



From the Board: Call for Candidates

MFC Community Partner Profile: Siskiyou Vital Medicine



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.

Annual Meeting & Good Food Festival

Join us on Sunday, May 21st from 2:00-5:00pm for the [Annual Meeting & Good Food Festival](#) here at the store! We'll be celebrating good food and community with a variety of food and beverage samples, as well as four active cooking demonstrations.

Find new recipes and explore different techniques with cooking demos from Lara McCormick of [Lara's Kitchen Stories](#), Fran Batzer of [FB Health Coach](#), Kellie Hill of [The Right Plan Nutrition Counseling](#), and Kirsten & Christopher Shockey of [FermentWorks](#).



Meet the team at Siskiyou Vital Medicine: Dr. McClane Duncan, ND; Sandra Duncan, Community Outreach Director; Stacie Bailey, NTP (Nutrition Therapy Practitioner); Nicole Mendoza, FNP; Natalie Kennedy, Office Manager/Medical Assistant

Last year, we began to establish community partnerships with locally-owned, like-minded businesses. In exchange for the co-op's promotional support, our Community Partners offer valuable discounts and benefits to our owners. Today, we would like to introduce you to our partner [Siskiyou Vital Medicine](#), a membership-based practice offering direct primary care that goes above and beyond the services of the typical healthcare provider's office. Read our Q&A with Siskiyou Vital Medicine below to learn more about their practice.

MFC: *What is Siskiyou Vital Medicine's Direct Primary Care model?*

SVM: Siskiyou Vital Medicine's Direct Primary Care model is a unique care model that is focused on wellness, rather than disease. Patients pay an affordable monthly fee for unrestricted access to a team of care providers. At Siskiyou Vital Medicine the focus is on the relationship between doctor and patient, with the wellness of the patient as the primary goal.

MFC: What is Naturopathic medicine? How does it differ from traditional western medicine?

SVM: Naturopathic medicine is a distinct primary health care profession, emphasizing prevention, treatment, and optimal health through the use of therapeutic methods and substances that encourage individuals' inherent self-healing process.

MFC: What should people expect if they come in for a consultation?

SVM: People can expect hour-long appointments where education about foundational components of wellness such as nutrition & lifestyle changes are prioritized. They can also expect to be educated about their specific condition. We will empower them to take control of their health, and form a partnership with them as their healthcare provider to help them achieve their health goals.

MFC: Do you have to be a member? What does membership include?

SVM: You do not have to be a member to access Siskiyou Vital Medicine's practitioners. However, the membership model drastically reduces healthcare costs while ensuring continuity of care, leading to better health outcomes and an improved quality of life over time.

MFC: What inspires you to do this work?

SVM: Having the ability to positively impact our patients' lives by providing personalized, integrative medical services while revolutionizing the healthcare model is inspiring. We believe that people deserve a better healthcare experience!

MFC: Tell us something most people don't know about Siskiyou Vital Medicine.

SVM: Siskiyou Vital Medicine offers alternative solutions to common chronic ailments and conditions that most have been led to believe are incurable. Life-long dependence on prescriptions is not always necessary, and we work with our patients to address root causes often times resolving illness.

If you have questions about your chronic ailments, optimal nutrition, or if you are looking to improve your overall health, set up an appointment with the team at Siskiyou Vital Medicine. They offer all MFC owners a preservative-free B-12 injection for just \$15 with a free 15 minute consultation. Owners are required to show their owner card at the time of services to receive the offer. If you misplaced your owner card and need a replacement, just ask your cashier for assistance the next time you shop!

If you are a local business owner and would like more information about our Community Partnership program, please contact us via email at info@medfordfood.coop.



Bear Creek Stewardship Day

Give back to the Bear Creek Greenway by volunteering for Bear Creek Stewardship Day, a volunteer clean up scheduled for Earth Day, Saturday, April 22nd!

The Bear Creek watershed is the most urbanized area in southern Oregon. It is one of the lowest water quality streams in Oregon. Urban runoff, low summer stream flows, and high summer water temperatures contribute to the poor water quality.

This clean up event creates a local community based investment in keeping the Bear Creek corridor clean and keeping trash out of the stream. Register for the event by April 15th at bearcreekstewards.org.



Rogue Valley Earth Day

On April 22, 2017 it's time to celebrate Rogue Valley Earth Day "Now More Than Ever"!

[Rogue Valley Earth Day](#) is a joyful, annual event for all ages to learn about environmental stewardship and build community in a fun and inspirational setting.

Established in 2001, the RVED festival is now a community tradition. It's a forum for non-profits, businesses and governments to raise awareness, a venue for local musicians, performers to share their talents, and an outlet for students and artists to display their knowledge and creativity.

Staff Spotlight:

Get to know the staff!

Caleb Landis

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

I started at REI, a retail cooperative, in Massachusetts in 2011. I recognized the important communal benefits of a co-op and how they operate differently from an average business.

What do you do at the co-op?

I make our wholesome, organic soups. Additionally, you will find me stocking the milk cooler, filling bulk bins, or assisting on the cash registers. I am also on our Outreach and Safety committees.



What brought you to the co-op?

I wanted to work somewhere that treated its customers and clients with the utmost respect and appreciation. And because we are a co-op our founding principles encourage environmental sustainability, cooperation, democratic decision making, and a concern for the community we serve. I never hesitate to proudly claim that I work at MFC.

What do you like best about your job?

It's all about the people. We have some of the most unique, colorful and jubilant customers in the Valley. There's also my amazing coworkers and our solid management team. They are genuinely supportive and encouraging.

