

YPSI MIX

November 2018

November Events

312 N. River Street, Ypsilanti, MI 48198 — (734) 483-1520

***OPEN
THANKSGIVING
DAY: 9am-3pm**

Co-op Board Meeting
Thursday, Nov. 6 @ 6:30 pm

Member Orientation:
Sat., Nov. 10, 3 pm
Come learn more about your membership and the YFC!

Garno Turkey Orders
*Place orders by Monday, Nov. 19 @ noon. Turkeys will be available for pick up after 5 pm on Tuesday, Nov. 20. Order in the store or give us a call.

Holiday Kitchen Orders
Let us do the work for you this holiday season. We offer a wide selection of holiday foods to meet all your dietary needs. To take a look at our Thanksgiving menu, [click here](#).

New bread schedule
Check it out on our [website](#)

YFC Social Media:



Omena puts the pumpkin in our pie

What's in our pumpkin pie? For starters, years of hard work from Michigan farmers Bob and Jane Weaver.

Farming has been in the pair's bones since childhood. But knowing the importance of using organic produce came only later.

In a world "bombarded by

enough environmental hazards," the two realized that eating foods grown with pesticides "just can't be helpful," Bob said, who has been involved in farming since his teens. Jane is a farmer "born and raised."

(Continued on pg. 2)



Pictured: Bob and Jane Weaver, who have been farming since the late 1970s and now offer more than 30 processed fruit and vegetable products made with organic produce. The Ypsi Co-op uses their canned pumpkin to make our delicious pumpkin pie! *Photo from Omena Organics*

Try Garno birds this Thanksgiving

Don't be a turkey. Stop into the Ypsi Food Co-op this Thanksgiving and treat your family to a real Michigan bird.

Our turkeys—raised by Garno Farms near Adrian—were handled by Ken Garno, who mixes the feed himself from a combination of whole grains, fresh and dried vegetables and herbal sup-

plements, including kelp, which provides minerals and iodine.

Before they land on your dinner plate, Garno's happy birds have plenty of good food, shelter and space to peck around freely.

They're not USDA certified organic, but they are raised without any pesticides or antibiotics. It's a difference you can taste.

(Omena farms, continued from pg. 1)

Omena Farms uses organic pumpkins grown by Mennonite farmers near its Omena packing plant. The decision to go organic in 2012 was at first economic. Bob said the decision later took on an ethical dimension.

“Our conventional food supply is not real safe and nobody seems to want to challenge that very much, other than the consumer,” he said. “I think as consumers are made more aware of what’s in their food, what should be in their food and what shouldn’t be in their food, that pulls them (into organic), as it has me and my family.”

With that in mind, Bob and his wife Jane started knocking directly on people’s doors to sell their products in 2012. The Omena-based business now offers 38 different kinds of organic frozen, canned and dried fruit and vegetable products. Omena is in the Leelanau Peninsula tip.

“(Jane) went out there, never did it before, had shaking knees ... and she put our products in a wicker basket and started driving around, knock-

ing on doors,” Bob said.

In the meantime, Bob hit to the road in Ohio, Illinois and Indiana, still peddling their products door-to-door.

“Almost every place we went ... they took something,” he said.

Because its organic and grown right here in Michigan, the Ypsilanti Food Co-op uses Omena Organic’s canned pumpkin in our very own pumpkin pies. You can find them in the deli cooler, near the coffee and soup counter in the store.

Nationwide, organic produce is a growing industry. U.S. organic produce sales doubled from 2011 to 2015, totaling \$5.5 billion in annual sales, according to CoBank, which offers loans to co-ops and farms. About 15 percent of all U.S. produce is organic. Much of our co-op’s produce and food products are also organic.

In the future, Bob wants to expand. “But most of all, we just want to stay true to what we’ve been doing,” he said.

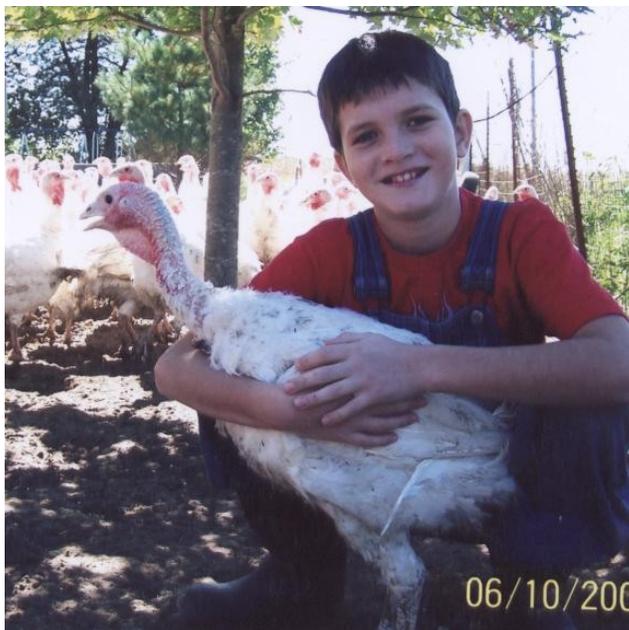


Photo: Courtesy of Garno Farms

(Garno gobblers, continued)

Order your fresh Garno turkey from the co-op for the Thanksgiving holiday.

Garno’s fresh turkeys cost \$3.99 per pound and vary by weight, from approximately 18-25 lbs. Half turkeys and Garno turkey breast are also available. Turkey breast sells for \$7.99 per pound; each breast weights about 4-6 lbs.

To get a holiday turkey, you must sign up in the store or by telephone and offer a \$10 deposit. You’ll pay the remaining total upon picking up your bird from the store. Stop by the co-op and put in your order today, or call us at (734) 483-1520.

***Orders must be placed by noon on Monday, 11/19/18. Birds arrive Tuesday, Nov. 20, and are available for pickup after 5 pm that day.**

We are open Thanksgiving Day, Nov. 22, from 9 am to 3 pm and on Wednesday, Nov. 21, from 8 am to 9 pm.

General Manager

Corinne Sikorski
Corinne@ypsifoodcoop.org

Editor:

Michael Gerstein
michaelg@ypsifoodcoop.

Special Thanks to:

Our Board, staff, volunteers and members!