



271 Wonder Street, Reno, NV www.greatbasinfood.coop

COMMUNITY NEWSLETTER

WHAT'S MORE LOCAL THAN YOUR OWN BACKYARD?

by Steve and Marcia Litsinger

With so many folks trying to eat more locally, we weren't too surprised to see that Time magazine listed "locavore" as the seventh best buzzword of 2007. We previously found the word in Barbara Kingsolver's book *Animal, Vegetable and Miracle*. This leads us to the question of what can be considered as "local". Local food is usually defined in miles- and if you consider what is grown even as close as one hundred and fifty miles away, the options are nearly endless.. However, if we look to Northern Nevada to supply us, the pickins get right scarce. This definition, then, can become a personal decision.

The Great Basin Food Co-op's Local Food Committee recently sent a letter to the area's farmers inviting them to come on board with us in anticipation of the upcoming season. By working with them, we hope to bring a better supply of local, organic produce to the Reno area, coordinating what they'll plant for us so there won't be a glut of zucchini in the summer and a lack of peppers. We will also have a presence at the small farm conference Saturday, March 22, "Making the Organics Transition" which we hope will encourage local conventional farms to transition to organic production to help increase the overwhelming demand arising here. This conference is being put on by the Nevada Organic Advisory Council and was coordinated by Marcia Litsinger, the acting chair, who incidentally happens to also be on the Local Food Committee. We look forward to growing our local Organic food supply.

What, then, can one eat that is grown here in Northwestern Nevada in March? Here at our farm, greens are always in season, as well as herbs. Kale, chard, arugula, radicchio and other leafy greens love the cooler temperatures and are crispy and full of flavor. In March spinach and salad mix are in their prime.

However, there's still a scarcity of local produce this time of year. Most of the local CSA's haven't started yet. Some people would like another option. Well, what's more local than your own backyard?

What's more local than your own backyard? -continued-

We suggest the revival of the victory gardens popularized during World War Two. This can be a very fulfilling way for those so inclined to grow fresh food for themselves and their neighbors. Many of those people would like to grow their own produce organically (free of synthetic pesticides, herbicides and fertilizers), and we see this as the best solution for anyone concerned about the current food supply, considering all the recent food recalls, and how their produce is grown. Remember, if you plant your own garden you'll know how your food was grown, and can be proud when serving it to your family or sharing with your neighbor.

Most people in the Reno area have a backyard, so it's easy to find a sunny spot to plant a garden, orienting the beds to the south. For those who don't have the space, there may be neighbors who have the space to grow but not the inclination or time to maintain a garden. This sharing of produce brings a community together. Some of you might want to co-op with your neighbors, growing the varieties each enjoys and sharing the harvest. Community gardens are an option, too. This option is coming to life now in Reno. There are apartment dwellers, too, who have found they can grow food in containers on their balconies and roofs. With the addition of cold frames, row covers, hoopouses or greenhouses the growing season can be extended for the entire year by planting vegetable varieties that can tolerate the cold and low winter sun.

If you would like more help with your garden, look for one of Marcia's organic gardening classes coming up at the River School at Mayberry Bend in Reno, as well as other locations in the area. If you can't find one, or if you'd like to host a class at your location, feel free to contact us for details at (775) 721-6068.



Financial and Business Plan Committees

Do you have a sense of adventure? Do you want to be on the cutting edge of the Great Basin Community Food Cooperative? Then come join us in the Financial and Business Plan Committees. Tally ledgers, update spreadsheets, fill out tax returns! What fun!

But seriously, the Financial and Business Plan Committees have two separate missions. The first mission is to manage the day-to-day finances of the co-op. We are responsible for taking the daily deposit envelopes and making the deposits to our bank account. We pay the co-op bills and make sure that our employees get paid on time. We also produce monthly reports for the board on the status of the co-op finances as well as projections for co-op profits and losses over the next three to six months. We are also responsible for filing the co-op tax returns. We could use the help of a tax accountant who is willing to donate some amount of time to review our tax filings as well as anyone who is familiar with payroll processing.

