



SPRING 2016

Table

**SPRING
GREENS**

**Eastside Store
Expansion**

The Fight for **\$15**



Table

published by

OLYMPIA FOOD CO-OP

WEST

921 ROGERS ST NW • OLYMPIA, WA 98502

(360) 754-7666

open daily 8AM-9PM

GARDEN CENTER daily 10AM-4PM seasonal (hours/days vary)

EAST

3111 PACIFIC AVE SE • OLYMPIA, WA 98501

(360) 956-3870

open daily 8AM-9PM

Both Co-ops are open every day except for
New Years Day due to inventory

BUSINESS OFFICE

608 COLUMBIA ST SW • OLYMPIA, WA 98501

(360) 357-1106

www.olympiafood.coop

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News.

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Cover photo by Whitney Bard

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Correction! And, What Do You Think?

In the very last issue of the Co-op News, the lovely starts on the cover at our Garden Center were grown by Spring Creek Farm. Apologies for the mistaken identity. You may have noticed that this issue is the first of our new quarterly magazine, The Table. We would love to know what you think! Email newsletter@olympiafood.coop with feedback or questions.

**Come Celebrate
at the Westside!**

**SUNDAY
APRIL 3
12-4PM**

featuring the 1st annual

*Free Store
Fashion Show*

not to be missed!



**Working
Member**



**Appreciation
Party**

We invite you to join us!

BECOME A WORKING MEMBER

Active participation of members is the foundation of any cooperative. At the Olympia Food Co-op, working members have supported the operations of the Co-op since we opened in 1977, and are a valued part of our Co-op community.

As a working member, you can learn about your Co-op from the inside out, meet people, gain new skills, and receive discounts on your groceries. Join a long tradition of working members who have made the Olympia Food Co-op the successful, community-oriented organization it is today!

*Sign up for an introduction tour
at either store today!*

WESTSIDE

MARCH

THURSDAY 3RD, 11AM-1PM

SATURDAY 5TH, 10AM-12PM

THURSDAY 10TH, 3-5PM

SATURDAY 12TH, 10AM-12PM

APRIL

SATURDAY 2ND, 10AM-12PM

THURSDAY 7TH, 3-5PM

THURSDAY 14TH, 1-3PM

MAY

THURSDAY 5TH, 3-5PM

SATURDAY 7TH, 10AM-12PM

WEDNESDAY 11TH, 1-3PM

EASTSIDE

MARCH

SUNDAY 6TH, 9:30-11:30AM

MONDAY 7TH, 5:30-7:30PM

APRIL

SUNDAY 3RD, 9:30-11:30AM

MONDAY 4TH, 5:30-7:30PM

MAY

SUNDAY 1ST, 9:30-11:30AM

MONDAY 2ND, 5:30-7:30PM




Ne

Words by
Photos &

Nettles

Jon Keyes, Co-op Member
Recipes by Whitney Bard



Often when I talk to people about one of the best herbs to take regularly, I suggest Nettles. Nettles have a long history of being used to strengthen and fortify the system, and help with allergies, respiratory problems, anemia, fatigue, depression and exhaustion. I find this herb particularly useful for those who are suffering from chronic fatigue, adrenal burn-out and symptoms of despair and deep sadness.

Walking through the woods here in the northwest in spring-time, it's easy to find a patch of nettles. You'll find them clustered in the shade, standing tall and strong, sometimes in grand swaths of hundreds of plants. Picking nettles is a delicate business and you will need gloves if you pick them. Also known as "stinging nettles", this herb has fine fibrous hairs that easily cause a painful rash on the skin, so be careful when you gather them. Once they have been dried or steamed the hairs no longer are irritating. Around here the best time to pick nettles is in the middle of spring around May 1st when they are at their freshest, but they can be gathered throughout the summer.

Nettles are a super tonic because they are extremely nourishing and tonifying to the whole system. Nettles are particularly rich in iron and helpful for anemia and general lack of strength and vigor. Besides iron, nettles are also rich in calcium, magnesium, manganese, silica, potassium and phosphorus as well as C and B vitamins. Nettles have long been seen as helpful for health complaints such as bronchitis, asthma, and respiratory illnesses. Nettles also have a diuretic effect that makes them helpful for kidney and bladder conditions.

As a holistic mental health therapist, I find Nettles to be incredibly helpful. Anxiety and Depression are symptoms of a body in deep distress. Trauma and unhealthy habits combine over time to hamper and debilitate the nervous system. Eventually, the body has had too much and physical and emotional complaints such as depression and anxiety develop. Nettles are deeply restorative and can speed recovery when combined with other therapies such as counseling and acupuncture.

One of the ways of understanding how an herb helps is by examining what it looks like and where it grows. Traditionally, this way of understanding herbs was known as the "doctrine of signatures," or the ability to understand a plant's medicinal value by its look and where it grows.

Nettles are a tall, erect formidable plant with invisible bristly hairs. These hairs literally help guard against unwanted visitors. For those who feel unprotected, easily permeable to outside influences and feel constitutionally weak, nettles are very helpful. Because Nettles grow in dark, moist, shady patches, it is also helpful for overcoming a feeling of being stuck and "bogged down."

There are numerous ways to take nettles but my favorite way is to drink it as an infusion over the course of the day. To prepare this herb in this way, take a cup of dried nettles (about an ounce) and place it in a quart jar. Then boil water and pour it in the quart jar. Then let the herb infuse in the water for at least 4 hours (overnight is great). You will find that the water turns deep blackish green. Strain out the herb and you will be left with about 3 glasses of a high powered tonic that you can drink throughout the day.

You can also take nettles as freeze-dried capsules, in tincture form or as a condiment to sprinkle over your meals. I find that nettles are particularly effective as an infusion that can be drunk for many weeks at a time. Though subtle in effect, you should start to notice an increase in energy and vitality. Coupled with good eating habits and proper rest, nettles can be an extremely valuable herb for healing deep depression and nervous system disorders.

Continued on page 7



Nettles, continued from page 5

SPRING GREENS BROTH

This is a highly nutritive and detoxifying broth that makes a wonderful, sustaining first meal of the day in the springtime when dandelion and nettles start to grow.

2 cups hot bone broth*

1 small handful nettles

4-6 sprigs dandelion greens

1 inch turmeric root

1 inch ginger root

1 egg

1 pinch sea salt

1 squeeze of lemon

Wash and chop the dandelion and nettles (using a glove to protect your hand from stinging). Ladle the hot broth into a bowl, add in the chopped greens. Separate the egg, discarding the white and adding the yolk to the bowl of hot broth. Grate the turmeric and ginger into the bowl, add a pinch of salt and a squeeze of lemon. Stir the yolk into the broth, enjoy!

*To make bone broth, simmer beef or chicken bones (with salt, bay leaf, onion, celery stalk, and 1 Tbs apple cider vinegar) for 5-10 hours in a large pot or for up to 24 hours in a slow cooker. Strain liquid and discard the bones.

NETTLE SMOOTHIE

This creamy smoothie is a nutritious treat and an easy way to incorporate nettles into your diet.

1 cup fresh or frozen nettles

1 cup coconut milk

1 tbs vitamineral green

1 cup frozen pineapple or peach

1 inch ginger root

2 tbs hemp seed and/or flax seed

Add all ingredients to a high power blender*, blend until smooth, enjoy!

