



Monthly eBlast for followers and supporters of the Food Shed Co-op - April 15, 2022

1382 OWNERS AND COUNTING!



Click [HERE](#) or on any *Become an Owner* button!

What's In Your Food? by Peter Waldmann

Just what is this I'm eating? This week we are featuring **Organic Produce**.

Issued yearly since 2004, the Environmental Working Group report uses US Department of Agriculture test data to rank 46 foods that are the most and least contaminated with pesticide residues.

Many samples of the fruits and vegetables included in the report tested positive for multiple pesticides, including insecticides and fungicides. Over 90% of "strawberries, apples, cherries, spinach, nectarines and grapes tested positive for residues of two or more pesticides.



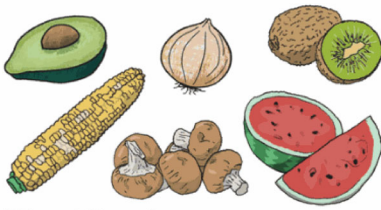
"Dirty Dozen"

- Strawberries
- Spinach
- Kale, collard and mustard greens
- Nectarines
- Apples
- Grapes
- Bell and hot peppers
- Cherries
- Peaches
- Pears
- Celery
- Tomatoes

Health dangers from pesticides depend on the type, according to the US Environmental Protection Agency. Pesticides can impact the nervous system, irritate the eyes and skin, interfere with the hormonal systems of the body, or cause cancer.

The pesticide DCPA, a chlorinated terephthalic acid ester, classified by the EPA as a possible human carcinogen was frequently detected on collards, mustard greens and kale.

We believe that no one wants to consume pesticides if given an affordable choice. The Food Shed Produce Department will be committed to selling only the best quality sustainable local and organic produce available in the marketplace.



“Clean Fifteen”

- Avocados
- Sweet corn
- Pineapple
- Onions
- Papaya
- Sweet peas (frozen)
- Asparagus
- Honeydew melon
- Kiwi
- Cabbage
- Mushrooms
- Cantaloupe
- Mangoes
- Watermelon
- Sweet Potatoes

Have you ever heard the term “7 touches”? Seven Touches is the theory that it takes people at least 7 times to hear something before they decide to act on it! We know we’ve asked Food Shed supporters to consider ownership in every issue of Food for Thought – but incentives don’t hurt, do they?

The Food Shed Co-op has 20 stylish, retro tote-bags that we’ll be giving away to the first 20 people who sign up as a new owner! Wouldn’t this look great hanging from your shoulder? If you’re anywhere near the “7th Touch” – now’s your time to step up and join the Food Shed Co-op “revolution”! Click [HERE](#) to become an owner and claim your stylish tote-bag from the Food Shed Co-op!

Become an Owner Today!



EVENTS

Brews and News

Thursday, April 21, 2022, at 05:00 PM

[Kishwaukee Brewing Co](#) in Woodstock, IL

Come join us on Thursday, April 21st at [Kishwaukee Brewing Company](#) in Woodstock! This event is OPEN TO EVERYONE, and no RSVP is required. **However** - if you do RSVP, you will receive one raffle ticket for a chance to win a Growler of beer or a Food Shed t-shirt! Bring a non-owner friend and if they sign up to be an owner that night **you and your friend** get two more raffle tickets!

This is a social event featuring our new General Manager Peter Waldmann. Peter will bring you up to speed on store design and other issues. Have your questions ready - this is your chance to get them answered!

RSVP

Earth Day 2022

Saturday, April 23, 2022 at 12:00 PM

Prairieview Education Center, Silver Creek Conservation Area in Cary, IL

Come join the Food Shed Co-op. The event is hosted by the McHenry County Conservation District and held at MCCD's Prairieview Education Center. This is an outdoor event. The day will be filled with exhibitors, guided hikes, activities, music, and crafts!

This is a FREE event and available to all ages! No registration required - just show up and have a great time!

Planet Palooza 2022

Sunday, May 22, 2022 at 10:00 AM

Woodstock Square, Woodstock, IL

Planet Palooza is an outdoor event aimed at ways to "make our planet a better place to live". The Food Shed Co-op will be hosting a table at the event to promote our upcoming cooperative grocery store.

Along with the Food Shed Co-op, there will be groups and organizations dealing with environmental issues, diversity, hunger & homelessness, domestic violence and human trafficking. All groups will have information booths set up along the walkways on the square so that visitors can get more information on ways that we can ALL help make the world a better place!

Information sessions w/guest speakers will run from 10:00am - 2:00pm. LIVE MUSIC on the Woodstock Square happens from 2:00pm - 6:00pm.

Farmers Market at the Dole

Sunday, June 05, 2022 at 10:00 AM

Dole Mansion in Crystal Lake, IL

The Food Shed Co-op is proud to be joining local farmers at the Farmers Market at the Dole! We will be manning a table at the market to find new owners and inform the public of our up-and-coming store.

2022 McHenry County Farm Stroll

Sunday, September 25, 2022 at 10:00 AM

Various Locations

The Farm Stroll is organized by the McHenry County Farm Bureau and the University of Illinois Extension McHenry County Master Gardeners. Extension Master Gardener and 4-H volunteers will be onsite to assist farm families in accommodating guests and conducting demonstrations and tours.

Notice:

The *Food for Thought* newsletter will be published once per month.
Look for it on the 3rd Friday of each month...



Help us spread the word about our community owned grocery store by sharing our posts with your followers on social media. And why not **[BECOME AN OWNER](#)** now?



Mission

Our mission is to build a LOCAL food COOPERATIVE promoting a HEALTHY, ETHICAL and RESILIENT COMMUNITY.

Core Values

- Promote and foster better food choices
 - Cultivate and strengthen our local economy
 - Inspire and empower community
 - Champion environmentally responsible practices
-

Cooperatively yours,
Food Shed Co-op Board



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