



March Events:

Saturday March 3rd @ 1pm
Your Home Your Health
Join Holistic Whole Health to learn about the basics of Feng Shui .

Tuesday March 13th 3-7pm
Downtown Farmers Market
Come check out our table and try some of our Bakery's wonderful creations at 16 South Washington in DT Ypsi!

Wednesday March 14th @3:14-9:14pm
Pi(e) & a Pint Fundraiser
Pop on over to Cultivate and enjoy some Ypsi Co-op Pies and other donated local sweets. Proceeds will support Ypsi Meals on Wheels.

Thursday March 22nd @ 6pm
YFC Talk and Tour
Join us to find out all the ins and outs about co-ops and YFC; and receive a 10% coupon.

Saturday March 24th @ noon
COOP & the Community
Join us as Leaha shares her research on food co-ops and their ability to strengthen communities.

YFC Social Media:



312 N. River Street, Ypsilanti, MI 48198

734.483.1520

ypsifoodcoop.org

Keeping it Green for St. Paddy's Day

For some St. Paddy's day revolves around corned beef, potatoes and perhaps a drink or two. The co-op has you covered there, but you don't have to be Irish to enjoy this holiday and celebrate a concept much greater than banishing snakes from the countryside. The Co-op is passionate about keeping it local in part because this is a better choice for the environment and we love to Keep it Green at the Co-op, no matter what time of year!

As the back of your Membership card explains, the Ypsilanti Co-op exists so that: "The entire community has access to healthy food and products that are **locally produced**, organic and non-GMO." We seek to support local growers and small business owners not only because it keeps our community economically strong but also because it is more sustainable. Why is this something we value? Every time someone purchases a product that is not locally grown and produced there is an added cost that is easy to overlook, but has real impact. Tomatoes grown in Mexico for example, were not only picked

at less than peak freshness (providing a less nutritious and less flavorful experience) but have to be shipped across the country for you to enjoy them here in Michigan. Although they are sometimes less expensive due to mass production and labor practices in that area, the resources that were consumed to have them sitting pretty on a shelf near you have an excessive cost to all of us. The fossil fuels expended to transport the fruit across the nation, in addition to the farming practices that allowed them to be so affordable to ship this distance has greater implications for future generations. Check out our Produce Manager, Trice's article in the [March 1st Weekly Mix](#) for more details on sustainable growing practices and one of our regional growers, Mighty Vine.

Take the time to consider where your food was grown. We always try to highlight our locally and regionally produced goods to give you options. Join us this St. Paddy's Day as we all try to reduce waste, support our community and make more sustainable choices.

Interested in Running for the Board?

YFC's Annual General Membership Meeting will be **May 24th at 6pm at the Ypsilanti Freight house**. This may seem like a while off, but if you are thinking about running for the board it is time to start talking about what role you would

play if elected and how to prepare for the election. The board is legally responsible for the co-op's overall direction and performance. The board establishes goals, guidelines and determines how well the management is meeting

those goals and guidelines. Directors are elected by the membership, and have responsibilities to the co-op, its members and to the co-op's management. They carry out work through monthly board meetings.

Running for the Board Continued...

In the coming year the board is planning to continue to support the cooperative through outreach and education.

Board terms are for two years. To run for the board you first need to submit an application. They will be available in the store or on the Board of Director's page of ypsifoodcoop.org. You must be a current member to run for the board. In order to be included on the ballot your application and candidate declaration must be submitted by **Friday, April 6th at noon.**

The board will host an informational session upstairs on **Saturday, March 24th at 3pm** for anyone considering becoming a board member. You are also encouraged to attend the Board Meeting on Tuesday, **March 27th at 6:30pm** to see what it is all about! You may send any questions to board@ypsifoodcoop.org.

Board members are expected to attend trainings and the board retreat, participate in outreach efforts and to work on committees as needed.

Board members receive a volunteer

discount (10%) while serving, but no other form of compensation. YFC hopes you will consider using your talents to contribute to building our local economy and becoming more involved with the community. This is a great experience to have under your belt and we strongly encourage you to learn more if you have even the slightest interest in participating. Hope to hear from you soon!

- Thank you from your YFC
Board of Directors

2018 Education Series— Would you like to give a lecture?

In January, we informed you of our Educational Series Kick off in our new Meeting Room. We had some rescheduling issues due to illness, but Leaha is back in good health and ready to talk to you about how **food cooperatives can facilitate community growth and increase community productivity levels.**

Leaha presented her research at the 12th Annual International Cooperative Alliance Asia-Pacific Research Conference in S. Korea last year and will continue to share her passion with us on **Saturday March 24th**

at noon! Her presentation will focus on how food cooperatives which utilize Open Dialogues, Skill Based Training, Educational Opportunities, and Increasing Food Access work to create strong, healthy, and productive communities.

Each month we will host an Education Series Event that we hope you will find of interest. In February, Dave Strenski presented info on Solar Power and on March 3rd we **hosted Ylona Hartford from Holistic Whole Health presenting**

on 'Home Sweet Home & the Basics of Feng Shui.' Ylona discussed home layouts and how this can effect the energy flow and efficiency of a space. We are excited to continue this series to meet our 5th principle, "Education, Training & Information" and to utilize our new classrooms upstairs at YFC. If you are interested in presenting a topic please contact Corinne, the YFC General Manager, at her email below. We look forward to learning and sharing ideas with all you folks out there in our community!

BAKERY UPDATE:

As mentioned in the most recent Weekly YPSI Mix, our bakery will be down from March 14th through the 28th. We plan on using this time wisely by getting our oven serviced and cleaned and giving our Baker, Connor some well deserved time off to spend with his family. Although we will not be baking during this time we will still have bread available at the Farmers Market on the 13th of March. We will also have pastry and frozen bread in stock as per usual. Cheers to Connor on what we hope is a fantastic and restful vacation!



Check out our Bulletin Board!

Did you know that we have a public bulletin board behind our dairy cooler for everyone's use? We ask that anyone seeking to use this board to advertise an event or service deliver their posting to one of our Cashiers/Coordinators at the front checkout. We will post your item for up to two weeks in attempts to keep this bulletin board clean, organized, professional and up to date! Check it out today to see what events, classes or services are available in our community!

General Manager

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Special Thanks to:

Our Board and all the staff, volunteers and members