*If using a less powerful blender, peel and mince the ginger root and grind the flaxseed to meal before adding to the blender. ■

Breathe Easy this Allergy Season!

By RACHEL KEENER, URBAN MOONSHINE

As experienced herbalists are happy to tell you, by supporting a healthy, balanced immune response and a well-functioning liver, it's possible for everyone to bask in the joys abundant this time of year from a place of clarity and freshness. Our Aller-Blast formula is designed with this in mind and with the added benefit of also including herbs that have traditionally been used to support mucus membrane integrity for healthy eyes, nose, sinus, and respiratory tract.

To understand how herbs support us during this season, it is helpful to understand balanced immune function and how it relates to liver function. Every day, a healthy immune system is busy at work identifying any unhelpful trespassers in the bloodstream and responding appropriately to eliminate them. At the same time, a healthy liver is breaking down and removing byproducts of the body's normal everyday processes (i.e. immune responses) and metabolizing other normal bodily exposures (i.e. dietary and environmental) so that they can leave our body via the bowels. While an underactive immune response leaves one vulnerable, an overactive immune response can create a hot storm of activity that the liver is left to clean up after. This sort of upkeep is part of the liver's everyday job. Supporting its optimal function therefore helps maintain clean, smooth metabolism. With this process in good working order, metabolites leave the body rather than recirculate in the bloodstream and your immune system is left to function in peace.

In Aller-Blast, we call on reishi for its outstanding ability to maintain a balanced immune response. Right by its side is artichoke, whose bitterness is vital for supporting healthy liver function. When liver and immune support are combined, the body is set up for its healthiest response to normal, everyday exposures. And with your systems running smoothly, you'll be free to work and play at your best.

Now is the ideal time to begin when it comes to herbal support. While many plants featured in our Aller-Blast are fast acting, you'll get the most out of this formula by planning ahead. Immune-modulating herbs, including reishi, are best taken daily and begun 4-6 weeks in advance of when you anticipate counting most on their support. If you start early, try taking 1-1.5 teaspoons per day and increasing to one teaspoon every 2-3 hours at the height of the season. Didn't get a head-start this time around? No need to worry since you will still receive the powerful, fast-acting benefits of Aller-Blast when taken in the moment at the suggested dosage. **Cheers to your health! ■**



Rounding Up

Community Sustaining Fund at the Co-op Register

DESDRA DAWNING, BOARD MEMBER

As a member of the Co-op Board, I am gifted with many opportunities to engage in community activities. I recently volunteered to serve as an OFC representative at grant cycle meetings of the Community Sustaining Fund (CSF). For some time, I have known about the Round Up at the Register program that the Co-op offers in collaboration with CSF and how it brings in much-needed seed and sustaining funds for local organizations, and occasionally I remember to say “round me up for CSF” when checking out. However, it took attending two of their meetings to understand how vital to the community their work is, how many organizations depend on their help from time to time, and how our Round Up program can quite easily, with member participation, help bring in these needed funds. With less than a dollar for every “round up,” we can all afford to help!

The most recent grant cycle for CSF—held twice a year—was during the month of November, and with more than 6 groups requesting financial help, I learned that “the ask was double the \$2,700 that had been gathered in the last 6 months.” The maximum usually awarded in most cases is \$1,000, but with limited funds, all valid requests ended up receiving less than they asked for, with careful consideration over how much could be awarded to each grantee.

Following an initial meeting with the vetting of applications by the CSF leadership team, six very local groups were determined for funding: Stonewall Youth, South Sound Estuarium, Fertile Ground, Lacey Loves to Read, the Nisqually Land Trust, and Art Forces/Olympia Rafa Mural. Eric Mapes, fellow OFC Board member, and I sat in on interviews with representatives for each organization. We both have an interest in how the Co-op can more effectively raise funds for the Community Sustaining Fund in our on-going Round Up at the Register program.

Much of the funding for these grants comes from money collected at the Co-op through the Round Up at the Register program. I think of this system as a way that all of us shopping at the Co-op can offer up some “spare change” each time we shop, giving less than a dollar each time, to help build the coffers at CSF and support these and many other local groups who are all doing their best to offer their amazing services to our community. Mostly, for me, it is about remembering to say “round up for CSF” when my groceries are being checked out at the Co-op check-out line. Simple enough, now I just need to learn to make it a habit to remember, knowing how far my coins can help CSF to spread the wealth! ■

Here's a look at these grantees, and the services they offer our community:

Stonewall Youth (stonewallyouth.org)



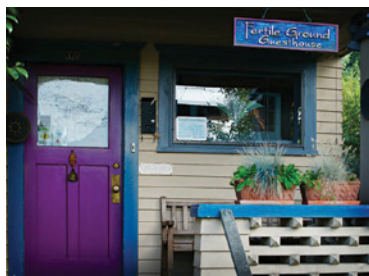
A local organization working with LGBTQ youth, were looking for stipends to pay for the time spent by 4 youths who will be participating in two anti-oppression/social justice workshops in the next few months. In partnering with youths from the Nisqually Tribe, Stonewall Youth is reaching out to develop collaborations with more local youth who deal with oppression in their daily lives. CSF members were particularly impressed with one aspect of the grant: that those with stipends were empowered to extend their stipends to others also involved in the workshops.

The South Sound Estuarium (sseacenter.org)



Located at 309 State Ave. NE in Olympia, houses the best selection of seawater aquariums in Olympia. With public education on the care and conservation of all sea life in the South Sound, the Estuarium was in need of a cooler system for one of its aquariums. Needing to maintain a steady temperature of around 50 degrees year-round, their old system is fast failing. And losing it would mean losing all of the amazing creatures living there in their home-away-from-home, delighting and educating visitors young and old.

Fertile Ground (fertileground.org)



Our wonderful Bed and Breakfast, Educational Garden, and meeting house, located at 311 9th Ave. SE in downtown Olympia, right behind the public library, is another excellent source for public education, offering experiences for students of all ages through their amazing garden with seasonal signs to explain and enlighten visitors. Fertile Ground was looking for some funds to create a main street sign that would clearly announce their existence, a community bulletin board, and some seasonal interpretive signs for the garden. With limited funds, CSF hoped to help Fertile Ground at least produce their top priority: the main street sign.

Lacey Loves to Read (Facebook page and nthurstonpublicschools.com)



is an educational group closely connected to the Lacey Public Library, and is concerned about the need for more racial diversity being offered by the library. To facilitate this, they have invited a speaker, Kwami Alexander, Newberry Award poet who has written several books: He Said, She Said (poetry), Crossover (young adult fiction), and Acoustic Rooster and His Barnyard Band (illustrated children's book). Their project is aimed at getting more books on library shelves that show African-American families. This group was seeking help in funding Kwami Alexander's speaking engagement.

Nisqually Land Trust (nisquallylandtrust.org)



With 1/3 of its holdings in Thurston County, has 15 protected areas, working on riparian habitat preservation and restoration. With public outreach to help fund their many projects, Nisqually Land Trust will be holding trainings for Volunteer Site Stewards who will then be able to advocate for them at tabling events. They were requesting help in funding the workshops to be held early spring to train these advocates.

