Inch by Inch, Row by Row

The Birth of A New Store
LETTERS TO THE EDITOR

THE END OF THE ROAD

June 21, 1993

To: Members of Olympia Food Co-op;

It is with considerable pleasure that I write this letter to observe the completion of the contract between your organization and the partnership I have represented to you since the 1970’s. I have always been favorably impressed with the sincerity, honesty, and intelligence shown by your members, and indeed, I am impressed with your business operation, itself.

I deeply appreciate your respect for our contract and the near flawless record you have accumulated in completing the contract several years ahead of the original plan. Such an accomplishment is certainly a testimonial to the integrity of your organization.

Once again, it has been a clear pleasure to have associated with you over the years, and I wish you the best in the years ahead.

Most sincerely,
Dan Robinson
for Southwest Services

F.Y.I.

To the members of the Oly Food Co-op:

I am writing to inform you of legislation recently introduced by Senator Hatch (R-UT) and Congressman Richardson (D-NM). Senate Bill S-784 and House Bill HR-1709 which are both titled the Dietary Supplement Health and Education Act of 1993, will ensure the continuing availability of dietary supplements and herbal preparations as well as accurate information as to their use. I first became aware of the proposed bills through Red Apple Natural Foods which aired an informational program on Channel 3. They have fliers in their store. I strongly feel we should do likewise. To quote their flier: “Among other things these new laws will establish: 1) A broader definition of “dietary supplement” to include herbs and other supplements. 2) Dietary supplements are not drugs. 3) Dietary supplements are not food additives. 4) TruthfulScientifically based health information about dietary supplements is permitted. 5) The FDA has no prior restraint authority on truthful labeling in advertising.”

The flier urges folks to call and write their senators and congresspeople immediately. It would be good to have a complete copy of the text of these bills posted in the Co-op.

Freedom of choice in health care options is of vital importance to the citizens of a free democratic society. This bill is a necessary protection against the growing monopoly on health care options pursued by the pharmaceutical companies and the AMA against naturopathic, homeopathic, herbal supplements and other more preventative forms of health care. Already most insurances including DSHS will not cover vitamin supplements, herbal preparations or alternative health care practitioners. Although the bill won’t change that, it is a step in the right direction and a necessary safeguard against the elimination or severe restriction of these dietary supplements. Available healthcare for all must include the right of each individual to choose what form that healthcare will take.

Thanx,
Carrie Okeson
EDITOR'S NOTE

As someone who used to be in the business of imprinting slogans and political statements on people's clothing, I am especially aware of the messages that I see on the t-shirts of Co-op members, and the bumper stickers that appear in the Co-op parking lot. A consistent theme is peace and justice...Visualize World Peace, Live Simply So Others Can Simply Live, Think Globally-Act Locally. As we all know, living up to high ideals is a challenge. The Co-op community is a shining example of folks who have chosen this not-so-easy path of organic, politically correct, peace-oriented living that respects human and animal rights on a global level. We are confronted with decisions every day which test our convictions, and as we all know, everyone stumbles as they try to live up to their own personal standards.

As we move into this exciting new phase of Co-op history with the expansion to a second store, there is a new challenge that comes with the changes. The Co-op membership will grow...must grow to accommodate the formula for success in two locations. This means new members; people who don't understand the system, people who don't know what tempeh is yet, people who wear suits and ties or military uniforms.

A few weeks ago I was shopping at the Co-op when a woman and her teenage daughter arrived at the cashier stand with a basket filled with groceries. They had never shopped at the Co-op before, and they hadn't written down any of their prices. The cashier explained to them that they would have to retrace their steps and price the items they had selected. Obviously humiliated and embarrassed, the woman pushed her cart over to the side and they left. What should have happened in this situation? Should one of us have called the floor person on staff to help her? Should the cashier have handled it differently? Perhaps one of us should have put our shopping aside to help them. At any rate, this type of situation could become quite common when we open the new store. As members of a cooperative, we are all responsible for welcoming new members and helping them through the learning curve of the Co-op way of shopping.

Inclusiveness is the key to our expansion. If we are to live up to the messages on our bumper stickers, we will all find a way to open up to new faces in the Co-op aisles. We need to be on the lookout for expressions of confusion and bewilderment. We need to truly honor diversity, and stay true to the sign in the window: Everyone Welcome.

A big transformation here at the News is the addition of two more issues per year. Starting with this issue, we will grow beyond a quarterly into a bi-monthly newsletter. This means that you will be receiving a copy in September, November, January, March, May, and July. What does this mean? It means fresher information, and a way of staying current with all of the great evolutionary changes that lie ahead. It also means that we're looking for new writers, artists, photographers, cooks and gardeners to contribute articles and art. If you have questions, call me at 943-5430.

Here's wishing everyone an abundant harvest... and the hope for a fair-weathered autumn,

NEW DEADLINES FOR THE CO-OP NEWS
Articles and Advertising

November Issue ...............................Deadline October 1
January Issue .................................Deadline December 1
March Issue .................................Deadline February 1
May Issue .................................Deadline April 1
July Issue .................................Deadline June 1
September Issue ...........................Deadline August 1
A DEAL IS BORN

By Harry Levine

Have you heard the big news yet? The members approved the recommendation to buy the property at 3111 SE Pacific Ave. The vote total was 665 in favor of the recommendation and 53 against. Did I hear anyone say mandate? Looks like we got ourselves a deal. Now what?

Well, let us take a big breath. Okay. It’s time for implementation!! What follows here, is this reporter’s account of the process from now until opening. So, happy reading... and if you have any feedback, get it to that loveable Expansion Coordinator Harry as soon as possible. Oh, and, by the way... Congrats to Susan Buis, Bill Fiorilli, and Nije Pinder for their victory in the Board election. Good Luck!

IMPLEMENTATION - PHASE I

CLOSING OF THE DEAL

Closing requires obtaining the necessary financing and ensuring successful completion of all other contract contingencies. Most aspects of the closing will be coordinated between our bank, the Co-op Coordinator, the Finance Committee, our lawyer, and the seller. This process should be fairly straightforward and most of the timing will be dictated by the bank. We will also use the time before closing to ensure that the property and buildings have no environmental problems and/or liabilities.

CREATING THE REMODEL PLANS

There are two buildings to consider - the retail space is approximately 5300 sq ft and is connected in two places to the warehouse which is approximately 3000 sq ft. Current staff are responsible for all decisions concerning the floor plans and have already consented on retail and warehouse floor plans (See Diagrams 1 and 2).

These plans will involve little to no change of the existing structures. In a nutshell, our remodeling plans for the retail building are: 1) Re-roof; 2) Bring electrical and plumbing up to code and meet our needs; 3) Drywall; 4) Install flooring over the concrete; 5) Paint it inside and out. The warehouse will contain offices, a kitchen for deli production, bathrooms, and, of course, all the coolers and warehouse shelving.

