

SUMMER 2018

Table

A Quarterly Publication of the Olympia Food Co-op • www.olympiafood.coop

HOT GRILL TIPS
& SAUCE RECIPES

Melons & Local Cheese

WORKER RIGHTS
AND FAIR TRADE

Summer Gardening



Table

Published by

OLYMPIA FOOD CO-OP

WEST

921 ROGERS ST NW • OLYMPIA, WA 98502

(360) 754-7666

Open daily 8AM-9PM

GARDEN CENTER daily 10AM-6PM seasonal (hours/days vary)

EAST

3111 PACIFIC AVE SE • OLYMPIA, WA 98501

(360) 956-3870

Open daily 8AM-9PM

Both Co-ops are open every day except for May 1st

BUSINESS OFFICE

608 COLUMBIA ST SW • OLYMPIA, WA 98501

(360) 357-1106

www.olympiafood.coop

EDITOR & ADVERTISING COORD. Maureen Tobin

NEWSLETTER COMMITTEE Maureen Tobin,
Desdra Dawning

GRAPHIC DESIGN & ART DIRECTION

Rachel Carns

PHOTOGRAPHY

Monica Peabody, Robyn Wagoner

CONTRIBUTORS Desdra Dawning, Monica Peabody, Oso Ortiga, Robyn Wagoner, Maureen Tobin, Sylvan Rook, Corey Mayer, Jim Hucheon

Opinions expressed in the **Co-op Table** are those of the authors and do not necessarily reflect the views of the Co-op Staff, Board of Directors, Co-op Advertisers or anyone else. Co-op members are welcome to respond.

The **Co-op Table** is published on a quarterly basis and comes out in March, June, September, & December with an additional special Co-op Elections supplement appearing in October. Please contact newsletter@olympiafood.coop to discuss your article idea or advertising inquiry. You may also leave messages in the newsletter box at either store, Attention: Co-op News.

Acceptance of advertising does not indicate endorsement by the Co-op or the product or service offered

IN THIS ISSUE

Summer Melons	p. 4
Worker Rights are Human Rights	p. 5
Time to Get Your Grill On!	p. 6
Local Eats / Earth Day 2018	p. 10
WM Raffle Winners	p. 12
Sowing Seeds All Summer	p. 13
2018 CSF Spring Grant Cycle	p. 14
Finance Report	p. 16
Community Classes	p. 20
Board Report	p. 22
Eastside Faerie Garden	p. 22

Editors' Note



Welcome to the summer issue of the Co-op Table, where we've gathered together our best in news and food joy to help celebrate this long awaited and often too-brief feeling time of year. I find myself full of questions as I think of it-- How much can I fit into this lovely season? How many pieces of stone fruit and melon can my family consume in one summer? When will the local carrots return? What new events can I join in? What kind of salad will I bring? Clearly, I have a lot of produce planning going on in my head, but I so love the local harvest season and look forward to it every year. I hope this issue inspires some great food and community questions for you too.

This is my first issue creating the Table without Jenn Kliese, who has moved on to other creative and hopefully rewarding work, and while her humor, intelligent opinions, and of course art will be missed I wish her the very best for her next career steps. Luckily, I also have the joy of being able to work again with the talented Rachel Carns as our Graphic Designer for this issue. As always, let us know if you have feedback and ideas for us!

Maureen Tobin

CHECK OUT SOME GREAT WORK CO-OP STAFF MEMBERS HAVE BEEN UP TO...OUTSIDE OF WORK:



Many local groups have been contributing dinners to the Interfaith Works Emergency Overnight Shelter housed at the First Christian Church, and several staff members have been instrumental in getting the Co-op involved too. To help feed folks during a cold night in March this year, Jackie, her son Azariah, Martha, and Maria were the cooks, and Harry handled scheduling; in order to use the Co-op deli kitchen, the project covered two days, with Zoe in charge of reheating, and Whitney taking photos of the action. Grace, Martha and Co-op member Desdra (the trio pictured above), along with Maria, delivered the food to the shelter and served 75 people that night, with 20 Co-op deli boxes of leftovers being taken to the shelter the next night. The effort to feed more of folks who are hungry continues every month.

Interfaith Works Emergency Overnight Shelter is always ready for more helping hands and donations of money, supplies, time or ready to eat food. ♥

Emily Van Kley Wrote A Book!

Winner of the 2016 Lexi Rudnitsky First Book Prize in Poetry, a tender portrait of a queer girlhood on Michigan's Upper Peninsula. In this lyrical and unflinching debut, a landscape of staggering beauty abuts industrial towns in the throes of economic decay. Emily Van Kley explores notions of home, estrangement, isolation, and longing against a backdrop of crystalline winters, Lake Superior's mythic tempers, and forests as vast as they are close. —Persea Books



You can also find Emily creating delicious food in the Co-op Deli!

We invite you to join us!

BECOME A WORKING MEMBER

Active participation of members is the foundation of any cooperative. At the Olympia Food Co-op, working members have supported the operations of the Co-op since we opened in 1977, and are a valued part of our Co-op community.

As a working member, you can learn about your Co-op from the inside out, meet people, gain new skills, and receive discounts on your groceries. Join a long tradition of working members who have made the Olympia Food Co-op the successful, community-oriented organization it is today!

Sign up for an introduction tour at either store today!