Art Forces/Rafah Mural Project (olympiarafahmural.org)



In partnership with the Olympia Downtown Association and other local grassroots organizations, works to support and develop the great tree mural that graces the entire wall of the Labor Union Building on State and Capitol in downtown Olympia. Created initially years ago to honor Rachel Corey and Rafah, Palestine, Art Forces has offices in San Francisco, CA, and in Olympia. Recent work is to create a parklet on the street next to the mural, with the hope of providing a safe place for educational and community events, and to purchase a digital application that highlights the history of the mural and educates about the 200+ organizations represented by each leaf on the gigantic tree. They were seeking funding to help with this project.

Eastside Store Expansion

By Maxim Étile, Staff Member

The Feasibility Study

In December 2014, the Board and Staff decided to conduct a feasibility study on an expansion plan for the Eastside store. In February 2015, as part of this study, we contracted a consultant to conduct a market study that included a market survey in which our members were asked their addresses and the amount they spent in the store on the day that they completed the survey. We would like to thank you all who participated in this survey. It has helped us to better understand our customer base and evaluate our potential for growth.

We then contracted another consultant, the Development Co-op (DC), to do the feasibility study. The DC is a co-op that specializes in helping food co-ops across the nation remodel and/or expand. Our original expansion plan was to remodel and expand the existing store. However, after doing a site visit in July, the Development Committee determined that our current building had too much going against it (for example: an inverted roof, posts in the middle of the store, awkward building shape, its age, etc.). They advised us to do the feasibility study on building a new store on our current property and possibly demolishing the existing building for parking.

What to look for coming up soon

The feasibility study is helping us determine if it makes sense (in particular, financially) to build a new store on our current property. The staff collective and the Board of Directors will thoroughly review it and make a decision whether to pursue this option or not. If we decide to continue working on it, we will work on design details such as building architecture, ways to expand parking, green building options, and more.

If Staff and Board decide not to pursue this option, we will be looking at alternatives like relocating the Eastside store or opening a third store. In any case, we are committed to making some kind of expansion happen. We will keep you, the membership, informed throughout the process through the Co-op News, our website, Facebook, Twitter and in the stores.

We also want you to stay involved by sending us your feedback and suggestions at any time to expansion@olympiafood.coop. We are starting to explore various sources of funding for the project. One way for you to be involved could be financially supporting the Co-op by way of donations or loans. We are also considering having a round up option at the register. Please stay tuned as we fine tune our expansion vision and process. ■

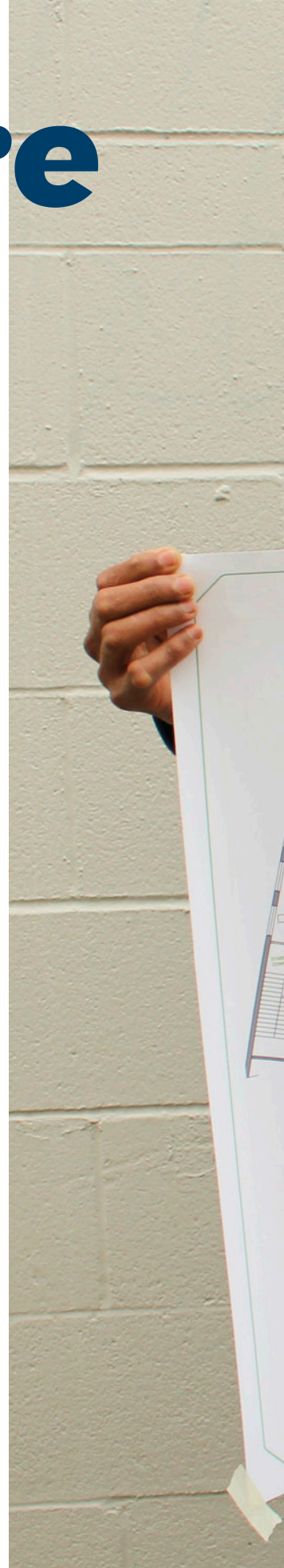
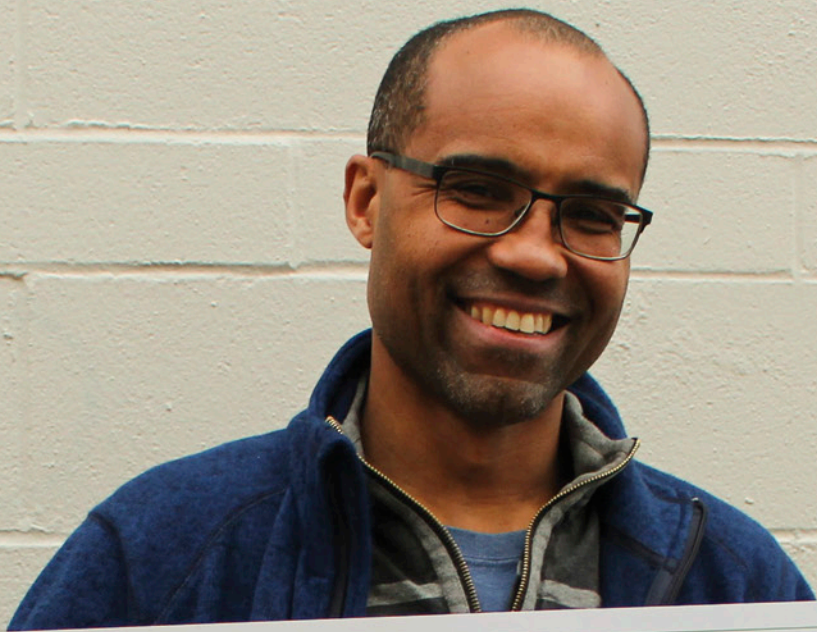


photo by Whitney Bard





S

By Erin Major





rs, Staff Member



As spring springs, I have been delighting in the tender local greens coming through the door. I discovered 2 things last spring that I'm looking forward to again this year: that greens from early spring radishes are tender, juicy, and delicious... So don't compost them, eat them! I add them to my salad greens and toss them in with my smoothies. Second, when you are feeling tired and run down and need a quick snack that will

make you feel refreshed and hydrated, try eating a bunch of raw baby bok choy! With their crunchy stems, mild flavor, and delicate texture, they make a great, quick veggie snack, and are perfect for dipping into hummus.

We are hoping to soon begin receiving deliveries of the AMAZING, FANTASTIC, LUCIOUS bulk spinach from Terry Stewart of Stewart Organics in Puyallup. In addition to tasting great, spinach is a nutritional superstar. From The World's Healthiest Foods

(whfoods.org): "Spinach is an excellent source of vitamin K, vitamin A (in the form of carotenoids), manganese, folate, magnesium, iron, copper, vitamin B2, vitamin B6, vitamin E, calcium, potassium, and vitamin C. It is a very good source of dietary fiber, phosphorus, vitamin B1, zinc, protein, and choline. Additionally, spinach is a good source of omega-3 fatty acids. While this mixture of conventional nutrients gives spinach a unique

Continued on page 14

status in the antioxidant and anti-inflammatory department, it is the unusual mixture of phytonutrients in spinach that “seals the deal” in terms of its antioxidant and anti-inflammatory components.”

Terry has tried several different varieties of spinach to find ones that taste great and grow well here. Terry’s spinach makes a great base for whole grain and bean salads, and will also pair excellently with strawberries for a fresh, sweet spring salad).

