yard, for maximum effectiveness make it at least three feet by three feet by three feet. A bin keeps things tidier, though. A double bin allows you to turn the pile from one to the other when aerating. You can easily make bins out of old wooden pallets, wire mesh, or snow fencing. You can also purchase composting bins, including those that rotate.

In fact, you can even compost indoors. One method of doing this, called vermicomposting or worm composting, uses red worms. The worms are placed in a bin, along with moistened, shredded paper or cardboard, which is used as bedding. The worms convert the bedding and the food waste into "castings," which make nutrient-rich fertilizer for garden or houseplant soil. How many worms does it take? You'll need about two pounds of red worms for every pound of garbage your household produces daily and an indoor environment of 50 to 70 degrees F.

What can I put in the compost?

Things you can safely compost outdoors (besides most of your food scraps, including eggshells, tea bags, and coffee grounds) include: cow or horse manure, cardboard rolls, clean paper, cotton rags, dryer and vacuum cleaner lint, fireplace ashes, grass clippings




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clippings, hair and fur, hay and straw, houseplants, leaves, nut shells, sawdust, shredded newspaper, wood chips, wool rags, and yard trimmings.

Can all organic materials be added to the compost?

No, some organic materials can't be composted because they contain substances that are harmful to plants, or because they may create odors and attract rodents. Don't add: bones; meats; fish or oily fats; black walnut tree leaves or twigs; coal or charcoal ash; dairy products; disease- or insect-ridden plants; fats, grease, lard or oils; pet wastes; or yard trimmings or household plants treated with chemical pesticides.

How will I know when my compost is ready to use?

When your compost is ready, it will be dark brown and, well, transformed. It will smell and feel earthy. Different composting methods take different amounts of time, but, in general, slow methods (such as a pile that you don't turn) might take six months to two years, while a quick method (like a rotating barrel) might only take three weeks to six months.

How can I use the ready compost?

Mix the compost into your garden soil, or mix it with the soil for your houseplants. Or use it as a mulch or top dressing (spread it on top of the soil around your plants). You can also use it as a regular houseplant or seedling fertilizer by mixing a little compost into the water in your watering can.

By the way, you can put compost that's not completely ready on a garden, and it will continue to decompose. If you're using it for seedlings, though, it's best to wait until it's completely done so the ongoing process doesn't burn the tender plants.

Can We Take Michael Pollan At His 7 Words?

By Jim Cross

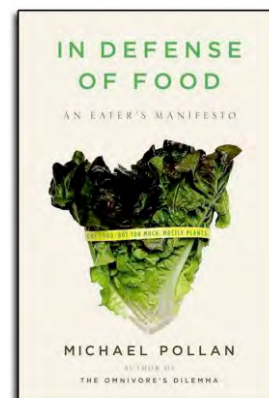
I want to say, right off the bat, that I really like the descriptive manner in which Michael Pollan writes his articles & his books. I love how he seems to find the simplest way of getting his extremely powerful points across, as in his wonderful phrase on the cover of *In Defense Of Food*: "eat food, not too much, mostly plants". I don't want to discuss the first 5 words of that phrase, just the last 2. If we just ate real food that our ancestors recognized & not too much of it, approximately 90% our chronic health problems would simply disappear. Why does it necessarily have to be mostly plants, though?

Let's look at a few societies around the earth. In the Arctic, eating mostly plants would probably lead the Inuit to chronic health problems similar to our society because they would be eating foods that their ancestors did not recognize. The same would be true of Masai living in Eastern Africa. They think vegetables are primarily for their cattle. They too would be going against their grain, so to speak!

It comes down, then, to genetics. Our ancestors ate food native to their region (there weren't planes bringing in peaches from the South in the middle of Winter) and not too much of it (industrialization hadn't allowed Safeway to flourish yet). So they ate what was growing around them & also ate the animals that were living in their vicinity. Actually, this is macrobiotics without all the packaged food from Japan that made Michio Kuchi rich.

So, what do I propose to add instead of "mostly plants"? Let's try "according to your genetic makeup". Now, if you're Masai or German or Japanese, this is a simple task. As a typical American genetic mutt, this presents slightly more of a challenge. One good place to start is Peter D'Adamo's blood type diet. D'Adamo's diet is much more general of an eating plan than if you are Italian or Iranian, but it appears to do a much better job than a South Beach or an Atkins diet. The blood type diet attempts to individualize your food intake, and I think it does a reasonably good job of this.

So, thank you Michael, I truly love reading your books & articles. I would like to make that small change to them: "eat food, not too much, according to your genetic makeup."



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Board Election Results



Howard Heyden and Michael Rodriquez were re-elected to represent Quincy Natural Foods Co-op member-owners for the next three years. Ballots were counted on April 1st and we were pleased to find that the 10% quorum was achieved to validate the election. Howard has served as secretary of the Board and is currently the president. Additionally, he has served the board for five and a half years.

Michael has also served the Board for five and a half years, three years of which he was vice president. Michael has the following to say about his re-election:

"It is an honor to be elected again, and I am thankful for our member-owners' voting. It is my hope that we can remember the past for lessons learned and look ahead with confidence that our vision, planning and hard work will guide us toward a healthy, prosperous future."

