



THE COOP *Spoonful*

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

May 30–June 12, 2018



Local Savings **PEACE, LOVE & RAW**

"Eating healthy doesn't have to be boring and rigid," says Nicole Obermire of Peace, Love & Raw café, with two locations in Olympia. Inspired by her children to eat well, Nicole has created a menu that sings ballads to healthy eating, a harmony of delightful treats that are completely raw, vegan, and organic.

Olympia Food Co-op carries Peace, Love & Raw Café's packaged delicacies such as Forbidden Rice and Red Lentil Chili, always bursting with savory goodness, and free of gluten, corn, soy and common allergens. Both Co-op stores also carry their raw healthful versions of traditional confections. Nicole's Macaroons, Cinnamon Rolls, Strawberry Parfaits, German Cacao Cake, and avocado-based Key Lime Pies are in high demand. Her raw vegan "Cheezecakes" are rapturous creations. The tantalizing flavors such as Strawberry and Cream, Chocolate Orange, Salted Caramel, White Chocolate

Rose, and Mint Chocolate Chip, change weekly. Nicole's three-layer "Rawnaimo" dessert bars are built upon a sprouted almond and coconut crust, filled with a creamy almond butter middle, and covered with a raw cacao top.

If you wish to experience the full menu, drop in to their store locations for a juice, smoothie, salad or sandwich. Peace, Love & Raw downtown on Legion Avenue is convenient during Capital City Pride, or you can visit their Capital Mall location. By all means, treat yourself! ■

Indomitable Hemp

Hemp History Week is June 4-10, 2018!

The Olympia Food Co-op will be celebrating Hemp History Week and invite you to join us! If you've browsed our shelves, you have undoubtedly encountered an array of products containing hemp. Perusing this selection will give you an idea of the treasure chest of beneficial uses for hemp. We carry hemp twine in our Garden Center, raw hemp seeds in bulk located in our cooler, hemp cereal, hemp milk, hemp oil, and several lines of Cannabidiol (CBD) infused products in our Wellness Department.

The environmental benefits of hemp cultivation include proven soil remediation impacts, and a substantial amount of pollen production for bees. The potential contributions of hemp to local economies, environmental remediation, regenerative agriculture, and renewable resources from fibers to oil to paper is only part of the story. The discovery of hemp's excellent nutritional profile is reaching even more consumers.

Indomitable Hemp continued on back

**CO-OP LOCAL
COUPON**

**50¢
OFF**



good for 50¢ off
PEACE, LOVE & RAW
any vegan dessert, entrée, or
bread. One item per visit. Not
applicable to bulk items.

Valid thru 6-12-18



Indomitable Hemp continued from front:

Hemp In the USA: 1600s–1800s

Since the first European settlers arrived in the 1600s, hemp has been grown in the U.S. The paper on which the Declaration of Independence was drafted was made of hemp. Commercial U.S. hemp growers and advocates included George Washington, Thomas Jefferson, and John Adams. Even town names such as "Hempstead" and "Hempfield" illustrate the status of hemp as a staple agricultural crop of 1800s America.

1930s–40s

Under the 1937 "Marihuana Tax Act," farmers were required to register their hemp crops and purchase an exorbitantly expensive tax stamp, effectively making the production of hemp illegal. In 1938, Popular Mechanics recognized the myriad uses of hemp, calling it "The New Billion Dollar Crop." During WWII, hemp was of such necessity to the war effort that the USDA produced an educational video and literature to encourage farmers to grow hemp. As a part of the USDA's "Hemp for Victory" program, over 150,000 acres of hemp were cultivated.

1970

Despite decades of government funded agricultural research that identified industrial hemp varieties as unique in structure and function, hemp farming in the U.S. became illegal. Profits from the production of new synthetic fabrics and fibers was threatened by industrial hemp, and in 1970, it was classified as marijuana under the Controlled Substances Act.

2014–Present

Activist farmers, prison reform advocates, and co-ops are joining forces to ensure that hemp will once again be a staple crop in the United States and around the world. Hemp farming is now legal in 33 states. While still commercially illegal in Washington, the state does allow hemp production as part of a research program overseen by the Washington State Department of Agriculture.

Get Involved!

New legislation in Congress will remove hemp from the Controlled Substances Act and allow states to regulate commercial hemp farming. Urge your representatives to cosponsor the Hemp Farming Act at <https://actnow.io/w6haydP>. Thanks to hemphistoryweek.com — a great resource! ■



Live. Love. Be. Capital City Pride June 7–10, 2018

Pride serves as the annual watershed event for the LGBTQ and allied communities. Capital City Pride has hosted their annual festival in Washington State's capital since 1991. The event draws nearly 15,000 people in downtown Olympia. In addition to the popular parade, the festival offers entertainment, food, craft and community booths, and a family fun area. Join Olympia Food Co-op at Pride as we celebrate our diverse community! Meanwhile, check out this podcast about Pride courtesy of our Co-op Staffer Oso at queerstorypodcast.com, episode 3, "The Riotous Truth."

Pride Schedule:

- Interfaith Pride Service at Temple Beth Hatfiloh: June 7th, 7pm
- Speakeasy Block Party at Adams and 4th: June 9th, 3pm
- Pride BINGO at the Olympia Senior Center: June 9th, 6pm
- Pre-Parade: June 10th, 11am–12pm
- Pride Parade: June 10th, 12pm–1pm
- Pride Festival At Heritage Park: June 10th, 1pm–6pm ■



Join Our Local Products Committee!

Every Thursday enjoy delicious samples and pairings at the Eastside Co-op store served by our very own Jim Hutcheon, President of the Co-op Board of Directors (pictured, left). As a member of our Local Products Committee, Jim is committed sharing our abundance of local foods. The Local Products Committee is currently seeking local producers and community members to join with Jim and two Co-op Staff to work on strengthening ties between the Co-op, our producers, and our community. For more information, contact us at localproducts@olympiafood.coop. ■