

Local Food News from Idaho's Bounty

October 2009

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Ketchum Farm Stand



Thanks for helping us to have a short, but successful trial run this summer. The Farm Stand will be back next year with a more offerings and longer hours!

The Ketchum Farm stand helps to provide greater access to local foods and provides the Co-op with valuable year round refrigerated storage space.

Thanks to:
Rebecca Bundy

Hello Idaho's Bounty member!

The autumn harvest is upon us. Our producers are excited to continue to offer a plethora of wonderful produce through the Co-op as they take a much needed rest from market season.

The Co-op is working hard to:

- Improve our selection
- Provide a very convenient service
- Make our prices affordable for everyone

We need your help:

- Currently, we average 100 orders each week. To cover our bare bones expenses, we need to double that number.

How you can help:

- Tell a friend, family member or co-worker about the benefits of buying local food through the Co-op
- Create a reminder for yourself to order

Your regular orders support the amazing work of over 45 sustainable producers who's tireless efforts provide us with a safer, more nutritious and fresh supply of food!

New Idaho's Bounty Staff

Treasure Valley Director - David Brown

Dave will help us generate and implement a plan for growing retail and wholesale sales in the Treasure Valley.

Dave has grown up with the natural and organic food movement and brings years of valuable experience in retail and distribution to Idaho's Bounty Co-op. He has been a supporter of organic agriculture and food co-ops since 1978 when he became a member of his local co-op in Pendleton, Oregon. He has been involved in co-ops in Arizona, California, Idaho and Oregon in many positions, including volunteer, board director, and store manager. In addition to retail co-ops, he spent many years working for wholesale food distributors in sales and merchandising. He also understands the needs and concerns from the grower's perspective as the result of living and working on an organic farm which provided produce to restaurants and local farmers markets.



Wholesale Director - Chrissie Huss

Chrissie will be working to generate orders in the Wood River Valley and Treasure Valley with restaurants and institutions.

(shed design & support)

Julie Johnson
(Farm Stand manager)

Julia Augustus,
Sara Berman
(helping to run the stand)

Steve and Molly Brown (location and financial contribution)

Erik Tiles
(construction manager)

Shawn Kelly,
Scott Smith, Gary Ashurst, Scott Grill, Mike Alcid (construction)

She plans on pulling together our producers and businesses to create a seamless ordering and delivery system for our wholesale accounts. This system will help to generate larger orders for our producers while providing our larger customers with fabulous fresh food!

Upcoming Events

Tuesday, October 10	Octoberfest Potluck. Ketchum.
November 5th	Taste of Idaho's Bounty Food Fare. Ketchum
December 3rd	Idaho's Bounty Annual Meeting

Producer of the Month: VeeBee Honey

VeeBee honey is owned and operated by Norma Kofoed, her son Scott Vanderwalker, and Scott's wife Julie. Norma is the business manager, and Scott and Julie are the bee keepers. They have 800 hives, which in the bee world is a small operation. Their honey house, where they extract the honey, is a few miles north of Buhl, but the honey is made all over the southern Idaho area.



They have 40-50 "yards" in Roseworth, Castleford, Buhl, Filer, the Hagerman Valley, Picabo and Hailey where the hives are placed. Yards are pieces of land that are rocky or otherwise unusable for farming.

Scott and Julie will continue to add supers (the frames with honeycomb where the bees put the honey) into the hives until they are all full. Usually a hive will produce about 30 lbs of honey each season. This year each hive in Hailey produced about 100 lbs!

VeeBee honey is raw because it is never filtered or pasturized (heated to 160 degrees or more). When honey is processed it loses its microbial properties and the benefits listed below. Non-raw honey also has water added to create a moisture content up to 21%. (Since raw honey doesn't have such a high moisture content, it can crystalize. If you heat it in a pan of hot (not boiling) water it will return to a liquid state.)

Click here to read more about VeeBee honey and the food's healthy and tasty aspects!

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