WESTSIDE

EASTSIDE

JUNE

MONDAY 4TH, 4:00-6:00PM
FRIDAY 8TH, 3:30-5:30PM

JUNE

THURSDAY 7TH, 5:30-7:30PM
SUNDAY 10TH, 9:30-11:30AM

JULY

MONDAY 2ND, 3:30-5:30PM
TUESDAY 3RD, 4:00-6:00PM

JULY

FRIDAY 6TH, 3:30-5:30PM
SATURDAY 7TH, 12:00-2:00PM

AUGUST

WEDNESDAY 1ST, 4:00-6:00PM
FRIDAY 3RD, 3:00-5:00PM

AUGUST

FRIDAY 3RD, 3:30-5:30PM
SUNDAY 5TH, 12:00-2:00PM

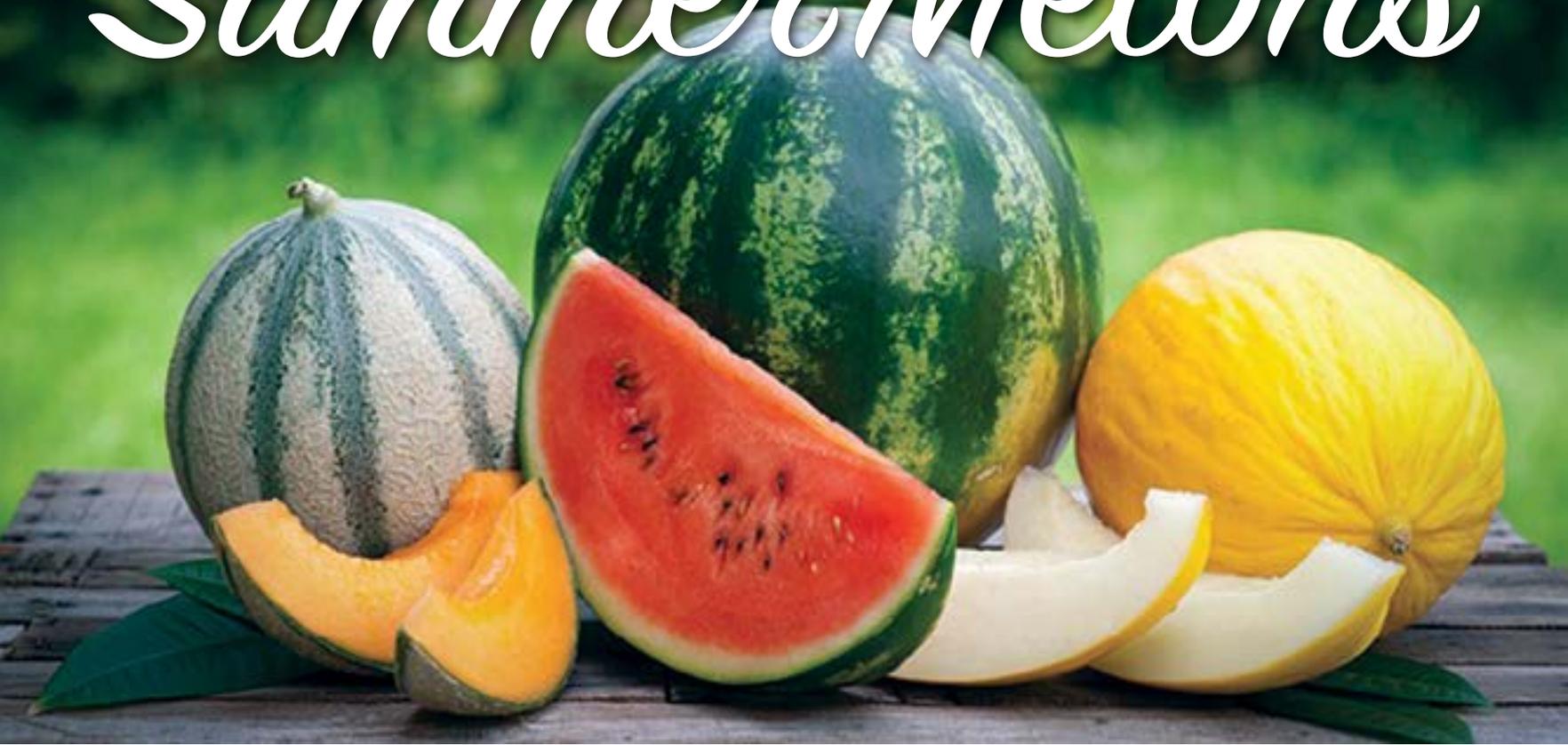
SEPTEMBER

MONDAY 3RD, 3:30-5:30PM
FRIDAY 7TH, 3:00-5:00PM

SEPTEMBER

FRIDAY 7TH, 3:30-5:30PM
SUNDAY 9TH, 12:00-2:00PM

Summer Melons



by **Monica Peabody**, Staff member

One of my favorite things about summer is fresh ripe local melons. How I typically eat them is to cut them in half and grab a spoon. I also wanted to share some other melon delights...

Watermelon Feta Salad

This seems like an odd combination of ingredients, but trust me, it's amazing!



- One small watermelon (or half a large)
- 3 tomatoes
- 1 lb. feta cheese, crumbled
- 1 bunch basil, chopped
- half a red onion, cut into slices
- 1 cup olive oil
- 1/2 cup balsamic vinegar
- 1 tsp each salt/black pepper

Chop watermelon and tomatoes into squares. Add sliced onion, chopped basil and crumbled feta. Whisk together olive oil, vinegar, salt and pepper and pour onto salad. Mix and serve.

Go Local!

Check out this fantastic feta by local goat whisperers STEAMBOAT ISLAND GOAT FARM. Its rich, salty cream is the perfect foil to summer's sweetest melons...find it in the Co-op's cheese cooler!



Minty Honeydew with Blueberries

So simple and so delicious!

One honeydew melon
1 cup blueberries
1 bunch mint

Chop the honeydew into squares. Add blueberries and chopped mint. Mix and serve.

On the Road Cantaloupe Lunch

I love to stop by Co-ops while on road trips to save money and so I don't have to eat every meal at a restaurant. Here's my healthy traveling lunch.

One ripe cantaloupe
(it should smell like cantaloupe)
2 large balls or an equal portion of small balls of fresh mozzarella cheese
1 bunch arugula
toasted pumpkin seeds

Cut the cantaloupe in half. Scoop out the seeds. This is now your lunch and bowl. Split the cheese between melons, add torn arugula, sprinkle pumpkin seeds over top, grab a spoon, and voila, you have lunch to go!



Sun Jewel Spinach Refresher

Perfect for these hot summer days...

4 cups spinach
(baby bulk from Stewart's Organics works great!)
2 cups Sun Jewel or Honeydew melon, chopped
1/2 a lemon, seeds and white pith removed
Dash of agave nectar, if needed, to taste

Blend everything and show off the bright green color in a clear glass!

WORKER RIGHTS ARE Human Rights

By Robyn Wagoner, Staff member

The goals of Olympia Food Co-op include fostering a socially and economically egalitarian society. In service to that goal, between March and June, 2018, the Olympia Food Co-op has engaged in a campaign to focus community attention on worker rights.



Migrant farmworkers in Washington State picking blueberries

Beginning with National Farmworker Awareness Week March 24 through 31st, the Co-op utilized the Co-op Spoonful flier, Facebook page, and in-store information packets, to share information about the inhumane working and living conditions endured by US farmworkers.

Because farmworkers were excluded from the minimum wage laws, many receive only pennies per basket of produce harvested. Their children move from school to school, often leaving their education to pursue labor in the fields. As many are immigrants with no clear path to citizenship, they are not eligible for welfare services and they lack adequate healthcare and nutrition.

(Visit www.saf-unite.org)

In April, the Co-op announced our intention to close for business on May 1, in recognition of International Worker's Day and in solidarity with workers around the world. Staff hung banners and posted signs in the stores, and published ads on our website and in the Co-op Spoonful flier.

Continued on page 15



Time to Get Your Grill On!

By Maureen Tobin, Staff Member

Olympia has encountered some very hot days the last few summers, and I know I'm not alone in living in a house that doesn't have air conditioning. One of the best ways I've found to still enjoy cooking on days when the temperature rises is to rely on my outdoor grill. It keeps the heat out of my kitchen and gets me thinking in new and creative ways about summer's bounty. I'm still discovering all the foods that emerge from a grilling session with a whole different personality from what I'm used to in my kitchen. I've also discovered that experimenting with marinades, sauces, dips, dressings and salads that go well with grilled food is a big part of the fun (and can be prepped earlier in the day when I still want to be in my kitchen). Here's to another summer of food adventuring – enjoy it while it lasts!

Hot Tip!



Try a wire grill basket, a tray, or a wok!



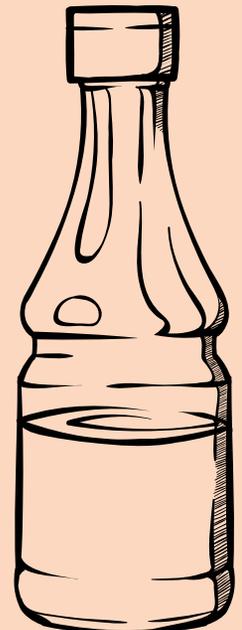
Purchasing a couple of these grill tools takes away the headache of veggies and smaller cuts falling through the grates, allows for easier oiling of the surface to prevent sticking, and helps when you need to move part of your meal away from the heat faster than other parts.

For more great grilling tips from strongertogether.coop and other Co-op staff, see facing page.

The Basic Elements of a Marinade

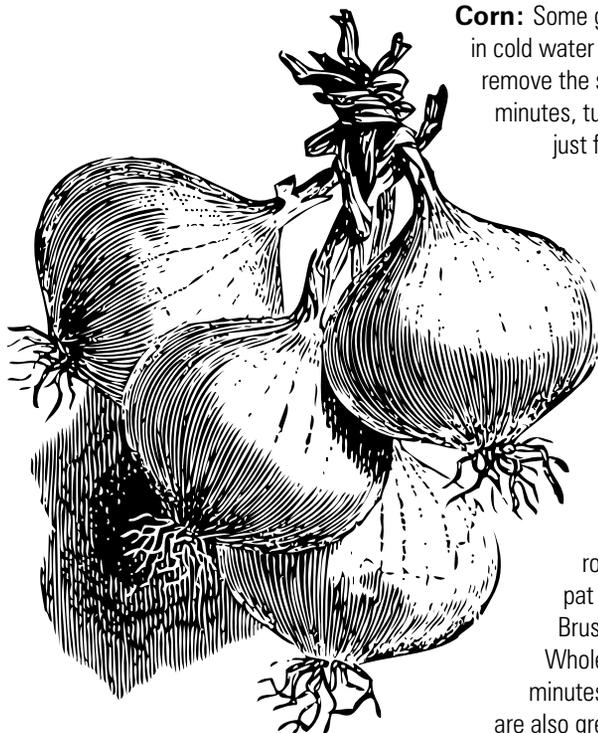
A good marinade consists of oil, a sour element, and salt and seasoning. The sour element, or acids, like vinegar, citrus and buttermilk or yogurt tenderize the exterior and help create a tasty crust. While most marinades are simple to make, if you're in a rush, bottled vinaigrettes can be used as quick and easy marinades.

There is a big, wide world of marinades out there, since just about every culinary tradition has some favorite ways to season food to cook over fire. The closer you go to the equator, the more there are, from the spicy, citrusy soy sauce marinades of Asia to the tropical jerk spices of the Islands. Try mixing one part canola oil, one part soy sauce, one part lime and adding a pinch of sugar and some chilies for a Thai style marinade, or a soak of two parts coconut milk, one part white vinegar, salt, chilies and thyme for a simple tropical flavor. A Mediterranean theme would be olive oil, balsamic vinegar and rosemary, or olive oil, lemon and oregano.



