



Happy New Year from the Food Co-operative!

A letter from your General Management Team:

Greetings to our co-op community and best wishes for the New Year! We hope this letter finds you in good health and spirits.

We look forward to this time so soon after the holidays, when we can **recommit to the things that we value**-looking after our health, our environment, and our community. With that in mind, we offer you, our friends and members, some shopping recommendations, easy recipes, and some reminders about why your local food co-op plays an important role in the community.

2016 finished on a positive note for your co-op. We are pleased to report that the store achieved a small gain of just over \$25,000 for the year! Yay! These dollars will be reinvested in your store for the benefit of all shoppers. We are learning daily what it takes to keep this small store viable, and how to work together as a healthy team. Mostly we are all just grateful to still be here, and to be able to contribute our energies daily to this radically different business model in Ft Collins. In an era where we may feel ineffectual, or as if the landscape of values is changing around us, the cooperative world still presents a refreshingly different business model: **We remain Ft Collins' ONLY not-for-profit natural food store. We are Member-owned, democratically run, and contribute valuable support to the local food system through our purchases.** Remember that dollars spent at a local business are more likely to stay within the local economy. Every day, we each vote with our dollars to support things we value. Every dollar counts! We thank you for investing yours in your local food co-op, and helping to contribute to a viable, local food economy.

We hope to see you in the store soon! Let us know how we can help you find the ingredients you need, or explore new ways of cooking and modifying your diet. We have a wonderful, knowledgeable staff who love to talk food!

With love and light from your General Management Team,
Kalidas, Chris, Theron, Oakley, Trinity, Stephanie and Tara



A letter from your Co-op Board President:

Dear Co-op lovers,

I don't know about you, but at the dawning of this tumultuous era, with the administration in Washington, DC thrusting unwelcome policies upon our nation and the globe, I am comforted to have our little haven of Co-operation in our corner of the world. I suspect that as events continue to unfold, we will become more and more appreciative of how a democratically run business that is member-owned and operated, and that chooses to offer only ethically produced food, can be a true alternative to corporate-driven "business as usual." It takes lots of positive energy, dedication...and you, faithful shoppers!

We, a largely new Board of Directors and new Management Team, now have under our belts a solid year of working together with a refreshing level of communication and trust. In 2016, the Co-op made a profit of \$25k after two years of steady losses. That's worth celebrating!.. even while realizing that the main driver for that success has been that we are not yet paying out management-level salaries (though benefits are good). We still need to grow sales (that's where you come in!). We support the Management Team's planned efforts to boost marketing, replace the produce cooler and begin to envision how to do some remodeling in the store!

The Board is ready to jump into action this year to make this a more fun and meaningful store for you to own! Our newly up-and-running Engagement Committee, made up of BOD, Management and you, Member Owners, is inviting all of us to get together often to enjoy our wonderful community. **Join us for the first casual Monthly Meetup at Equinox Brewing on March 10.** "Crispy Watkins," Co-op BOD member Amber Lamb's band, will be playing during Happy Hour. We are also starting quarterly Potlucks as another way to deepen our connection and to find out what is truly important to you as Member Owners of the Co-op. Starting at the end of February, we'll let you know when the location and date are finalized.

Our newly formed Visioning Committee, also made up of representatives of the Board, Management Team, and Member Owners, is identifying the Co-op's assets, emerging issues, and our priorities for action. Sounds boring and abstract? In fact it is the central conversation around which we identify who we want to be in a world of increasing economic competition with businesses that don't share the same high level of commitment to the strict ethical standards to which we hold. But as a first step in this, we need to figure out how to turn the store back into a true destination for our Member Owners, which includes offering the products you want to buy in a welcoming, pleasant and modern setting. If you want to join these crucial conversations, get in touch with Jean, at jopsomer@mac.com.

Here's New Year news! Give a big Co-op welcome to our two new BOD members, Rich Gentile (you'll remember him as a big driver in the "Be Local" movement that got the Winter Farmer's Market going and got Fort Collins to think "shop local first") and Drew Jeffers, another justice, sustainability and business-oriented guy. Drew, a Fort Collins native, helped manage an employee-owned store in Seattle. As he likes to quote,

"Moving to a cooperatively organized enterprise is one of the best ways to really do something about unequal distribution of wealth." - RD Wolffe

For those who care deeply about the Co-op's long-term sustainability and who have the time, we still have a few seats open on the Board. Join us, roll up your sleeves, and help

make the Fort Collins Food Co-op a shining star in a world that needs us more than ever!

With Co-op love and dedication,

Ruth Widrick



Staff Product Picks

Check out what our staff has been loving lately!



