



THE COOP *Spoonful*

A bi-monthly publication for members of the Olympia Food Co-op and its surrounding communities January 31- February 14, 2018

Local Savings

EXPERIENCE HONEYLOVE CHOCOLATES

In this issue, the Co-op Spoonful is proud to feature a coupon for \$.50 off of Honeylove Chocolates. In 2014, our local Olympia chocolatier Kirsten Sogge decided to turn her love for chocolate, bees (and their honey), and good healthy food into a business. Joined by her holistic business coach, Laurie Rivers, they created Honeylove Chocolates, which has flourished and now sells regionally.

Experimenting in Kirsten's Olympia kitchen, these two have been creating the finest chocolate treats using the foundation organic ingredients of Pacari brand Fair Trade Biodynamic cacao, and raw local honey. Pacari has won the gold medal at the International Chocolate Festival since 2012.

Honeylove's Vision Statement says it all: "To share our love of life through the co-creation of delectable, sensuous food and experiences that induce joy, promote health, increase awareness and provide sustainable comfort."

Look for the Spoonful shelf-talker in



the candy isle and grab the coupon in this issue. We hope you enjoy these morsels of the divine, and share them with a friend. Find out more at: honeylovechocolates.com ■

SEVEN DARK NIGHTS OF CHOCOLATE

The Westside Co-op is celebrating chocolate **February 7th through 13th!** Look for the in-store display of unique and fantastic chocolates we're bringing in just for the celebration. Come by in the evenings between 5 and 7 p.m. for in-store demos and nightly

chocolate themes. See the full schedule Facebook page at: facebook.com/OlympiaFoodCoop

EASTSIDE GIFTS N' TREATS!

Stop by the **Eastside Deli** for hand-dipped Fair Trade chocolate covered organic strawberries **Feb. 10 - 14th!**



GET ON THE CO-OP GRAVY TRAIN!

Coming February 4th: Fresh made Heritage Meats sausage gravy served every Sunday at the Eastside Deli. This delicious gravy is dairy-free and gluten-free. Pour over traditional biscuits at our salad bar, or purchase pints or quarts any time from our Eastside freezer section to heat and serve at home.



CO-OP LOCAL
COUPON

50¢
OFF


good for \$0.50 off any
Honey Love Chocolate
(one per visit)
Valid thru 2-14-18



Fresh Bites

by **Erin Majors, Produce Manager**

Beets are gaining popularity, but for folks like me who didn't grow up eating them, they can still be a bit of a mystery. Raw beets are a sweet and crunchy addition to salads, and roasting gives them a rich, earthy taste and texture. While some recipes recommend steaming or boiling beets and then running them under cold water to remove the skins, I find peeling them with a vegetable peeler (as you would carrots or potatoes) is a quicker and easier process. True, your fingers will get a little stained, but the payoff of less mess and time-savings is worth it to me. In the winter, beets are one of the last NW grown produce items available, so for those of you trying to eat seasonally, beets can provide excellent winter side dishes.

Beets are a good source of vitamin C, iron and magnesium, and a very good source of dietary fiber, folate, potassium and manganese. Some research has shown beets to be useful in preventing heart disease, inflammation, and colon cancer. Some studies have also shown beets to help detoxify the liver. (information from whfoods.com and nutritiondata.self.com) Below is a recipe for one of my favorite beet salads.



SESAME BEET SALAD

FOR DRESSING:

- Juice of 2 limes
- 1 tsp. tamari
- 1 ½ tsp. fresh ginger or (½ tsp. powdered ginger)
- 1 tsp. toasted sesame oil
- 1 Tbsp. olive oil

FOR SALAD:

- 5 medium-sized beets, peeled and grated (If you have a food processor, use it for grating)
- 5 medium-sized carrots, peeled and grated (If you have a food processor, use it for grating)

- 2 green onions, finely sliced
- ½ cup chopped cilantro plus a little for garnish
- a few handfuls of toasted sesame seeds

Combine lime juice, tamari, and ginger in small bowl. Add sesame and olive oils, both in slow streams. Mix with a fork or a whisk until well blended. Set aside. Mix beets, carrots, green onions, and cilantro in a large bowl. Add dressing and stir to coat vegetables. Serve in individual bowls and top with toasted sesame seeds and extra cilantro for garnish. ■

NEW STAFF PROFILE: ALEJANDRO CHAVEZ ROA

In which departments are you training? — I will mainly work in Produce, but I will also be training in the Deli, Grocery, and Dairy departments. I can't wait to start making sandwiches!



What inspired you to work at the Co-op? — I am interested in inserting myself into the local food web to learn more about it and try to support local ecologically-minded food production as much as possible. I also have always wanted to work in a collaborative environment like the Co-op, and it has been really interesting to learn the problems and solutions that arise in this different kind of organization.

What do you do in your spare time? — When I'm not at home I try to participate or bring attention to different local social projects such as helping local workers through the local branch of the Industrial Workers of the World or helping local tenants through Olympia Solidarity. I'm a big fan of Just Housing, a houseless advocacy group here in Olympia, and the colorful people that live here that share the same societal gripes as me. It is my New Year's resolution to go to as many city council meetings as possible to heckle the mayor, council members, and the city manager.

What brought you to Olympia? — I came to Olympia in 2001 to go to The Evergreen State College and I graduated with a focus on Sustainable Agriculture. I tried leaving Olympia three times, but because I drank the water from the artesian well I am destined to be here until the end of time. ■


**garden
CENTER
HOURS**

**WESTSIDE LOCATION
Reopening FEB 3!**

10am-6pm, every day

**EASTSIDE LOCATION
OPEN 8am-8pm every day**