A simple combination of wine vinegar, olive oil, chopped garlic and herbs, and salt and pepper are all you need for a tasty marinade. This easy mix will turn grilled vegetables into Italian antipasti to serve with bread, olives, and cheese. Or change the blend to vegetable oil, sesame oil, soy sauce, rice vinegar, and chopped garlic and ginger for Asian-flavored vegetables that are delicious with rice. Store-bought dressings with a vinegar base make wonderful marinades as well.

Peaches, Apricots or Nectarines: There is more fruit you could add to this list, and grilled fruit experimentation is a must during the stone fruit season. Cut fruit in half and remove any pits, then coat lightly with oil. For a sweet-savory side dish, sprinkle on a little salt, pepper, and balsamic vinegar, then grill for a few minutes per side. And for dessert, dust with brown sugar, then place the halves on a clean part of the grill for a few minutes per side before serving with ice cream or pound cake (or both).



Corn: Some get better success from soaking the corn in cold water for 30 minutes, peeling back the husk, remove the silk, return the husk; then grill for 15–20 minutes, turning frequently. Others find they like it just fine if you remove some of the silk and toss it on the grill for 20 minutes or so, turning it with some frequency.

Carrots: Yes, you can grill carrots! It's easier to get these cooked through if you boil them for a few minutes before grilling, but small fresh ones can be grilled raw. Very good brushed with butter, grilled carrots should take about 20 minutes to finish. Leave a bit of the top on for an easy eating handle.

Mushrooms: Wash fresh mushrooms quickly under running water; then pat dry. Skewer or place in a grill basket. Brush with oil and grill for 5–7 minutes. Whole portabello mushrooms take 10–20 minutes, depending on their size. Mushrooms are also great slow-cooked or smoked.

Onions: Slice thickly and brush with oil. Cook onions directly on the grid at medium high heat until they start to turn brown. You can also roast an onion by cutting it in half, wrapping it in foil with a little butter, and cooking it for about 30–45 minutes at medium heat.

Peppers: Grill whole peppers at high heat until skin is charred black, about 15–20 minutes. Cool in a paper bag for 15 minutes to loosen blackened skin. Peel and remove seeds. Peppers also work well cut up and skewered, or added to a mixed wire grill basket.

Potatoes: Wrap baking potatoes in foil. Cook at medium heat for 25–30 minutes or until tender, varies on size of potato. This is a good way to start potatoes intended for salad, without having to boil them in the kitchen.

Summer Squash and Zucchini: Squashes respond very well to marinades so don't forget to start soaking these early. Slice into long strips and use a basket or tray to help keep them from slipping through when you turn them 3 or 4 times during cooking, for about 8 minutes. Also good chunked into skewers.

Shellfish: You can cook shellfish on the grill. If they are large, such as prawns or crab you can grill them directly on the grid. Smaller shellfish, such as mussels, clams, oysters, scallops or shrimp can be skewered or cooked in a basket. Shrimp take about 8–12 minutes depending on their size.

Steak: Choose steaks that are no thicker than 1 1/2 inches, and which have some visible fat marbling for tenderness. To keep the juices intact, use tongs rather than a fork to turn your meat. At the hottest setting, sear for 1–2 minutes per side. Then move to a medium heat and cook for about 4 minutes per side for rare (it will feel fleshy to touch), 6 minutes per side for well-done steak (it will feel firm).

Fish: Firm fish, such as tuna, salmon or halibut can be cooked directly on the grill if handled carefully. A hinged wire grill basket can help for cooking whole fish or tender fillets, or experiment with cedar planks (soak first!). Grill fillets at medium to medium-low heat. Fish can cook quickly so turn only once to keep from crumbling.

For some fantastic grilling recipes, turn to page 8

Halloumi

"The Grilling Cheese"

Halloumi has been made in Cyprus, Greece for centuries. Authentic Halloumi is traditionally made from unpasteurized sheep and goat's milk, though today cow's milk is also used. You can find halloumi-style cheeses made throughout the world, including locally at Steamboat Island Goat Farm and Lost Peacock Creamery, a new addition to the Co-op dairy shelves (see page 8 for more info).

While you can eat Halloumi raw, it's usually enjoyed cooked—not just because you can, but also because cooking improves the taste and texture. Some of the saltiness (from brining) fades as it cooks. And the texture, which starts out a bit like mozzarella, becomes a bit creamier with cooking.

To make grilled Halloumi, simply slide the cheese onto wooden skewers that have been soaked in water first. Drizzle the cheese with olive oil and sprinkle with spices, if you like. Cook the skewered cheese just two to three minutes on each side, until it's warmed through. Large pieces of Halloumi can simply be placed directly on the grill, or you can also fry Halloumi in a skillet.

If you like, marinate the cheese before cooking—in olive oil, lemon juice, garlic, red pepper, oregano or combinations of other spices, such as cumin, chili powder, ground ginger or fresh herbs like thyme, mint, basil or rosemary.

Try Halloumi Cypriot-style: with watermelon, or with smoked pork or lamb sausage. Use it on sandwiches (it's delicious in pita with cucumbers and tomatoes), to stuff ravioli, and over pasta, potatoes, or salads (toss the grilled cheese with any greens, and try it in place of mozzarella in a Caprese salad). Place Halloumi on kebabs with veggies. Serve it with eggs for breakfast, and on grilled burgers (meat or veggie) and eggplant.





photo courtesy Lost Peacock Creamery

LOCAL FOCUS:

Lost Peacock Creamery

Looking for all things goat cheese? Look no further than LPC – Lost Peacock Creamery – where all of your happy goat farm dreams come true. Lost Peacock Creamery halloumi, a rich creamy goat cheese new to the Co-op shelves, is great on the grill; see page 7 for more info about grilling this fabulous greek-origin cheese!

Yum! Get ready for **STONE FRUIT SEASON!**



We are lucky to receive amazing stone fruit from regional direct suppliers usually starting in July, such as **Brownfield Orchards** and **OPMA, the Okanogan Producers Marketing Association**, a cooperative of 5 small farms who work together to supply delicious cherries, peaches, nectarines, apricots, and pluots all the way into September.

Thank you small farmers for these jewels of summer!

FIRE IT UP!

Recipes for the Grill

What IS that special something that only a smoldering grill can impart...? A depth of flavor, a piercing harmony, an almost primal warmth...from the simplest combinations to those more involved, these recipes make the most of what's so great about grilling.

Recipe contributors noted at the beginning of each recipe

GRILLED PLUOTS

From strongertogether.coop.

Grilled pluots topped with a dollop of vanilla ice cream and a sprinkle of granola make a simple and delicious dessert.

4 pluots

2 teaspoons water

1/8 teaspoon cinnamon

2 tablespoons orange marmalade

1 cup vanilla ice cream

1/4 cup cinnamon-flavored granola (optional)

Preheat grill to high.

Slice the pluots in half, lengthwise, then twist to open and remove the pit. Set aside.

In a small bowl whisk together the water, cinnamon and marmalade until well blended, then brush the mixture onto each pluot half. Place the pluots, flesh side down, on the hot grill and cook for 3 to 4 minutes, brushing occasionally with more marmalade. Turn the pluots skin side down, brush the flesh with marmalade and grill 2 more minutes until tender and caramelized. Remove from the heat, place the grilled pluots on a dessert plate, top with ice cream and sprinkle with granola.

You may want to grill extra fruit, since chopped pluots mixed with yogurt and a drizzle of marmalade are a delicious breakfast treat. Or dice them into a summer fruit salsa, with sweet onions and fresh chilies, and serve with chicken or flaky white fish.



CHIPOTLE CHERRY BBQ SAUCE

From strongertogether.coop.

- 2 cups cherries, washed and pitted**
- 2 cloves garlic**
- 1/4 cup apple cider vinegar**
- 2 tablespoons stone-ground mustard**
- 1 1/2 teaspoon smoked sea salt**
- 2/3 cups canned diced tomatoes with chilies**
- 1/4 cup canned chipotles in sauce, or rehydrated dried bulk chipotles**
- 1/3 cup turbinado sugar**

Place all ingredients in a blender or food processor. Blend until well combined and transfer to a saucepan. Cook, stirring occasionally, on medium heat for about 60 minutes until sauce is reduced by half, or reaches desired thickness.

