



THE COOP *Spoonful*

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

June 13–July 3, 2018

Local Savings **CALLIOPE FARM**

This issue the Co-op Spoonful is featuring fresh pre-bagged organic gourmet salad mixes from our neighbors at Calliope Farm! As fresh as three miles away, their greens are lovingly grown and bagged in fully compostable packaging!

Calliope Farm is a family-run certified organic farm owned and operated by Jacob Wilson and Teva Grudin. They grow more than 100 varieties of gourmet quality vegetables and berries, and integrate livestock on a small scale for family and farm use. Passionate about quality and diversity, some of their favorite things to grow are gourmet salad mixes, sugar snap peas, tender carrots, sunflower shoots, heirloom tomatoes, tender blue lake beans, specialty cucumbers, and radicchio.

Jacob and Teva grow on 30 acres divided between three sites around Olympia, Washington. Their practices emphasize soil



building cover-crops and long crop rotations, efficient water use, and season extension to offer customers and employees year-round produce and employment. Calliope Farm is proud to have been a part of the collaborative and vibrant local food movement since 2004, with a vision to create a healthy farm ecosystem that can preserve and improve farmland, while sustaining this community now and for future generations.

See the farm and meet the whole family in their Olympia Food Co-op Local Partner Profile video at <https://bit.ly/2LqtXVU>. ■

Community Sustaining Fund Spring Grant Cycle Report

The Community Sustaining Fund (CSF) has been collecting funds through Co-op Register Round-ups for distribution to local worthy causes for almost 30 years. The most recent grant cycle saw three groups apply for grant assistance and receive funding for their projects.

Resilience Project

Seeking to help youth who have been affected in some way in their lives by trauma to stay in school and thrive, this project offers school staff the knowledge and tools they need to identify and support these students. This pilot project has been embraced by the administration at Garfield Elementary School in the Olympia School District. For more information, visit <https://bit.ly/2kQUYH5>.

Senior Services of South Sound

Along with the senior garden plot, GRuB has partnered with the Senior Services of South Sound to provide food-insecure seniors with

Community Sustaining Fund continued on back

**CO-OP LOCAL
COUPON**

**50¢
OFF**



good for 50¢ off
CALLIOPE FARM
½ pound bagged
organic salad mixes

one item per visit
valid thru 7-3-18



Community Sustaining Fund continued from front:

fresh produce for 10 weeks of summer through their Community Sustaining Agriculture (CSA) program. Senior Services was awarded the full amount requested for help with their direct food costs. Visit <http://www.southsoundseniors.org/>.

Love Our Local Fest

This August 18th will be the 8th annual Love our Local Fest in the Northeast Neighborhood of Olympia. Started with the vision to honor and support all the wonderful local artisans, musicians and vendors. CSF will be occupying a booth there this year. LOL asked if we might fund \$100 each to acknowledge the hard work of the organizers and a little help with printing/copying costs. We were delighted to be able to give them in full this small gift of our appreciation for the good work they do for our community. More info can be found at <http://www.loveourlocalfest.org/>.

How You Can Help

By continuing to say "Round Up for CSF" at the Co-op registers, or by joining our Leadership Team! We meet on the second Saturday of the month at 10 AM at Traditions Cafe 300 5th Ave SW. We welcome folks to share their ideas and support. Visit <http://oly-wa.us/csf> ■

Summer Solstice Peace Gathering

All Nations, All Peoples, One Purpose

Thursday, June 21st 9 AM to 9 PM

1604 Union Ave SE in Olympia

For more information:

<http://worldpeaceandprayerday.com/one-prayer/>. ■

Woodstock Wagon Giveaway

Woodstock produces a full line of mouthwatering organic condiments, a variety of mustards, relishes, pickles, barbecue sauce, and ketchup. They even make a lump hardwood charcoal for grilling season! Enter our Woodstock Wagon Giveaway between now and July 2nd to win a beautiful wooden wagon with pneumatic tires! No purchase necessary, just ask your cashier for an entry form. Drawing will take place July 3rd, 2018. ■



The Co-op Working Member Program: Our Foundation

The Olympia Food Co-op was founded on volunteerism, as some early member-owners had money to contribute and some had time. The organization has continued with this structure as a means of utilizing the talent and energy within our community. This process also keeps our membership fees and shelf prices lower than many other natural food cooperatives. Working Members have a hands-on vote about the kind of organization they want to exist because they make it happen! Working Members learn new skills, gain job experience and connect with their neighbors while serving their community. Plus, they earn across the board discounts! Sign up for a Working Member Orientation — call or visit either store today! ■



Choose foods with a purpose and get HOOKED ON ORGANIC!





Enter FOR A CHANCE TO WIN A WOODSTOCK WAGON!

No purchase necessary to win. Void where prohibited. Entry forms available at participating food co-ops. One prize will be awarded at each participating location at the end of the promotion. Woodstock is dedicated to educating about the importance of organic and Non-GMO foods. Visit us online at woodstock-foods.com to learn more.



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