

MAY & JUNE 2023



the

COOPERATIVE

spirit

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UPCOMING EVENTS

- 5/21** General Membership Meeting
5:00 PM - 8:00 PM
- 5/23** Board of Directors Meeting
5:30 PM
- 5/29** Reduced Hours
9:00 AM - 6:00 PM
- 6/27** Board of Directors Meeting
5:30 PM
- 6/30** Reduced Hours
9:00 AM - 6:00 PM

CONTACT US

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 www.spacoop.com

2023

GENERAL MEMBERSHIP MEETING

SUNDAY, MAY 21 | 5-8PM

AT CREATE PORTAGE COUNTY

Featuring bites + sips from:



Agenda + board candidate info
 available at spacoop.com

GROWING COLLECTIVE PLANT SALE

It's springtime in Wisconsin - the days are growing longer, the birds are singing, and the warmth of the sun is sneaking in and out of the clouds. Our winters seem to linger forever, but spring is in the air, and our thoughts turn to summer gardens. On this tenth year anniversary of the Growing Collective, members are once again anticipating a greenhouse full of fresh, healthy, organically-grown vegetables, herbs, edible flowers, and native plants at the Central Rivers Farmshed!


The Growing Collective grows seedlings for its members and the public as a fundraiser for Farmshed programs and events. The collective is a diverse group of individuals, from first-time growers to experienced master gardeners, who enjoy working together and learning from one another. Anyone who wants to participate is welcome, regardless of knowledge or experience.

In addition to incredible plants, the Growing Collective Plant Sale will also sell compost products from Hsu's Growing Supply, seed potatoes from Whitefeather Organics, and compost bins and pails from Recycling Connections. There will be lots to check out at our in-person, week-long sale, so mark your calendars!

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FARMSHED

Growing Collective

The preparation begins during our coldest days of winter, selecting new plant varieties and saving some old favorites. The seeds are sourced from small specialty companies, choosing heirloom and organic varieties whenever possible. Seed companies include: Fedco, Baker Creek, Johnny's, High Mowing, and Pinetree Gardens. Volunteers perform the many tasks necessary to grow tiny seeds into healthy plants ready for your garden, such as preparing pots, planting seeds, transplanting seedlings, watering, and maintenance of the greenhouse. Monthly meetings keep Growing Collective members on schedule, bringing a wide variety of ideas and talents together for one common goal - providing the best quality plants for your garden!

Hope to see you there!

Sun, May 21st - Fri, May 26th | 12 p.m. – 7 p.m.

Sat, May 27th | 10 a.m. – 5 p.m.

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SMALL BUSINESS SPOTLIGHT: ZEN VIOLET

Zen Violet Soap Shop is a small, female-owned & operated business that began in early 2019. Frustrated with the selection of natural vegan products on the market, we decided to manufacture our own amazing products that smell spectacular, and work wonders on the skin. At Zen Violet Soap Shop, our mission is to provide high quality luxury products that are natural, safe & non-toxic. We only use premium, ethically sourced ingredients in our handcrafted artisan soap, candles, wax melts, room & linen freshener spray, and natural lip butter. We create all our products in small batches to ensure the highest quality control. All of our amazing products are:

- VEGAN/VEGETARIAN & CRUELTY FREE
- ETHICALLY & SUSTAINABLY SOURCED INGREDIENTS
- NO HARMFUL PHTHALATES
- NO PETROLEUM
- NO CARCINOGENS
- PARABEN FREE
- DETERGENT FREE
- NO SLS (Sodium Lauryl Sulphate)
- SIMPLE INGREDIENTS
- ORGANIC OILS

Our handcrafted artisan soap is a skin-loving high-lather treat for your skin. Our shea butter soap is crafted using Baraka shea butter, which is ethically sourced from Hardworking women and families of Northern Ghana, who handmake the shea butter using traditional methods passed down for generations. The shea butter is nourishing and natural – no chemicals or additives, no animal testing, no harsh industrial process.