Some Spring Recipes

SPINACH SALAD WITH STRAWBERRIES

Gourmet, July 2007

2 1/2 tbsls balsamic or strawberry vinegar
3 tbsls olive oil
8 cups baby spinach
1/2 lb strawberries, cut lengthwise into thick slices (1 1/2 cups)
1/2 cup pecan halves (3 1/2 oz), toasted and cooled

Whisk together vinegar, a rounded 1/4 teaspoon salt, and 1/8 teaspoon pepper in a small bowl, then add oil in a slow stream, whisking well. Put spinach, strawberries, and pecans in a large bowl and toss with just enough vinaigrette to lightly coat.

SAUTÉED RADISHES WITH GREENS

Gourmet, July 2001

4 bunches radishes w/greens attached (2 lb)
2 1/2 tablespoons unsalted butter
1 teaspoon salt (preferably sea salt)
1 garlic clove, minced
3 tablespoons chopped fresh chives

Cut greens from radishes and coarsely chop. Trim radishes and cut lengthwise into 1/2-inch wedges.

Heat 1 1/2 tablespoons butter in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté radish wedges with salt, stirring, until crisp-tender, about 12

minutes. Transfer to a platter and keep warm, loosely covered.

Sauté garlic in remaining tablespoon butter in skillet over moderately high heat, stirring, until fragrant, about 30 seconds. Add greens and sauté, stirring, until wilted, about 1 minute.

Return radish wedges to skillet and stir in chives.

SPICY ARUGULA SPREAD WRAPPED IN COLLARD GREENS

1/3 cup olive oil
1 1/2 cups cooked garbanzo beans (canned are fine)
4 cups (packed) arugula
3 cloves garlic, sliced
1/2 cup grated sharp cheddar or parmesan
1/2 cup walnuts, toasted
juice of 1/2 lemon
1/8 tsp salt
To assemble the wraps
1 bunch Collard Greens
Sliced red pepper
Shredded carrots
Shredded red cabbage

Puree all of the filling ingredients except 1/2 cup of garbanzo beans and 1/4 cup of walnuts in a food processor and puree until smooth. Chop remaining 1/4 cup of walnuts and stir into spread. Stir in remaining 1/2 cup of garbanzo beans.

Cut the stems off the collard greens and rinse. Lay flat and spoon on filling. Top with vegetables and roll up. Serve.

GREEN OVERNIGHT OATS

3 bananas
3 cups milk (I used almond milk, but use whatever kind you like)
juice and zest of one large orange
2 cups frozen pineapple
2 tsp vanilla extract
1 large bunch of spinach, washed
4 Tbs chia seeds
2 cups rolled oats

Combine bananas, milk, juice and zest, and vanilla extract in a blender and blend. Add pineapple and spinach and blend until smooth (You may want to do this in two batches depending

on the capacity of your blender. Also, a blender works slightly better than a food processor for this, but I’ve used both with fine results). Put 1 Tbs chia seeds and 1/2 cup of oats in each jar (or use cereal bowls) and pour approximately one cup of the mixture from the blender into each jar. Stir each jar until the oats and the liquid are well-combined. Cover and refrigerate overnight (will also keep in the refrigerator for a few days with no problem). In the morning, top with a small handful of nuts and any fresh fruit you desire and enjoy!

For variations, and enhanced flavor try adding: frozen berries, ginger or turmeric, tahini, cinnamon, etc.

Greens: A Basic Primer

As people move along the path towards healthier eating, one of the most common questions they ask is how to incorporate more greens into their diets. For those of us who did not grow up eating greens, it can be a little intimidating to try to figure out which green is which, which greens you like, and how to prepare greens in a way that is easy and tasty. Greens aren’t difficult to incorporate into your diet. Once you learn the basics, you will see just how easy it is to add them to existing recipes and how much they enhance the flavor and texture of your meals. Greens are a really special food. They are a great source of many nutrients including Vitamins A and C, Potassium, Folate, Calcium, Magnesium, Fiber, and in some cases Vitamin K. The primer below covers the basic bunched greens the Co-op carries. We also carry other greens including bok choy, mustard greens, watercress, and dandelion greens. For more information on greens, check out the article “*A Visual Guide to Cooking Greens*” at epicurious.com.

Kale:

There are three varieties of Kale that the Co-op carries on a regular basis: Lacinato Kale, Green Curly Kale, and Purple/Red Kale. Lacinato Kale (also known Italian Kale or Dinosaur Kale) is a dark blue-green variety that has long bumpy leaves. One of our best-selling greens, it is a sturdy variety and performs very well in cooked recipes. Lacinato Kale is very easy to remove from its stems— simply grasp the stem end with one hand, and run the fingers of your other hand up while grasping firmly.

Continued on page 18

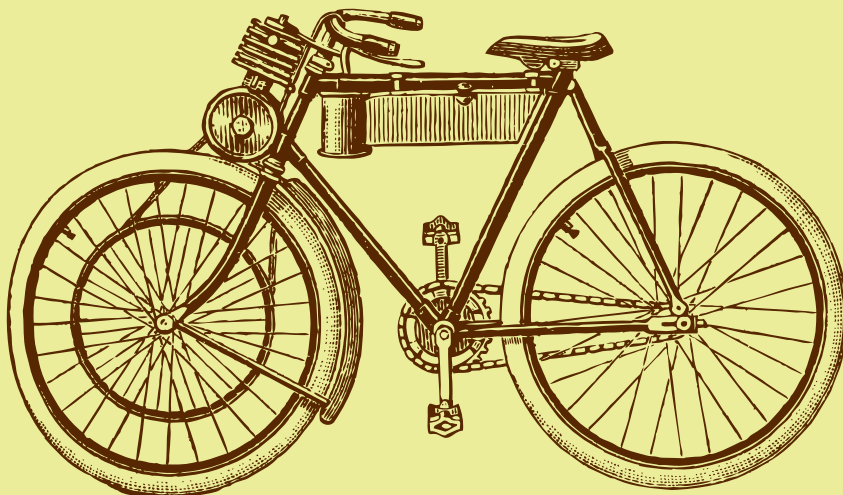
We're Going Places —by Bike!

DUNCAN GREEN, CO-OP MEMBER

As an Olympia Food Coop member, shopper or staffer, you are likely interested in enhancing your own health and well-being as well as that of our community and planet. Choosing locally produced and organic foods is a healthy choice. Another great way we can benefit our personal and community well-being is to make the same kind of healthy choices about how we get around as we do about what we eat!

There are some challenges to changing our transportation habits, but it can be more do-able than you might think, especially with the support of others. The annual Bicycle Commuter Contest is a fun community event that encourages Thurston County residents of all ages and abilities to try bicycling as a means of transportation. Participating in the "BCC" is a great way to find the support you may need as a beginning "practical cyclist," or to join the fun and be counted if you are an old hand. The Bicycle Commuter Contest office is open January through June, to help you find the information and support you might need to get started. Contact dgreen@intercitytransit.com, call 360-705-5874 or visit www.bccblog.com for more information or to register online. "Register in April, Ride in May" in the BCC!

Most trips by car are less than five miles, and a five mile trip takes only a few minutes longer by bike than by car. There are many individual as well as community health benefits to "practical cycling." Biking is a great way to combine daily exercise with getting where you need to go. Biking improves the livability of our communities by reducing traffic and parking congestion. Biking instead of driving protects groundwater and Puget Sound, and reduces danger to pets and wildlife. By biking, we reduce our dependence on fossil fuels, easing the pressures of international conflict over resources as well as harm to the environment from energy development. We can save a lot of money, and to top it off, getting around by bike or on foot is relaxing, invigorating and FUN! Studies show that people who choose to bike or walk to work, school or on errands are happier, healthier and live longer! Our community, with its relatively small size and moderate climate, is especially well suited to active forms of transportation like biking or walking (or combining either one with public transit).



