



Monthly eBlast for followers and supporters of the Food Shed Co-op - July 8, 2022

1475 OWNERS AND COUNTING!



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

What's in Your Food? *by Peter Waldmann*



In this week's edition of What's in Your Food, we are featuring turmeric. For many years, turmeric has been used in India as a spice and medicinal herb. It is sold as an herbal

supplement, food flavoring, and coloring. It's one of the main ingredients in a curry sauce. Turmeric contains compounds with medicinal properties. These compounds are called curcuminoids. The most important one is curcumin.

Curcumin is the main active ingredient in turmeric.

Curcumin is a bright yellow chemical produced by plants of the *Curcuma longa* species. It is the principal curcuminoid of turmeric

(*Curcuma longa*), a member of the ginger family,

Zingiberaceae. Like many other herbal remedies,

people first used curcumin as a food and later discovered that it also had impressive medicinal qualities.



When the Food Shed opens, you will be able to find it fresh in our Produce department or ground up in our Bulk Herb section.

Become an Owner Today!



The Food Shed will be a neighborhood owned destination and a place to call home for our customers. The store will be easy to shop, fun and informative. "Small enough to have close relationships yet big enough to offer all of the healthy goods needed to fill your kitchen."

Events

Farmers Market at the Dole

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.

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



Food Shed Co-op · PO Box 1663, Woodstock, IL 60098 · 815.315.1541
info@foodshed.coop · <http://www.foodshed.coop/>



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