

Medford Food op

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fresh press

Fall 2015 Issue
Quarterly Newsletter

MFC Vendor Profile:

Mickelberry Gardens

by Halle Riddlebarger - Marketing Manager

Our Wellness department recently started carrying incredibly delicious and healing raw honey tonics from Mickelberry Gardens, owned by Madelyn Morris, an herbalist, and Matt Morris, a beekeeper. In a fusion of their amazing talents, they raise bees in Troutdale, Oregon and produce their products in small batches in a commercial kitchen space in nearby Gresham.



Matt and Madelyn were drawn to beekeeping about ten years ago after hearing about the plight of the bees and

wanting to add an exciting element to their gardening – over the years it grew from a hobby into Mickelberry Gardens. Today, they organically produce their own honey and beeswax, source other bee products like propolis and bee pollen from Pacific Northwest beekeepers that share their values, and hold their herbs to the same organic standards.

When they are not too busy beekeeping, removing swarms, or producing their awesome products, Mickelberry Gardens told us their favorite thing about working with bees: “bringing people to visit the hives and get a hands-on experience is very rewarding, along with teaching others about pollinator conservation and honeybee biology.”

Mickelberry Gardens vendor profile is continued on page 2.

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Growing Our Co-op and Our Community

by Anne Carter - General Manager

October is National Co-op Month, a time for co-ops across the country to acknowledge and celebrate the accomplishments and contributions of cooperatives. We are grateful to all our owners who continue to support Medford Food Co-op and help us grow so that we can offer more of the products you seek. In appreciation, we're offering owners a second owner coupon this month and two coupons in November. Remember to take advantage of the extra savings when shopping the Co-op!

Invite your friends to become owners of the Co-op and tell them about the benefits of being an owner. Join a community of 2700 families who care about healthy, organic food and own a local grocery store with your friends and neighbors. Owners purchase a share and have a voice in setting the direction for products and services that will be offered. Monthly coupons, a share in future patronage dividends, and sustaining a business that meets your needs are just a few more reasons to become an owner.

Owners contribute to the economic growth and prosperity of our community by shopping at the Co-op. For every \$100 spent at the Co-op, about \$160 is generated in the local economy. Some of this money went to the 107 local farmers and food producers that we purchased goods from in 2015; independent businesses like Blue Fox Farm, Cascade Organic Beef, Farming Fish, Griffin Creek Coffee, Ahuva Bagels, and Rise Up! Artisan Bread that produce quality organic foods. We all support each other when we shop locally.

Join today and help us grow the Co-op, other independent businesses, and a healthier community!



Mickelberry Gardens vendor profile continued from page 1:

Educating the general public about bees and the vital role they play in agriculture is of the utmost importance, especially with the declining numbers in bee populations. We asked Mickelberry Gardens to share with us an interesting fact about bees, and they did not disappoint: "The honeybees know how to use fermentation! They pack pollen into cells with a little bit of honey. With time, warmth, and the enzymes contained in the honey, the pollen begins to ferment and become more digestible. The honeybees then feed the fermented pollen to their young. We use the bee's recipe for pollen fermentation to create our Northwest Pollen Honey Tonic! Thank you bees :)"

Holiday Gift Ideas

Looking for gift ideas for the quickly approaching holiday season? Don't forget the co-op! We have a variety of items that just might be the perfect gift for someone on your list:

- MFC gift certificates
- calendars
- beautiful Bolga baskets woven by the indigenous Gurune (aka Frafra) people in Northern Ghana
- body care gift sets
- candles
- scarves
- leather animal banks from India (like piggy banks, but with more variety)
- wine from local producers
- for those on your list that love to cook: a high quality olive oil or Shibumi balsamic reduction

Important Dates

October 31st - Halloween/Last Day of Owner Drive

It's not just Halloween, it's the last day of the October Owner Drive! Join the co-op by the 31st to be eligible for the gift basket giveaways!

Third Monday of Each Month

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

Exception: the December meeting will be held on Monday, Dec. 14th

Holiday Hours and closures:

- 11/26 Thanksgiving Day - Closed
- 12/24 Christmas Eve - Close early at 6
- 12/25 Christmas Day - Closed
- 12/31 New Years Eve - Open regular hours
- 1/1/16 New Years Day - Open regular hours

Staff Spotlight: Get to know the staff!

Langston Wright

How long have you been cooperating (at Medford Food Co-op or another co-op)?

At Medford Food Co-op, it's only been since the beginning of this summer. Aside from that, I was raised on a farm/orchard, so my family and I have been cooperating since before I was born.

What do you do at the Co-op?

I am a cashier at the Medford Food Co-op.



What brought you to the Co-op?

I was looking for a natural grocery store close by. When I came into the co-op I was so impressed with the store that as I was leaving I turned around and asked if they were hiring! And now here I am, loving every bit of it.

What do you like best about your job?

I love the people, those that I get to work with and all of our wonderful customers! Not to mention all the wonderful food I get to be around and enjoy.

Tell us your Co-op favorites:

The beautiful produce.

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

It's made me more aware of what I feed myself and my family. The co-op has given me so many ideas and thoughts of opportunities for the future.

Tell us something we don't know! (Tell us something about yourself others might not know):

I'm a 2014 certified Master Gardener. I also am a florist (well, used to be). And I'm planning on continuing my education with plant disease and diagnosis and entomology.

What do you like to do outside of work?

Tend to my plants indoor and out (they are everywhere), volunteer at community gardens in the area. I love doing art and being outside in the dirt or just going out and enjoying the beauty of Oregon.

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

I grew up in Jacksonville, Oregon on a pear orchard and flower farm.