Usually, the next step is to find an architect. The architect can: draw all of our interior and exterior remodel plans to scale and specify materials where needed, make sure our plans follow the city building codes, work with contractors as needed, help us obtain permits as needed. It is also possible to use an architect as a consultant to the process and develop the plans ourselves. We hope to have our plans drawn by September 1. After the plans are drawn, we can get firm bids from contractors as well as building permits from the City of Olympia.

HOT TIMES, SUMMER IN THE CITY

Essentially, we will need approval of our site plans and a building permit. This sounds easy on paper but it is actually a fairly lengthy and detailed review process. Since we are new owners, the City can require that we bring the site and the buildings up to code. Overall, it could easily take us 2 to 3 months to get the necessary permits to begin remodeling.

CONTRACTORS AND BUILDERS
AND PLUMBERS OH MY!

The first question to answer is, should we hire a general contractor or should we act as our own general contractor. Many people recommend hiring a general because the benefits far outweigh the costs (normally 10% - 15% of the remodel). Not only does the general have responsibility for coordinating all the work but they have experience in navigating all the hoops and permits and inspectors and sub-contractors and anything else.

Others say it’s not that hard and we can do it ourselves. We have experience and trust most of the sub-contractors. We know how to coordinate things (process is our middle name). Also, there are contractors who will consult a project on an hourly basis.

If we decide to go with a contractor, we will need to get bids based on the drawings and work desired. Many factors will be weighed in deciding on contractors, including cost, availability, quality of work, experience, ability to communicate, etc. The Board will make the final decision regarding the hiring of contractors. It has been estimated that the remodeling work that we desire will take 2 to 3 months.
**IMPLEMENTATION - PHASE II**

Once the bank, city, architects, lawyers, and builders are taken care of, we can get on with the business of setting up the store. Luckily, this is something in which we have some experience. Preliminary decisions have already been made concerning the product line. Basically, we will be emulating the product line currently at the Co-op. We plan to add significant space to the produce and bulk departments. We plan a salad bar approach to the deli. We'll still be making carrot juice and sandwiches and hope that the salad bar approach will result in more sales of bulk deli products. Our plans include some seating area in the store as well as a nice roomy kids' play area.

We are expecting to spend approximately $110,000 on retail and warehouse equipment. Most of the equipment purchased will be used and refurbished. Our priority is to procure equipment that is energy efficient and space efficient. We are also attending auctions whenever possible to try to find those great equipment bargains.

Staffing the east side store will be quite challenging. The west side staff collective will be splitting in two to ensure experience and continuity in both stores. We will start to hire new staff people 1 to 2 months before the projected opening. Our sales projections indicate that we will need to hire at least 10 people. These plans will get clearer as opening day approaches.
We will also be putting in a lot of time to recruit and train Volunteer Working Members. It is our hope that the east side store will function with the same level of dependence on volunteers as the west side store. Many eastsiders are expressing interest already. If you wish to be placed on our future Volunteer Working Members of Co-op list, please contact Harry at the Co-op.

**ACCOUNTABILITY**

Many decisions will be made over the next 6 - 8 months and many of them will need to be made in a timely manner. We are hoping to operate the implementation process in the same open manner that has occurred throughout the rest of the expansion process. We also recognize that we won’t have time to get member consensus on what color we paint the new Co-op.

Staff will be making most of the decisions concerning the design and implementation of the new store. In order to ensure accountability, we have created a new oversight committee. The Building Accountability and Review Committee (BARC) contains 2 Staff members (Kitty Koppelma and Grace Cox), 1 Board member (Susan Buis), 1 Finance Committee member (Lisa Vatske), and 1 Expansion Coordinator (Harry Levine).

BARC has 2 major functions: 1) Review all minor implementation decisions and evaluate; 2) Make recommendations to the Board on major implementation decisions. BARC will be meeting weekly or as needed. Many major decisions concerning plans, architects, contractors, etc. will be made in the early part of this process. Later on, we’ll get to the nitty gritty of deciding what kind of screws to use in the bathroom fixtures.

**CONCLUSIONS**

Overall, it appears it will take 6 - 8 months to weave our way through this process (I’m writing this on August 1). A February opening should be perfect for those winter doldrums.

There will be many ways for members to be involved in this project. If you have any time to volunteer, please contact Harry at the Co-op. Also, it’s not too late to jump on that member loan bandwagon. If you’ve got a grand or more you would like to loan the Co-op for this project, give us a call.

The reality is slowly sinking in. Many east side Co-op members have expressed joy that a Co-op will be moving near them in the near future. Many west side Co-op members are wondering what the impact, if any, will be on the west side store. Many Co-op workers are excited and anxious as to what these changes may bring.

Through it all, we will strive to make and enact good, solid plans. We will strive to maintain strong communication with all Co-op beings. We will strive to maintain a responsive and flexible process. And most of all, we will strive to maintain our sense of humor.

Inch by Inch, Row by Row.................

An Ode To Expansion
*(To the Tune, Eastside, Westside)*

Eastside, Westside
All around the town.
Soon I'll have a short ride,
To put my dollars down.
On fresh organic veggies,
And grains and nuts and cheese.
And all the other goodies
'this east side Co-op needs.
So hooray to you Board members,
And Committee members too.
For all your time and energy
To bring me closer to you!

*Included in a mailed-in ballot from an anonymous Co-op member*
It has been a busy summer!

Our election was held in June, with over 750 members registering their opinions on the policy concerning cane sugar products at the Co-op, the election of three board members, and the proposed purchase of the property on Pacific. Praise is due all parties responsible for producing the Voter's Guide in the last issue of The Co-op News, especially the section on the Expansion Process, and to all our intrepid volunteers who staffed the election table. This takes a burden off the beleaguered cashiers, and encourages and facilitates members' participation in the democratic process. I congratulate all of you who took the time and interest to vote—you are indispensable; you are the Co-op!

Specifically, the proposal to amend the sugar policy to include selected items containing cane sugar was defeated, with 204 YES votes and 533 NO votes. Our board of directors roster has changed only slightly: Bill Fiorilli and Nije Pinder were elected to a second term, and former Expansion Co-coordinator, Susan Buis, was a popular choice to take over for the departing Jim Casebolt (thanks again, Jim, for your service—not to mention dedication, wit, and equanimity). It was an exciting election, with only four votes deciding the outcome: Susan Buis (488), Scott Douglas (257), Bill Fiorilli (342), John Konovsky (293), Nije Pinder (297). This illustrates the power of individual commitment and expression. We would like to thank the worthy and qualified candidates for their willingness to serve the Olympia Food Co-op.