Thurston County

Bicycle Commuter Contest 2016



~ Everyone Wins in the BCC! ~

Bike to Work, School or on Errands and Win Great Prizes

~ Participate Anytime in May ~

You could win a prize no matter how much or little you ride

~ Register Free at www.bccblog.com ~

Registration Opens April 1

Earth Day Market Ride ~ Sat. April 30

Natl. Bike To Work Day ~ Fri. May 20

More info at:



bccblog.com
360-705-5874
intercitytransit.com

INTERcity
TRANSIT

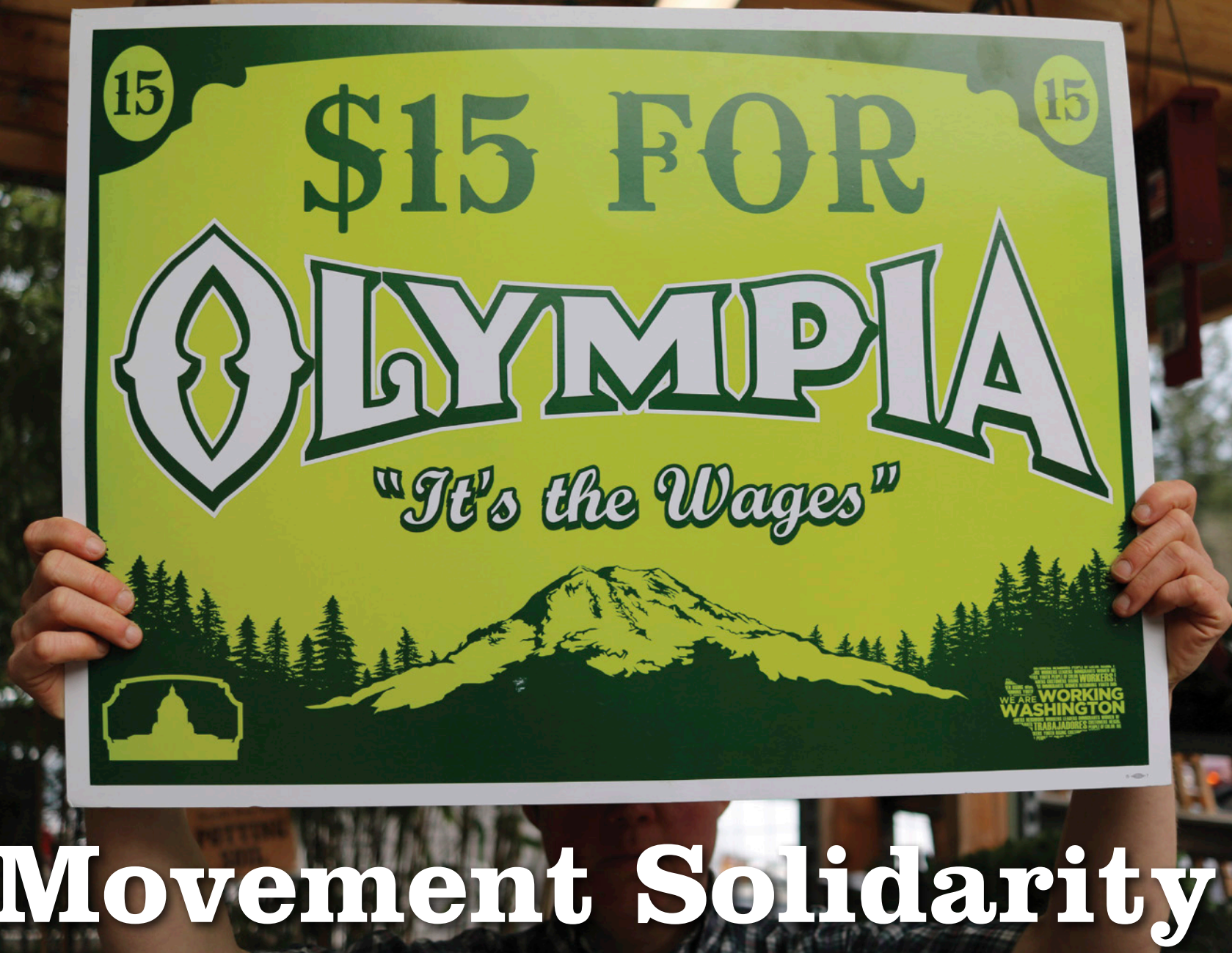


photo by Jenn Kliese

The Fight for \$15

BY RAFAEL RUIZ, STAFF MEMBER

The Olympia Food Co-op, in an attempt to “support efforts to foster a socially and economically egalitarian society”, has passed a resolution to bring its starting wage for collective staff up to \$15 by 2018. For the current year, 2016, that starting wage has gone up to \$14 from \$12.86. This decision follows the national and regional efforts of worker coalitions to demand a living wage.

Organizational Consensus

Staff and board agree that raising the starting wage at the Co-op will help new staff members achieve a better standard of living, attract more applicants to the collective and more shoppers concerned with a more just and equitable world. The Staff Purpose Vision and Values Statement states that “We believe in equitable compensation and a living wage, and the need for social and economic justice throughout the world.”

Long time staff member Grace Cox offers that “The Co-op already offers a solid wage and benefits package. As a Co-op employee I hope that all employers will embrace the need to raise wages for the lowest paid workers.” The Co-op has long been known for being an equitable workplace that focuses not only on local, natural and organic foods but social justice as well.

Solidarity

The movement for a \$15 minimum wage began in 2012 with New York City fast food workers walking off the job for day-long strikes. Workers have argued that those who work full time should not have to work second jobs or have to rely on public assistance, which many low wage workers must do to survive. What many criticized as unfeasible and “bad the poor,” has steadily become reality as many cit-

ies have passed or are considering raises to their minimum wage. Other employment sectors such as home care workers, childcare providers and big box retail workers have also joined the movement for higher wages, as well as sick leave and union organizing rights. Locally, Sea-Tac became the first city in the US to institute a \$15 minimum wage, followed by a long term plan by Seattle. Now cities like Los Angeles, San Francisco, New York, and many others are following suit in an attempt to reduce poverty.

Financial Breakdown

Social justice and solidarity are great ideas, but just how does this decision impact the Co-op? For starters, we have adjusted our new staff pay increases to match up with our current structure. So an employee who started in 2015 at \$12.86/hr would in five years receive a wage of \$16.43/hr. The same is true for the staff member hired in 2016 at \$14/hr, and 2018 at \$15/hr. Our pay increases will be reduced to make room for that higher starting wage, a suggestion made by our Co-op Finance Committee.

Secondly, the total increase in our labor budget is miniscule compared to our overall budget. At \$14/hr we will be spending about \$20,493 more than we did in 2015 (the total budget for that year being \$2,705,008 in wages). In 2018, at \$15/hr, that will increase our total wages budget by another

\$11,034. Added to the generous benefits package that we have for our staff, we hope this will also help with retention of great Co-op workers.

Conclusion

George Orwell once wrote that poverty “annihilates the future,” making it hard to plan for, or even think about, tomorrow. Low and stagnating wages in the US are a foundation to structural poverty and a host of other societal ills that go along with it.

