



Monthly eBlast for followers and supporters of the Food Shed Co-op - June 24, 2022

1463 OWNERS AND COUNTING!



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

What is Your Food In? *by Emily Zack*

We all pay attention to what we eat. We read the ingredient list and look at the nutritional facts. We know where it is made and how far it traveled. But what about the packaging?

We know to recycle the cardboard and bring the plastic bags back to the store to recycle. We are also very aware that much of the plastic we use is not recycled so we bring our own cloth, reusable bags to

the grocery store. But as we shop, most of what we buy is in plastic. Bulk containers of nuts and dried fruit, bags for donuts and cookies, bags in the produce section and plastic clamshells at the salad bar. Wouldn't it be nice to shop at a store where we aren't surrounded by all that non-recyclable plastic?

This is one of the things the Food Shed is working hard at accomplishing. We are looking at cellophane bags for baked goods and bulk items that are made from FSC-certified wood-cellulose-derived bioplastic which are compostable, vegan, and non-GMO. Coffee bags that are completely compostable—even the valve and zipper. We found compostable labels and stickers, so you don't even have to peel them off to compost! There are food safe containers for cold items made from US grown corn and wheat straw. The wheat straw is from what is left over from the wheat stalk and is gluten free and has no allergens. Coffee cups and to-go boxes made from 100% post-consumer recycled paper; even the ones that are PLA-lined are compostable. Soup bowls made from a renewable fiber that is a byproduct of sugarcane farming using the leftover sugarcane stalks. Produce bags made from processing the natural cellulose fibers of plants that will compost in your backyard compost bin. Bamboo is



very fast growing and used to make all kinds of items including toilet paper and paper towels, much more sustainable than trees. We at the Food Shed are taking every part of your shopping experience very seriously, even the garbage by eliminating as much plastic as we can. We can't wait to show you!

Become an Owner Today!



We are thrilled to share publicly what we have been working hard on for quite a few months now – architectural plans for our very own Community Owned Grocery Store in McHenry County, Illinois. This image shows an aerial view of the store. Help shape and strengthen our local food system!

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

Events

Walk On the Wild Side

Saturday, June 18, 2022 at 10:00 AM

Property of Barb & Mike Mikulicz in Crystal Lake, IL

Join the Wildlife Preservation and Propagation Committee (WPPC) as they host a summertime of garden walks. Walks on the Wild Side will feature guided garden tours of various member properties. The summer's second walk will be held at the property of Barb and Mike Mikulicz in Crystal Lake.

Farmers Market at the Dole

Sunday, June 19, 2022 at 10:00 AM

Sunday, July 17, 2022 at 10:00 AM

Sunday, August 7, 2022 at 10:00 AM

Sunday, August 28, 2022 at 10:00 AM

Sunday, September 18, 2022 at 10:00 AM

Sunday, September 25, 2022 at 10:00 AM

Sunday, October 9, 2022 at 10:00 AM
Sunday, October 30, 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.

Pollinator Safari

Saturday, June 25, 2022 at 1:00 PM

Boloria Meadows Natural Preserve, in Bull Valley, IL.

Did you know our friendly pollinators are in jeopardy? Join us on Saturday, June 25th at the Boloria Meadows Nature Preserve and learn all there is about our pollinator friends!

There will be experts and guest exhibitors present to teach you about our pollinator friends. Come dressed like a bee, butterfly or bird and you can win a prize!

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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