The membership gave a resounding assent to our recommendation they endorse the culmination of more than three years of planning and procession and more than eighteen months of exhaustive site research. The Pacific Avenue property was accepted as the site for our second store by a vote of 665 to 53. We admit to heaving a collective sigh of relief for this mandate; we were not looking forward to finding ourselves back at Square One. It was, frankly, exhilarating to hear the Voice of the People.

The Board was visited by several members of the board of the Community Sustaining Fund in May, in an attempt to realign and refine our organizations' relationship. The CSF would like the board of directors of the Co-op to consider changing the current systems by which we make contributions. As it stands, cashiers are directed to add 1% to the sales of those people presenting a membership card marked by a swordfern, and it has been the practice of the board to include the CSF in the list of organizations receiving a formulaic apportionment of profits each December.

After discussion, the consensus was that, unlike a proprietorship or partnership, where ownership decisions are less unwieldy, we do not feel comfortable assigning across-the-board donations on behalf of our thousands of members (one strategy often mentioned is a percentage of gross sales automatically assigned to CSF). It is our position that we prefer that individual members continue to decide on their own contributions, and we encouraged CSF to enlist the support of our membership on an individual basis, through education, advocacy, communication. We also encouraged the board of the Sustaining Fund to submit a proposal to the membership concerning support from the Co-op as an organization; such a proposal could be included in our annual elections after publicity in the newsletter or during our annual meeting. The Board looks forward to continuing a supportive relationship with the Community Sustaining Fund—our ideals and goals are imminently compatible.

In other news, we enthusiastically approved the proposal from KAOS Radio to provide underwriting support for Pacifica News Service (pending review by the Staff and Finance Committee) as an alternative news source for our community. The Finance Committee has been provided with semiannual figures which promise that 1993 will be another healthy year for the Olympia Food Co-op. This committee is also generating projections for the two stores over the next two years, as well as the comprehensive package sent to our bankers for financing the expansion.

Meanwhile, the negotiations for the sale proceed, the plans are underway for the remodeling and repair of the building. Our Expansion Coordinator is preparing for the rigors of the permit process with the City, and is confident about our prospects for progress. There will be many projects available for volunteer working members to take on—this will help keep our construction costs down and offer opportunities for the Co-op community to be involved in this exciting undertaking. We hope to use the newsletter as a means to notify you about projects pending and what our needs will be. Ideas and involvement are always welcome!

As you can see, things are moving forward. We greet the new season with hopes and plans—this organization has quite a year ahead of us! Working together, in co-operative spirit, we will make things happen!
In November, 1992, the voters of Colorado passed Amendment 2 to the state constitution. Amendment 2 forbids the passage of any legislation offering protection from discrimination based on sexual orientation. (See box) In response to Amendment 2, citizens of Colorado have formed Boycott Colorado, Inc. and are calling for a total boycott of the state of Colorado and its products and services.

Although the mainstream news services reported that the Colorado Supreme Court overturned Amendment 2, it is not true. The Colorado Supreme Court did, however, uphold a lower court's injunction against the amendment pending a hearing in the federal court. The federal courts have not yet agreed to hear the case. So, as of this writing, Amendment 2 remains the law of the land in Colorado, although it is not yet being enforced.

Boycott Colorado, Inc. has called the boycott of all tourism and business in the state as well as all products produced in the state. Their intent is to continue the boycott until the state constitution of Colorado includes civil rights protection for all.

The Co-op staff wholeheartedly supports the intent of this boycott, but has some concerns about the best course of action for us to take. We currently carry the following Colorado products: Celestial Seasonings Teas...Earthwise Cleaning Products...Mountain High Yogurt...White Wave Soy Yogurts and Tempch...Horizon Organic Yogurts...Alpenol Liniment...Skin Trip & Lip Trip.

Some of these products are from small producers and are unique in our product mix. One company in particular, White Wave Soy Products, has been active in its opposition to Amendment 2, including using their company advertising to encourage voters to vote against the amendment. Other companies are fairly large, took no stand on the amendment and are readily available in any supermarket (e.g. Celestial Seasonings). While we do not feel comfortable rewriting the parameters of Boycott Colorado's boycott, we also do not feel entirely comfortable treating all these companies in the same way.

We have decided to take the following course of action.

1. Tag all the Colorado products with signs indicating the nature of the boycott.
2. Send letters to the manufacturers asking for the following information:
   a. The company position on Amendment 2.
   b. A description of the company's activities on the issue.
   c. The company's affirmative action/diversity hiring policy.
   d. The company's position on the boycott, including how it will affect them.
3. When we have received this information we will make it available to our customers by placing it in the Boycott Notebook which is located in the worker center in the front of the store.
4. At that time we may decide to remove some or all of the Colorado products from the shelves for the duration of the boycott.
5. We will not bring in any new products from Colorado while we are in the process of deciding how to proceed with this boycott.

If you have any questions about the boycott, call Boycott Colorado Inc. at (303) 399-5445.

Amendment 2:
Neither the State of Colorado, through any of its branches or departments, nor any of its agencies, political subdivisions, municipalities or school districts, shall enact or enforce any statute, regulation, ordinance or policy whereby homosexual, lesbian or bisexual orientation, conduct, practices or relationships shall constitute or otherwise entitle any person or class of persons to have or claim any minority status, quota preferences, protected status, or claim of discrimination.

In Colorado, it’s Legal To:
- Deny service based on sexual orientation: In a restaurant, at a hotel or motel, at a theater
- Refuse based on sexual orientation: Apartment rental, home sale, extension of credit
- Fire from a job based on sexual orientation
- Refuse to consider for a job based on sexual orientation
- Evict from a rental property based on sexual orientation
Greetings, once again, and welcome to the page of new products!

As usual, we start off this issue with a trip down the first aisle, where a couple of new treats can be found: Good Health Peanut-Butter Filled Pretzels and Wege Sourdough Honey Wheat Pretzels with sesame seeds. New cracker additions are: San-J Tamari Brown Rice Crackers and Auburn Farms Fat-Free 7-Grainer in three flavors.

A stop at the deli cooler presents us with Reed’s Apple Brew (from the makers of Ginger Brew), Blue Sky Ginger Ale and Orange Creme sodas, olives and pickles in bulk, and Jan’s Organic Green Tomatillo Salsa.