Take advantage of in-season fresh cherries

and make a double batch of this slightly sweet, slightly spicy sauce. Serve with barbecued chicken, pork or burgers, or drizzle over smoky marinated tofu steaks.

CHICKEN OR MUSHROOMS WITH RED PEPPER COULIS

Recipe by Mo Tobin.

Sauces are key to transforming meats and vegetables from the ordinary to the extraordinary. This red pepper coulis is fabulous on chicken, burgers, grilled portobellos or couscous.

- 2 1/2 pounds boneless, skinless chicken breasts and/or thighs, or 4 Portobello mushrooms (for vegetarian option)**

2 large red bell peppers

3-4 marinated or oil-cured sundried tomatoes, chopped (about 2 tablespoons)

3 tablespoons olive oil

2 tablespoons balsamic vinegar

12-14 fresh basil leaves

Salt and pepper

Pinch of cayenne pepper (optional)

Preheat the oven to 400°F. Place the peppers on an oiled sheet pan. Bake, turning occasionally, until the peppers are blackened and soft, about 50 minutes (or roast over an open flame on your grill until blackened and blistering). Let the peppers cool and remove and discard the skins and seeds. In a food processor, puree the peppers with the rest of the ingredients. Add salt and pepper to taste. (Quick tip – if you're in a hurry, grab a jar of pre-roasted peppers and save yourself a big step! The flavor won't be quite as rich but still turns out well.)



When in doubt...SKEWER! *There's nothing wrong with sticking to the classics. Veggies, Onions, Peppers, Fish/Meat/Mushroom/Tofu (or other protein/veg options)...all these babies need is a splash of something special. Check out our blurb on marinades (page 6) to take a classic skewer into the limelight!*

Preheat grill to medium-high heat. Sprinkle the chicken or mushrooms with salt and pepper and a little oil. Grill the chicken about 10-15 minutes on each side until thoroughly cooked to 165°F when tested with a meat thermometer. Baste the chicken with a bit of the coulis during the last few minutes of grilling. Serve with more coulis on the side or drizzled on the plate. Mushrooms will also cook with about 10 minutes grilling on each side.

If you're not serving a crowd, just reduce the amount of chicken. The leftover coulis will keep in the refrigerator for several days, and adds plenty of zest to grilled vegetables, burgers, or vegetable couscous.

CELEBRATION!

LOCAL EATS & EARTH DAY 2018



By Desdra Dawning, Co-op member

Hugging the Garden Center at the Westside Co-op parking lot on April 22nd, the Olympia Food Co-op celebrated the 48th annual Earth Day by honoring our local vendors—the ones who daily fill our shelves and coolers with amazing local eats, and help us fulfill our commitment to a sustainable future. The Co-op has been instrumental in nurturing many small businesses in our community to get their start, and encouraging their future success in our region. By purchasing locally, we all contribute to lessening our carbon footprint, and essentially support sustainable living by “voting with our dollars.”



Feasting on locally made goodies!

Under a large canopy, Co-op Staff and Working Members served samples of the amazing products from a generous selection of our wonderful local vendors. Among those represented, and in addition to an afternoon of treats from the Co-op Deli, were: Olympia Salsa, Blue Heron Bakery, Oly Kraut, Honey Love Chocolates, Flying Cow Creamery, Cobb's, Exquisite n Traditional, 8 Arms Bakery, Kirsop Farm, and Peace Love Raw.

Top: The crowd gathers.....

Bottom: For several hours, those stopping by to check out the activities were treated to music by Generifus, an Olympia band composed of Spencer Sult and friends. While no one danced, their sweet music drew quite a crowd! (all photos by Desdra Dawning)

Continued on page 19

Corporate & Continuing Education

New Certificate: Client Centered Hypnotherapy

Ready for your future as a professional hypnotherapist? Prepare for this unique career via our new Client Centered Hypnotherapy Certificate. Through classroom instruction and hands-on practice, you will learn how to thoroughly consult with clients, induct into several levels of hypnosis, and deepening techniques. Learn to work with a diverse population of clients and acquire essential business tips to set up, start, and operate a successful practice.

Start this summer or fall and complete the certificate in as few as 10 weeks!



**RSVP for an info session
or register now:**

360.709.2020

spscc.edu/cce/certificates/hypnotherapy



South Puget Sound
COMMUNITY COLLEGE



Love Our Local Fest 2018

Cultivating Community Since 2010

Saturday August 18th 1-10PM

at Bethel St and San Francisco Ave

Celebrate Our Community! Support Local Businesses!

Live & Local Music ▪ Crafted Local Foods ▪ Local Artisans & Healers

LoveOurLocalFest.org



Find us on social media!



Raffle Winners

By Desdra Dawning, Co-op member

In order to acknowledge appreciation for the important contributions of Working Members to the smooth running of the Olympia Food Co-op, a twice-a-year raffle system has been created. All Working Members are encouraged to enter the raffle. Three winners are drawn from the entries at each store—Eastside, and Westside.

In April, these six fortunate Working Members each received from the Co-op a \$50 gift certificate and some Honey Mama’s Peruvian Raw Cacao Nectar Bars. I contacted each of them to ask a few questions: How long have they been Working Members? What job(s) do they do? And what is their favorite part of being a Working Member for OFC?

Meet The Winners!

Anne Hanlon-Meyer (Eastside)

Anne told me she has been a Working Member for eight years, serving the Co-op as a cashier during that time. Even though she has a job out in the community, she says, “I continue as a Working Member because I have made so many friends at the Co-op, and because I love to watch cooperation in action. I try to carry this way of doing things on to my other work each week.”

Sayda Kong (Westside)

Sayda is from the Sudan. She has been working as a cashier for 3 months, hoping to eventually become a Staff member. She told me that over the past 9 years, she is sure she has shopped at least once a week at the Co-op, every week! “The Co-op feels like my second community,” she shared with me. “What I most appreciate is that I never feel any discrimination there. I love the way I am treated and have made many friends. It feels like a safe place to be.”

I loved hearing that. The Co-op is a special place, for sure!

Shelia Weiss (Eastside)

Shelia, now in her 90’s, has been a Working Member since shortly after the Eastside opening—almost 20 years—serving always as a cashier. She said her contribution to OFC has evolved into gratitude for helping her become more social. “I live in the sticks,” she said, “and have had many years of solitude. Working at the Co-op (now just every other Tuesday) has been a way for me to get back out in the world, learn people’s stories, make new friends, even tease new Working Members a bit.”

Valee Keogh (Westside)

Valee has been a cashier for about a year, starting in May of 2017. She told me that she often offers to help out with any other needed tasks around the store when business is slow—cleaning, sorting, organizing. “It is my social time too,” she admits, “where I meet like-minded people who shop and work at the Co-op. I don’t come across many disgruntled people there, and I feel very appreciated.” She also said she is learning a lot about becoming more aware of sensitivity to cultural diversity.

Linda Myers (Eastside)

Linda, in addition to serving on the OFC Member Relations Committee, has been a Working Member for two years, starting as courtesy clerk and eventually becoming a cashier. “I like interacting with all the members at the register,” she told me, “and representing the Co-op. I try to make every interaction friendly, so they leave feeling good. It works for me too—it is a 2-way street. It is very rewarding work!” She likes to encourage others who might be thinking about becoming a Working Member to stop considering and just do it!

Lily Leatart (Westside)

Lily has been a Working Member for the Co-op for just a little over a year now, serving primarily as a cashier. When asked what her favorite part of being a Working Member is, she was quick to reply:

“...getting to be surrounded by wonderful people and delicious, healthy food. I love being part of this sweet community, and getting to help out in such a lovely environment.”

I am noticing a common thread in what pleases our Working Members so much about their Co-op activities. It’s the people—both Staff and Co-op customers—and the outrageously good healthy food that continues to make them happy!

IT'S NOT TOO LATE!

