

community

First Street Café

by Lara McCormick – Owner/member

by Anne Carter - General Manager

We're striving to create a happy and healthy community in Medford. Primarily we do this by offering high-quality natural, organic and locally produced food. It's also important for us to support the community by assisting other groups that are helping others.

Several times a week, we donate blemished produce to the Medford Gospel Mission. The Mission is able to use the produce for meals prepared at the Main Ingredient Community Restaurant. The restaurant serves a free meal seven days a week to as many as 200 people a day.

We participate in the Farm to School Fuji Apple program. This program is a partnership that includes Organically Grown Company, participating retailers and organic Fuji apple orchards all in the Northwest. Growers, retailers and the distributor all donate a portion of the profit from bags of Fuji apples sold. The donations support our local Farm to Schools programs. Since October 2013, many of our customers have sought out and purchased these apples and enabled the co-op to donate \$870 to Rogue Valley Farm to School.

Last fall, Dave of Griffin Creek Coffee Roasters was in the store frequently offering coffee samples. Then, Dave offered to provide us a coffee brewer and coffee so that we could offer coffee daily. We asked customers for a free will donation and every month we contribute the coffee donations to a local charity. Since October, we have contributed to the following groups:

- \$100 to Sr. Kohles Mammography Fund
- \$175 to Cooperative Development Fund relief to rebuild co-ops destroyed by the tsunami in the Philippines. This wasn't local, but was a way for us to help other co-ops.
- \$119 to Bikers Have Heart
- \$136 to Our Family Farms Coalition

Thank you for helping us demonstrate that our daily decisions do make a difference!



The Medford Food Co-op is excited to be carrying a rotating selection of locally made hot soup from First Street Café in Phoenix, Oregon. First Street Café's soups are made with organic ingredients which are sourced locally as the season permits. The soups are the original recipes of chef/owner, Jill Keller. Jill's talent and inspiration allow her to create 50 or so unique, seasonal recipes throughout the year.

Jill learned much and developed a love of cooking at a very young age from her grandmother. As a young woman she got a job in catering and helped develop the first menu of a new restaurant in Ashland. After attending the Hotel and Restaurant Program at City College in San Francisco Jill returned to the Rogue Valley, opened her first restaurant in Medford and has been in the restaurant/catering business for about 30 years.

Jill knows that great soup starts with great stock. She simmers hers slowly in order to impart the flavors, nutrients, and total essence of the ingredients into the final product. Jill confesses to a love of the entire process. "I love cutting up the ingredients. I love cooking them, smelling them and seeing how beautiful and delicious they are when they're done." Although the soups can be quite different from each other, Jill loves each one for what it is. "I've been making soup for over 12 years and each one is still my favorite!" Come try some for yourself to discover your personal favorite.



Staff Spotlight

Get to know our staff!

Molly Boone

How long have you been Co-op'erating?

I started at the Co-op about 2 weeks before it opened in August of 2011.

What do you do at the Co-op?

I am the Wellness Lead here at the Co-op. I purchase and shelve our Supplement & Body Care items.

What brought you to the Co-op?

I was finishing up an internship at Southern Oregon University around the same time the Co-op was opening. I knew I would be able to work beside like-minded people and have an opportunity to use my Health/Nutrition degree. It's been really neat to watch the Co-op grow.



What do you like best about your job?

Helping people! While I am not, by any means, a professional in the healthcare field, I really enjoy assisting folks in finding healthy, alternative ways to treat what ails them.

Tell us your Co-op favorites:

Where do I start?! Our Lemon-Ginger Kombucha on tap, Cafe Mam Breakfast Blend coffee, POEtential Eggs, and Pastures of Eden sheep's milk feta are definitely near the top of my list, as well as our entire produce department.

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

Working at the Co-op has affected my life in that going to work is no longer something I dread. I like my job, my co-workers and our customers, plus I have easy access to great, healthy food! It makes me an overall happier person.

Tell us something we don't know!:

(Tell us something about yourself others might not know)

I am an artist! I use mostly salvaged metal and wood as my medium to create beautiful, unique, functional works of art (coat racks, frames, etc)

What do you like to do outside of work?

I love to craft and fix things. My favorite is restoring and selling antique/vintage furniture which I 'score' at yard sales and thrift shops. I have an affinity for power tools. I also enjoy gardening and working outside.

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

I grew up in the beautiful mountains of Central Idaho in a small, lakeside community, McCall. I was born there and lived there until I moved North to Coeur d'Alene, ID for college. I then moved to Ashland where I finished school. I currently reside in Medford with my fiancé, Zach.

Events & 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

5/8 Board Of Directors Ballots available

6/8 Vote on or by June 8

6/8 Annual Meeting • 4- 6 Bear Creek Park Pavilion

7/4 Independence Day • Close at 5 pm