Head down the second aisle to find new condiment offerings: Garden Valley Naturals’ Dijon and Yellow Mustards, made with organic mustard seed. In the boxed tea section are three organically grown teas from Great Eastern Sun: Orange Spice, Earl Grey, and English Breakfast. For your early-morning sweet tooth, check out Breadshop’s Cocoa Granola (in bulk), Kashi Medley (seven grains and sesame), or Rainforest Low Fat Flakes. By request, we now have Chewy Gooey Brownie Mix, with or without organic wheat flour, and two more flavors of Newmarket Pudding Mix. A product which may be of interest to vegans and those wishing to limit their fat and cholesterol intake is Wonderslim Fat and Egg Substitute for baking, made of fruit and vegetable products. Recently introduced to the spice rack are Sun Luck Five-Spice Powder and Frontier International Herb Blends. Across the aisle in Macrobiotics are many new products including: Lotus Root Slices; Whole Wheat Zeru-yu Gluten rings; Glenn’s Brown Rice Treats in two flavors; and Sweet Life brown rice malt-sweetened candies. Be sure to try one (or all!) of the three varieties of Taj Secret Sauces in the international foods section. These Indian cuisine-inspired ready-to-use sauces are my personal faves! And of course I am very pleased that we now have Organic Canola Oil in bulk!

Let’s fly through the bulk aisle (ya sure, ya betcha) and see what’s new in the dairy cooler. There’s whole wheat pita bread from Rainier Bakery, Toby’s Tofu Seasoning in handy packets, two new flavors of Stonyfield Yogurt, Mystic Lake Sunny’s Yogurt (made from non-homogenized whole milk), and by request, White Wave Dairyless, a yogurt-style soy product in four flavors.

There’s always something new in the freezer, so here’s a small sampling of things to look for: Stonyfield Non-fat Frozen Yogurt in two flavors; Living Lightly Non-Dairy Frozen Dessert, also in two flavors (sweetened with fruit juice); French Meadow Spelt Breads; and Halibut Steaks. Also, all of the Ken & Robert’s Veggie Pockets are now being sold in bulk.

Across from the freezer can be found a couple of new offerings in reusable cloth menstrual pads, both locally made. In the Mercantile department, check out the beautiful blue glass jars, bowls, and mugs from Arcoroc in France, as well as their Quadro glass pitchers in one- and two-liter sizes, shaped to fit in the shelf of your refrigerator door. Another requested glassware item now available is batter bowls. If coffee is one of your beverages of choice, you might be interested in our new mini-grinder, French press, and Junior Espresso pot.

Back in the land of food...Fruit Source is the latest in alternative sweeteners, made from grape juice concentrate and whole rice syrup, and available in liquid or granular form. In the canned foods, look for Whole Earth Baked Beans, made with all organic ingredients. On the pasta rack, there are dried Porcini Mushrooms, Durum Rigatoni in bulk, and DeBoles Angel Hair Pasta, made with jerusalem artichoke flour.

In HABA-land the latest thing is Ear Candles, highly recommended for getting the wax out! Other new stuff of note is Nutribiotic First Aid Skin Spray, Similasan eye drops, and Echinacea Augstufolia Root Powder in bulk.

Enjoy, and dream sweet dreams of the new store-to-be!
### Income Statement
January 1 through December 31, 1992

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<td>Sales</td>
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<td>Purchases</td>
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<td>Ending inventory</td>
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<td>Misc. Revenue</td>
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<td>Advertising Revenue</td>
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<td>Interest Revenue</td>
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<td>Dues &amp; subscriptions</td>
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<td><strong>Total expenses</strong></td>
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<td>Net income from operations</td>
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<td>Membership fee revenue</td>
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### Balance Sheet
December 31, 1992

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<td>Cash - savings</td>
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<td>Cash in registers</td>
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<td>Prepaid insurance</td>
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<td>Supply inventory</td>
<td>2,775.00</td>
</tr>
<tr>
<td>Prepaid Advertising</td>
<td>1,250.00</td>
</tr>
<tr>
<td>Prepaid corporate income tax</td>
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<td><strong>Total current assets</strong></td>
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<tr>
<td>Non-current</td>
<td></td>
</tr>
<tr>
<td>Land &amp; building</td>
<td>112,428.31</td>
</tr>
<tr>
<td>Equpm. &amp; bldg. improvements</td>
<td>154,791.02</td>
</tr>
<tr>
<td>Accumulated depreciation</td>
<td>(151,801.92)</td>
</tr>
<tr>
<td>NCCB stock</td>
<td>100.00</td>
</tr>
<tr>
<td><strong>Total non-current assets</strong></td>
<td>127,511.41</td>
</tr>
<tr>
<td><strong>Total assets</strong></td>
<td>$463,890.77</td>
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</table>

<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
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</thead>
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<tr>
<td><strong>Liabilities</strong></td>
<td></td>
</tr>
<tr>
<td>Current</td>
<td></td>
</tr>
<tr>
<td>Accounts payable</td>
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<td>Bottle deposits</td>
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<td>Payroll taxes payable</td>
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<td>Taxes payable</td>
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<td>Emergency sick leave fund</td>
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<td>Vacation payroll reserve</td>
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<td>Capital fund</td>
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<table>
<thead>
<tr>
<th>Description</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Net worth</strong></td>
<td></td>
</tr>
<tr>
<td>Accumulated profit from operations</td>
<td>170,200.43</td>
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<tr>
<td>Accumulated profit from membership fees</td>
<td>73,500.00</td>
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<tr>
<td>Profit year to date from operations</td>
<td>34,631.82</td>
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<tr>
<td>Profit year to date from membership fees</td>
<td>3,070.00</td>
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<tr>
<td><strong>Total net worth</strong></td>
<td>282,402.25</td>
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<tr>
<td><strong>Total Liabilities &amp; net worth</strong></td>
<td>$463,890.77</td>
</tr>
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</table>
Thanks to the incredible hustle put on by our new bookkeeping team, financial statements for the first half of 1993 are ready for your perusal. So, let's begin at the very beginning (a very good place to start) (aargh, I'm having a Julie Andrews attack!) with the Income Statement.

Total sales for the first six months of 1993 were $1,218,942.02. This is an 11.94% increase over the same period in 1992. Margin (the difference between what we buy stuff for and what we sell it for) was 25.37%, providing us with $309,195.75 in revenue. Advertising revenue was 31.5% more than we expected, for a total of $1,972.50. Ad revenue is the money we make selling ads in the Co-op News. Adding in the cashier over/under and the miscellaneous revenue, we end up with total revenue from operations of $314,284.58.

Superb management skills combined with situations over which we have absolutely no control netted us an underspent expense budget. We spent 97.54% of what we expected to spend, resulting in a savings of $7044.74. Total expenses for the first half of 1993 were $279,652.76. Including the income from membership fees ($3070), we netted $37,701.82.

OK, maybe superb is a little strong, but each budget line item has a staff member who monitors the item. It is the budget monitor's job to keep the expenditures in line with the budgeted amount and to explain any large over- or under-runs. In recent years total expenses have been under budget consistently, contributing to the overall financial health of the organization.