Chris is in love with (in love with, mind you) the [Kookaburra](#) liquid delicate wash! Kookaburra also makes a regular wash and Power wash. These are a "rinsing optional" product (note: great for travel, water-wise and biodegradable!), with such a lovely, fresh scent! Also available in BULK!



Zack would like to recommend [Four Nuts By Nature](#) soap nuts for your everyday laundry needs. These are naturally anti-microbial and anti-bacterial. You can get many washes from the same batch, so they are environmentally friendly and economical as well!

McKenzie loves [Queen of the Meadow](#) Facial Moisturizer.

It smells like a dream & works like a charm! Locally made with organic ingredients to boot!



Stephanie digs [Botanical Interests Seeds](#). Steph says: "I'm ready for Spring! These let me dream about my garden. Many are Organic; all are non-GMO"



Oakley adores [Honey Mama's](#) CocoNoNut Cacao-Nectar bar. "Having a rough day? This is the solution. A little bite of heaven." (these raw bars live in our refrigerated case near the front of the store)



Tuesday's nuts for [Clif](#) nut-butter filled bars (need we say more?) Chocolate-peanut butter or chocolate Hazelnut butter. Just 2.19 a bar!
AND
[Jyoti](#) Matar Paneer: delicious Indian food, simply add rice. A bargain at just \$3.99.



Kalidas recommends [Beyond Meat](#) Beefy Crumbles. Plant-based protein, GMO and Cholesterol free! "A real nice addition to your favorite pasta dish that will fill you up just enough!" AND [Tandoor Chef](#) Spinach and Paneer Cheese Naan Pizza: "Crunch or squish, as you wish. Enjoy the spinach and paneer cheese pizza, with a surprising garlic finish!"



Trinity is SO excited to see [Green Vibrance by Vibrant Health](#) back in the Co-op! A great addition to smoothies or just mix with water (or coconut water...yum). Full of organic veggies, probiotics, medicinal herbs and LOVE! Try this tonic: 1 scoop (or packet) of Green Vibrance, 10 oz. organic

coconut water, 2 oz. homemade elderberry syrup, 2 oz. organic apple cider vinegar and 10-20 drops of grapefruit seed extract. Just the kick your immune system needs!



From Chris's Kitchen to Yours!

Come shop with us and try these simple yet filling (and fulfilling) recipes!

This is a simple supper, wholesome and satisfying. I love it on a busy weeknight, because it's quick to do, and has everything you need in one dish! It is also nice for company: the sesame oil elevates it to another level.

Pasta with fresh Shiitakes, Garlic and Greens

1 bunch fresh dark greens (Collards are nice)
1 pkg. Hazel Dell Shiitake mushrooms (4oz), stemmed and sliced
2 cloves fresh Garlic, pressed
12-16 oz. of your favorite pasta (Udon or Soba are delicious with this)
Oil for sautéing
Toasted Sesame Oil for flavoring
Salt and fresh ground black pepper to taste

Bring a large pot of salted water to a boil. Cook pasta, drain and set aside.
Rinse, stem and tear the greens. Sauté in oil with garlic and sliced Shiitakes, until the greens are just tender and still bright green. Add the cooked pasta and toss, drizzling with toasted sesame oil, until just heated through. Season with salt and pepper to taste. Serve immediately. Serves 4-6

This is an easy, impressive and delicious meal. Find sustainably raised shrimp in the co-op's frozen food section! Grab a baguette delivered fresh daily from La Creperie! Find the white wine in your cupboard!! Enjoy this dish "family style" dipping chunks of bread in the sauce and eating the shrimp with your fingers! (It's the only way to do it, if you ask me)

Shrimp with Tomato, Wine and Feta Cheese

4 Med fresh, ripe tomatoes, peeled and chopped, juice reserved (or sub 1 ½ c. chopped canned tomatoes-Muir Glen Fire Roasted tomatoes are wonderful in this)
1 ½ lbs. raw shrimp in shell
6 Tbs. Olive oil
¼ c. finely chopped onions
½ c. dry white wine
2 Tbs. parsley, finely chopped
½ tsp dried Oregano
½ tsp salt
Freshly ground black pepper
2oz, Feta cheese in cubes

Rinse and shell shrimp, leaving last segment on tail. Set aside.
In heavy 10-12 in. skillet or shallow casserole, heat oil. Add onions and cook until soft but not brown. Stir in tomatoes, wine, 1 Tbs. of the Parsley, the Oregano, salt and some black pepper. Bring to a boil and cook until slightly thickened. Add shrimp, and turn heat to Medium. Cook gently until shrimp just turn pink/opaque. Sprinkle with Feta cubes and remaining parsley.
Serve over pasta, or directly from the skillet with a loaf of crusty bread to dip in the amazing sauce.
Serves 4.



