



# THE COOP *Spoonful*

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

September 5–18, 2018

## *Local Savings* **ZUCCHINI!**

In this issue of the Co-op Spoonful, you'll find a coupon good for 50¢ off your purchase of local organic zucchini squash in celebration of our annual Harvest Party & Zuke Fest! If you aren't growing your own, and your neighbors, co-workers, and family haven't yet blessed you with this ubiquitous green goodness, you can pick up loads of versatile tender local zucchini from the Co-op in preparation for the big day. Both Rising River and Wobbly Cart farms will be supplying us with fresh organic zukes all season and we'll be sharing our excitement with you! Read more about these wonderful local farms in the next article, but first...

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

**When:** Sunday, September 9th, from noon to 4pm

**Where:** West Central Park 1919 Harrison Blvd. at Division St. NW

At Zuke Fest, you can win prizes when you create an amazing zucchini race car and fly past the other contestants, show off your flavorful zucchini recipe for muffins, calabacitas, etc., or simply



Sunday, Sept. 9th  
noon to 4pm



West Central Park  
1919 Harrison Blvd.

water your biggest zucchini and blow our minds with its hulking mass!

An eclectic afternoon of live music appearing on the park stage includes:

**Turnback Boyz:** a time-traveling queer boy band, exploring history and empowering queerz in need. This intergalactic collaborative musical theater ensemble stars Oliver Gold, JB Bender, Peter Pansy, and Tommy Tugunns. Learn more at [www.turnbackboyz.com](http://www.turnbackboyz.com).

**Fast Heart Mart:** an award-winning songwriter and internationally acclaimed sonic folk comedian. Fast Heart Mart combines quirky storytelling and hilarious insights with his one-of-a-kind rocking-bluegrass-hip-hop-raga. Visit his website at [www.fastheartmart.com](http://www.fastheartmart.com).

At the Harvest Party community potluck, we'll all bring some food to share, and also enjoy Local Eats treats from some of our favorite Co-op vendors.

*continued on back*

**CO-OP LOCAL  
COUPON**

**50¢  
OFF**



good for 50¢ off  
**LOCAL ORGANIC  
ZUCCHINI**

one coupon per visit  
valid thru 9-18-18



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### Schedule of Harvest Party Events:

12:00 Welcome

12:30 Fast Heart Mart

1:00 Turnback Boyz

1:30 Zucchini Derby

2:30 Fast Heart Mart with Zucchini Derby Awards

3:00 Turnback Boyz with Zucchini Bake Off Awards

3:30 Giant Zucchini Contest

4:00 Farewell

Warning: Please remember it will be hot. We recommend you bring sun protection, a hat, parasol, and environmentally friendly sunblock without oxybenzone and octinoxate, which can block human hormones, cause allergic reactions and damage coral reefs. Choose a product that uses zinc oxide or titanium dioxide, particles that deflect UV rays rather than chemicals that absorb them. We will provide pools of water, so reapply sunblock after swimming. ■

A green poster for the Olympia Food Co-op Harvest Party & Zuke Fest. The text is in various fonts, including a large, bold, serif font for the main title. It mentions a potluck, music, and contests from noon to 4 PM at West Central Park. It also advertises a Giant Zucchini Contest, Zucchini Derby, and Zucchini Bakeoff. Live music from Fast Heart Mart and Turnback Boyz is mentioned. At the bottom, there is a large illustration of a zucchini and logos for Local Eats and Olympia Food Co-op.

*Olympia Food Co-op*  
**Harvest Party  
& Zuke Fest!**  
Sunday September 9<sup>th</sup>  
potluck, music, & contests • noon–4 PM  
West Central Park, 1919 Harrison Ave  
*enter to win*  
**GIANT ZUCCHINI CONTEST  
ZUCCHINI DERBY  
& ZUCCHINI BAKEOFF!**  
*live music from  
Fast Heart Mart  
Turnback Boyz*

*Local Eats* **Olympia  
FOOD  
CO-OP**

## Local Savings Featured Farms

### Rising River Farm

This family farm in Rochester has been certified organic “since day one.” They use cover cropping, fallowing (resting the land) careful crop rotation, and fertilize with only natural ingredients. Rising River is surrounded by wild hedgerows, hay fields, a creek, and woods and like-minded, responsible neighbors which helps keep their fields protected and clean.

Learn more at [www.risingriverfarm.com](http://www.risingriverfarm.com).

### Wobbly Cart Farm

Located 30 miles south of Olympia on the banks of the Chehalis River, Wobbly Cart is a diverse, 10-acre, certified organic farm. Since 2005, their work combines a love of land with a commitment to a lifestyle that celebrates their passion for delicious, local, organic food.

Visit their website at [www.wobblycart.com](http://www.wobblycart.com). ■

## Community Sustaining Fund Concert

The Community Sustaining Fund is holding a concert to raise funds to help our unhoused neighbors. Donate to help us help them!

**When:** 4–8 pm, Saturday, September 15<sup>th</sup>, 2018

**Where:** West Central Park, 1919 Harrison Avenue NW at Division Street.

**What:** Live music from Trillium Creek and others!

Bring a picnic and relax with your friends and neighbors. ■