The balance sheet shows a significant increase in cash reserves since the last balance sheet, which was 12/31/92. In our current assets we have a cash total of $220,799.60, which is an increase of $45,007.95. Other significant changes in current assets include an increase in deposits paid, decrease in merchandise inventory, the addition of prepaid advertising and $4800 of prepaid corporate income tax. The increase in deposits paid is primarily deposits on equipment for the second store. The prepaid advertising expense is $1250 paid to KAOS for underwriting Pacifica News for the first six months of 1994. I'll bet you already know what prepaid corporate income tax is!

Non-current assets stayed the same except for the increase in accumulated depreciation. Any capital purchases we make, like equipment or buildings, goes onto the depreciation schedule and gets expensed out over its projected lifespan. Accumulated depreciation increases as long as there are still items being depreciated. (Accountant's bumper sticker: Depreciation happens!) So, we end up with total assets of $463,890.77, an increase of $42,376.98.

Our liabilities remain extremely low, with the only increase being the capital fund, which is the accumulated refundable dues payments. Net worth continues to grow, with an increase of $37,701.82.

In conclusion, the Co-op's finances remain very strong. We are positioned well to take on the financial burden of the second store.

And, speaking of the second store, finance committee members are active on the B.A.R.C. (building accountability and review committee). See the expansion article for more details of this work.

And, as always, if you have questions about the Co-op's finances, don't hesitate to ask. Kim and I are happy to talk to you.
THE TOP TEN REASONS TO BUY ORGANIC

1. Protect Future Generations

"We have not inherited the Earth from our fathers, we are borrowing it from our children." -Lester Brown

The average child receives four times more exposure than an adult to at least eight widely used cancer-causing pesticides in food. The food choices you make now will impact your child’s health in the future.

2. Prevent Soil Erosion

The Soil Conservation Service estimates that more than 3 billion tons of topsoil are eroded from the United States’s croplands each year. That means soil is eroding seven times faster than it is being built up.

Soil is the foundation of the food chain in organic farming. But in conventional farming the soil is used more as a medium for holding plants in a vertical position so they can be chemically fertilized. As a result, American farms are suffering from the worst soil erosion in history.

3. Protect Water Quality

Water makes up two-thirds of our body mass and covers three-fourths of the planet. Despite its importance, the EPA estimates pesticides - some cancer causing - contaminate the groundwater in 38 states, polluting the primary source of drinking water for more than half the country’s population.

4. Save Energy

American farms have changed drastically in the last three generations, from family-based small businesses dependent on human energy to large-scale factory farms highly dependent on fossil fuels.

Modern farming uses more petroleum than any other single industry, consuming 12% of the country’s total energy supply. More energy is now used to produce synthetic fertilizers than to till, cultivate and harvest all the crops in the U.S.

5. Keep Chemicals Off Your Plate

Many pesticides approved by the EPA were registered long before extensive research linking these chemicals to cancer and other diseases had been established. Now the EPA considers that 60% of all herbicides, 90% of all fungicides, and 30% of all insecticides are carcinogenic.

6. Protect Farm Worker Health

A National Cancer Institute study found that farmers exposed to herbicides had a six times greater risk than non-farmers of contracting cancer.

In California, reported pesticide poisonings among farm workers have risen an average of 14% per year since 1973, and doubled between 1975 and 1985. Field workers suffer the highest rates of occupational illness in the state.

Farm worker health is also a serious problem in developing nations, where pesticide use can be poorly regulated. An estimated 1 million people are poisoned by pesticides annually.

7. Help Small Farmers

Although more and more large-scale farms are making the conversion to organic practices, most organic farms are small independently owned and operated farms of less than 100 acres. It is estimated that the U.S. has lost more than 650,000 family farms in the past decade. Organic farming is one of the few survival tactics remaining for family farms.

8. Support A True Economy

Although organic foods may seem more expensive than conventional foods, conventional food prices do not reflect hidden costs borne by taxpayers, including nearly $74 billion in federal subsidies in 1988. Other hidden costs include pesticide regulation and testing, hazardous waste disposal and clean-up, and environmental damage.

9. Promote Biodiversity

Mono-cropping is the practice of planting large plots of land with the same crop year after year. While this approach tripled farm production between 1950 and 1970, the lack of natural diversity of plant life has left the soil lacking in natural minerals and nutrients. To replace the nutrients, chemical fertilizers are used.

Single crops are also much more susceptible to pests, making farmers more reliant on pesticides. Despite a tenfold increase in the use of pesticides between 1947 and 1974, crop losses due to insects have doubled - partly because some insects have become genetically resistant to certain pesticides.

10. Taste Better Flavor

There’s a good reason why many chefs use organic foods in their recipes - they taste better! Organic farming starts with the nourishment of the soil which eventually leads to the nourishment of the plant, and ultimately, our palates.

This article was excerpted from an article by Silvia Tawse, marketing coordinator for Alfalfa’s Markets in Boulder and Denver Colorado. The pamphlet was published by North Coast Cooperative in Humboldt County, California.
HARVEST TIME

CANNING AND DRYING FOODS
WHERE TO GO FOR HELP

Despite the overcast growing season, many gardeners are bringing in the produce from their vegetable gardens and fruit trees, preparing for the task of putting away some of their food for the winter. The Co-op stocks a variety of products for canning. You can find these things just to your right as you walk in the front door. On these shelves are measuring bowls, strainers, labels, books, ladies, cheesecloth, funnels and salt. What you won't find at the Co-op are gauges and gaskets. Word has it that the best place to get gaskets used to be Yardbirds, but now it is Tru-Value Hardware in Tumwater Square. For gauges, you need to contact the manufacturer of the canner.

An alternative to buying a lot of expensive books on preserving food is to take a trip to the Extension Services Office on Capitol Boulevard in Tumwater. For $1.00, you can get a packet of information that contains six publications; "Canning Tomatoes and Tomato Products," "Canning Vegetables," "Canning Fruits," "Pickling Vegetables," "Freezing Fruits and Vegetables," and the ever-popular "Let's Preserve - Jelly Jam and Spreads." They also have a bulletin on drying fruits and vegetables. The phone number for the Master Food Preserver is: 786-7445.

A service that the Co-op provides is free pressure gauge testing. Ask someone on staff to assist you.

TRASH OR TREASURE?

Autumn is the season of the overflowing Freebox! To help keep it under control and useful, please keep the following thoughts in mind:

- **When in doubt, throw it out** (but please not in our dumpster!) Items that are really stained or torn (beyond washing and mending) need to be thrown away or creatively recycled; less junk means more room for useable clothing. Remember, we only take clothing and kitchen utensils!

- **If the Freebox is overflowing, please keep going** (to the nearest attended donation center of the Salvation Army or Goodwill, that is.) There's a Goodwill Center at 719 Division, and the Salvation Army in the Westside Center accepts donations behind the building. Both places may take furniture or other non-clothing items as well, which we don't.

