

The Firestarter

Newsletter of The Tonasket Natural Foods Co-op

Fall / Winter 2020-2021



For up-to-the date
Co-op information visit
us on Facebook at
[https://
www.facebook.com/
TonasketCoop](https://www.facebook.com/TonasketCoop)

Co-op Board of Directors

Sunny Lanigan, *President*
Ron Jones-Edwards,
Secretary
Charlene Rich, *Treasurer*
Casey Oberg
Aaron Kester
Deb Vester

Your Name Here?

General Manager:
Alice Simon

**Tonasket Co-op
Member
Appreciation Day**
is the 3rd Tuesday of
each month.
Members may
bulk-order from the
UNFI Catalog at 20%
above wholesale.

NEW AND NOTEWORTHY AT THE CO-OP

Greetings Co-op members and shoppers, thank you for being dedicated customers. As we approach the holidays and the new year, we want to express our appreciation to you all for your ongoing commitment and support. In return, we will continue to encourage and promote your good health, and strive to keep our shelves stocked with the organic and healthy foods you want.

We're happy to say that shoppers can look forward to *Mary's Organic Turkeys* for their holiday feasts. Our expected delivery date is November 10th and we will post a list of what is available at the front desk. The stock will depend on our distributor, but they're expecting to have what we ordered (last February, pre-pandemic). We cannot reorder, so what we get in this delivery will carry us through the entire season. We will have whole organic turkeys, as usual, and for the first time we will offer whole turkey breast, both organic and non-organic.

Our distributor has informed us of various shortages and supply issues. The big one for the holiday season will be organic butter, cream, and half & half. However, we have in stock some very nice, high quality non-organic butter to help alleviate the shortages. We have also heard that some

items may not come back into production at all. Ever since March we have had many items come and go without notice. Again, we will continue to work hard at keeping our shelves well stocked.

For your holiday gift-giving pleasure, we already have many beautiful items in stock. We have lovely cups and glasses, novelty items, beeswax candles, and 2021 calendars and datebooks. Our favorite astrological guides from *Quicksilver* have been discontinued, but we are substituting these with the *Llewellyn* calendars, which offer similar information. Our beautiful handmade basket stock is replenished and a new shipment of Starlightz lanterns will be here in early November. For more information on these lovely

lights and the company that makes them see the article on page 3.

We reduced our store hours several months ago to allow time for sanitizing the store at the end of each day. Again, we apologize for any inconvenience. We have also had to make various other adjustments to store and deli hours due to staffing issues, but with new staff, this should be minimized. Whenever hour changes occur, we post it on our Facebook page and in the window, so please look for notices.

As we persist in navigating these unprecedented times, we strive to keep our store vital and to continue serving our customers. And we are ever-grateful for your continued support.

Here's to a better 2021!

Did you know

gratitude...

- Shields you from negativity
- Makes you at least 25% happier
- Rewires your brain
- Eliminates stress
- Heals
- Improves sleep
- Boosts self-esteem and performance
- Enhances the law of attraction
- Improves relationships

“COVID Safe, Because We Care”

Okanogan County has initiated a COVID—19 Safe Business Pledge, asking local businesses to help slow the spread of this virus. The Co-op has added our name to the pledge, supporting this vital endeavor. In doing so we are helping to renew our strong economy and keeping our community members safe.

The pledge includes taking actions such as signage requiring masks to stop the spread, wearing facial coverings correctly (covering mouth and nose at all times), helping all our customers to be safe, implementing flexible sick

leave or supportive policies for employees who may have been exposed, keeping our store and facility as clean as possible, and “treating everyone with kindness, respect, and care. We’re in this together!”

One thing shoppers may notice is that we will be opening our doors periodically during the day, even in winter, to keep the air inside as fresh and clean as possible.

For more information on this effort, visit the Okanogan County Public Health website at <https://okanogancountycovid19.org/business-pledge/>



STAFF PICKS

Ines Rosales Crisps – Comes in 3 Sweet Flavors (orange, cinnamon, Original-anise) and 1 Savory Flavor (Rosemary) “*They are quite addictive!*” – Alice

Vive Organic Immunity Boost – Melissa says: “*Bought by accident but I kept it because I love it and you might too!*” A 2-oz. shot is packed full of elderberry, ginger & turmeric root, and black pepper. “*Drink one in the morning, it’s a great pick-me-up, plus it helps to relieve my inflammation.*”

Tazo Chai Tea – Wendy (our newest staff member) says, “*It’s wonderful! It has excellent flavor, especially on a snowy day!*”

Trace Minerals Pure Magnesium Flakes – Cambria’s pick: “*Move over Epsom Salts! Pure Magnesium Flakes will melt your woes away. Just add a cup to a hot bath and give yourself a soak!*”

Bac-Out Stain Remover – Ryan (our new Deli Cook) loves this product! He says, “*Spilled a glass of wine? Potty-training your pets got you down? Bac-Out has your back! Soak, scrub, and blot your way back to sanity!*”

Remember: Masks are required to enter the store. We have curbside pick-up available for those who need – call us at 486-4188 or hand us a list at the door.

Sorry, but we cannot allow entry without a proper face covering & thanks for your understanding!

When shopping please send a designated shopper – do not shop in groups.

It is fine to bring your own shopping bags but not containers for bulk items at this time.

At checkout we offer new plastic bags at no charge and paper bags at a nominal charge.

