



THE COOP Spoonful

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

February 15-27, 2018

Local Savings

SPICE UP THE WINTER GREYS WITH HOTSAUCEfresh

In this issue of the Co-op Spoonful, save \$.50 on HOTSAUCEfresh's full range of hot sauces! The first HotBabe-HotSauces were made in Yelm in 2013. Sandra Bocas, dubbed locally as the "Queen of Peppers", took her enthusiasm for fresh, clean food and hot peppers, mixed them with her Caribbean roots and imagined bottled hot sauce into reality. In 2017 she and Fiona Douglas-Hamilton joined their talents operating the business under the name HOTSAUCEfresh and moved to a larger commercial kitchen in Tumwater.

The two are fiercely committed to healthful living and eating. Their ingredients are organic, vegan, without chemical preservatives/additives and their Caribbean peppers are grown exclusively here in Thurston County. The duo is intent on expanding the use of hot sauce as a condiment by focusing on Heat with Flavor™ and producing a range of delicious fresh hot sauces that can also be used as marinades/cook sauces. They utilize their fresh and fermented hot peppers in dynamic combinations with fruits and vegetables preserving with either fresh lime juice, pepper brine or their proprietary blend of vinegars. Their product range consists



of the original HotBabe-HotSauce in three distinct heat and pepper flavors (med, hot and xhot), a Trini Hot pepper sauce (this one is hot!), Winter Solace (a cranberry, orange and fermented habanero hot sauce) and SweetBabe Quince Hot Sauce (a delightful blend of quince, raw organic sugar and spices).

(HOTSAUCEfresh would like to thank Mary Ellen Psaltis for the Nov '17 article, HotBabe HotSauce comes of Age, in Thurston Talk (thurstontalk.com) which provided a basis for this piece). ■

CASCADIAN FARMS & THE LAND INSTITUTE

Stock up on your favorite Cascadian Farms brand jams, juices, cereals, and frozen vegetables in February to enrich our soils, our ecosystems and our health.

For over 10,000 years humans have depended on soil. Today, soil depends on us. Due to agricultural processes including higher volume tillage and the use of pesticides and fertilizers—the health of our soil is decreasing at an alarming rate, and without healthy soil, we face more pollution and less cultivation.

Cascadian Farms will donate 3% of all sales from the Co-op to The Land Institute between 2/14 and 2/27/2018.

The Land Institute is focused on introducing perennial grains to ecological communities, transforming agriculture globally with a regenerative, more sustainable agricultural production. Through perennial grains and intercropping systems including Kernza, Sorghum, Silphium, Perennial Wheat, Legumes,

Cascadian Farms continued on back

CO-OP LOCAL COUPON

50¢ OFF



good for \$0.50 off any HOTSAUCEfresh product (one per visit)

Valid thru 2-27-18



Fresh Bites

by Erin Majors, Produce Manager

Hawaiian Ginger: This week we got in some beautiful Hawaiian ginger. When we lifted the lid from the case it was like a gorgeous glow was emanating from the sweet, spicy treasure inside. When ginger is really fresh like this, the skin is so tender it really doesn't need to be peeled. If you're using ginger that has thicker skin, try this quick trick for removing it: rather than peeling it with a knife, scrape the skin off using the side of a spoon. The skin on ginger is quite thin, and will come off easily this way, and you'll waste a lot less ginger in the process.

The recipe below is a fabulous sauce to spice up steamed or raw vegetables. It's full of ginger and garlic, and has a rich, nutty texture. I hope you enjoy it.

-Erin

GARLIC-GINGER PUMPKIN SEED SAUCE

makes 2 cups, adapted from mynewroots.org

- 1 cup toasted or sprouted pumpkin seeds (don't use raw)
- 4 cloves garlic
- 2 inch piece of fresh ginger
- 1 Tbsp maple syrup
- 3 Tbsp olive oil
- 1 Tbsp apple cider vinegar
- 3 Tbsp lemon juice
- ¾ water
- ¾ tsp fine grain sea salt
- ¼ tsp black pepper
- cayenne to taste

In a food processor, pulse to mince garlic and ginger. Add pumpkin seeds and blend on high until sand-textured. Add remaining ingredients and blend, scraping down the sides periodically. Store in an airtight glass container in the refrigerator for up to five days. ■

➔ **Look for Erin's Co-op Produce Newsletter in stores for more veggie news!**



Cascadian Farms continued from front:

the Global Inventory Project, and ecological succession—The Land Institute is providing ecosystem services to food production systems similar to those of native landscapes. Together, we can make an impact on healthy soil, and a healthier planet. ■

CO-OP STORE UPDATES:

Eastside Expansion Update: New Seed Wall

A big thank you to handyman Jonathan for building this plush new super shoppable display fixture filled with vegetable and culinary herb seeds! There's even cubbies for our canning jars. More space for flower seeds coming soon!

Recent Challenges to Deliveries: At the Olympia Food Co-op, we prioritize products from local farmers and producers, but we also carry the highest quality regional, national, and imported brands. Keeping our shelves full for you is important to everyone in the supply chain. We'd like our customers to understand some of the recent challenges retailers experience in receiving ordered goods:

- New regulatory electronic log requirements have limited road time for truck drivers to ensure they have enough sleep. This has backed up the schedules so that only one truck is available for every 12 loads that require shipping impacting retailers beyond our industry. We applaud the elevated levels of safety these regulations foster, and ask for your patience in scheduling.
- From a crippling hurricane season, to extreme winter weather brutalizing the North, Midwest, and Southeast, climate change will continue to be major challenges for farmers around the world.
- The demand for organic ingredients is always on the rise. While demand continues to outpace supply, this is a call for consumers of organic products to advocate for healthy soil initiatives, strict pesticide regulation, and improved organic standards, to show food producers we're serious about healthy food!

Change is the only constant, and your co-op is working hard every day to bring you the healthiest and most ethically sourced foods available in a changing retail landscape. ■

NEW STAFF PROFILE: AWREN SCHWARTZ



What did you do before the Coop?—

in one of my past lives i wuz one of the first lady bugs to join and tour with a traveling flea-circus. we had gogo dancing fireflies and a group of antz that could lift a 20lb picnic basket. i performed as a synchronized ribbon dancer with my companion charidotella the golden goddess. we were very classy.

Where have you lived?—i wuz born and raised in albany, new york (hey fam!). i lived on a farm in the berkshire mountains and also the black mountains in north carolina.

What brought you to Olympia?—i've wanted to come to the PNW since i wuz 18. i love the trees and mosses and ferns. i like weird books, i wear black, and also jangly earrings so it wuz only a matter of time until i came to olympia.

What do you do in your spare time?—cuddle with leaves, have tea parties with plantz, make radio/gaydio theater, play muzic, dance in the kitchen, walk in the woods, make punz,

What inspired you to work at the Co-op?—I care a lot about healthy food and access to healthy food. i also care about non-hierarchical spaces and learning skillz for collective living.

In which departments are you training? —The Delicious-catessan and She-Hulk/She-Bulk ■