If you are interested in being a Freebox volunteer, please contact Helen at the Co-op, Sunday thru Thursday.
Joey With Chicken Pox

A Self Portrait
by Joey, age 4
PLEASE DON'T CALL IT "CHILD'S PLAY"

A child at play is hard at work. Through play, children learn how the world works, how to negotiate with others and how to learn. Play promotes intellectual growth as well as physical, creative, emotional and social development.

OCCC encourages children to be actively involved in learning through play. Our program is designed to give each child a variety of activities and materials carefully geared to her or his developmental level. Children are invited to pursue their individual interests in the context of life in the center, in their families, in the community and in the world.

At OCCC, play helps children develop self esteem, confidence, social skills and a life long love of learning.

So when you call it "child's play," say it with respect. What you are really seeing is a child at work.

OCCC is a non-profit, nationally accredited child development program that provides affordable, high quality care on a sliding fee basis.

OCCC's facility at 420 McPhee Rd. SW, opened in June of this year. Licensed for 68 children, the center has nearly an acre of outdoor play space including gardens, wooded areas and a separate toddler play yard.

OCCC has a stable, loving, professional teaching staff, and a developmentally appropriate child care curriculum. Over the past 26 years, OCCC has provided high quality care to over 3,500 children.

OCCC has senior volunteers who contribute their time, energy, love and talent to the children. They play, read stories, plant vegetables and flowers, bake bread, make toys and sign songs with the children.

Beginning in September, OCCC will offer the Early Childhood Education and Assistance program, in cooperation with HeadStart/ECEAP, for eligible 4 year olds.

Olympia Child Care Center
420 McPhee Rd. SW
943-3571
OPENINGS AVAILABLE IN ALL AGE GROUPS
In 1987 a book entitled "Diet For a New America" was written by John Robbins. That book inspired the formation of a grassroots organization named EarthSave. EarthSave is dedicated to spreading the good news that a balanced plant-based diet is one of the most healthy, economical, compassionate and environmentally sound choices that a person can make today to protect our planet's future.

Imagine a world where the land is fertile, the water is clean, the air is fresh. In this world nature is treated as a community, not a commodity, and the food is healthy for us as well as for the environment. EarthSave is committed to helping create this world.

An increased demand for animal products in our diet has resulted in a vast re-allocation of resources, has promoted the degradation of global ecosystems and has had a devastating impact on human health. Many of the critical environmental issues—desertification, fresh water availability, ocean pollution, biological diversity, rainforest destruction, topsoil erosion and climate change—are directly and severely impacted by the Western world's current animal-based diet with its intensive agriculture.

Tracing these problems back to their root in our personal dietary habits - our demand for meat, poultry and dairy products - we can begin to see that by changing our diets we can play an important role in helping to heal the Earth and creating a sustainable world for our children.

Locally, EarthSave Olympia provides support and information for people as they learn and incorporate dietary changes in their lives. On the fourth Monday of every month, from 6:30 - 9:00, we host a vegetarian potluck at the Urban Onion downstairs meeting room. It's a great place to try new recipes and meet friends. We are a non-judgmental group and welcome everyone, no matter where they are on the food continuum. We only ask that you bring a vegetarian dish with the ingredients listed and your own eating utensils.

The potluck includes an educational segment. Recently we had Larry Kaplowitz, long time vegetarian and author, speak on transitioning to a plant based diet, the topic of his upcoming book. We also hosted Dave Baird from the Fairie Herb Gardens, who shared his knowledge of herbs and their culinary uses. We also have many books for sale at each potluck and a resource library containing articles of interest to vegetarians and environmentalists.

In the true spirit of Thanksgiving, EarthSave Olympia will sponsor a vegetarian Thanksgiving dinner, to honor and give thanks to Mother Earth and all beings. It will be held November 22, 6:30 - 9:00, in the Urban Onion ballroom. Bring a dish and eating utensils.

EarthSave Olympia membership is not mandatory to attend potlucks. Our main goal is to educate and we welcome everyone to share a meal with us. Those who opt to become members will receive the EarthSave National and the EarthSave Seattle newsletters containing timely environmental updates, local happenings, and special reports throughout the year on topics like sustainable agriculture, meat consumption, and world hunger. Additionally, all members have the opportunity to participate in community outreach, networking at fairs and public events, and other grassroots activities. For information on membership or other EarthSave activities, call our hotline at 352-6716.

We welcome everyone to join us at EarthSave Olympia. Profound changes begin with simple steps.

Excerpts taken from EarthSave publications.
Marketplace

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Alice Stroud, L.M.P., M.A. Psychology
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Sandra A. Hurd, MA, ATR
786-6657
419 Boulevard Road, Olympia, WA 98501
1827 E. 4th Avenue, Olympia, WA 98501
**CO-OP KIOSK**

**Don't forget the Co-op will be closed on Labor Day**

**PICNIC/ANNUAL MEETING**

Hey Everybody, Remember the great picnic we had in May to celebrate the final payment on the building? We had so much fun the Board decided to do it again this fall. Every fall we have a general membership meeting, but in recent years turnout has been pretty dismal. The Board decided to liven up the meeting by making it part of an afternoon picnic event! Look for signs at the store as to the exact date and location and anticipate good food, good people, and good fun!

**Turkey order season coming up**

*DON'T ORDER YOUR SHELTON'S FRESH, NATURALLY-RAISED TURKEY FOR THANKSGIVING YET!*  
It's too early, but it's not too early to start thinking about it! We will begin accepting your turkey orders sometime around late September, and, although we don't have any firm deadlines yet, we imagine the deadline will be around the end of October. So, mark your calendars and watch for in-store advertising with more details.

Shelton's turkeys, from Pomena California, are raised without the use of hormones, growth stimulants or antibiotics. And, as a confirmed omnivore, I can assure you that these are the best turkeys I've ever eaten. No matter what holidays you celebrate, if you eat turkey, you'll want to check out these great-tasting, naturally raised birds.
The 10th Annual Olympia Film Festival Wants You!

Volunteers needed:
Volunteer Coordinator
Festival Awards Czar
Other Misc. Jobs

CALL: 754-6670 for details
Ask for Devon

Lend us your ears... and your hearts!

Volunteer as a Crisis Clinic phone worker. A training that will change your life is
Friday Sept 24 - Sunday Sept 26.
For an application, send a self-addressed stamped envelope to:
Crisis Clinic, PO Box 2463, Olympia, WA 98507.

Closing date for completed applications:
September 17

STREAM TEAM WORKSHOPS
URBAN WILDLIFE WORKSHOP
Thursday, October 14, 1993
Thurston County Courthouse
Room 152
7:00 - 9:00 p.m.

