



Monthly eBlast for followers and supporters of the Food Shed Co-op - June 10, 2022

1424 OWNERS AND COUNTING!



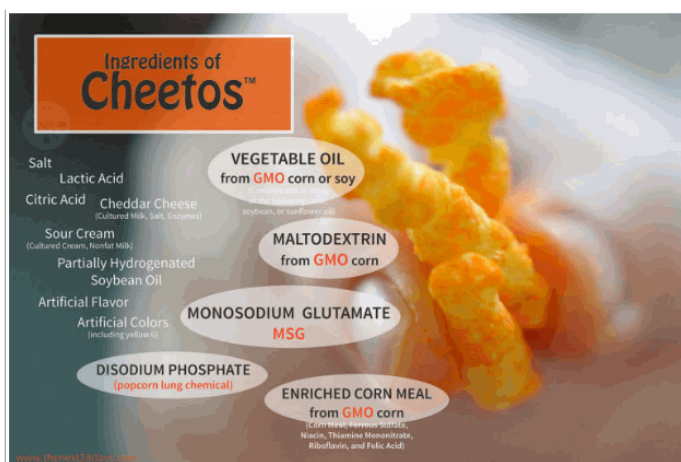
Click [HERE](#) or on any *Become an Owner* button!

What's In Your Food? by Peter Waldmann

What Is GMO's?

GMO or genetically modified organism is the product of a laboratory procedure which involves artificial combination of differing genes; hence, a similar term, "transgenic" organism, is also used. The DNA may originate from animals, humans,

insects, viruses, and bacteria. There is a very high guarantee that you have already consumed GMOs as they are found in almost all kinds of processed food. Some of the GMO crops in the United States are squash, canola, cotton, and soy.



The first GMO created was created in 1973 by Herbert Boyer, a researcher and entrepreneur, and Stanley Cohen, a geneticist and Stanford professor. A bacterium resistant to kanamycin, an antibiotic was genetically engineered. This development was succeeded by a genetically modified mouse in 1974 by Rudolf Jaenisch, an MIT professor. After almost a decade, the first genetically modified plant was created in 1983 which progressed to the first commercialized genetically modified tomato which was released in 1994.

GMOs cost less since their massive production is easier to maintain. Also, fewer pests invade such crops due to the modification. Though GMO has yielded significant economic gain, it has also been infamous for causing adverse health effects such as allergic reactions and even cancer; thus, the moniker, “Frankenfoods”. It must also be noted that there are conflicting studies regarding the pros and cons as some researchers conclude that GMOs do not pose health risks for humans.

The Food Shed WILL NOT be selling GMO-based foods because of our focus on local, healthy opportunities.

[Become an Owner Today!](#)



Did you know.... The Food Shed Co-Op can't profit off of our owners? We will return our profits back through earned patronage dividends. Pretty cool! We are close to building your community store, but we still need your help!

Please join our movement! [Own Your Grocery Store Here](#)

EVENTS

[Farmers Market at the Dole](#)

Sunday, June 19, 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 twice per month. Look for it on the 2nd and 4th 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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