Howard has this to say: "It is with increasing commitment that I continue my position as your Board representative. I thank you for this opportunity to serve and look forward to fulfilling our vision as a true cooperative."

Congratulations to both Michael and Howard.

Adopt-a-Highway Clean-up



Quincy Natural Foods Co-op is the proud steward of Highway 70 between Cemetery Hill and Gansner Park. Join your fellow

Co-op members for a morning of community beautification and receive a 12% worker-member discount for one month! The next scheduled work days are Saturday, June 4th, and Saturday, July 9th, from 9AM to noon.

Sign up in the Co-op or call Elizabeth at 530.284.0985 for more details. If you would like to be notified about upcoming clean-up dates e-mail qnfadoptahighway@yahoo.com.

QNFC BOARD

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		<p>HEALTHY TOUCH</p> <p>Cultivating well being through education in respectful, nurturing touch</p> <p>For families and professionals</p>
<p>JAYE BRUCE Certified through Healthy Family Living Group or private classes available (Home) 530-283-3399</p>	<p>Touch Communication/Massage Breastfeeding Support Birth Preparation (Cell) 530-254-7675</p>	

Spa At Plumas Pines
 Located within Plumas Pines Rec Center
 126 Cottonwood Dr. (off Poplar Valley Rd.)
 Blairsden, CA 96103
530-836-1854
530-394-0118
Pam Aycoob
 Spa Director
graegle.com/marketplace/spa
spaatplumaspires@yahoo.com



ANNOUNCEMENTS

Annual Meeting

Saturday, June 4th, 5:30 - 8:00PM at the Vet's Hall. Current member-owners R.S.V.P. at memberservices@qnf.coop or in-store. For more information call 530.283.2458.

Dawn Gardens Composting Workshop

Saturday, June 4th, at the Dawn Institute Gardens, Indian Falls, 10AM to Noon. Topics will include all aspects of backyard composting and composting with earthworms. FREE! Instructors: Garden Manager Manuel Boehmer and master composter Bob Boschee. For information call Bob at 530.283.1359 or Manuel at 530.284.6036 or look online at dawngardens.org.

Cooperative Community Fund

For organizations whose purpose and activities address these issues:

Agriculture • Food & Hunger • Environment • Community • Cooperatives

Send in your grant application by Friday, July 15th, at 5:00 PM to Quincy Natural Foods Co-op. Applications are available in store or by e-mailing memberservices@qnf.coop. For more info call Jamie Huynh at 530.283.2458.



Batter Up!

The Steamers softball team will be playing every Wednesday night at 6:30PM from May 9th through early August. Check the store for details! For more info contact Coach Ron Logan at 530.283.1296. **GO STEAMERS!!!**

4th Annual Homegrown Festival

Save the date for this year's Homegrown Festival, scheduled for Saturday, August 27th at the historic Thompson Valley Ranch just outside of Quincy. Bring the family to enjoy this celebration of local food and farming, complete with hay rides, foodie demos, garden instruction, live music and a gourmet locally-grown dinner. Regional beer and wine will be available at a no-host bar. This event is sponsored by Quincy Natural Foods Co-op, Plumas Rural Services, Thompson Valley Ranch and many local restaurants, businesses and farmers. Tickets go on sale August 1st at QNFC. For more info call 530.283.3611 extension *839 or e-mail food@plumasruralservices.org.

Sign-up for our e-newsletter!

Go paperless! Receive the QNFC quarterly newsletter online. E-mail Jamie Huynh at memberservices@qnf.coop or call 530.283.2458. You also have the option of receiving e-newsletters with our bi-weekly sales info, monthly events and workshops.

Got Health Tips? A Call for Articles & Workshops

Consider offering a health or food preparation class at QNFC's Learning Center. Or write an article for our Health Tips column, designed to offer helpful information (not advertising any particular business) about food, supplements, and healthy practices.

Interested? Contact Lucinda at 530.283-3528 or qnf@snowcrest.net.

To Your Health! Food & Health Classes

Watch for classes on gardening, health, and more. Mondays at 5:30 at the Co-op Learning Center (248 Main Street, the white house across the street from the Co-op). Pre-registration is required, with a nominal fee for materials. Watch for details at the Co-op.

Find us on



Facebook!



CALENDAR-O-EVENTS

JULY

June

June 4

Annual Meeting at the Vet's Hall, 5:30 p.m.

June 4

Adopt-a-Highway Clean-up, 9:00 a.m. - 12:00 p.m.

June 6

Transplanting Workshop with Noreen Thompson at QNFC's

Learning Center,

5:30 - 7:00 p.m. Pre-register at the Co-op.

June 23

Quincy Farmer's Market on Thursdays at 5:00 p.m. on the corner
of Church and Main.

June 30-July 3

High Sierra Music Festival

July

July 9

Solar Cook-Off at the Taylorsville Campgrounds, 10:00 a.m.

July 15

Cooperative Community Fund grant applications due at the Co-op

by 5:00 p.m.

