



YPSI MIX

NOVEMBER 2017

November Events

312 N. River Street, Ypsilanti, MI 48198

734.483.1520

Friday November 3rd
First Friday with Steve
Somers and Friends, YYO,
and WCC at the Freight
House. 6-9pm

Tuesday November 7th
Board Meeting 6:30pm at
YFC

Saturday November 11th
Eggnog Tasting at YFC
11 am to 3 pm

Saturday November 18th
Holiday Specialty Tasting
11 am to 3 pm

Thanksgiving Day store
hours. We will be open
9am-3pm.

YFC Social:



Happy Thanksgiving

Happy Thanksgiving to you and yours! It's hard to believe it's this time of year again, but YFC is ready to meet all your holiday needs.

YFC is excited to give our customers and member-owners a chance to share what they are most thankful for with the YFC Thankful Turkey. We are also excited to offer affordable, and essential

Thanksgiving Dinner ingredients. This month's Co-Op Deals is filled with plenty of healthy, great deals! These deals help make it possible to have your local grocery store your one stop shop for Thanksgiving- saving you the hassle of long lines and chaos at other larger stores.

Look for our YFC Deli and Bakery holiday flier, available at the register,

to begin placing your Thanksgiving Dinner orders. There are a variety of appetizers, entrees, and sides available to order from the YFC Deli. There will also be options to order prepared vegan dishes. Don't forget to grab your artisan sour dough breads, rolls, croutons, and even stuffing, and of course no Thanksgiving dinner is complete without the much anticipated dessert course! Our YFC Bakery has a variety of Michigan fruit pies, pumpkin pies, cake, and cheese cake for the perfect artisan dessert! This includes delicious vegan pie, and cake options! During this time of thankfulness YFC would like to extend our thanks to everyone!

YFC Membership Deal Continues

YFC is excited to announce the continuation of our annual October Co-Op Month Member Drive into November!

For all of November it is only \$20 to become a new member or \$10 for the remainder of the year. You will get a new member goodie bag, and start receiving your discount.

We currently have over 900 active members with YFC. These members

are our regular shoppers, volunteers, staff members, community members

and more! We are excited to grow our member base and reach even more Ypsilantians!

Get your member application today at the register by asking a cashier coordinator to help you

become a member at YFC!

We are excited to welcome all our new members to YFC!

Join or Renew
your membership

Food Access through Double Up Food Bucks

This month marks the beginning of the holiday season...and the giving season. As we begin this time of the year an important question to ponder is "If you are really thankful, what do you do? You share." by W. Clement Stone. Many of us are thankful for our ability to have consistent access to nutritious food.

Food access is a growing concern in the U.S., especially in areas associated with higher poverty levels. Here in Ypsilanti, 1 in 3 people are either just at or below the federal poverty line.

Therefore, YFC made it a priority to help increase food access for our community. We recently were approved to participate in double up food bucks to help meet our goal of increasing food access.

Double up food bucks is a program through EBT/SNAP which allows customers to earn double up food bucks on ANY fresh produce. These can then be redeemed for ANY

fresh produce.

If you are not already a part of DUFB at YFC ask our cashier coordinators about getting involved.

During this time of giving we encourage you to look into various food banks, and nonprofits that are working tirelessly in combating food insecurity and food access issues.



Local Vendor Highlight: Garno Farms

Thinking about where to get your Thanksgiving turkey? YFC has the perfect answer for you...Garno Farms Turkeys!

The Garno Farm is a family business near Adrian, Michigan owned by Ken and Bev Garno. They began their farm in the 1960's by raising field corn. For the past 30 years their farm has produced turkeys, chicken, chicken and duck eggs. All of which are available here at YFC.

Why is Garno Farms different than other farms?

All of their birds are fed daily with feed that Ken mixes himself. This is a combination of whole grains, fresh and dried vegetables and greens, and herbal supplements.

They are fed high quality diets which customers have said really makes a difference in the taste of the bird.

They maintain these high standards of natural care by raising their birds hormone and antibiotic free. Their birds are kept in a large pen with plenty of room to roam and shelter from bad weather.

Although they feed the birds high quality products and do not give them hormones or antibiotics they are not USDA certified organic. The process to become USDA certified organic is very expensive and difficult for smaller producers. This is largely because every aspect and source of feed has to be certified separately; a very timely and

expensive process.

How can you get their Thanksgiving turkeys?

Place a pre-order for your fresh Garno Farms Thanksgiving Turkey with a cashier coordinator at the register.

These turkeys are delivered fresh and have never been frozen. When placing your order indicate the weight you are looking for and if you would like a half or whole turkey. The weights may vary slightly but we will do our best to match your request and needs.

Orders must be placed by noon on Monday 11/20/2017.

Pick up by close of business on Thursday 11/23/2017.

General Manager

Corinne Sikorski

Corinne@ypsifoodcoop.org

Editor:

Leaha Dotson

leaha@ypsifoodcoop.org

Special Thanks to:

Our Board and all the staff, volunteers and members