



THE COOP *Spoonful*

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

August 1–14, 2018



Local Savings

ELLIS CREEK FARMS

Our Local Savings Coupon in this issue will allow you 50¢ off all Certified Organic vegetable starts from our friends at Ellis Creek Farm!

Nestled on three acres near Priest Point Park in Olympia, this small family operation relies mostly on human power to do their work, using hand tools and a walk-behind tractor to ensure a low environmental impact. To serve as stewards of the land and nearby waterways, neonicotinoids, copper-based products, and pesticides (which are harmful to bees and salmon) are never used by the farm. Ellis Creek Farm has been certified Salmon Safe,

and they take their commitment to the environment even further by choosing packaging made from recycled bottles.

The folks at Ellis Creek Farm created their own custom seed starting mix containing balanced nutrients and mycorrhizal fungi, and their cultivars thrive! In addition to plant starts for gardening, they also produce salad

mixes, baby veggies, edible flowers and gourmet greens.

A long list of available starts can be found at the Garden Center and on the Ellis Creek Farm website www.ellis creek farm.com. While you're there, you can also check out their blog for instructions on building a portable chicken coop, or using rotational grazing with goats to hold back the onslaught of blackberries! ■

Working Member Summer Appreciation Party Memoirs

On Sunday, July 15th, the Co-op's Working Member Coordination Action Team (WMCAT) hosted their annual party for the Co-op's beloved Working Members! It was an affair to remember. Alliances were formed, legacies cemented, fortunes gained and lost.

Here are the highlights:

Overnight, WMCAT all pitched in to transform the Co-op Business Office into an elaborate and festive venue, befitting the stars soon to be born within

WM Party Memoirs continued on back

CO-OP LOCAL
COUPON

50¢
OFF


good for 50¢ off
ELLIS CREEK FARMS
vegetable start 4- or 6-pack

one per visit
valid thru 8-14-18



WM Party Memoirs continued from front:

its walls. Candles on long banquet tables, colorful streamers, and a stage with red carpet were awaiting the fifty-some party guests who braved Lakefair traffic to attend.

Then there was the food! Exquisite N Traditional catered falafel, hummus, tabouleh and pesto pasta. Alejandro R. brought a huge beet salad and garlic rice. Martha S. whipped up a baked chicken and mushrooms. Jeni O. shared hibiscus tea that was the hit of the party!

Don't forget the entertainment! Pat M. set up his PA and appeared all night as DJ "Party Ice," with the name tag he harvested from contents of the drink cooler. Pat spun thick beats, and passed out name tags to the rest of us, to be filled out with Two Truths and a Lie.

Heather F. brought everyone sweet new Working Member T-shirts! Martha S. dramatically danced raffle tickets around the room for drawings of certificates from local businesses such as Traditions Fair Trade, Psychic Sister, Orca Books, Olympia Film Society, Bar Francis, Olyphant, and of course, Olympia Food Co-op!

Then the Karaoke began! Mel B. bravely started us off with a funky version of "Car Wash." Carl S. made a valiant attempt at "Little Red Corvette." Fauzima's partner stepped up to sing "Strummin' My Pain." Robyn W. and Pat M. brought down the house with a painfully sappy "Someone Saved My Life Tonight." Susan T. belted it out on "Summertime," and brought us to tears with "Blowing In The Wind." Pat M. sang a self-effacing "Luckiest Guy on the Lower Eastside," Daniel C. made all the girls swoon, Marcus T. gave it his everything, and Monika C's (pictured, below) song and dance routine was positively endearing.

Later, we gathered to watch the fireworks erupting from Lake Fair. Appreciation accomplished. ■



Monika C.



New Staff Profile: Mae Commons

In which departments are you training?

I am training in the Deli.

What did you do before the Co-op?

Before working here I worked in all sorts of kitchens, delis, and restaurants.

Where have you lived?

Besides Olympia, I have lived in Virginia, where I'm from, and West Virginia.

What brought you to Olympia?

The wonderful Northwest winter weather!

What do you do in your spare time?

In my free time I enjoy hiking, gardening, and being outside with my dogs.

What inspired you to work at the Co-op?

Being a member and loving shopping here and all the great food. ■

***Return of the
Macrobiotic Sweetener***
brown rice syrup is
in stock once again!