Please pay for your purchases with credit, debit, or EBT cards – as a safety measure – this will limit our cashier’s exposure to cash.

Thank You!

Remember to look for the storewide SALES throughout the Co-op, displayed with white shelf tags below the items. Current Tonasket Co-op members receive special discounts on these products – some are a one-time deal, some are monthly sales, and some are introductory promotions.

Price tags show member prices and non-member prices.

These specials also apply to visiting members from other Co-ops – Just show us your membership card!

Shoppers: Wear a Face-Mask when Shopping at the Co-op. Show How Much You Care about your Community by Protecting Each Other! We have Face Masks from Lei Lotus and Heart of The Deercorn for Sale & they're

Light Up Your Winter With Starlightz Lanterns

The *Starlightz* line of beautiful hand-crafted lanterns that the Co-op carries has a great story to tell. The manufacturing company, located in India, is committed to an “earth friendly way of life”, hence the name, *Earth Friendly*. Their practices include providing excellent working conditions, paying a fair wage, and adopting a responsible approach to the environment. Their

earth friendly policies are reflected in a “way of life that determines both how we approach the work we do and the decisions we make and how we behave towards each other.” Employing over 85 full-time people from all over the world, but mainly India, they all share these values and commonality, and strive to explore new opportunities for cooperation with other

like-minded companies. For more information visit their website at www.earth-friendly.net.



Genetic Engineering, Bioweapons, Junk Food and Chronic Disease: Hidden Drivers of COVID-19

The shocking truth is starting to come out about the real origins of COVID-19. But more shocking still is the way that this disease has shone a light on the fragility of our food system, the lack of transparency in our regulatory and scientific communities and the terrifying vulnerabilities of our bodies, worn down by lifetimes of junk food and exposure to toxic chemicals. A growing body of legal and scientific evidence now points to the fact that the SARS-CoV-2 virus was collected from bats (as well as from the bodies of miners sickened by a SARS virus in 2012), and then genetically engineered and manipulated in a lab, before it was released (accidentally, we hope) from a Chinese,

military-controlled, U.S.-funded, World Health Organization-monitored laboratory in Wuhan, China. COVID-19 is the tragic, but unfortunately predictable, consequence of an ongoing global biological arms race that has gone on for decades. This arms race, accelerated by modern genetic engineering techniques, involves hunting down and collecting virulent viruses and bacteria all over

the world, especially those that involve “spillover events” (incidents where humans became infected with rare viruses or bacteria), and then weaponizing these pathogens (engineering them to be more contagious and virulent) in biomedical/military labs.

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Supporting local farmers and the community since 1977

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We're on the Web!

See us at:

www.tonasketcoop.com

Temporary Store Hours:

9am-6pm Mon-Fri
11am-6pm Saturday
11am-4pm Sundays

Newsletter editor:
River Jones

The Co-op Board of Directors has been meeting via ZOOM on the 3rd Monday of each month, beginning at 6:00 pm and will continue to do so until further notice.

New Report on Big Organic Poultry Brands Compiled by The Cornucopia Institute

A newly published report by The Cornucopia Institute uncovers troubling poultry farming and production practices represented as organic under the USDA seal, showing how the presence of an organic label on poultry packaging routinely misleads consumers who are willing to pay more for a higher-quality, humanely raised product.

"The vast majority of organic chicken for sale in the US comes from industrial-scale producers," said Marie Burcham, principal author of the report and Cornucopia's director of domestic policy. "These 'factory farms' represent the absolute floor that organic production has to offer."

Authentic organic poultry brands rise far above the floor set by industrial organic producers. These ethical brands focus on legitimate outdoor access and high welfare for their birds, as well as practices to protect human and environmental health, providing a more nutritious, value-added product to consumers.

Cornucopia Institute provides

a valuable tool for consumers to determine the quality of their poultry: [Organic Poultry Scorecard](#). Surveying more than 60 marketplace brands of chicken and turkey, the mobile-friendly scorecard highlights trustworthy brands and suggests those to avoid. (For consumers lacking access to certified organic brands, Cornucopia's [Do-it-Yourself Guide to Choosing the Best Chicken and Turkey](#) outlines specific questions to ask farmers.)

Cornucopia's report details what's at stake. Backed by extensive research, it uncovers how sparse regulations have contributed to critical issues in certified organic chicken and turkey production, including unsettling animal welfare and economic justice concerns.

Organic industry standards detailed in the report include massive barns housing tens of thousands of birds, illegitimate outdoor access, and fast-growing breeds that transform from chicks into finished five-pound broilers in just over a month.

As Cornucopia's report

explains, the cost of authentic organic poultry is higher than factory-farmed alternatives. But that price tag reflects the cost of ethical management practices, such as feeding animals more expensive, domestic organic grain and providing legitimate outdoor access.

"Your food choices matter," Burcham said. "If you have the access, buying from our top-rated brands serves as an investment in our collective health and the future of the planet while safeguarding the livelihoods of ethical, organic poultry farmers."

The good news is that the Co-op carries Mary's Organic Chicken, which has a very high rating. Yay Co-op!

Source: [Cornucopia.org](#)



Follow the link on our website to submit an article to the Firestarter – the newsletter editor and store management will review all submitted articles to determine suitability for publication.



Piglet noticed that even though he had a very small heart, it could hold a rather large amount of gratitude. – A. A. Milne