If workers are demanding to be paid more so that they can take better care of themselves and their loved ones, that is a great reason for the Co-op staff, board and hopefully you, the members, to support the movement for \$15. Emily Van Kley of the staff Labor Systems Committee agrees that “By committing to \$15 an hour, I hope the Co-op is lending its support to a movement that values the contributions of all workers.” ■

The leaves will come right off. All kale can be eaten raw or cooked, but Italian Kale is especially well suited to dressed salads. Curly Kale is a sweeter, lighter green variety with tightly curled leaves that have a wonderfully chewy texture when cooked. Curly Kale makes fantastic kale chips. Red or Purple Kale has a purple tinge to the leaves and stems and is similar in texture and taste to Curly Kale. The Co-op also sometimes carries a softer, sweeter variety of Red Kale known as Red Russian that is best eaten raw. This type of kale is also often found in salad mixes. Kales store well in the refrigerator. All of the kales we sell are delicious paired with vinegar (Ume Plum and Balsamic are my favorites) or tamari.

Collard Greens:

Collards have smooth, thick, silvery blue-green leaves which may have flat or curled edges, depending on the variety. Collard leaves tend to be chewy with a distinctive, sweet, slightly smoky flavor. They're delicious cooked, and are easy to prepare quickly due to their uniform shape. Some recipes call for Collards to be barely cooked, while others recommend 'cooking them down' until they are extremely soft. Raw collard leaves can also be used as "wraps" to hold a variety of fillings. The central ribs are tough and are usually not eaten. Collards store very well in the refrigerator.

Chard:

Chard is a versatile green; not as delicate as arugula, not as chewy as kale. Chard has a unique flavor that some describe as being like salty spinach. Both the leaves and the stems of chard can be eaten. The stems take longer to cook

than the leaves, so they should be added first if both are being cooked together in a recipe. If you want to use the leaves in a recipe and aren't sure what to do with the stems, try chopping them up into small pieces and dress them with olive oil, lemon juice, and pepper—this is a simple, refreshing salad and a great way to use up extra chard stems. Chard comes in a variety of colors—red, white, and golden are the most common. The Co-op usually carries bunches of red chard and 'rainbow' chard which is a mixture of the colors. Chard stores fairly well in the refrigerator, but won't hold up as long as kale or collards.

Spinach:

Spinach is a green that is familiar to most people, even those who have had little exposure to cooking with fresh greens. Spinach is one of the sweeter greens, although the texture and flavor of spinach can vary somewhat depending on the variety and the conditions under which it is grown. Spinach is an excellent salad green, and is also commonly eaten raw in smoothies, as it pairs well with fruits due to its sweet, mild flavor and crisp, juicy texture. Spinach also works well in soups, and can simply be stirred into at the end, with virtually no cooking required. Spinach does not last as long in the refrigerator as kale or collards. ■



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Community Classes

SPRING 2016 SCHEDULE

Pre-registration is required for all Co-op classes. Register online at www.OlympiaFood.coop anytime or in person at either store between the hours of 11am-6pm. Registration is not available over the phone. There is a \$7 non-refundable registration fee per class/per person unless otherwise noted.

Wild Fermented Sauerkraut

Sunday, March 6, 11am-1pm
Facilitator: Meghan Hintz, LMP
Location: GRuB Farmhouse

Are you curious about the health benefits of sauerkraut, but worry about making it yourself? Well, worry no more! In this class we'll cover the history of fermentation, the science behind what's happening in the crock, and we'll demonstrate just how easy it is to safely make raw fermented sauerkraut teeming with beneficial probiotics! OlyKraut samples provided!

Home Made Mozzarella

Sunday, March 6, 3-5pm
Facilitator: Julie Martin
Location: GRuB Farmhouse

Come learn how to create soft, creamy, and delicious mozzarella. Julie L. Martin (founder of Oly-Cultures) will demonstrate the process from start to finish. Included are a variety of recipes and ideas for serving your homemade mozzarella.

Introduction to Detox

Sunday, March 13, 11am-1pm
Facilitator: Vanessa Charles
Location: GRuB Farmhouse

For the 'just curious' beginner as well as the experienced detox-er looking for fresh encouragement. If you are feeling sluggish, generally achy, or have brain fog, you may benefit from this holistic approach to giving your body a break from unwanted toxic buildup. We will discuss the process and try out some detox-friendly recipes.

Superfood Snack Bites

Sunday, March 13, 3-4:30pm
Facilitator: Ciel Lininger
Location: GRuB Farmhouse

Learn how to make quick and delicious, kid friendly energizing snack bites. With a few simple whole-food ingredients and a food processor you can let your creativity soar with the endless possibilities. Samples, nutrition content and creative recipes provided.

Milking Goats 101

Saturday, March 19, 11am-1pm
Facilitator: Melinda Dauley
Location: GRuB Farmhouse

Come learn the basics of goat husbandry. Melinda of Lilith Moon Farms promotes natural and herbal goat care, but can also give information on modern western approaches as a comparison. There will be miniature milking goats and baby goats on hand to see. Bring your questions for an extensive Q&A.

Ayurvedic Cooking

Sunday, March 20, 11am-1pm
Facilitator: Vanessa Charles
Location: GRuB Farmhouse

Connect with the creative energy in your food, and enjoy the nourishing energy in your body. Ayurveda is a way of healing and a way of life that takes the whole person into consideration. According to the teachings of Ayurveda, every aspect of life contributes to overall health. This class will explore a variety of food options based on different imbalances you may be seeking to address.

Water Kefir

Sunday, March 20, 3-5pm
Facilitator: Julie Martin
Location: GRuB Farmhouse

Founder of Oly-Cultures, Julie Martin, will lead this two hour class on brewing water kefir. Water kefir is a wonderful and delicious lactose free drink full of healthy probiotics.

Read 'Em & Eat – Book Club

Theme: India
Monday, March 28, 3-5pm
Facilitator: Kelsey Smith
Location: Lacey Timberland Library

Join us to discuss a different food-themed book every month and eat snacks provided by the Olympia Food Co-op. This month, we're reading books and articles on food in and of India. Feel free to bring whatever you read, other favorite books on Indian food, snacks, and recipes, or just come for the lively conversation. This program is sponsored by the Olympia Food Co-op and the Friends of the Lacey Library.

Chocolate Bliss: Bean To Bar

Saturday, April 2, 10am-1:30pm
Facilitator: Bliss Wunder
Location: Blissful WundersWorkshop

Join Bliss Wunder chocolatier-extraordinaire in his confectionary headquarters and learn the secrets to making knock-your-socks-off chocolate. You may know Bliss Truffles, the divinely decadent confections available at both Olympia Food Co-ops. If you love chocolate, you won't want to miss this!

Hand Crafted Soap

Sunday, April 3, 11am-1pm
Facilitator: Vanessa Charles
Location: GRuB Farmhouse

Celebrate spring and create a clean, rich soap that suits your skin type and smells great! Craft the perfect bar for yourself and your loved ones.