Sowing Seeds All Summer

By Sylvan Rook, Staff member

I'm sure a lot of you reading this now believe that you have missed the boat on planting a vegetable garden from seed. Maybe you even feel a little bad about it. I'm not sure why, but as early as March I have people coming into the Garden Center sheepishly avoiding eye contact as they browse the seeds and tell me they know they're too late and missed the whole thing and can't sow seeds this year. Unless they are talking about starting eggplant from seed though, they are totally mistaken and need not feel ashamed! Wherever this myth that you have failed as a gardener if you didn't spend your Spring squatting in the cold rain to sow pea seeds comes from, I would like to dispel it. The time for gardening has never really passed! There is still many a seed to be sown in the Summer months, and taking advantage of a sunny July morning to get seeds in is the secret to a year-round bounty of homegrown produce. Sowing beans in June will give you fresh green beans through October. Sow kale in July and you may still be eating it come Spring Equinox the following year (and enjoying the sweetest kale you've ever tasted after it gets kissed by frost!). Quick crops like radishes and lettuce can be sown every few weeks, as long as the soil is workable, for a near constant supply of salad fixings. Start a garden bed if you haven't yet, or if you already have one going, sow these seeds in spaces that open up as your Spring sown vegetables get harvested, or among crops that will be done by the time the seedlings really start to take off. For more exact info on when to plant what, I cannot recommend highly enough that you pick up a copy of *The Maritime Northwest Garden*, available at both Co-op locations. Happy Gardening! ■



Community Sustaining Fund:

Focus on the Homeless

The Community Sustaining Fund (CSF) has been collecting funds—through Co-op Round-ups—for distribution to local worthy causes for almost 30 years. As time has passed, additional also-worthy Round-ups have been added to the Co-op list, resulting in less funds for CSF, and fewer grant applications. The most recent grant cycle—held twice yearly, spring and fall—saw only three groups apply for grant assistance for their projects: the Resilience Project, Love Our Local Fest and Senior Services for South Sound.



We at CSF would like to generate more interest, collect more round-ups, and award more grants. With these goals in mind, the leadership group has decided to try something new. Rather than opening applications to a wide variety of projects, we have identified a specific area of focus for the fall grant cycle. Since homelessness remains an all-encompassing issue in our community, we have chosen this concern for the 2018 fall grant cycle. We are excitedly planning and discussing details, so please stay tuned for more information, through the Co-op website and Facebook pages, in the Spoonful, and on notices around the stores.

WE ARE CSF. Together, we can focus our efforts and combat homelessness within our community. Won't you join us?

CSF REPORT: Spring Grant Cycle

By Desdra Dawning, Co-op member

In the Spring 2018 season, three amazing organizations came to The Community Sustaining Fund for help. Here are their stories:

Resilience Project

♥ Safe schools have become a major source of concern in recent years. Seeking to help youth who have been affected in some way in their lives by trauma to stay in school and thrive, this project, headed up by Carrie Stringer, offers school staff the knowledge and tools they need to identify and support these students. She defines trauma as “an event that has

been internalized with no external or internal resources to deal with it.” This pilot project has been embraced by the administration at Garfield Elementary School, in the Olympia School District.

Carrie came to the CSF asking for assistance in paying facilitators at Garfield for three 2-hour workshops to be held for the teaching staff and administrators at the school, and for printing and supplies. The workshops are designed to address four main areas:

- Emotional and physiological impacts of trauma on youth
- Nonviolent communication and conflict resolution
- Restorative language skills and processes
- De-escalation strategies

In the workshops, teachers and administrators will gain

understanding and skills that will allow them to more effectively work with reactive behavior in a less punitive, more restorative manner, hopefully reducing the practice of student suspensions. This project was awarded the full amount of the request, plus a little bit more.

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 fresh produce for 10 weeks of summer through their Community Sustaining Agriculture (CSA) program. Many seniors in our community live at poverty level and suffer from poor nutrition as a result. Cathy Visser, the Nutrition Director who heads up the Meals on Wheels and Community Lunch Program at the Senior Center, has been

Continued on page 16



The Co-op is a member of the Domestic Fair Trade Association, organizing for a fair and sustainable agricultural supply chain. Northwest farms depend heavily on the hard work of folks like these.

WORKER RIGHTS

continued from page 5

During April, the Spoonful published the origins of International Worker's Day, and described the May Day massacre of striking workers as they protested for an eight-hour workday with no loss of pay. Then, on May 1, both Co-op locations closed, now an annual tradition for an organization that keeps its doors open every other day of the year. (www.org/history/library/misc/origins_of_mayday)

The month of May also saw Co-op stores offering deep discounts on Fair Trade certified products such as Alafia, Dr. Bronner's, and Equal Exchange. To be certified Fair Trade, organizations must care for their workers, communities, and the planet.

The Six Principles of Fair Trade:

- 1) Fair prices
- 2) Fair and safe labor conditions
- 3) Direct trade
- 4) Democratic and transparent organizations
- 5) Community development
- 6) Environmental sustainability

The Co-op published the full definitions of each of these principles of Fair Trade in our Co-op Spoonful flier. (Find out more at fairworldproject.org)

The following week, in conjunction with Traditions Fair Trade Café, the Co-op hosted a free screening of the film "Food Chains." Produced in English and Spanish, this documentary examines the struggle of farmworkers as they fight for the Fair Food Program to pay tomato pickers one penny more per pound, thus doubling their wages. Film maker Sanjay Rawal built the film around a six-day hunger strike by The Coalition of Immokalee Workers' (CIW), as they fight for nothing more than a meeting with a representative from Publix supermarkets. The CIW Fair Food Program is considered by the New York Times to be "the best workplace-monitoring program" in the US, and according to the Washington Post, is "one of the great human rights success stories of our day."

Rawal captures this brave movement with devastating intimacy. Through his lens, the unseen human rights violations occurring everyday in the fields - just out of our awareness - come into sharp focus. We learn that, 80 percent of women in the fields experience sexual harassment. We learn that workers who spend all day handling food go to bed hungry. We learn that, whilst working eight to twelve hours per day, stooped over in dangerous heat with few breaks for water, even a breeze from the cool spray of pesticides comes as a relief. (Learn more at www.foodchainsfilm.com)

Although large national and discount chains may be able to offer some similar products for a lower shelf price, the repercussions of sending your money out of state are economically devastating. The Olympia Food Co-op values our local economy and takes worker rights seriously. In line with Fair Trade principles, the Co-op engages as much as possible in direct trade with producers, ensuring more of the profits can reach the workers. By

prioritizing local farms, the Co-op also fosters community development. Consumer's money stays within our local economy. By ensuring our neighbor's successes, we ensure our own collective success.

Whilst Capitalism drives increased income inequality, climate change, and human rights abuses, cooperation is the fabric of our society. The Co-op's Local Farms Committee works hand-in-hand with farmers to negotiate fair prices for their crops, and to plan a rotating schedule for production that allows each farm to benefit. Jacob Wilson, of Calliope Farm, comments that the Co-op "fosters a sense of cooperation, rather than competition" amongst local farmers.

Our spring focus on worker rights has been an eye-opening experience. We hope you will join us in continuing to learn about the impact of our food choices. Whenever we look more closely at workers, we are reminded of three things:

Workers are humans.

Worker rights are Human Rights.

Keep fighting. ■

Round UP!

to support
Community
Sustaining
Fund of
Thurston
County

pocket change
makes real
change



Your support enables the CSF to invest in local environmental and social justice projects.

Tell your Co-op cashier you'd like to round up!



2018 1st Quarter Finance Report

By **Corey Mayer, Staff Bookkeeper**

Here we are again, looking at a set of numbers and trying to make sense of them all. While the table below compares our actual revenue and expenses relative to what we budgeted (late in 2017), there is so much detail that cannot be included. We have a financial coordination team, consisting of staff bookkeepers present and past, that reviews in detail what is happening with every revenue generating department and every expense line. When any are out of variance (typically more than 2% off of budget), we contact other staff members who are responsible for those revenue or expense lines to find out what happened and what changes they propose to make for the rest of the year. Pertinent information that they pass on is then included with this report and is communicated to our Finance Committee of the Board.

In summary, our profit to date is a bit more than \$84,500. How we got there is convoluted. While our total sales revenue continues to lag behind our budget, in this quarter by more than \$37,000, our gross margin (sales minus the cost goods sold) more than made up for it. Total revenue, the money we use to pay for all of our other expenses, was about \$25,700 greater than our budget goal.

Continued on page 19

COMMUNITY SUSTAINING FUND

continued from page 14

working on this effort to bring CSA shares to qualifying seniors. Now in its second year, this program can also be supported by our community through the “Sponsor a Senior” program offered through GRuB and the Senior Center. GRuB also includes recipes in their food baskets.

Cathy came to CSF requesting help to defray the cost of the CSA shares. Senior Services was awarded the full amount requested for help with their direct food costs.

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, it has developed into an amazing party-in-the-street near San Francisco Bakery, with a bandstand, food trucks, and many booths with locally-produced wares and community organizations being represented. CSF will be occupying a booth there this year, along with the Olympia Food Co-op!