We use only RSPO (responsibly sourced palm oil) palm oil in our soaps. RSPO palm oil is ethically manufactured and sourced from hardworking family farms. Palm oil that is produced sustainably, has positive social, economic, and environmental impacts. When oil palms are grown according to RSPO standards, wildlife is safeguarded and able to live alongside the plantation. No deforestation! RSPO farmers are required to protect their primary and secondary forests.

Our richly scented candles and wax melts are made from a fabulous all-natural luxury wax blend made from coconut and apricot wax. This luxury blend creates a wonderful smooth and even burn.

Our natural lip butter is a luxuriously silky, moisturizing balm made with organic oils and butters, all natural and organic flavors.

Our richly scented room and linen freshener sprays are made with natural & minimal ingredients. The fragrance is phthalate-free, carcinogen-free, and designed to uplift your senses.

Since our childhood, saving the Rainforest has been a top mission. To continue the mission, \$0.25 from each sale is donated to help save the Rainforest @kidssavingtherainforest.org (KSTR) reforestation fund. Rainforests are “the lungs of the world” contributing to about 20% of the world’s oxygen. Hundreds of rainforest plants are used in modern medicines. Roughly 25% of all our medicines come from plants growing in the rainforest. A significant percentage of these plants used in medicines, are endemic to the Rainforest. Rainforests contain about half the existing plant and animal species in the world, 90% of invertebrates and 1/3 of the world’s bird species. Rainforests are home to about 1000 different indigenous tribes that have inhabited in some parts for over 40,000 years. Maintaining a healthy rainforest is vital to the health of the planet and her inhabitants. 100% of the profits from our “Save the Rainforest” soap goes to the KSTR reforestation fund.

Please visit www.zenviolet.etsy.com for a fantastic selection of our Handcrafted products.

- Artisan Soap
- Hand-Poured Coconut Wax Candles
- Handmade Concrete Vessel Candles
- Wax Melts
- Room & Linen Spray
- Natural Lip Balm
- Handmade Jewelry

We’d like to give a huge thank you to our family, friends, and wonderful customers that support Zen Violet Soap Shop. We wouldn’t be here without your continued support!

**ZEN
VIOLET
SOAP SHOP**

EATING FOR CLEAR AND HEALTHY SKIN

You've heard the saying, "You are what you eat," right? Well, there's some truth to that. Our skin is the largest organ of the human body - it serves as a protective barrier, helps regulate our body temperature, detects infections, and more.

The health, function, and appearance of our skin is directly impacted by many factors, such as diet, sickness, environmental factors, or changes in hormones, thyroid function, and cortisol. Fortunately, vitamins and minerals help balance hormone levels, maintain the moisture in your skin, reduce acne, reduce inflammation and redness, and so much more!

If you have skin issues, consider that you may be mineral or vitamin deficient. Here are some vitamins, minerals, and supplements that greatly impact the health and appearance of your skin.

Collagen

Collagen is the most abundant protein in the body, of course it impacts the health and appearance of our skin. Collagen is necessary for the maintenance of skin structure. As we age, the collagen throughout our bodies begins to decline, resulting in wrinkles and droopy skin.

Collagen has been found to help keep skin supple and smooth, increase elasticity, and decrease the appearance of deep wrinkles (Dr. Axe, 2022b).

These are some ways to increase your collagen intake:

- Add collagen creamer to your coffee
- Collagen protein shake
- Incorporate bone broth into your meals - use bone broth in soup, a pot roast, ramen, etc.
- Bone broth makes a delicious, savory beverage
- Chicken with skin
- Organ meats

cinnamon roll~breads~pastries~cookies~muffins~wheat-free options



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Zinc

Did you know that the outer layer of your skin has 5 times more zinc than the underlying layer? Zinc is anti-inflammatory and helps reduce the skin's production of oil. It also helps your skin heal after an injury. A zinc deficiency may resemble eczema, however, the rash won't get better with moisturizer or steroid cream (Dr. Axe, 2022a).