Peruvian Cooking

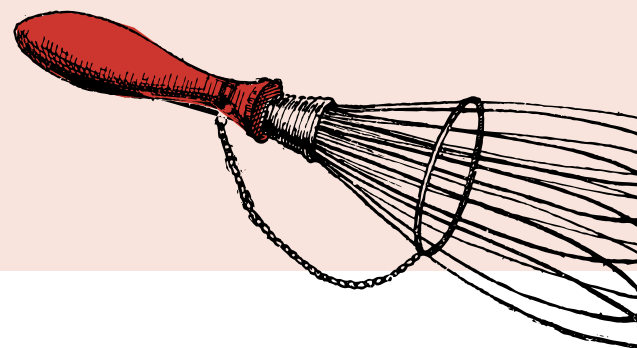
Saturday, April 9, 10am-12pm
Facilitator: Arturo Seivert
Location: GRuB Farmhouse

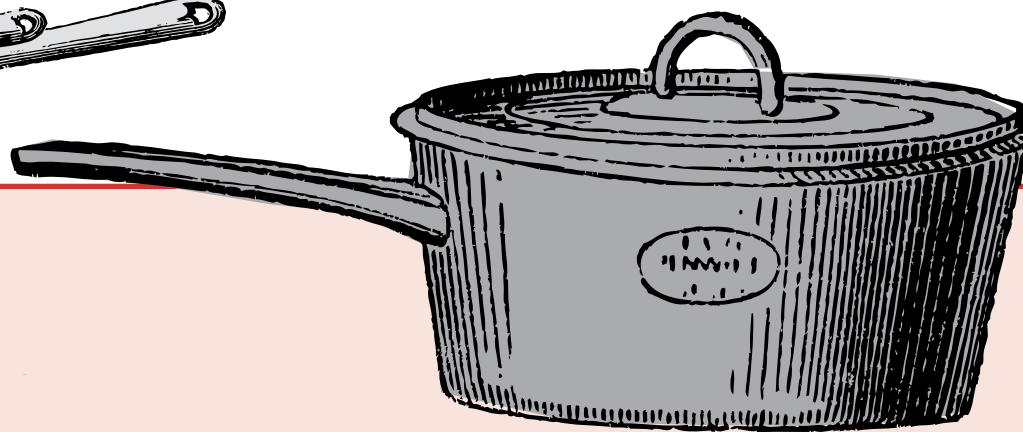
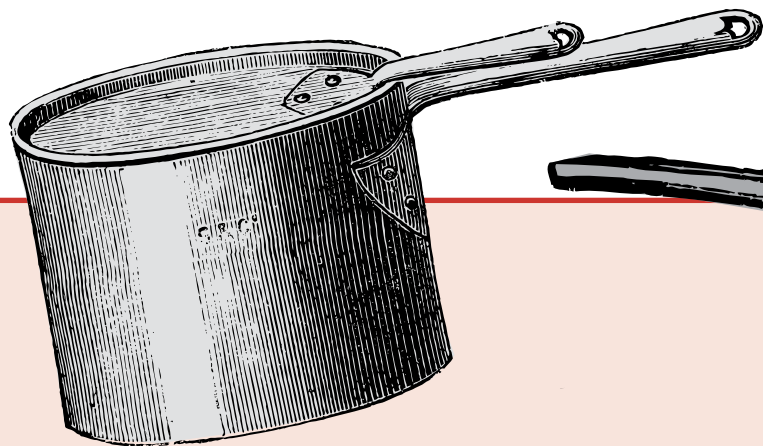
Join Arturo as he leads you through a handful of his favorite Peruvian dishes, including classic Andean preparations of potatoes, and an intensive on Peruvian spices. This is a vegetarian-friendly class, with take home recipes.

Myths & Magic of Cleansing & Fasting

Saturday, April 16, 11am-1pm
Facilitator: Joanne Lee
Location: Westside OFC Little House

Learn the basics of designing a safe and enjoyable cleanse and fast that is tailored to your body, life history, and lifestyle. We will make one or more fresh juices, suitable for juice fasts, and try several simple smoothie recipes perfect for a spring cleanse. All levels of experience welcome!





Growing Grapes in the Pacific Northwest

Saturday, April 16, 3-5pm

Facilitator: David Johnson

Location: Westside OFC Little House

This presentation on grapes for the home-gardener will cover soil, trellising, and specific varieties suitable to our microclimate to get you started on your grape-growing adventures.

Making Miso

Sunday, April 17, 3-5pm

Facilitator: Meghan Hintz

Location: GRuB Farmhouse

Miso is a delicious healing food that is easy to make when you have access to the right starter culture. Join Meghan in this action-packed hands-on miso-making demo and lecture. Miso samples and recipes will be provided.

Intro to Consensus Decision-making

Tuesday, April 19, 5:30-7pm

Facilitator: Grace Cox

Location: Lacey Timberland Library

How can organizations and groups of people make good decisions without a boss telling them what, when, and how to do everything? Learn about consensus decision making – it's effective, empowering, and vibrant. Cooperation is a real and useful option to run an organization with integrity. For absolute beginners and those looking for a refresher. *Everyone Welcome!*

Farms & Local Products: OlyKraut Tour

Wednesday, April 20, 1-2pm

Facilitator: Sash Sunday & Max Crabapple

Location: OlyKraut Production Facility

Get a behind-the-scenes look at our favorite sauerkraut makers, OlyKraut. Come along on a tour of their manufacturing site, and get a history lesson how OlyKraut came to be! Delicious samples of all the flavors on hand!

Spring Appetizers

Sunday, April 24, 3-5pm

Facilitator: Valarie Burson

Location: GRuB Farmhouse

Welcome guests to any spring get together with appetizers that feature fresh flavors and some of the season's finest produce. This is a hands-on class.

Read 'Em & Eat – Book Club

Theme: Latin America

Monday, April 25, 3-5pm

Facilitator: Kelsey Smith

Location: Lacey Timberland Library

Join us to discuss a different food-themed book every month and eat snacks provided by the Olympia Food Co-op. This month, we're reading books and articles on food in Latin America. Feel free to bring whatever you read, other favorite books on Latin American food, snacks, and recipes, or just come for the lively conversation. This program is sponsored by the Olympia Food Co-op and the Friends of the Lacey Library.

Cast Iron Pans: Purchase, Restoration, & Maintenance

Saturday, May 14, 4-6pm

Facilitator: John Farinelli

Location: GRuB Farmhouse

This class will cover why people love cooking with cast iron, the differences between brands of cast iron cookware, buying new vs. buying used, how to restore old cast irons, and how to maintain them for a lifetime. Come learn about this traditional cookware and also enjoy some fresh Gluten Free corn bread, hot out of the cast iron skillet!

Vegan Yogurt

Sunday, May 15, 11am-1pm

Facilitator: Cara Applestein

Location: GRuB Farmhouse

Learn how to make your own delicious soy and coconut-based live culture yogurt. This is a hands-on class and participants will leave with a jar of freshly made yogurt to continue their own cultures at home. Gluten-free.

Growing a Green Life Supplements for the Season (Free)

Sunday, May 15, 3-5pm

Facilitator: OFC Staff

Location: GRuB Farmhouse

This interactive workshop aims to bring you useful strategies for living a life that is more connected to plants and the outdoors. You will learn about creating a green home environment, plant super stars, and supplements. Inspired by the teachings of Dr. Andrew Weil and sponsored by MegaFood.

Farm Tour: Flying Cow Creamery

Thursday, May 19, 10-noon

Facilitator: Max Crabapple & Selma Bjarnadottir

Location: Flying Cow Creamery, Rochester

Join us for this fun farm tour in beautiful Independence Valley and meet your local shepherdess, Selma Bjarnadottir. Cows, cream, and yogurt samples provided. Come in comfortable clothes (layers recommended) and boots that are ready for mud.