Gail Sullivan, along with several others, now are tireless volunteer organizers for this—what is coming to be a tradition—spectacular Olympia event. Gail met with us, sharing her appreciation for the good work CSF has done over the years in the Olympia community, to ask if we might fund a very small stipend—only \$100 each—to acknowledge the hard work of the organizers and a little help with printing/copying costs.

Gail also shared a vision the organizers have for a future project they are calling “Festival in a Box” which would gather together in one place the many tools and materials that have come together over the years to be made available to other neighborhood groups looking to put on their own summer festivals.

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.

You Can Help!

♥ **Support The Community Sustaining Fund by continuing to Round Up, or by joining our Leadership Team! We meet on the second Saturday of the month at 10 AM at Traditions and always welcome folks to provide their ideas and support, and to discuss fund-raising options. Please feel free to stop by! And thanks for all the times you say “Round Up for CSF” at the checkout stand! ■**

1st Quarter 2018 Budget Report

For Year Ending 3/31/18

	2018 ACTUALS	2018 BUDGET	\$ OVER BUDGET
Revenue:			
Sales	4,261,436	4,298,813	(37,377)
Cost of Goods Sold	2,754,854	2,815,474	(60,620)
Gross Sales Revenue:	1,506,582	1,483,340	23,243
Other Revenue:			
	7,721	4,812	2,909
Total Net Revenue:	1,514,303	1,488,152	26,152
Expenses:			
Community & Marketing	24,399	45,473	(21,074)
Staffing	1,056,684	1,098,918	(42,234)
Member Discounts	110,685	118,958	(8,272)
Operations	238,029	239,589	(1,560)
Total Expenses:	1,429,798	1,502,938	(73,140)
Total Net Income:	84,505	(14,787)	99,292

OFC  **garden** *Hours*
CENTER

WESTSIDE LOCATION

OPEN 10am-6pm, every day

EASTSIDE LOCATION

OPEN 8am-8pm every day

BLUE HERON BAKERY

Bring your family & Friends
to the new

Blue Heron Bakery and Cafe

NEW CAFE LOCATION!

We ARE open 7 days a week 7am-7pm!

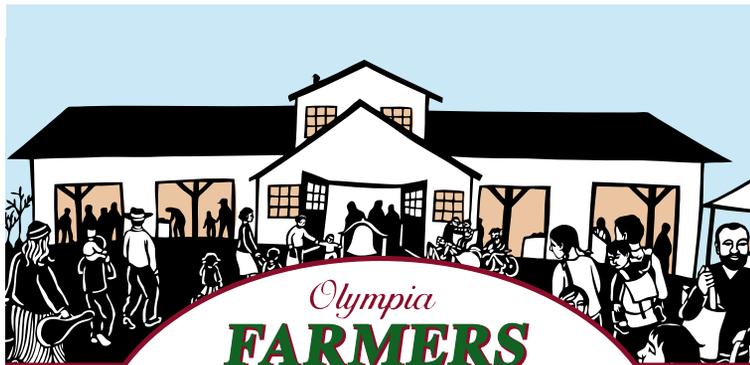
4419 Harrison Ave Suite 108
ONE BUILDING WEST OF JAY'S FARMSTAND

Let's do Lunch!

blueheronbakery.com

Toast, soup, sandwiches to-go, pizza,
our new original ice-cream, along with
all our classic baked goods...
We've got indoor and outdoor
seating—so come, sit down, and enjoy!

360-866-2253



Olympia
**FARMERS
MARKET**

Over 100 Unique Vendors • 7 Restaurants
Daily Live Music • Seasonal Produce
EBT/SNAP, WIC & Senior Benefits Welcomed

always
10am - 3pm

Jan - Mar | Sat Only
April - Oct | Thur - Sun
Nov - Dec | Sat & Sun
Dec 22, 23, & 24

(360) 352-9096 700 Capitol Way N • Olympia, WA 98501

www.olympiafarmersmarket.com 



Mon-Fri 10-7 :: Sat 10-6 :: Sun 11-5
RadianceHerbs.com :: 113 5th Ave SE, Olympia :: (360) 357-5250

Around The Circle Midwifery, LLC 2120 Pacific Ave. SE
Olympia, WA

Comprehensive, family-centered
care for your pregnancy and birth

Midwife attended birth in our
birth center or your home

Most insurance accepted,
including Medicaid



Call to
Schedule a Free
Consultation



(360) 459-7222

aroundthecirclemidwifery.com

**WE BUY
VINYL
& CDs!**



Rainy Day
RECORD CO.
www.rainydayolympia.net
(360) 357-4755

FRESH! LOCAL!

Lay down your arms...and your legs
MAKE YOUR BED, NOT WAR



Holy Lamb Organics Oakville 273-9400
 OG Mattresses Comforters Pillows Toppers Baby Sheets

A Life Changing Experience 4 GIRLS 9-16



Empowerment 4 Girls Camps

**Creating Sisterhood
 through Fun and Self Expression**

Yoga, Meditation, Breathing Exercises,
 Positive Affirmations, Self-Care Tools,
 Talking Circles, Sound Healing, Art & Dance



Empowerment4Girls.com

We build, you grow.
Food Investment Gardens (FIG)
 Invest in your food with a sliding scale garden (\$400-750 per 100 square feet), ready to plant. Custom options also available.
 All sales support our work to grow healthy food, people & community.
goodgrub.org/community-food-solutions/fig • 360-753-5522

find us at [Yinyangmamma](https://www.facebook.com/Yinyangmamma)
[facebook.com](https://www.facebook.com/Yinyangmamma)
YOGA TRAPEZE
 with Lori
 Private and Public Classes call
 for info 360-451-3179



Need a spot to relax and have a snack after shopping at the eastside store? Look no farther than the Eastside OFC's Faerie Garden!

Read all about it on page 23.



Your Local Solar Experts!

Questions About Solar? Lets Talk!
360-352-7869

or
Info@southsoundsolar.com

Residential | Commercial
 Community Solar | Service
 Battery Hybrid and Off Grid Systems

What is Good Nutrition?

The Nutritional Therapist Training Program

NTA 800.918.9798
 www.nutritionaltherapy.com

2018 Q1 FINANCE REPORT

continued from page 16

For the sake of simplicity, our expenses are presented in 4 major categories. ‘Community and Marketing’ expenses include all of the donations we make to local organizations to help them put on events or support those less fortunate, outreach projects like tabling at local events to let more people know about what we have to offer, and all of the dues we pay to be part of larger organizations like National Cooperative Grocers. ‘Staffing’ expenses include payroll wages, taxes, medical benefits, and the costs of offering our staff a retirement program. ‘Member Discounts’ are entitlement discounts of 10% for low-income members as well as for local non-profit organizations and trade businesses (those whose products we sell). ‘Operations’ expenses are for covering the costs of doing business in our stores – everything from the supplies we use in our stores and our downtown office to the power, water and recycling utilities necessary to run a business.

As you can see, every large expense area was under budget for the first 3 months of this year. Some are due to the timing of payments, such as when we produce this

newsmagazine one quarter but don’t receive the bills until the next. Staffing costs are lower because we did not spend as much for our medical benefits as we might have. Being self-insured, we purposefully budget for a worst case scenario, so that even when they do occur we have a better chance of withstanding the cash impact. Our operations costs were quite close to budget, partly due to increased utility costs which went into effect near the end of last year. Overall, our total expenses were about \$73,000 less than what we budgeted.

More revenue dollars coming in and fewer expense dollars going out equate to a nice profit level so far this year.

If you have any questions or concerns about our finances, or want to know more about the detail behind them, you can contact me by email at corey@olympiafood.coop or by calling our downtown business office, 360-357-1106, ext. 12. ■

LOCAL EATS / EARTH DAY

continued from page 10

Often present at Co-op events, the “wheel of fortune” stood ready for spins. Those who played—and everyone was a winner—chose from Buy Local pins, Co-op bumperstickers, luscious lime lip balm and other Co-op goodies, or entry into the periodic raffle during the day. At moments when the band took breaks, Robyn took to the microphone to draw and announce raffle winners. Given away were Co-op label water bottles, assorted vendor baseball caps, Olympia Salsa, a few \$25 OFC gift cards, and some Greg Black and the Blacklights CD’s—with the song, Free Store, paying homage to our legendary volunteer-run 100% savings outlet store!

And as always happens at Co-op events, a Kid’s Play Area was set up, with sidewalk chalk and colored pens. Always a hit with the little ones!

