

Medford the Food **Co+op** fresh press

Fall 2014

News from the Medford Food Co-op

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Diestel Turkeys

Diestel family turkey ranch has been providing the highest quality all-natural and organic free-range turkeys from their beautiful ranch in the Northern California foothills since 1949. The family still owns and operates their sustainable farming operation, which allows them to practice careful range management and ensure that every Diestel turkey product produced is absolutely delicious.

The Diestel family still raises turkeys with access to the outdoors, and they source the highest-quality feed, which is milled directly on their ranch.

Family secrets for raising premium turkeys:

- Walk the flock every day.
- Concentrate on the health of the birds.
- Don't rush things.
- Never compromise on quality.

Diestel whole turkeys are certified Non GMO verified. This Non GMO Project verification will apply to all organically raised Diestel birds as well as the natural turkeys raised with non GMO feed.

"As a consumer, you have the right to choose products that benefit our environment. As a producer, we feel that it is our obligation to preserve our environment for future generations."

- **Free Range Natural 2.69/lb**
- **Organic 3.89/lb**

Using your MFC Owner benefit coupon of 10% off \$50, the price you would actually be paying per pound for your turkey would be:

- **Free Range Natural 2.42/lb**
- **Organic 3.50/lb.**

good **Co+company**

Shop with intention this Holiday Season!

by Molly Zimmer

The holiday season is upon us and we have some great gift ideas! A new line to the co-op, Ember, is a partnership that I am really excited about. Ember Arts supports a co-op of 28 women in Uganda, Africa who create beautiful fair trade jewelry made



from recycled paper. Through the sale of hand-made, Eco-friendly jewelry, we empower dreamers around the world. These women are creating better lives for their families and nurturing their hearts' vision of a better life: homeownership, school for their children, and consistent food on the table. Choose from the stunning, colorful collection of bracelets, necklaces and earrings. Also, a great practical gift item, calendars! We have a fun selection from daily encouragement and mindful quotes, to beautiful Oregon scenery and comical titles.

As always, we have gift certificates available for purchase. Fill up a friend's pantry with healthy,

local food! Feel good about the gifts you give this season; choose meaningful, practical items. Enjoy the Fall, and Happy Holidays!

Don't Forget Fresh, Organic Produce

We will have all you need to make those traditional trimmings; fresh organic winter squash and pie pumpkins from Fry Family farm, green beans, yams, fresh cranberries, and an array of herbs from Fresh Green Farm, plus some unique seasonal fruits; persimmons, quince, huckleberries, and pomegranate.



What's with the new look?

We're in the process of giving the Medford Food Co-op look a facelift. Over the next several weeks, you'll notice some changes to our flyer, sales signs, and street sign. Be sure to visit our newly designed website, medfordfood.coop. We hope you like the changes!



If you travel to some of the many other food co-ops across the country, you'll likely see a similar look there, too. That's because our co-op is a member of the National Cooperative Grocers Association (NCGA), a co-op that provides business services for over 100 retail food co-ops like ours. The new co+op brand is designed to provide food co-ops across the country with a common platform to spread the word about all the great things we have to offer. **We want everyone to know that at co-ops, fresh, delicious food is just the beginning. You can nourish your family. Discover local foods. Connect with others and help build a strong community.**

Important dates

Second Saturday of each month

Bear Creek Greenway clean up – 10 am Hawthorne park

Third Monday of the month

Board of Directors meeting - Owners/members invited - 225 W Main St

Holiday Hours and closures:

11/27 Thanksgiving Day - closed

12/24 Christmas Eve- Close early at 6

12/25 Christmas Day - Closed

12/31 New Years Eve - Open regular hours

1/1/15 New Years Day - Open regular hours

Staff Spotlight Get to know our staff!

Neil Pawlowski

How long have you been Co-op'ering?

I have been at the Co-op for about 3.5 years now. I started in July of 2011, before the store officially opened its doors.

What do you do at the Co-op?

I work in the produce department; I also prep vegetables for our deli crew.

What brought you to the Co-op?

I previously worked with Steve, our produce Manager, at the Market of Choice in Ashland and my Dad knew the former General Manager, Emile Amarotico. I contacted Emile prior to the Co-op opening and was put to work helping Steve paint, install shelving and get the final touches done. I have always admired the principle behind Cooperatives and wanted to be a part of that kind of workplace.



What do you like best about your job?

I get to help provide local produce to local shoppers. I enjoy getting my hands dirty and working hard to keep the department looking great. It's a blessing to provide our shoppers with the freshest fruits and vegetables the Rogue Valley has to offer.

Tell us your Co-op favorites:

Garden of Eatin' Red Hot Blues Chips, Co-op Deli Egg Salad & Hot soups, and the dried Mango in bulk.

How has working at the Co-op affected your life?

Working at the Co-op encourages me to stay healthy and live a happy, healthy lifestyle. Working here has opened my eyes to how important Organic and Natural foods are to healing our community.

Tell us something we don't know!

(Tell us something about yourself others might not know)

I am a musician. In addition to vocals, I have played guitar, bass, and drums for close to 20 years.

What do you like to do outside of work?

I love riding my bike, hiking and going camping and fishing at Applegate Lake.

Where did you grow up/ where have you lived in your life?

I grew up in Eugene and moved to Portland after high school. In 2008 I settled in the beautiful Rogue Valley and currently reside in Medford.