SPEECH seeks volunteers
for staffing, writing for the Green Pages,
and helping with community events
Call Robin at 352-3046

The 20th Annual Harbor Days Tugboat Races & Festival introduces "Eco-Harbor" an ecology fair
Percival Landing North
September 4th & 5th
THE FATE OF THE FARMERS MARKET

In a recent interview, Farmers Market manager Rick Castellano indicated that the City of Olympia was strongly supportive of keeping the Farmers Market in its current location. The area which most of us think of as Yardbirds is up for sale, and the prospective buyers have been asked to lease the Market area back to the city, allowing things to remain as they currently exist. Hopefully there will be no resistance to this idea, but city officials have discussed alternatives with the Farmers Market Board if the people who buy the property are not willing to build the Market into their planning.

The Farmers Market is the best place (outside the Co-op) for local shoppers to buy a variety of fresh, organically grown food. Since negotiations have started on the property, the vendors at the Market have been worried about their future. When asked what concerned Co-op members could do to help with the cause of supporting the Farmers Market, Rick had two major suggestions:

1. Write to your City Council Members
Dick Cushing of the City of Olympia remarked that although many vendors who are directly involved with the Farmers Market have written to the City Council, the Co-op has not been much visible support from the public at large. If you are interested in helping the Market remain where it is, write to:

Mayor Bob Jacobs
Council Member Nina Carter
Council Member Holly Gadhaw
Council Member Mark Foutch
Council Member Mary Lux
Council Member Rex Derr
Council Member Margaret McPhee

Address for Olympia City Council:
PO Box 1967, Olympia WA, 98507

2. Walk, Bike, Bus or Carpool to the Market
One of the keys to success for the Farmers Market is tourist trade. The marketing plan reaches out in statewide publications for travelers to stop by and visit the Market. A current problem is that there is no place for visitors, who don't know the layout of the city, to park. Temporarily, the closing of Yardbirds will alleviate the parking dilemma. But in the long run, the more of us who go to the market without our cars, the better.
IN MEMORIAM: CHUCK ALLISON

Charles M. "Chuck" Allison, 57, died of leukemia at Saint Peter Hospital on August 18. His brother, David Allison, and several close friends were with him at the time of his death. He will be remembered for his ability to create community and bring people together. He was a manager of the Olympia Farmers Market, a painter, sculptor, and very special friend to many people.

There is a gathering in his honor on Sunday, September 5th. For more information, please call 426-6760 or 943-8332.
IT'S NOT TIME TO FORGET ABOUT YOUR GARDEN ... JUST YET

By Mary Jo Buza

While mother nature prepares for winter, the days become shorter and the evening cooler, many folks sigh with relief... the gardening season is finally over. But for us gardening “enthusiasts”, fall has its own set of gardening activities. Now is the time to mulch, enrich your soil, plant trees, shrubs and bulbs and, of course, garden clean-up. Besides, the fall is one of the pleasantest seasons to be outdoors.

Garden Clean-Up
The cool rainy spring and summer provided perfect conditions for plant diseases to thrive and they did! I saw more apple trees with scab, more roses with powdery mildew and more cherry trees with blight this year than other recent summers. Because of the outbreak of plant diseases, fall clean-up is even more important. Plant diseases will hibernate on fallen leaves, rotting fruit and dead stalks. Wake-up and remove them and you will reduce reinfection the following year. You will also reduce the need to use fungicides, whether synthetic or natural. The bad news is that it is not a good idea to compost or mulch with leaves and fruit infected with plant diseases. Even the hottest compost pile may not be hot enough to destroy spores of plant diseases.

I once thought grass should be left long for the winter and stalks from perennials would compost naturally. This is not entirely true. Long grass can deprive the roots of oxygen and dead plant stalks from perennials need to be cut back to the ground. Be careful while cutting back perennials, many have formed crowns for next year and should not be cut back. Remove only stalks that are obviously dead. With the garden clean-up done the next job is to mulch.

Mulching
Mulch is a layer of organic matter used to cover the soil. A variety of materials can be used as a mulch, compost, leaves, hay and straw, sawdust and woodchips. Mulch can be done any time of the year, yet the fall seems to naturally have an abundance of leaves and straw to be used for mulching. Mulch helps plants survive the extremes of winter. It acts as insulation and protects the roots. Mulches are especially important for tender herbs and perennials such as rosemary. Mulching also increases diversity by creating a home for ground dwelling beneficial insects like the ground beetle that feed on slug eggs and maggots.

As a rule of thumb, I add a 3 inch layer of mulch annually. If I am battling a serious weed problem, I pull the weeds then add up to 5 inches of mulch. Each year I mulch my landscape beds with leaves. I allow leaves to cover my lawn and then use my lawn mower to shred the leaves. I find shredded leaves work much better as a mulch because they don’t blow away as easily. A word of caution, do not let leaves accumulate on the lawn for more than a couple of weeks, otherwise your grass will begin to turn yellow and become patchy.

Enriching Your Soil
Fall is the best time to enrich your garden soil with organic matter like manures and compost. Turning organic matter into your soil in the fall gives the soil organisms like earthworms plenty of time to do their job before spring planting. Soil organisms transform organic matter into nutrients that plants can readily absorb, that’s their job. Without soil organisms the soil would have no “soul”, it would simply be dirt. Adding organic matter is really feeding the soil organisms which in turn feed the plants.

How much organic matter is needed to enrich your soil will vary. If you have recently turned under a lawn area, adding 12 inches of organic matter is suggested. If you want to plant a permanent bed with trees, shrubs and perennials, adding organic matter to the soil is especially important. Once established, you will not want to
disturb the root system with digging and turning. So no matter what kind of soil you have, organic matter will help loosen heavy clay soils and will aid sandy soil in holding onto water and nutrients that otherwise would wash away.

Typically each spring I see the roto tillers come out and a flurry of activity occurs. By enriching my soil in the fall, the only job left for me is to peruse the seed catalogs and plant, while my neighbors are just beginning to turn and dig.

Fall Planting
Plant bulbs now for beautiful spring color. The garden stores and catalogs are now stocked and brimming with bulbs. Bulbs are easy to grow even if you don’t have a green thumb. Just plant and wait and you will be rewarded for your efforts next spring. September is also the best time to plant the herbaceous bulb, garlic. Fall planting of all bulbs allows them to develop healthy roots, so they are ready and waiting for the first warm days of spring to sprout. Fall is also a great time to plant trees and shrubs.

Cover Crops
Many gardeners prefer to use cover crops also known as green manures instead of mulching for their vegetable gardens. Overwintering cover crops include crimson clover, annual ryegrass, hairy vetch and corn salad (edible). Cover crops add organic matter to the soil, reducing the need to haul and spread manures and compost. Legume cover crops such as crimson clover will produce nitrogen in the soil reducing the need to fertilize. Overwintering cover crops are best sown in mid-September through October, depending on the variety. Broadcast the seed thickly and rake or hoe to ensure good soil contact. Territorial Seed Catalog has a wealth of detailed information on the specifics of cover crops.

