



THE COOP Spoonful

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

April 18 - May 1, 2018

May Day Closure

"Together, we call on partners and allies to unite with us on May Day to fight for a world where the most marginalized working families live with dignity, safety, and power."

— Food Chain Worker Alliance

The Olympia Food Co-op closes our doors for one full day each year. That day is May 1st. Our mission goals include attempts to foster a socially and economically egalitarian society. We therefore support the rights of workers to organize, negotiate, protest, and strike for better conditions.

May Day is a celebration commemorating the struggle of the Haymarket Martyrs. Primarily immigrants, these Chicago worker organizers were executed for their Eight Hour Work Day campaign activism. Theirs was the first campaign in which workers around the globe came together and supported one another's protests. Across the US, 300,000 to half a million striking workers voiced a single demand: "Eight-hour day with no cut in pay!" Despite government violence and mass arrests, these demands succeeded for workers in Europe, North and South America, Australia, Iran, Japan, and beyond.

If minimum wage had kept pace with inflation, US workers would be earning over \$20 an hour today. Lower pay for women, people of color, and immigrants, a lack of adequate employee health insurance, and the increasing political influence of corporate special interests over the rights of workers all demonstrate the ongoing need for strong worker organizing.

Olympia **FOOD CO-OP**

WILL BE CLOSED MAY 1ST

for International Workers Day

in solidarity with striking workers around the world

The Domestic Fair Trade Association (DFTA), of which Olympia Food Co-op is a founding member, is signing on to the Food Chain Worker Alliance May Day Statement. Your organization can sign on as well by visiting <http://foodchainworkers.org/> ■

Local Savings

SPRING CREEK FARM

Our local coupon this issue saves you 50¢ on any four inch culinary or medicinal herb from Spring Creek Farm—a small family homestead in Rochester. Owners Chris Robinson and Melissa Southwick have been providing starts to the Co-op for over 10 years. Theirs is a business built upon ingenuity, experience, and a love of plants.

Since they began in 1996, Chris and Melissa have been committed to maintaining a low environmental impact. Both the farm and home operate partially off the grid, using solar power to water the plants. Spring Creek Farm's growing methods are free from

chemical pesticides or fertilizers. They utilize biological controls when they experience rare pest issues, and craft their own organic soil mix.

Chris and Melissa are dedicated to their work and the care they take is evident in the health and quality of their cultivars. They grow about 150 culinary and medicinal herb varieties, including about 25 varieties of lavender, many mints, plenty of thyme, and an

Local Savings continued on back



Local Savings continued from front:

abundance of harder-to-find medicinal herbs such as motherwort, skullcap, and arnica.

Spring Creek produces any vegetable start you may be seeking, from peas to pumpkins to peppers. They also cultivate fruiting favorites such as blueberry bushes, fig trees, strawberries, and hops. Respecting their workers and supporting a strong local economy, they pay their modest 1–2 person staff at \$15 per hour.

We hope this coupon inspires you to try growing a new herb, or to finally get that lovely lavender plant you've been eyeing. ■

ANNIE'S HOMEGROWN SOIL MATTERS GIVEAWAY!

Annie's has a long history of supporting soil health through organic agriculture. They're amplifying this commitment to soil by advancing regenerative practices that enhance resilience and diversity. Until May 1st, you can enter to win a kitchen composter with biodegradable bags, and garden gloves and tool kit (valued at \$90) courtesy of Annie's Homegrown! Ask any Co-op cashier for an entry form. Limit one per visit. ■

UPCOMING EVENTS:

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!

The 31st Annual Intercity Transit Bicycle Commuter Contest

Registration is now open! Ride your bike to the Co-op in May, and pick up a free treat from Customer Service. We'll punch your Ride Card, and after five rides, you're entered into a raffle for more fabulous Co-op prizes! Register today at <https://bcc.intercitytransit.com/user/register> ■



Fresh Bites

By Erin Majors, Produce Manager

A few days ago a friend of mine was talking about making a salad with arugula and strawberries, and I remembered how much I love this dish. It's such a treat in the spring to enjoy fresh locally grown salad greens. Currently we have arugula from Piece By Piece Farm and baby spinach from Stewart Organics. We also expect to soon have a few varieties of mixed salad greens from Calliope Farm. The simple salad below is full of flavor and nutrition and only takes a few minutes to throw together. If you want to get even fancier, you could add some feta and/or smoked salmon to make it a more substantial meal. I hope you like it as much as I do!

Spring Greens Salad with Strawberries

- 2 ½ tbsp strawberry or balsamic vinegar
- 3 tbsp olive oil
- ½ lb bulk arugula, mixed greens, or baby spinach or two large bunches of greens (about 8 cups total)
- ½ lb pound strawberries, cut lengthwise into thick slices (1 ½ cups)

• ½ cup pecan halves (3 ½ oz), toasted and cooled
Whisk together vinegar, a rounded ¼ tsp salt, and ⅛ tsp 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. (Source: Gourmet, July 2007) ■

CO-OP LOCAL
COUPON

50¢
OFF



good for 50¢ off any
SPRING CREEK
4" culinary or medicinal herb
PLU 72065 or 71104
(one per visit)

Valid thru 4-30-18