Our second mission is the development and maintenance of the co-op's business plan. This document, originally drafted last year, is intended to outline the practical steps that we need to complete to satisfy our goals for the next one, three, or five years. The first document was simply a summary of the co-op situation at the time it was drafted. As we move forward, this document will evolve into a plan for the future goals of the co-op. We could use help from those who have written business plans and who have strong writing skills.

The Financial Committee is made up of our paid employees Toni and Nicole, our accountant Debbie Lambeth, Marshall Liddle, and Philip Moore (Co-Op Treasurer).

Financial and Business Plan Committees =continued=

We meet generally on the second Tuesday of the month to review the finances from the last month and to prepare the report for the next board meeting. Dates and times for the meetings are listed in the co-op online calendar.

The Business Plan Committee included additional members such as Casey Robbins who were willing to help out with the initial draft. We will probably start meeting more regularly on the Business Plan starting in the spring.

Please contact Philip Moore at 775-224-1877 or Philip_Moore@charter.net if you are interested in helping out. Join the fast track of the co-op's financial and planning teams!

Dare to be Hard Core

by Dr. Taylor Donovan

Life is a process intended to fall apart. It's useful to know this ahead of time as it makes the end result easier to accept. You've witnessed time and again the way by which things fall apart. They appear to fall apart all of a sudden yet we forget the patience by which decay occurs, moment by moment. In health it is no different. We walk the tightrope between wellness and illness in every waking thought and sleepless night. It's a spectrum and we have much control over the direction we are headed.

There is a system of supportive postural muscles that spans the pelvis through the skull known as the core muscles of the spine. Their role is to secure a stable foundation to endure the changing planes of movement we engage on a daily basis. A suitable metaphor for these muscles is the sail on a boat. When the sail is taut and secured the boat can catch the wind

Dare to be Hard Core -continued-

and head in the direction of choice. When the sail is loose and flimsy there is serious risk of the grommets tearing off and stranding the boat. The core has this kind of power; in fact, it's where enduring power arises from in the body.

A healthy core is capable of maintaining optimal alignment in the spine. Optimal alignment is a state in which the architecture of the body is positioned in such a way that balances gravity, promotes a healthy distribution of weight, encourages full range of motion based on the body's natural design, and allows for maximum expression of the nervous system without interference.

With a powerful core that stretches from the top of the head to the bottom of the spine, optimal alignment is solidified and maintained. Misalignment is reduced through correct form, proper movement, intelligent stretching and strengthening, which then leads up to powering up the body's energy system. Energy loves efficiency and healthy posture and postural muscles are one of the largest contributors to maintaining an efficient energetic system.

We strengthen our core so that we are able to stand tall against the affects of gravity and daily stress. Therefore gravitational forces don't impede with life force. Life is a constant rebuttal to the collapsing effects of gravity and inactivity. Life is motion.

With our lifestyle-induced dementia it's critical to maintain awareness about the important basic life-affirming activities that preserve our life force. When our speed of life is caught chasing the tale of next we forget to breathe, stay hydrated, and keep our posture. It's troubling how easily we give away what brings the quality into our lives.

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We're proud of our produce...

Especially the local potatoes, sunchokes, garlic, & onions that the co-op has sold all winter long!

Each Monday your faithful stocking crew struggles to fit everything in. They arrive early in the morning to unpack boxes of ice packed vegetables. Everything is rinsed and refreshed and trimmed. The sink in the back is full of dirty veggies getting a bath (spinach, beets, radishes) and clean veggies getting a light shower (greens, lettuce, carrots, leeks).

The process of becoming green grocers has not been easy. The co-op definitely needs a cooler designed for produce instead of drinks-there have been many sad moments of finding batches of frozen lettuce, carrots, broccoli, spinach.