Author, Mary Jo Buza, a local landscape designer and least toxic pest control consultant, can be reached at 923-1733 for more information.
CONSERVING ENERGY
WHILE MAKING HEALTHY FOOD

by Elaine Waterman
NATURAL PRAIRIE FARM

I make my own yogurt because it has a more sweeter taste than commercially prepared yogurt.

Yogurt

Little less that 1 quart raw milk
2 heaping tablespoons yogurt (with culture)
or package of yogurt starter

1. Heat milk over medium - medium high heat to 180 degrees (I always use a candy thermometer)

2. At the same time plug in your crock pot and turn to high, placing inside a towel which I wrap the two pint jars that will hold my yogurt. Your crock pot, towel and jars only need to be warm. I find that by the time my milk has heated to 180 degrees it's warm enough. Unplug the crock pot and wrap in a blanket.

3. Take milk off heat and cool to 115 degrees (I set my pan in a bowl of cool water to reduce the temperature quickly.

4. Stir gently in your 2 heaping tablespoons of yogurt or yogurt starter.*

5. Temperature of milk must stay at 115 degrees, return to stove briefly if it falls below that while mixing.

6. Pour into warm pint jars, tighten lids firmly and place into warm crock pot covering completely with small blanket.

7. Leave for 3 - 5 hours, depending on how sweet and firm you want your yogurt.

8. Refrigerate immediately. (It will become a bit firmer once refrigerated.)

*Use a new active yogurt starter once a month. Yogurt should be made fresh at least once a week, saving at least 2 heaping tablespoons for your next batch.

I have tried many, many yogurt recipes and this one I've had no problems with as long as the above directions are followed.

My favorite way to use yogurt during the summer months is mix with half water, and add some kelp and pour over those fresh, yummy salad fixings we are blessed with.

I also mix nuts (almonds, filberts, walnuts, etc.) seeds (sunflower, sesame, chia, etc.) with yogurt mixed half with water and add: apples, figs and raisins and coconut or berries; or applesauce, dates, and coconut; or any fruit etc.

All the above products that I use are purchased at the Co-op and certified organic or grown myself.

For those of you who have a garden, several ways to conserve energy and eat healthily are:

1. To freeze peas - pick and shell quickly and place in shallow pie pans or cookie sheets and put in freezer for about 1 hour to freeze slightly.

2. Put in pint or quart jars and seal, returning to freezer.

3. During the fall and winter months I add them to soups and stews or cook briefly and add to my cat food I make for my furry friends.

Tomatoes

1. I place these right into jars after quartering for larger tomatoes (cherry tomatoes I leave whole).

2. Add your favorite herbs to the jars also. Freeze. Later place entire contents into soups and stews which I make in a cast iron kettle that sits on my wood stove all day long to simmer.

Beans

1. I freeze beans by snapping and placing immediately into pint jars.

2. I always use lids with a rubber seal around the top to keep out any moisture for all my vegetable products.

Yogurt Cheese

What a yummy joy!

1. Take 1 pint of above yogurt. Place in cheese cloth.

2. Hang up so liquid can drip. (I often squeeze the cheesecloth) and this takes about 4-6 hours to make a sweet, "cream-style" cheese that's excellent on whole grain breads.

Eating healthy, organically-grown foods is a top priority with me. And, being able to conserve energy is a must. It lowers the electricity bill, and makes me feel good about how I can use our resources wisely and efficiently.
1993 will undoubtedly be remembered as “The Year of the Flea” by Thurston County pet owners. Last winter’s mild weather provided us with a bumper crop of the little pests, and many animal lovers have come up against the worst flea infestations in memory. If you try to live without chemicals, and opt for organic measures in flea control, it can be a full time job. The Co-op stocks some products that can help you, and below are listed some of the varied approaches to a flea-free life.

- Flea combs
  Available at the Co-op, these extremely fine-toothed combs will capture fleas as you comb your pet. Once on the comb, you can dip them in water with a high concentrate of detergent or flea shampoo, or smooch them into a tissue, which you then burn.

- Organic flea powder
  Several varieties are on sale in the Co-op pet section. Most of them have a pyrethrin base, which is derived from chrysanthemum flowers.

- Organic flea collars, dips, and sprays
  Also available at the Co-op. The base of these liquid remedies is usually pennyroyal, combined with eucalyptus, castor, spearmint, or other scents known to repel fleas.

- 20 Mule Team Borax
  This is a modern folk remedy, prescribed by a local window washer. Take the powder and work it into your carpet with a broom or brush. Then vacuum it up. The borax will remain in the carpet fibers. Once fleas ingest it, they die.

- Salt
  Michael from Arkansas says his grandfather sprinkled salt all over the floor to kill the fleas. This sounds a lot like the 20 Mule Team Borax concept.

- Nightlights and sticky paper
  Get some spray adhesive from an art supply store, and in a well ventilated area, spray a piece of cardboard until it is very sticky. Place it under a light as you sleep. The fleas are attracted to the light and heat. Once on the paper, they’re stuck.

- Foggers, dips, and flea shampoos from the vet
  This is the most toxic method, but sadly the most effective once you’ve got zillions of fleas and hundreds of zillions of eggs all over your house. The ultimate treatment is to vacuum your entire house and car, destroying the vacuum cleaner bag by fire. Then spray your car with a pump-style pyrethrin-based flea killer, allowing it to air out afterwards. Bathe and flea-dip your animals, and then put them in your now flea-free car. Gather up all bedding, rugs, animal beds, etc. in plastic garbage bags. Set off enough flea foggers to entirely invade your home. Go to the laundromat, taking a Co-op break while your clothes are in the washer. Have a China Cola and a healthy snack. Go home after your clothes are dry. Hold your breath, go inside, and open all your windows. Wait 1 hour, chatting with family members in the car. Go back inside and wash all your dishes, wipe all your surfaces, and enjoy your flea-free environment. Do something to restore the damage done to your liver by using this toxic technique.
Last Month's Winners
Answer: Ginger Root

Seamus Walsh, Dao Ho, Tora Saeger, Lindsey Moore, Silas Perry, Riley Sweeney, Chaim Sisson, Rachel Lytle, Jessica Lytle, Amber Perry, Caleb, Joe Anderson, Rosie McPherson, & Catalin

Past Winners that have a $1.00 gift certificate to pick up in the Co-op office:

Jonathan Kandu, Jade Crown, Erin Thomas, Tora Sez, Alex Busack, Amiel Martin, Alice Joy, Dakota, Sarah Howard, & Danae Rosen

Olympia Food Co-op
921 N. Rogers
Olympia, Wa 98502
206/754-7666

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