

Medford Food op

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fresh press

Spring 2016 Issue
Quarterly Newsletter

From the Board:

Call for Candidates

Do you have valuable leadership skills? Do you want to be more involved with your co-op? Elections for the Board of Directors are this spring!

If you are an owner interested in pursuing a seat on our Board of Directors, please email Anne Carter, the General Manager at: gm@medfordfood.coop for more information.



Picnic on the Farm: Annual Owner Meeting

Join us for a picnic and BBQ on the farm! The Annual Owner Meeting will be held at Pheasant Fields Farm on Sunday, May 22nd from 4-6pm. All owners and their families are invited to attend the event for free, however, tickets will be required for admission. Complimentary tickets will be available at the co-op beginning May 10th.

Food, drinks, and dessert will be provided, as well as entertainment and kids activities. We encourage you to bring your own cup, plate, and utensils to help reduce the event's ecological footprint. Pheasant Fields Farm is located at 1865 Camp Baker Road in Medford.

MFC Vendor Profile:

Hummingbird Wholesale

by Halle Riddlebarger - Marketing Manager

From dried mango to pinto beans to wildflower honey, Hummingbird Wholesale is a full service wholesale distributor of carefully chosen, high quality organic bulk foods. Located in Eugene, Oregon, Hummingbird prefers to buy local and direct from farmers whenever possible. We reached out to Hummingbird to find out more about the company and how their business model supports farmers.



MFC: *What are a few of your most popular products?*

HW: A few of our most popular items are Organic Oregon Grown Pumpkin Seeds, Organic Awakened™ Almonds (sprouted in-house at Hummingbird), Organic Oregon Wild Rice and all of our Oregon Raw, Unfiltered Honeys! Yummmm.

MFC: *How many different products does Hummingbird Wholesale currently offer?*

HW: Hummingbird Wholesale carries over 400 different products at the moment. This number fluctuates slightly on a month to month basis due to product availability. We could lose a specific crop for a season or two due to the inevitable forces of mother nature. We gain new products every month by the work we do with our farmers, regional organizations, and the creative minds of our co-workers.

MFC: *What is Distributor Supported Agriculture (DSA)?*

HW: Hummingbird Wholesale uses a model called Distributor Supported Agriculture (DSA) in our work with farmers to help grow the opportunity for a strong local food system. To support transition to local organic agriculture we have a variety of tools that we use depending on the farmer's situation. The DSA model includes providing economic, informational, and contract support for farmers transitioning to organic practices or growing food instead of grass seed.

MFC: *What is the company's definition of local? And regional?*

HW: We define local products as being within a 100 mile driving radius. We define regional products as being from Oregon, Washington, Idaho or Northern California.

MFC: *How many local and regional farmers do you work with?*

HW: There are about 10 local farmers and around 30 regional farmers that we work with closely.

Hummingbird Wholesale Vendor Profile is continued on page 2.

MFC: Tell us something about Hummingbird that most people don't know.

HW: We deliver to our local customers by bike. Hummingbird has been delivering by cargo bike for over 17 years. We have two Cargo TriHaulers which can each carry 500 lbs. Add a trailer with electric assist, and we can carry up to 1,100 lbs per trip. We use the cargo bike to deliver to customers in the core center of Eugene, covering about a two mile radius from the Hummingbird warehouse. Our cargo bike is our third largest carrier. In 2015, we delivered 243,487 pounds of food to our Eugene customers by bike.

Your co-op is proud to support Hummingbird's sustainable, ethical, and locally-focused business model. Look for the Hummingbird logo next time you shop the bulk department and support local and regional farmers!

Get Social & Win FREE Products

If you like free food and other co-op goodies, make sure to like and follow us on Facebook so you can take advantage of our giveaway contests! We'll be posting at least one contest each month.



And if you're feeling extra social, head on over to Twitter and follow our new Twitter page!

Staff Spotlight: Get to know the staff!

Patty Turk

How long have you been cooperating (at Medford Food Co-op or another co-op)?

At the Food Co-op since July 2011. At another co-op (Grange) for approximately 5 years, from 1992 through 1997.

What do you do at the Co-op?

Bulk Lead - Bulk Buyer, Stocker, and Packager

What brought you to the Co-op?

I am a long time healthy, natural, and organic Foodie. I have an agricultural and botanical background and came to Southern Oregon to grow and sell through the Rogue Valley Grower's Market over 20 years ago. I believe in the co-op concept of local foods, and support for the local/regional economy.

What do you like best about your job?

I like learning about new products and the unique health benefits of foods that we depend on for our sustenance. I enjoy organization and eye appeal - presentation of colorful healthy foods to feed the body.

Tell us your Co-op favorites:

Organic Dry Roast Hazelnuts, Equal Exchange Dark Chocolate Bars, Lemon Ginger KeVita, and Bulk Crunchy Peanut Butter from GloryBee Foods.

How has working at the Co-op affected your life?

I have become even more educated on healthy eating and have gained more awareness of the local and regional need for a steady, consistent food supply.

Tell us something we don't know! (Tell us something about yourself others might not know):

I come from a family of five siblings and a very large extended family of hundreds. My great aunts, uncles, and grandparents were farmers in Colorado and Oregon and had families of 8-12 children each. I attended a family reunion a few years back and there were over 400 attendees, all related. Whew!



What do you like to do outside of work?

My family and I like to hike and mountain bike. We do lots of summer camping in the Southern Cascades and Siskiyou Mountains. Camping at High Mountain Lakes where we can bike, hike, kayak, raft, and even an occasional swim in the cold lake...brr. Lovely fun and relaxation.

Where did you grow up/where have you lived in your life?

Grew up mostly in the Seattle area for the first 23 years. Lived near Bellingham, Washington for another 5 years before moving to Southern Oregon almost 25 years ago. I spent my first 2+ years in Syracuse, New York before my parents and two sisters moved to Seattle.

Important Dates

Two Ways to Celebrate Earth Day

Bear Creek Stewardship Day Saturday, April 23, 8:30am - 12:00pm

Volunteer clean-up along Bear Creek Greenway from McAndrews Road to Barnett Road (ages 8 & up, tools and lunch provided) **Please register for the event by April 17th at www.bearcreekstewards.org**

Rogue Valley Earth Day Saturday, April 23, 11:00am - 4:00pm

Outdoors at ScienceWorks Museum in Ashland (all ages, free admission)

Medford Saturday Market Starts May 7th

Medford Thursday Market weekly at Hawthorne Park 8:30am-1:30pm

Medford Saturday Market begins May 7th at The Commons from 8:30am-1:30pm

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