If you have suggestions (or better yet any time to come in on Monday and help stock) please contact Toni at memberworker@greatbasinfood.coop

The other thing members can do to help is if veggie display looks a little sad when you come in later in the week, be sure to ask the memberworker if there is anything in the back stock fridge.

Tips for Shopping:

If you are picky about your veggies be sure to come in on Tuesday.

Until we get a proper vegetable cooler, if you want picture perfect "Whole Foods" caliber veggies this is your best day to shop at the COOP. If you want to support our local growers come in any day of the week and there may be a fresh delivery. As the season gets going there will be a more of a regular schedule.

If you like a good deal and have some sympathy for less than perfect fruits and veggies come in on Saturday and help your young CO-OP make ends meet!

Dare to be Hard Core -continued from pg. 2-

With impeccable alignment and skillful movement, and a powerful core you are able to walk on the planet with powerful conviction. Like flossing your teeth, weeding the garden, maintaining your home and vehicle; your health is the culmination of every micro-investment you make into it.

Dr. Taylor Donovan will be offering a Dynamic Anatomy Workshop in April on The Core, Low Back, and Pelvis. Contact 348-9642 or docdonovan@gmail.com for more info.

Get creative and be part of Your Coop!

Have an interesting contribution? An article you would like to contribute? A story you want to share with all of us?

Here's the place to do it!

And we can use your help. Not just for the newsletter, but other volunteer opportunities abound at the Coop!

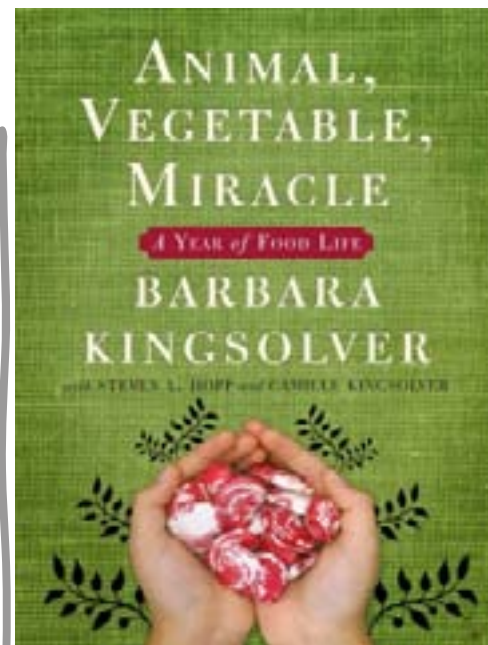
Please send your articles to outreach@greatbasinfood.coop to be included in the next month's newsletter.

Thanks!

Book Review: Animal, Vegetable, Miracle by Barbara Kingsolver

Taken from
www.treehugger.com

A year of food life by Barbara Kingsolver and with contributions by her husband Steven L.Hoff and older daughter Camille Kingsolver. Her younger daughter also plays a big part in the story. This as you can see is a family adventure into living courageously. Together they pledge to eat only food that they either grow themselves or if they knew who did (with exceptions, such as coffee, purchasing only fair trade).



Growing and eating their own produce includes animals too, with excellent chapters on the history of breeding eating turkeys, a restaurant that uses only local produce and the changes in small independent farming.

Explorations in food includes making cheese, organising a party for over a hundred people using only produce from neighbouring farms, the romance of the first asparagus of the season and the practicalities of raising chickens.

The everyday life on the farm is intermingled with Barbara's intense, passionate and well researched history and knowledge of food production and fuel consumption in America, Camille's teenage viewpoint and recipes, and Steven's deeper investigations of certain subjects. It is the whole package that makes this story work; a families life adventure turned into a family project of writing the book.

Full of irony, wit and love this book is a must read for anyone interested in growing their own food and everyone else interested in how the food they eat arrives at their table and the consequences of our indulgences for the planet.

For more information about Barbara Kingsolver, check out her website at www.kingsolver.com/