



THE COOP Spoonful

A bi-monthly publication for members of the Olympia Food Co-op and its surrounding communities

January 17-30, 2018

Local Savings

BURNT RIDGE NURSERY & ORCHARD

Our Spoonful coupon this week features the delicate sweetness of jams and jellies created by the family-owned and operated Burnt Ridge Nursery and Orchards. As their name implies, they have been developing, over the past almost 40 years, unusual and disease-resistant vines, shrubs, and fruit and nut trees that love the soil and climate on their farm in the foothills of the PNW Cascade Mts.

From many years of research and experimentation, their nursery can offer a variety of regional fruiting plants—trees, bushes, vines and ground covers. They also offer nitrogen-fixing plants, ornamentals and native plants. Just look them up on www.BurntRidgeNursery.com.

And here's the best part! In the commercial kitchen at their farm they have been producing, from the bounty of their orchard, delicious certified-organic jams, jellies and apple butter. Please take the opportunity to use this coupon in the Spoonful to try out one of their fine products!



Available Eastside: apple butter, tart cherry, goumi and blackberry.
Available Westside: apple butter, kiwi, mulberry, and tart plum. ■

SUGGESTION BOX:

Answers to some of your questions:

Q: Will you stock pitted Kalamata olives in bulk?

A: Staff choose to sell only olives with pits in bulk for the best flavor integrity. Pitted olives can be purchased from the shelf in Grocery, or in a 5# bag with a special order (includes bulk order 10% discount). Ask at customer service for assistance with this.

Q: Do you have butter muslin and Thermophylic culture?

A: Look in the cheese-making supplies. They should be there along with cheese cloth.

Q: Looking for Blue Buffalo pet food—recommended by my holistic vet.

A: We are carrying their Kitty Yum treats, but will see if UNFI carries more of their products.

Q: Sage's Chicken Apple Sausages—so good, gone so long!

A: So popular we can't keep them on the shelf—long out-of-stock from the company, but now their back!

Q: Wanting Moringa Powder in Bulk

A: Because of safety and contamination concerns, we decided not to carry in Bulk. ■

CO-OP LOCAL
COUPON

50¢
OFF



good for \$0.50 off
any Burnt Ridge
jam (one per visit)

Valid thru 1-30-18



Fresh Bites

by Erin Majors, Produce Manager

I remember the first time I saw and tasted a blood orange, I was blown away...a piece of fruit that tastes (and looks) like a cross between an orange and a raspberry? That's a pretty special piece of fruit! We've been sampling blood oranges a lot this year because they've been fantastic; tangy and juicy, with a rich purple color inside. Blood oranges, like many dark red and purple-colored fruit, are high in compounds called anthocyanins. These compounds have been shown in some studies to help prevent cancer and heart disease. The darker the reddish-purple hue, the more anthocyanins the fruit or vegetable contains. Blood oranges are also great because they're easy to peel, and give a nice bit of color to winter salads.

Blood Orange, Fennel, and Cabbage Salad

serves 4

FOR SALAD:

- A mixture of cabbage (red, savoy and/or green) and Italian kale, washed and shredded into fine ribbons—enough to serve four generously
- 1 bulb fennel, chopped into very small pieces
- A large handful of fresh mint, washed and sliced
- 2 blood oranges, peeled, segmented, and cut into bite-sized pieces
- 2 Tbs toasted sesame seeds

FOR DRESSING:

- 2 Tbsp. olive oil
- zest of 1 blood orange

- juice of 1 blood orange
- 1 Tbsp. liquid honey (or agave, maple syrup)
- 1/3 cup roasted tahini

Whisk dressing ingredients in a large mixing bowl. Add shredded greens and mint and toss to coat. Fill each plate with the mixture. Top each plate with fennel and blood orange pieces. Sprinkle with toasted sesame seeds. Serve. ■

WORKING MEMBER RAFFLE WINNERS!

Congratulations! And thank you for all the love, humor and expertise you bring to the Co-op day after day. Enjoy your new Co-op Design hoodies from Olympic Screen Printing now on sale at both stores!

EASTSIDE

Pat K.
Julie C.
David P.
Jeff B.
Lee M.
Elijah C.
Cleo T.

Starr

Fraz
Camilla P.
Dori S.
Susan H.
Cration R.
Treen M.
Savieng S.
Gaylee K.

WESTSIDE

Mark P.
Teresa V.
Marcy L.
Conner E.
Cary Ann
Deb H.
Chris, H.

Jessie D.

Krag
Julie C. ■

NEW STAFF PROFILE: MEGUMI SUGIHARA

We are happy to welcome a brand new staff member to our Grocery Department! Megumi says, "I notice the diverse representation of national origins in customers... I am very tickled to see the great mix both in our staff and in our customers." Megumi is originally from Japan, and has lived in Ethiopia, Germany, Washington D.C., Colorado and Seattle before settling in Olympia. She has previously worked for universities in both the US and Japan as an instructor and an international student advisor. She's worked in artist management and toured with bands, and also coordinated international conferences. Megumi worked with Changer Intensive, an online course designed and offered by the Pachamama Alliance for people who want to make a difference in the world. However, working with the Co-op is the first job Megumi has had where she feels completely aligned with the organization's values. She feels honored to be here, and we're honored she chose to join us! ■