Herbal First Aid Kits – Production Party

Sunday, May 22, 2-5pm

Facilitators: Janell Blacketer, Gracie Ann Byrd & Carlin Briner

Location: GRuB Farmhouse

Come learn how to make your own herbal remedies in this lively workshop hosted by the stewards of the Nisqually Community Garden as well as support this summer's Canoe Journey, hosted by the Nisqually Tribe. Using herbs in season harvested from the NCG's medicinal plant patch, each participant will make something to bring home as well as a gift to be shared with honored guests of the Canoe Journey (more information about the Canoe Journey at www.paddletonisqually.com). Come ready to push your sleeves up and learn a lot!

Read 'Em & Eat – Food Book Club

Theme: TBA

Monday, May 23, 3-5pm

Facilitator: Kelsey Smith

Location: Lacey Timberland Library

Join us to discuss a different food-themed book every month and eat snacks provided by the Olympia Food Co-op. Each month's theme is chosen at the previous months book club. Check the Co-op's website in May to find this month's theme. Sponsored by the Olympia Food Co-op and Friends of the Lacey Library.

Scrumptious Soups

Sunday, May 29 3-5:30pm

Facilitator: Erin Majors

Location: GRuB Farmhouse

Erin will share her favorite fresh, delicious, nutrient dense recipes that incorporate the spring harvest. Come pick up kitchen tricks and shopping tips. This demonstration class will have opportunities for hands-on learning as well as ample savoring.

OFC Board of Directors



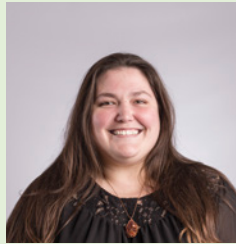
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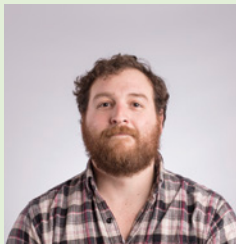
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Attend a Board Meeting!

Board of Directors meetings are held on the 3rd Thursday of every month from 6:30-9:30 pm at the Co-op's downtown business office, 610 Columbia Street SW Olympia, WA 98501 (unless otherwise noted). The Olympia Food Co-op Board of Directors welcomes the attendance of active Co-op members at Board meetings. Board meetings may include an executive session, which is closed to members in order to discuss matters requiring confidentiality. For more information contact the Board of Directors at ofcboard@olympiafood.coop

Olympia Food Co-op Mission Statement

The purpose of the cooperative is to contribute to the health and well being of people by providing wholesome foods and other goods and services, accessible to all, through a locally oriented, collectively managed, not-for-profit cooperative organization that relies on consensus decision making. We strive to make human effects on the earth and its inhabitants positive and renewing, and to encourage economic and social justice. Our goals are to:

- Provide information about food
- Make good food accessible to more people
- Support efforts to increase democratic process
- Support efforts to foster a socially and economically egalitarian society
- Provide information about collective process and consensus decision making
- Support local production
- See to the long term health of the business
- Assist in the development of local community resources

Seven Cooperative Principles

1. Voluntary, Open Membership

Open to all without gender, social, racial, political, or religious discrimination.

2. Democratic Member Control

One member, one vote.

3. Member Economic Participation

Members contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a cooperative operation are returned to the members, reinvested in the co-op, or used to provide member services.

4. Autonomy And Independence

Cooperatives are autonomous, self-help organizations controlled by their members.

5. Education, Training And Information

Cooperatives provide education and training for members so they can contribute effectively to the development of their cooperatives. They inform the general public about the nature and benefits of cooperation.

6. Cooperation Among Cooperatives

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, regional, national and international structures.

7. Concern For The Community

While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.

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Maybe the journey isn't so much about becoming anything. Maybe it's unbecoming everything that isn't you so you can become who you were meant to be in the first place.

I have been teaching in juvenile correctional institutions for years and battling depression every day. This work changed my life. Since we worked together, my health has improved physically, emotionally and spiritually. – JM, Minneapolis.

Due to my work with Liz, I accepted a full-time job, and have been adjusting to that. Lots of good growth has been occurring. I am so thankful to have had the opportunity to do this work! – Lisa W., Colorado Springs.

Her work has profoundly freed me of suffering. I wholeheartedly recommend her healing work to anyone with a wounded heart. – Physician, Massachusetts





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11 Ideas to Help You Eat More Vegetables and Fruits

BY ERIN MAJORS, STAFF MEMBER

1

On your day off, slice/prepare vegetables that you know you like to eat and store them in containers in your refrigerator– they will be ready to eat when you are hungry.

2

Wash several heads of lettuce, or bunches of spinach, kale, or collards at the start of the week to use as a base for salads and easy steamed or sautéed side dishes.

3

Think of easy ways to add in fruits and veggies- for example for breakfast try eating oatmeal soaked in a green smoothie with berries or scrambled eggs on a bed of spinach. Use Lettuce or collard leaves in place of bread or tortillas; snack on kale chips instead of tortilla chips.

4

Try using fresh citrus juice (lemon, lime, blood orange, tangerine) or vinegars to add depth of flavor to vegetables and salads.

5

Add a bunch of greens (kale, chard, spinach) to soups in the last few minutes of cooking.

6

Put together a lunch bag or box with containers that have secure lids and are a good size to hold the healthy things you like to eat. Look forward to filling your containers and bag with food that makes your body feel good and your mind feel happy.

7

Think of a few small nutritional changes you'd like to make. This might be a goal like "I will eat one serving of kale a day". Write these changes down. Start small– one goal a week is enough- only add more if you think you can realistically accomplish them.

8

Keep a journal of how making the changes you're working on is going. Note how you feel having made the changes (i.e. more energy, less mood-swings, etc.) as well as how it feels to have accomplished your goal.

9

If you find a goal is not working for you, cross it off your plan and try something else! Maybe you find that you really don't like kale. You could try changing your goal of "I will eat one serving of kale a day" to "I will eat one serving of broccoli a day."

10

At the end of each month, write a summary of the changes you've made and keep track of the recipes you've enjoyed making that month. At the end of the year, you'll have your own personalized cookbook!

11

Look at each day as a new opportunity to feed yourself healthy, nutritious food. Even if you don't meet your goals every day, try to keep working towards healthier eating with the same enthusiasm that got you started in the first place. Give yourself credit for all the times you DID meet your goal, and remind yourself of all the delicious vegetables and fruits you can still look forward to eating!

THE SET UP One of the simplest things I do that greatly improves my diet is getting a lot of salad ingredients ready on the weekend before I start my week. Having all of the fixings ready to go makes it so much easier to make a healthy choice for lunch or dinner. I often will top my salad veggies with some beans or fish, a little cooked grain (brown rice or quinoa) if I have it, maybe throw on a little cheese or a few nuts and call it a meal.

I actually really enjoy the time I spend setting up my salads for the week. I often put on some nice music and think of it as my time to relax and make my health a priority. A few kitchen things that are key: a salad spinner for quick and easy lettuce cleaning, a sharp chef's knife, a large cutting board, and a few containers for storing veggies. Total time to get my salad stuff ready for the week is about 45 minutes- an amount that I could easily spend online or watching television. Those things are not always a bad way to spend time, but once a week, it definitely pays off to spend time doing something that makes the rest of your week healthier and easier.