



**Idaho's Bounty:**  
Upcoming  
Community Events

Idaho's Bounty chose to incorporate as a Cooperative form of business, the definition of which is the following.

A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise.

**Values:** Cooperatives are based on the values of self-help, self-responsibility, democracy, equality, equity, and solidarity. In the tradition of their founders, cooperative members believe in the ethical values of honesty, openness, social responsibility, and caring for others. You can find all the cooperative principles on our website at [www.idahosbounty.org/coopprinciples.php](http://www.idahosbounty.org/coopprinciples.php).

Our goal is not just to sell you healthy, local food. We want to help foster a healthier community. In that effort, we are working on many different events for our members and for anyone in the local community to enjoy. Please see the website for more updated details. We love suggestions for new events and hosts for potlucks!

June 25th will be another local potluck at Kaz Thea's beautiful Hailey home. July will bring another potluck and a chance to join us for a local farm tour in the Wood River Valley on the 23rd. We'll also be organizing a car pool to the Hagerman area for a strawberry picking in early July. August is our main harvest month, time to celebrate all the bounty of our food shed with friends at another great potluck.

September 17th is the date of our first annual meeting as a Co-op. We'll have music, great food, a chance to learn about all aspects of the business and vote for board members.

October 4 we will head for Hagerman again to meet and learn the practices of many of our producers on a large farm tour with a fabulous feast of local food to follow. The last weekend of October is the Sustainability Festival held by Smart Growth and the ERC in which Idaho's Bounty will be sharing the role of helping to spread the word on how to create a more sustainable future for our Valley. Thank you again for your support.

### Asian Salad

from [www.yogahealer.com](http://www.yogahealer.com)

Mix all ingredients in a bowl and set aside.

- 1 cups mung bean sprouts
- 1 cups cabbage, regular or napa
- 1/2 red bell pepper, thinly sliced
- 1 cup sugar snap peas or other fresh green vegetable
- 1/2 cup watercress or other salad greens, chopped
- 1/4 cup fresh cilantro, chopped

### Creamy Asian Dressing:

- 1 inch ginger, chopped
- 1 cup cold-pressed olive oil
- 2teaspoons toasted sesame oil
- 2 cloves garlic (optional)
- 2 tablespoons fresh minced ginger
- 4 tablespoons lemon juice
- 4 tablespoons sweet white miso
- 6 whole dates, pitted
- 2 tablespoons Nama Shoyu soy sauce
- 1/4 cup water

Blend all ingredients in a blender until smooth. One hour before serving, pour half of the dressing over the salad. Mix thoroughly and enjoy!



### Imagine ...

- + Knowing where your food comes from, who is producing it, and their ethics and farming practices
- + Working in support of the health of your local community food shed where energy stays local and supports our rural economy