Here are some excellent sources of zinc:

- Lamb
- Grass-fed beef
- Chicken
- Eggs
- Pumpkin seeds
- Hemp seeds
- Unsweetened cocoa powder
- Almonds
- Avocado
- Spinach

Proline

Proline is an amino acid responsible for protecting our skin against aging induced by UV irradiation, as well as increases collagen synthesis, helps support skin structure, and retain moisture (Park, 2015).

Our bodies can create proline on its own, but it is also found in many foods. Here's how you can increase your intake of proline:

- Proline supplement
- Pork rinds
- Bone broth
- Gelatin

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Vitamin C

Vitamin C expedites the production of elastin and collagen, helping maintain the skin's firmness. As one of the best vitamins for skin health, vitamin C protects against sun damage and helps to prevent oxidative stress and cell damage (Dr. Axe, 2022b).

Luckily, the sources of vitamin C are juicy and delicious. Here are some foods high in vitamin C:

- Citrus - oranges, kiwi, lemon, grapefruit
- Tomatoes
- Bell peppers
- Strawberries
- Broccoli
- Red cabbage

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Vitamin E

There's a lot of hype over vitamin E in the beauty industry, rightfully so. But even without all of the trendy marketing, vitamin E is essential to your skin health. Vitamin E helps neutralize free radicals to maintain skin health and it has photo-protective properties to prevent skin damage from sun damage.

Here's how to get more vitamin E:

- Vitamin E is a great natural moisturizer. Use it as an over-night mask for your face and body.
- Almonds
- Pumpkins
- Spinach, collard greens
- Red bell peppers
- Mangoes
- Avocados
- Asparagus

Easy ways to to get these vitamins into your diet

- Start your morning with a smoothie consisting of fruits, veggies, and collagen protein or bone broth.
- Squeeze lemon into your water.
- Make your own chex mix with nuts, pumpkin seeds, hemp seeds, dark chocolate, and dried fruit
- Cut up fruit and dip it in yogurt.
- Cut up veggies and dip it in your favorite dipping sauce - ranch, honey mustard, french dressing.
- Make an avocado dip.
- Take in supplement form.
- Use topically.

We'd like to thank our kind friends at Pisarski Funeral Home for being thoughtful, generous neighbors for many years!



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David Pisarski ~ Frank Pisarski, Jr.

If you suffer from skin issues, it could be likely that you're mineral or vitamin deficient. A great way to keep up on the tedious task of taking vitamins is to consider investing in an Irish sea moss supplement. Irish sea moss contains 92 vitamins and minerals essential to the human body.

Keeping up on basic health practices, such as ensuring your body has the nutrients it needs, is a great starting point to determine the cause of your skin issues. Sometimes it can be as simple as needing more zinc.

-Anita Welch www.anitaswrite.com

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ALL HAIL THE WORKING MEMBERS

Here at the SPA Co-op we are supported by a group of folks that are essential to the smooth running of our store. These folks are our working members.

I would like to share my experience being a working member. Long before I was hired on as an employee 9+ years ago, I took part in the working member program on two different occasions. When I first became involved in the program, it looked a bit different than it does now. One main difference is that along with having your membership fees waived, we were given in store credit for our time and effort. My tasks were similar to what members do now. Working members helped with cleaning and department tasks, such as bagging bulk fruit. I remember enjoying watering plants and weeding the flower bed on the corner of Fourth and Second. My second time around as a working member we were paid via a paper check for our time and effort. Again my time in the store was spent keeping shelves dusted and the kitchen clean, along with processing bulk fruit in the back room while singing to the radio and laughing with the staff. All in all, I really enjoyed being surrounded by the culture of our store.

There are many reasons why people have become involved with the Co-op in this way. Some people are new to town and want to meet like minded folks, others want to see the behind the scenes and learn more about how our store operates. One common theme is that applicants want to be involved with the Co-op, and share in the experience of working at their local food store.

