

Co-op Board of Directors

Talk About Eating Locally

Dave Feral



2009-2012

Board Chair

Being a local farmer, my wife and I focus on producing a lot of our own food and growing crops to be consumed here in Humboldt County. Almost every morning we eat farm fresh eggs or sweeten our oatmeal with stored apple juice, and lately we have been enjoying the fresh, ripe strawberries from our farm. In addition to raising our own food, we find many of our favorites at the Co-op, like the fresh spring mix grown by Little River Farm, or once in a while a nice cut of Humboldt Grassfed Beef. This year I traded a turkey I raised for some beautiful, lean pork my friend Johnny of "G" Farm raised. You will still see me or my wife buying a bunch of Central American bananas or other produce from farther away than our bioregion, but due to the efforts of our Co-op—and many other motivated local farmers—we are able to buy a greater array of quality, local food for our family.

Sarah Mora



2008-2011

Vice Chair

Nominating Committee Chair

Some of my favorite local foods are: Larrupin Mustard Sauce, Slugs from Los Bagels, Tomo Sushi, and Humboldt Grassfed Beef. The rich flavor of Larrupin brings out all the goodness of a fresh Slug. What can I say about Tomo? Is there anything better than biting into a Tempura Roll dipped in Wasabi? It pretty much speaks for itself! The all-natural taste of Humboldt Grassfed Beef is simply wonderful; it's hard to beat that one-of-a-kind taste. These are just some of the local foods that make living in Humboldt County a truly unique experience. It is fantastic that the Co-op is on the fore-front of providing local food to our community.

Austin Beadle



2008-2011

Employee Director

Secretary

The Eat Local Challenge demonstrates how easy it is to support our local farmers and ranchers and keep our local economy strong. We are fortunate to live in an area where it is really very easy to "shop local" year round. My challenge to our members is to use this time to see just how easy it is to add a little local flavor to your daily diet and continue the trend year round.

Eating locally is important to me because I know I am using my consumer power to support local jobs. Some of my favorite food products are produced locally. I also try to keep in mind that the less transport involved with my purchases not only ensures the food is fresher and more nutritious by being picked ripe, but also by utilizing less transportation I am not contributing negatively to our environment. I am, however, guilty of being a regular chocolate consumer and I also love good bread. I would love to see more grain grown locally. I consider myself somewhere between a Relaxed Humboldtian and Toe in the Water Localvore, but I could do better.

Cynthia Coronado-Brown



2009-2012

Policy Research Committee Chair

Steve Suttell



2008-2010

Treasurer

I have been interested in eating locally for many years now. My family and I are opportunistic local food eaters. When it is available, local food is our first choice. But we take it a little further. We encourage local producers, look for opportunities to enable local food production and try to stay involved in using our talents to promote local foods. There are so many opportunities that we find ourselves on the subject often and encourage others to consider local food first. Fortunately, many do.

Last year (May to October) we bought at least half of our produce directly from a farm out in Jacoby Creek. We probably got another 25 percent from the Farmers' Market. At least some of the rest (from the Co-op) was locally produced. However, we haven't been able(willing) to give up bananas, citrus, pineapple, dates, etc We pick and eat many pounds of red Huckleberries, Salmon Berries, Thimble Berries and Himalayan Blackberries from our own overgrown lot in McKinleyville. We just finished the last of our homegrown red potato stash, and almost every year our yard produces 10-20 pounds of Lobster Mushrooms. We buy Mary's Chicken, although I don't know whether it is produced within 250 miles. Unfortunately, many of the grocery items we purchase aren't produced locally. This is changing as we are preparing more and more of our meals from scratch using primarily local produce.

Wayne Hawkins



2007-2010

Nate Wiesner



2008-2011

Employee Director

Co-op Action Committee Chair

The challenge is getting easier and easier every year. I find myself being a Localvore year around, purchasing foods and products that are locally grown and produced, knowing that the currencies are staying in our community. With that in mind, I like to take the "Choose Your Own Adventure" style challenge and limit my out-of-bioregion food purchases to a small percentage (5-10 percent) of my monthly food budget. It can be hard, but each year our Eat Local Challenge teaches me new ways to be clever, frugal and conscious.

Election Timeline

- June 15 Candidate Application Packets available at Customer Service and at www.northcoastco-op.com
- August 1 Candidate Applications due
- August 6 Candidate Statements due
- August (TBD) Shoot 3-minute videos of candidates
- Sept (TBD) Candidate Statements posted
- Sept 15 **Election Begins**
- Sept-Oct Member Campaigning
- October (TBD) Candidate Forums
- October 13 "Get Out the Vote" event
- October 15 **Voting Ends**
- October 24 Winners announced at Annual Membership Meeting
- November 1 New Directors become official

Board of Directors Meetings

The board can be contacted at board@northcoastco-op.com.

Thursday, June 24 Hotel Arcata @ 6:00 p.m.

Thursday, July 22 Eureka Co-op @ 6:00 p.m.

Thursday, August 26 Hotel Arcata @ 6:00 p.m.

Thursday, September 23 Eureka Co-op @ 6:00 p.m.

Co-op Action Committee

Meets the **third Wednesday** of the month at **6 p.m.**

June 16, 2010

Arcata Co-op Conference Room

July 21, 2010

Eureka Co-op Community Kitchen

August 18, 2010

Arcata Co-op Conference Room

September 15, 2010

Eureka Co-op Community Kitchen