



THE COOP Spoonful

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

April 4 - 17, 2018

Local Savings

KIRSOP FARM *Bone Broth & Chicken Stock*

In this issue of the Spoonful, we're offering a local coupon for 50¢ off of Kirsop Farm Chicken Bone Broth and Chicken Stock! These products are 100% certified organic and made only with ingredients grown on their Rochester farm, with the exception of a small amount of organic apple cider vinegar.

Since 1996, Kirsop Farm has been producing high quality organic fruits and vegetables for our community. In 2007, they began lovingly caring for chickens. The chickens forage in pasture within movable shelters that are relocated to clean grass every day, fertilizing the pasture and removing pests. Their organic site-grown grain feed contains field peas and minerals.

More at kirsopfarm.com

We hope you love these new products, available in our Frozen Department. ■

NEW REGISTER ROUNDUP

SOUTH OF THE SOUND COMMUNITY FARM LAND TRUST

When you have some change left over, consider asking your cashier to round-up



your purchase for our permanent recipient, the Community Sustaining Fund, or for our latest short-term campaign: South of the Sound Community Farm Land Trust (SSCFLT).

The SSCFLT aligns with three of our Mission goals:

Making good food more accessible to people— By ensuring farmers continue producing food in our community, they create much more convenient access for customers to buy the produce, and for the farmers to bring it productively to market.

Support for local production— Their work is aimed specifically at our region, and supports a dynamic, thriving local food economy. By reducing socioeconomic barriers for small and beginning farmers, they facilitate an increase in the amount of local food brought to market.

Developing community resources— Placing land in trusts ensures that productive soils will continue to nurture our community, instead of being lost to development. This keeps one of our most important resources in a community-accessible format, where it continues to serve our neighbors and future generations.

Visit communityfarmlandtrust.org for more information about this great organization. ■



CO-OP LOCAL COUPON

50¢ OFF



good for 50¢ off
KIRSOP FARM
Chicken Broth & Bone Stock
(one per visit)
Valid thru 4-17-18



Fresh Bites

By Erin Majors, Produce Manager

Fair Trade Bananas: We are excited to share that the Co-op will be carrying Fair Trade bananas when they're available! They are being offered to us through a partnership between Equal Exchange and one of our main produce vendors, Organically Grown Company. We are not currently able to get a steady supply, but will have them for you as often as we can.

Equal Exchange works closely with Co-ops in Ecuador and Peru to source these delicious bananas. The bananas we've received so far have come from the El Guabo Co-op in Ecuador. Here is some information about them from Equal Exchange's website beyondthepeel.com:

"The story of El Guabo, one of Equal Exchange's farmer partners, is a success story in grassroots organizing. In 1998, 14 small-scale banana farmers in southwest Ecuador decided to take the tremendous risk of sending one container (about 38,400 lbs) of bananas to Europe with the hope of selling it directly to a supermarket. By cutting out the middleman, they took the power back into their own hands. With the sale of this first container, the El Guabo Association of Small Banana Producers was born. The entrepreneurs transformed themselves from individual, marginalized growers into a democratically run organization with access to the international market.

Today, El Guabo is a farmer-run co-operative with 350 small-scale banana farmers. Each farmer is committed to improving quality of life for themselves and their communities. In addition to earning a fair price for their bananas, the co-op receives an additional \$1 per case (approx. 40 lbs of bananas) as a Fair Trade social premium. El Guabo's members voted to spend the premium on education, health care, retirement, environmental projects and infrastructure improvements. Additionally, El Guabo is giving back to the local and



global community by sharing their highly successful cooperative model with other producer groups in Ecuador and throughout the world."

We hope you enjoy these bananas as much as we do, we are very proud to offer them to you! Please visit Equal Exchange's website to read more about them. ■

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

PAY WITH YOUR PHONE NOW AT THE EASTSIDE

We have recently installed an NFC Reader at the Eastside on Lane #2 for folks who would like to pay with their phone. This unit will read Apple Pay, Samsung Pay, Google Pay, and others. This payment option is an experiment to see if customers use it, and if so, how well it works. If there is excitement and good function, we will likely purchase more.

What is NFC?

It stands for "near field communication", and is technology that allows two devices to talk with each other when close.

What are NFC readers?

They work in conjunction with NFC phone apps, which replaces using a credit card by holding your phone to the reader for processing payment.

Is NFC secure?

It is dynamically encrypted, making it one of the most secure ways to pay.

For feedback, we encourage you to connect with us at customerservice@olympiafood.coop ■

APRIL EVENTS:

Join the March For Science!

April 14th at 11:00 AM on the Capitol Steps

The group will march straight down Capitol Blvd to Heritage Park. Details at olymarch.com

Local Eats Earth Day Event

April 22nd 11:00 AM - 5:00 PM at the Westside Olympia Food Co-op
A fun time for all featuring lovely local foods, music, and other family-oriented, Earth-friendly activities.

CO-OPatopia

April 28th 2:00 PM - 7:00 PM Pet Works parking lot at 5th and Adams, downtown Olympia.
CO-OPatopia is a free event uniquely created to showcase all that cooperatives contribute to our communities and the local economy, held in conjunction with the 2018 Spring Olympia Arts Walk & Procession of the Species. Come visit the Olympia Food Co-op booth! ■

Olympia FOOD CO-OP

WILL BE CLOSED MAY 1ST

for International Workers Day

in solidarity with striking workers around the world