What better way to celebrate Earth Day than by honoring and supporting all the local businesses that have been supplying us with good wholesome products for our shelves? ■

CALL ME FOR ALL YOUR REAL ESTATE NEEDS
 Who Am I? I’m not a lifelong local. I moved here on a leap of faith and I haven’t found one reason to go. Instead I’ve found a million reasons to stay. I love it here. I’m not in the sales business.

I’M IN THE SERVICE BUSINESS
 I don’t mince words. I deliver information as facts, not opinions. If you contact me, I answer. Or get back to you ASAP. I help sellers market their home across every medium available. No stone goes unturned. I help you weigh every offer in context so that you can select a quality buyer for your home. The details are handled without hassle or fuss.

**SELLING A HOME IS A PROCESS, A JOURNEY.
 I’M JUST HONORED TO BE YOUR GUIDE**

Bobbi Kelly
 bobbikelly@comcast.net
 360-515-1103

RE/MAX Professionals



Community Classes

SUMMER 2018 SCHEDULE

Preregistration is required for all Co-op classes. Register on-line at www.olympiafood.coop anytime or in person at either store between the hours of 11am-6pm. Registration is not available over the phone. There is a \$7 non-refundable registration fee per class/per person unless otherwise noted.

Irrigation for Home Gardens

Sunday, June 10 2-4pm

Facilitator: Terra Kram

Location: Westside OFC Garden Center

Enrollment: Min 4 Max 12

This class will focus on creating a simple and effective irrigation system for a home vegetable garden which will run off of a hose bibb. Participants interested in customizing a design specific to their garden are encouraged to bring in a scale drawing and planting plan- including the location of the hose bibb and distance to the garden.

Farm Tour of Spring Creek

Tuesday June 19th 2018 2-4pm

Facilitator: Co-op Garden Center Staff

Location: Spring Creek Farm

206544 Van Dyke Rd, Rochester WA 98579

Enrollment: Min 5, Max 25

Cost: FREE

Join West Olympia food Co-op Staff on a tour of Spring Creek Farm. Spring Creek Farm grows the culinary and medicinal herbs as well as the vegetable garden starts we sell at both of our store locations.

Carpool Instructions: If you have room in your car or will be in need of a ride, please meet at the Westside Olympia Food Co-op no later than 1:15pm, and we will caravan as a group to Spring Creek Farm.

Crafting Your Personalized Mini Photo Album

Saturday June 23rd 2018 10am-12pm

Facilitator: Karla Loaliza

Location: OFC Downtown Office

Enrollment: Min 4, Max 8

Learn how you can use simple materials to craft your own personal paper based mini photo album. Learn how to easily build a personalized mini album (8 x 5 x 1 inches) that can be used for any occasion, and hold about 5 (6x4) photos and, 5 (3 x 4) photos along with tags to write sentiments. Leave with a Lovely album you can use to collect special memories or give away as a gift.

Composting and Gardening with EM1, Effective Microorganisms

Sunday, June 24th 10am-12pm

Facilitator: Erika Fehr

Location: Little House at Westside Co-op

Enrollment: Min 4, Max 25

Microorganisms are essential for living soil and lush growing plants. They also play a main role in

composting. You will learn how to transfer your kitchen waste into rich compost by using a simple closed system that does not attract flies and rodents. Only in several months the compost is mature and ready to use. You also will learn how you can put the beneficial microbes present in EM1 to work in your garden.

Growing Mushrooms at Home

Sunday, June 24th 1-3pm

Facilitator: Loni Jean Ronnebaum of Fungi Perfecti

Location: GRuB

Enrollment: Min 10, Max 40

The Olympia Food Co-op is proud to announce that Fungi Perfecti select mushroom starter kits, that were previously only available through mail order, are now available for purchase at our Westside Garden center. Join us for this free and informative presentation that will feature information on low tech mushroom cultivation for home and garden, people and planet.

Please note: This class will be offered three times- the same material will be covered at all three classes.

Plan Your Year Round Garden

Sunday June 24th 2-4pm

Facilitator: Terra Kram

Location: Westside OFC Garden Center

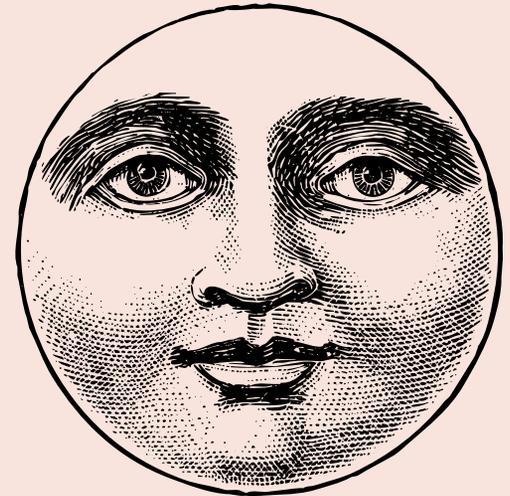
Enrollment: Min 4 Max 12

Join West Side Co-op Garden Center working member Terra Kram for a class on year-round vegetable gardening. Now that the summer garden is going strong is the time to plan for fall, winter and early spring crops. Timing is critical for planting and transplanting in order to have harvestable food as we move through the seasons.

We will be covering crop rotation (to minimize pests and diseases and to support the best use of the available space); recommended varieties; soil preparation and amending; tips and tricks for over-wintering challenges; cover crops and fallow land; and putting the garden to rest.

Participants are encouraged to bring in a drawing of their garden, especially indicating exposure (hours of sun).

Please note: This class is being offered twice- roughly the same material will be covered at both classes, with more emphasis in the June class on starting plants from seed, and more emphasis at the July class on using transplants.



Irrigation for Home Gardens

Sunday, July 8th 2-4pm

Facilitator: Terra Kram

Location: Westside OFC Garden Center

Enrollment: Min 4, Max 12

This class will focus on creating a simple and effective irrigation system for a home vegetable garden which will run off of a hose bibb. Participants interested in customizing a design specific to their garden are encouraged to bring in a scale drawing and planting plan- including the location of the hose bibb and distance to the garden.

Please note: This class will be offered twice- the same material will be covered at both classes.

Cooking For All Ages

Sunday, July 15th 1-4pm

Facilitator: Awren Schwartz

Location: GRuB

Enrollment: Min 10, Max 25

Calling all kids and adults who like to cook! Bring your child, bring your guardian, or bring anyone who thinks vegetables are icky. Together, we will learn to make tasty food that is also secretly healthy. We will make GF pizza, yummy smoothies, and a healthy dessert.

Plan Your Year Round Garden

Sunday July 22nd 2-5pm

Facilitator: Terra Kram

Location: Westside OFC Garden Center

Enrollment: Min 4, Max 12

Join West Side Co-op Garden Center working member Terra Kram for a class on year-round vegetable

gardening. Now that the summer garden is going strong is the time to plan for fall, winter and early spring crops. Timing is critical for planting and transplanting in order to have harvestable food as we move through the seasons.

We will be covering crop rotation (to minimize pests and diseases and to support the best use of the available space); recommended varieties; soil preparation and amending; tips and tricks for over-wintering challenges; cover crops and fallow land; and putting the garden to rest.

Participants are encouraged to bring in a drawing of their garden, especially indicating exposure (hours of sun).

This class is being offered twice- roughly the same material will be covered at both classes, with more emphasis in the June class on starting plants from seed, and more emphasis at the July class on using transplants.

Growing Mushrooms at Home

Sunday, July 22th 1-3pm

Facilitator: Loni Jean Ronnebaum of Fungi Perfecti

Location: GRuB

Enrollment: Min 10, Maximum 40

The Olympia Food Co-op is proud to announce that Fungi Perfecti select mushroom starter kits, that were previously only available through mail order, are now available for purchase at our Westside Garden center. Join us for this free and informative presentation that will feature information on low tech mushroom cultivation for home and garden, people and planet.

Please note: This class will be offered three times-the same material will be covered at all three classes.

Growing Mushrooms at Home

Sunday, August 5th 1-3pm

Facilitator: Loni Jean Ronnebaum of Fungi Perfecti

Location: GRuB

Enrollment: Min 10, Maximum 40

The Olympia Food Co-op is proud to announce that Fungi Perfecti select mushroom starter kits, that were previously only available through mail order, are now available for purchase at our Westside Garden center. Join us for this free and informative presentation that will feature information on low tech mushroom cultivation for home and garden, people and planet.

Please note: This class will be offered three times-the same material will be covered at all three classes.

