



# THE COOP Spoonful

A bimonthly publication for members of the Olympia Food Co-op and its surrounding communities August 15–September 4, 2018

## Local Savings

### LOST PEACOCK CREAMERY

This issue of the Spoonful offers a Local Savings Coupon for 50¢ off of your purchase of any cheese from the Lost Peacock Creamery, a Grade A goat dairy that prides itself in being listed as a Thurston County Green Business and an Animal Welfare Approved Farm.

Rachael and Matthew Tuller, along with their two small children, live and work on their farm situated on Cross Creek Lane in NE Olympia. Every day they milk some 36 goats and every other day make that milk into some outstanding cheeses which the Co-op is pleased to offer to our members. Chevre is a soft creamy farmstead cheese, touched only with a little sea salt, and is a wonderfully spreadable cheese. For a spicier version, they have created Thai Garlic Chevre which comes with a hint of Thai chili. Halloumi shows up crispy on the outside and chewy on the



inside, sprinkled with fresh-from-the-farm mint and sea salt. Look for them in the Cheese Departments of both stores, and use the coupon!

Aspiring to what is called in Europe "high farming," the folks at Lost Peacock look for the perfect balance between plants and animals, pointing out on their blog that "animals enrich the soil, the soil produces plants, the plants feed the animals." To meet this goal, they

power their farm with alternative energy. Lost Peacock does not use antibiotics or growth hormones so prevalent in factory farming.

In July, these two farmers took a trip with their children to DC to speak with our Washington congress people about the most recent Farm Bill. Their farm loan company, NW Farm Credit Services, brought together veterans from all over the country that have taken the leap into farming post-military-service. There they learned how farmer representation in DC has changed as small farms have dwindled, and how important it is for us all to speak up about farming issues. We were charmed to learn the resolute farmers even invited Senator Maria Cantwell to attend a session of Goat Yoga at their homestead!

Lost Peacock supports agritourism and open their doors to public tours of the farm by appointment. Visit their wonderful website and blog at [lostpeacock.com](http://lostpeacock.com). ■

**CO-OP LOCAL COUPON**

**50¢ OFF**

good for 50¢ off  
LOST PEACOCK CREAMERY  
any cheese

one per visit  
valid thru 9-4-18






# Love Our Local Fest 2018

Olympia's Family Friendly Block Party

FREE!

## Saturday August 18<sup>th</sup> 1-10PM

In the street at Bethel St & San Francisco Ave

### Love Our Local Fest

The Co-op is once again a proud sponsor of the neighborhood shenanigans at Love Our Local Fest!

**When:** Saturday, August 18<sup>th</sup>, 1–10 PM

**Where:** San Francisco Ave NE and Bethel St. NE in Olympia

**What:** Artisan Marketplace: Enjoy new foods, acquire arts and crafts, and help your neighbors by participating in our local economy!

**Performances:** DJ Koolhandz Luke, Artesian Rumble Arkestra, Luna Melt, Afrok and Big Box, Pacific Northwest Fire Dancers, Cadence McCracken, Los Super Hermanos, The Lumen, The Isotones, and Amy & the Spitfires! ■

### Olympia Food Co-op Harvest Party & Zuke Fest

Save the date and get growing for our biggest party of the year! Design your zuke race car, water your squash plot, and perfect your zucchini bread recipe!

**When:** Sunday, September 9<sup>th</sup>, 12–4 PM

**Where:** West Central Park 1919 Harrison Blvd. SW (at Division St.)

**What:** It's a party! Enter to win our Zucchini Bake Off, Giant Zucchini Contest and even a Zucchini Derby! Enjoy Local Eats, join the potluck, and dance to live music from Fast Heart Mart (San Diego) and Turnback Boyz (Portland). Don't miss this one! ■

### Run for the Co-op Board of Directors

Co-op policies are decided by our Board of Directors, a group of Working Members who represent the will of the membership body. Donate your creative

energy and 10 hours a month to help your Co-op succeed! Applications will be accepted until September 15<sup>th</sup>, and are available in stores and from [www.olympiafood.coop](http://www.olympiafood.coop). Elections run October 15<sup>th</sup> to November 15<sup>th</sup> each year. ■

### Co-op Morningside Workers

Olympia Food Co-op is proud to partner with The Morningside Program, a 501(c)(3) non-profit made up of dedicated staff that work closely with businesses to recruit and retain employees with disabilities that want to work. Co-op Staff Members Sarika and Alejandro have been working with folks through the Morningside Program, helping them to learn new job skills, gain confidence, and connect with their community. Sarika sang their praises: "Gabe, Alex and Trevor—whoa dang they were awesome! Gabe was great at Courtesy Clerk, Alex loved stacking the Dairy cooler (thnx to Matt Marshall!), and Trevor was keen on Landscape Management, often arriving early and giving us extra help!" Our three workers are pictured here with Alejandro, Sarika, and their assigned aid from Morningside, Stephanie. To learn more about this amazing organization, visit [www.morningsideservices.com](http://www.morningsideservices.com). ■

