

# OUR PEOPLE FOOD COOP NEWS

MARCH/APRIL 1990 134 W. Aurora St. Ironwood, MI 49938

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## LETTER FROM THE PRESIDENT OF THE BOARD:

The Board welcomes Jack Polich and Darlene Martinez to the Board.

Our picture and article in the Ironwood Daily Globe, on Tuesday February 26th, 1990, seems to have garnered some response, as new faces are showing up at the Co-op! This is certainly good news.

Any volunteers who would like to step forward to organize and staff a rummage sale, would be appreciated.

There are hopes that the rummage sale can be a Co-op Annual Event! Please let us know what your interest in this is.

Also, we are seeking to be an informational vehicle to the public on issues that affect the public and its' health. Currently, by the check out stand, are petitions and information concerning the toxic waste dump they wish to site somewhere in the U.P. and a concern for animal welfare. Both of these issues are brought to us by members. A third issue would be recycling, and efficiently doing that.

Please bring any of your concerns to the Board or to the manager.

Here's to March and Springtime!

Sincerely,  
Leigh Taylor

Be sure to read about the Common Health Warehouse General Membership Meeting May 5th, elsewhere in this newsletter.

## COOP NOTES

The Board is still considering various discount systems. Be prepared for our General Membership Meeting (GMM) in May, (where and when to be announced in our May/June newsletter) where the new system will be presented. A new discount system with lower discounts will allow us to change our pricing structure so we are more competitive, which will increase our market once we get people into the store. The high prices we have to charge because of our high discount structure scare too many people away. When we lower discounts, this will allow lower prices, which will give us a better price image, and help us to sell to more people. If we want to stay in business, this is something we must do.

## SPECIAL OFFER TO MEMBERS ONLY FOR THE MONTH OF APRIL !!!

To help celebrate Natural Foods Month in April, we are offering all BULK orders from Common Health Warehouse for only 25% above cost. A BULK order is considered to be any order totaling 25 lbs. or \$50.00. This is a great time to stock up on spices, juices, cheeses, grains, flours, canned goods, and snacks. We need your orders in by either April 2, or April 16. Delivery will be April 6, and April 20. Please help this offer be a success. Order what you need and stock up !!!

## GENERAL MEMBERSHIP MEETING

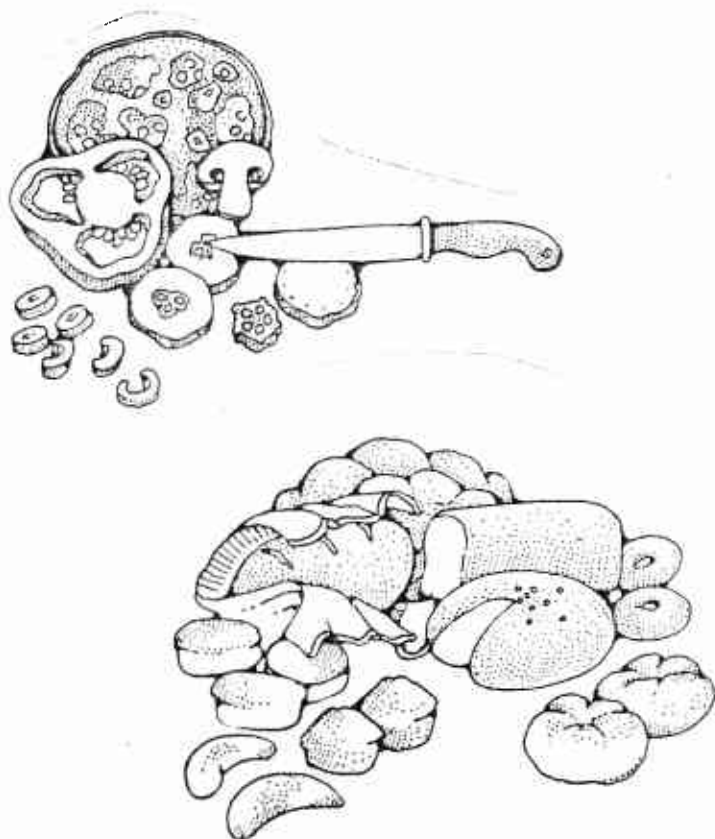
TAKE NOTE: Common Health Warehouse is having their General Membership Meeting in Houghton, MI. Hosted by Keweenaw Cooperative and several buying clubs.

The meeting site will be the new Houghton High School. Workshops will consist of: Aikido, Massage, Six Dimensions of Wellness, Seasonal Herb Wreaths, Oramedics (with Robert O. Nara, D.D.S.), What to do with "Wierd Foods", Organic Gardening, Home Brew How-To, Cooperation: Theory and Philosophy from the Past and into the Future, How to Organize Grassroots Movement to Protect the Environment, How to Create a Recycling Center in your Community.

For more information contact Jody. Everyone is invited, so wrap up the babies and grab the old ladies and we'll see you all there May 5, 1990.

## APRIL IS

**Natural Foods Month!!!!** - participate by shopping at "OUR PEOPLE FOOD COOP"!!!!



## DYE IT RIGHT

Here comes Peter Cottontail and with Peter comes hard boiled eggs. Why not try al-natural this year.

To prepare dye solution, the dye source and vinegar is added to boiling water. Let the dye solution come to a second boil. Simmer for about 10 minutes or until dye solution has a dark color. It is important to remove all of the dye source material as it will stick to the egg. Then dip the hot egg into the solution until you reach the color desired.

For dye source try the following:

**Red:** Cook 2 or 3 medium sized beets in water until they are fork tender. Remove the vegetables and set liquid aside. Peel and slice the beets and return them to the pan juice. Allow the beets to soak for several hours. Then strain the beet dye into a bowl and add 2 tsps of vinegar.

**Yellow:** Remove the darker outer skins from 6 large sized yellow onions. Place the skins in a pan filled with 1 cup boiling water. No vinegar is needed. Cover the pan and boil until the dye solution is dark.

**Blue:** Add 1 cup chopped red cabbage leaves to 2 cups water add 1 Tbsp vinegar. Simmer until the leaves are blanched. Strain the juice.

**Green:** Boiling a new mint or ivy leaves in 2 cups water and 1 Tbsp vinegar produces a pretty light green egg.

**Orange:** Remove the brown outer skins of 8 white onions. Boil the skins in 1 cup water with no vinegar until solution is dark.

You may decdrate your egg by: drawing designs or words on the egg with white wax, wrapping a rubber band around the egg, or wrapping the egg with the brown outer skins from a white onion with light twine before dipping.

These are just a few ideas that will help you to celebrate Easter Naturally. Info from "Decorating Your Easter Eggs The Natural Way", by Pauline Bartil, Bestways Magazine, April 1982.