Tell us your co-op favorites:

Fresh organic sandwiches. Single sourced, grass-fed & finished organic steaks. Customers dancing in the aisles. Coworkers wearing banana suits. Incredible local organic produce. Awesome beer, cider and wine selection. I can wear my tie-dye to work. Did someone say vegan cake doughnuts? Mmmm, doughnuts.

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

The Medford Food Co-op has provided me with steady employment and a link to the community that I have been pleased to call home for the last three years. Working here gives me the chance to develop new skills, friendships, and connections, all without being burdened with the stress I previously associated with work. It's had a remarkably positive impact on my life.

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

I used to want to be a weather man, so in Middle School I joined the meteorology club. We won a regional competition; the prize was a trip to the local ABC station to meet the morning news' weather team. The day we were supposed to go to the studio a snow storm dumped a foot on us and the trip was cancelled. Ironically, we only predicted rain that day.

What do you like to do outside of work?

My ideal day outside of work is taking off to the mountains with my dogs and friends for some fresh air and spectacular views. When I'm not peak bagging it's common to find me sipping on a local IPA, grilling in the back yard. Life's good.

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

I grew up in a suburb 12 miles west of Boston, MA. I've lived all over the Metrowest and Middlesex counties of Massachusetts, before moving to Tigard, OR after high school. I spent a couple years tromping around the Portland area, then moved back to Massachusetts for about three years. I discovered my heart never left the West Coast so I packed my little Toyota with my Rottweiler and a few precious belongings and hit the road again, this time heading to Southern Oregon. I've since lived in Medford, Gold Hill, Ashland, and recently bought my first house in Central Point.

Spring Roll Bowls

Recipes and photo courtesy of Lara McCormick of [Lara's Kitchen Stories](#)

Ingredients

- Asian Peanut Sauce (see recipe)
- 1 pkg udon, soba, or rice noodles (your choice)
- 16 oz extra-firm tofu (optional)
- 3 Tbsp vegetable or peanut oil
- 3 medium carrots, shredded
- 2 red bell peppers, sliced or diced
- 1 cucumber, diced
- 8 oz sugar snap peas, cut into bite sizes
- 4 green onions, thinly sliced
- 2 avocados, peeled and sliced
- 2 limes
- sriracha sauce
- tamari or soy sauce

Directions

1. Prepare the peanut sauce or use a bottled sauce of your choice.
2. Bring a pot of water to a rolling boil and cook the noodles according to the package instructions.
3. Dice the tofu. Heat the oil over medium heat in a large frying pan. Fry the tofu, turning occasionally until it is golden and crisp.
4. Assemble the bowls with some noodles, tofu, and assorted vegetables. Drizzle with peanut sauce and add a squeeze of lime juice.
5. Add more sriracha or soy sauce according to your preferences.



Asian Peanut Sauce

Ingredients

- 1 Tbsp mild vegetable oil
- 2 Tbsp minced shallot or onion
- 1 Tbsp minced jalapeno
- 1 clove garlic, minced or pressed
- 1 Tbsp minced ginger or ginger paste
- 165 ml canned coconut milk
- ¾ cup peanut butter (preferably creamy)
- 3 Tbsp tamari or soy sauce
- juice from one lime (about 4 or 5 Tbsp)
- 2 Tbsp water
- 1 Tbsp coconut or brown sugar
- 1 tsp fish sauce
- 1 tsp hot sauce like sriracha

Directions

1. In a medium saucepan, heat the oil over medium heat. Add the shallot, jalapeno, garlic, and ginger and cook, stirring frequently for about 2 or 3 minutes until softened. Do not allow them to brown.
2. Add the coconut milk and simmer for 1 or 2 minutes. Remove the pan from the heat and whisk in the peanut butter until it's incorporated and smooth.
3. Return the pan to low heat. Whisk in the soy sauce, lime juice, water, sugar, fish sauce and sriracha and cook for a minute or so until everything is well blended. Taste and adjust the seasonings as necessary to suit your taste.

Important Dates

Two Ways to Celebrate Earth Day

#1 Bear Creek Stewardship Day Saturday, April 22nd 8:30am - 12:00pm
Please register by April 15th at bearcreekstewards.org.

#2 Rogue Valley Earth Day Saturday, April 22nd 11:00am - 4:00pm
Outdoors at ScienceWorks Museum in Ashland.

Annual Owner Meeting & Good Food Festival

Sunday, May 21st 2:00pm - 5:00pm Outdoors at Medford Food Co-op.

Brews, Bluegrass, & BBQ

Saturday, June 3rd 12:00pm - 8:00pm Outdoors at RoxyAnn Winery.

Dogs to the Rescue: A Hairy Tale About Climate Solutions

Monday, July 10th 5:30pm - 6:30pm Outdoors at Medford Food Co-op.
A FREE family-friendly puppet show created to empower families and communities to make healthy choices for people and the planet.

Brews, Bluegrass, & BBQ



Celebrate local flavor at the [2017 Brews, Bluegrass, & BBQ](#) festival at RoxyAnn Winery on Saturday, June 3rd! Sponsored by your very own Medford Food Co-op and co-hosted by the Rogue Valley Food System Network and Thrive (The Rogue Initiative for a Vital Economy), the festival will feature a stellar line-up of bluegrass artists, local brews, and outstanding BBQ in a down-on-the-farm celebration of our local flavor. All the proceeds will benefit food system projects in the Rogue Valley.