Working members are member-owners of the Stevens Point Area Co-op. As a type of membership available to the general public, working members dedicate two hours of their time per week, three weeks per month and receive a 25% discount on all purchases, with an additional 5% discount on special orders of one case or more.

How do I become a working member?

- All Co-op representatives must be fully vaccinated including boosters.
- Complete a working member application and turn it in to Co-op staff.
- Attend a working member information session.
- Within one week of attending the information session, new working members will be assigned a weekly time slot and point-of-contact.

There are many ways that working members can help out and participate in the program. There are tasks that are done in the storefront and behind the scenes. Storefront tasks include stocking, checking expiration dates, repacking grab and go items, organizing backstock, bagging produce, cleaning and dusting shelves. Non-storefront tasks are usually linked to one of our management circles. Working members are welcome to participate in these circles, and in some cases involvement can be used towards their two hours, such as taking meeting minutes or helping with outreach events.



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- **Physical** manages Co-op facilities and equipment maintenance, security, contacts, and information technology hardware and maintenance.
- **Numbers** manages Co-op finances, regulations, and licensing, and business systems.
- **Communications** manages Co-op marketing, promotions, member engagement, community outreach, internal and governance communications.
- **Movement** manages department buying and performance.

Currently, our Co-op is looking for folks to help out with week-day morning tasks, and a few more shifts on weeknights. We accept all applications, but may not be able to accommodate all scheduling needs. Applications are available in store or online at spacoop.com under memberships/ working member program

Here's what some of our current working members have to say about their experience as a working member:

"Being a Working Member makes me feel helpful and kind. It's also fun to get to know all of the delicious food the co-op carries and get a discount on it. Certain products I love are cheaper at the co-op with my discount!"

-Melissa Haack

"I first became a working member 27 years ago when I moved here from Michigan. It proved to be an excellent way to meet folks and become a (hopefully) useful part of the community. I recently became a working member for a second time, shortly after retirement. Once again it has been a great way to shift gears and feel to be a small and happy part of this great town and this super special coop!"

-Sally Powell

FEATURED PRODUCTS: SUN & BUG

You know it's summertime when the Co-op puts out the sun and bug products! Check out these yearly favorites!

Badger, Mineral Cream Sunscreens - The much beloved brand in 3 different varieties: 35 SPF, 40 SPF, and a 40 SPF for kids.

Badger, Anti-Bug Balm - We've got this in a spray, a tin, and a convenient stick so whatever your favorite way to keep the bugs away is, we've got you covered.



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Tippecanoe Herbs, Insect Repellent - Straight from a local herb shop out of Milwaukee, Tippecanoe's insect repellent will keep you bug free!

Tippecanoe Herbs, Afterbite - Nothing worse than an itchy bug bite, Afterbite helps soothe the skin after a bug bite and speed up the healing process.



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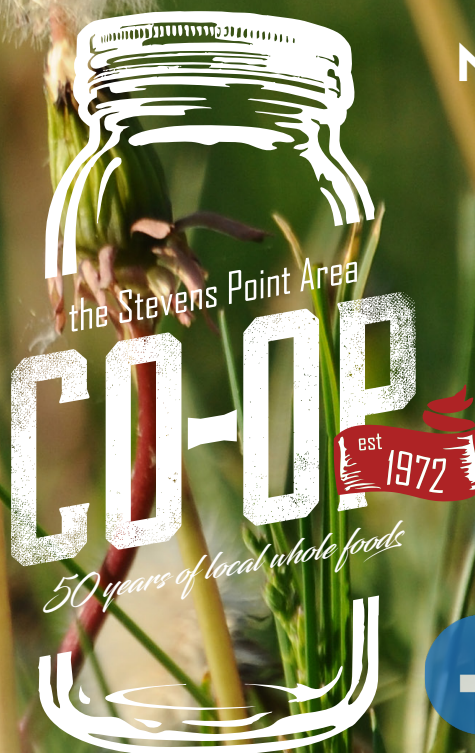
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