Make your own Herbal Oils and Salves

Sunday, August 19th 10am-1pm

Facilitator: Jesse Maichelli from the Herbal Access Project (HAP)

Location: GRuB

Enrollment: Min 6 Max 15

Learn about some of the herbs that the Herbal Access Project (HAP) in partnership with Canoe Journey Herbalist used to support participating tribes and communities. In this hands-on class, you'll learn to make herb infused oils and salves for topical first aid, massage, and body care. We'll discuss selecting herbs for your formula, learn to make a plant infused oil, and work together to create a salve for you to take home. This class uses beeswax and is not vegan.

Please note: This class will be offered twice-the same material will be covered at both classes.

Preserving the Summer Harvest

Sunday August 26th 1-4pm

Facilitator: Awren Schwartz

Location: GRuB

Enrollment: Min 10 Maximum 25

Don't want summer to end? It doesn't have to! Learn to make homemade vinegar to add to your winter dressings and sauces. Learn new freezer friendly recipes and make healthy sugar-free jam. Let's keep that sunshine coming all year round!

Sweet Creek Foods

Family owned & operated
Supporting local farmers & fisherman

Our products are sold at your Co-op

scf@sweetcreekfoods.com
www.sweetcreekfoods.com

Craniosacral Therapy & Energetic Unwinding Gentle Pain Relief

headaches, neck & back pain, joint pain, whiplash injuries

White Tiger Medicine



360 890-2715

209 E Fourth Ave, Ste 207

Downtown Olympia

www.whitetigernaturalmedicine.com

OLYKRAUT

* Raw Tradition *

We make raw fermented sauerkraut and kimchi right here in Olympia with as much local produce as possible. We support our farmers and so should you.

Eat your (fermented) vegetables!

PO Box 1234
Olympia, WA 98507
www.olykraut.com

probiotic cultures

ALWAYS SAFE & LOCK, inc.

www.alwayssecurity.com

SECURITY TECHNOLOGY SPECIALISTS

Card Access • Video Surveillance • Intrusion Alarms
Handicapped Operators • Safes • Locks • Keys

Auto Chip Keys & Remotes

815 4th Ave. E.
Olympia, WA 98506

(360) 357-8500
Fax: (360) 754-8331
mail@alwayssecurity.com

OFC Board of Directors

WHY NOT APPLY
TO RUN FOR THE
BOARD?

AUG 1-SEPT 15



Laura Love
Staff Representative

Empty Seat
Director

WHY NOT APPLY
TO RUN FOR THE
BOARD?

AUG 1-SEPT 15



Peter Brown
Director

Empty Seat
Director



Sam Green
Secretary



Brian Frisina
Director



Benjamin Witten
Director



Jaime Rossman
Treasurer



Jim Hutcheon
President



Joanne McCaughan
Vice President

Board photos by OlyHilary Photography olyhilary.smugmug.com

Attend a Board Meeting!

Board of Directors meetings are held on the 3rd Thursday of every month from 6:30-9:30 pm at the Co-op's downtown business office, 610 Columbia Street SW Olympia, WA 98501 (unless otherwise noted). The Olympia Food Co-op Board of Directors welcomes the attendance of active Co-op members at Board meetings. Board meetings may include an executive session, which is closed to members in order to discuss matters requiring confidentiality. For more information contact the Board of Directors at ofcboard@olympiafood.coop

Olympia Food Co-op Mission Statement

The purpose of the cooperative is to contribute to the health and well being of people by providing wholesome foods and other goods and services, accessible to all, through a locally oriented, collectively managed, not-for-profit cooperative organization that relies on consensus decision making. We strive to make human effects on the earth and its inhabitants positive and renewing, and to encourage economic and social justice. Our goals are to:

- Provide information about food
- Make good food accessible to more people
- Support efforts to increase democratic process
- Support efforts to foster a socially and economically egalitarian society
- Provide information about collective process and consensus decision making
- Support local production
- See to the long term health of the business
- Assist in the development of local community resources

Seven Cooperative Principles

- 1. Voluntary, Open Membership**
Open to all without gender, social, racial, political, or religious discrimination.
- 2. Democratic Member Control**
One member, one vote.
- 3. Member Economic Participation**
Members contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a cooperative operation are returned to the members, reinvested in the co-op, or used to provide member services.
- 4. Autonomy And Independence**
Cooperatives are autonomous, self-help organizations controlled by their members.
- 5. Education, Training And Information**
Cooperatives provide education and training for members so they can contribute effectively to the development of their cooperatives. They inform the general public about the nature and benefits of cooperation.
- 6. Cooperation Among Cooperatives**
Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, regional, national and international structures.
- 7. Concern For The Community**
While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.

Board Report

By Jim Hutcheon, Board Member

Spring is a time of regrowth, rebirth, and renewal and those concepts are reflected in many of the things that the Board has been working on.

ELECTIONS

There are three (3) positions open on the Board of Directors. Would you like to have an influence on decisions that affect the Co-op? Do you enjoy working with diverse and committed people? Are you fascinated by pouring over budget lines? Do you have the capacity to sit through and contribute to meetings? We will be taking applications for election to vacant positions from August 1 – September 15.

BOYCOTT LAWSUIT

The dismissal of the Boycott lawsuit in March was an important step, but it is not the end of the process. The Board recognizes that this long legal action has been difficult for many members of the Co-op community. To that end, we have begun a Reconciliation Task Force which will work on finding ways for the community members affected by this to find common ground and heal wounds. We expect to seek feedback from members, so watch for more on this in coming months.

BOARD RETREAT

The Board will have a weekend retreat in early June. The goal of this retreat is to begin work on a long-term plan for the Co-op. We intend to present the results of our strategic planning to the membership at our annual membership meeting in the fall.

As always, we are interested in hearing from members. The Board of Directors meets on the third Thursday of every month and time in every meeting is allocated for member feedback. Please feel free to drop by and voice your concerns, opinions, hopes, fears, criticisms, praise, ideas, brainstorm, notions, or feedback. ■



Erin Nagle and Robby Cochran enjoy a deli lunch in Olympia Food Co-op's Faerie Garden. Erin calls it her happy place. photo by Monica Peabody

Springtime Magic in Eastside Garden

By oso ortiga, Staff member

As I write this, Spring is here in full form, and the birds are singing, the bees are buzzing, and the flowers are exploding into bloom. Over on the Eastside we have a beautiful Faerie Garden, full of vibrant blooms that feed bees and butterflies alike. Thanks to Staff member, Sarika Igloi, we have this beautiful space available for leisurely lunches, kids' playtime, and a habitat full of food for many varieties of birds and insects.

This past year Working Members Stu, Hardy, Bobby and myself have been caretaking the garden and surrounding areas of greenery. I must say what a joy it has been. We are excited to share some updates with everyone as the summer begins! We have slowly prepared space: spreading mulch, laying cardboard to tame weeds and rogue grass; cultivating compost and planting an herb spiral. There have been requests from our neighbors and community members for more food plants and since perennials are a great low maintenance choice for any garden, a strawberry patch has

been planted, as well as a beautiful blueberry bush. Both berries will continue to proliferate and provide food to folks for years to come. They are joining an apple tree, elderberry and currant, as well as oregon grape and rosemary. Also, be sure to keep a look-out for bee-friendly flowers: calendula, bachelor's buttons, and california poppies!

There are some exciting projects on the horizon, as we are planning to dismantle and revamp our in-house composting system. We will be trading the current slow and ineffective bins for some worm bins! This will offer a great opportunity for the community to learn about worm bin composting and help us generate our own nutrient-rich soil for future garden projects!

If you're interested in helping out, sign up for our Working Member program and volunteer in Landscaping! In the meantime, one way to help our garden space is by throwing away trash in proper receptacles. We hope ya'll enjoy the magic of our Faerie Garden as it blossoms into the summer!



Olympia Food Co-op

3111 Pacific Ave SE
Olympia, WA 98501

STANDARD
US POSTAGE
PAID
APEX MAILING
SERVICES INC

Return Service Requested

Olympia Food Co-op
HARVEST PARTY
& ZUKE
& FEST!
SUN. SEPT. 9
NOON TO 4
West Central Park
Harrison & Division NW

enter to win
GIANT ZUCCHINI
CONTEST
ZUCCHINI DERBY
& ZUCCHINI
BAKEOFF!

The poster features a background of several large, green zucchinis. The text is overlaid on this background. The event title "Olympia Food Co-op HARVEST PARTY & ZUKE & FEST!" is written in a mix of white script and bold white sans-serif fonts. The date and time "SUN. SEPT. 9 NOON TO 4" are in bold white sans-serif. The location "West Central Park Harrison & Division NW" is in white script and sans-serif. A green box on the left contains the contest details in white text.