Options student Emma Holly, age 9, looks at the Co-op’s recycled paper for school

BACK TO SCHOOL

• NEWSMAGAZINE OF THE OLYMPIA FOOD CO-OP •
LETTERS TO THE EDITOR

FREE HEALTH CLASSES

To the Editor:

Please mention these “Natural Health Care Classes” in the next newsletter. There is no charge for any of the classes.

Thank you,
Dan
Red Apple Natural Foods

All classes are on Thursdays at 7:00 pm at Red Apple
400 Cooper Point Road

September 8
Allergies
Dr. Jennifer Booker

September 15
Fatigue
Dr. Jon Dunn

September 22
The Menopause
Dr. Patricia Scott

September 29
Food Sensitivities
Dr. Jennifer Booker

October 6
Cardio (Heart) Vascular (Blood Pressure)
Dr. Jon Dunn

October 13
Colds & Flu
Dr. Patricia Scott

October 20
Low Blood Sugar to Diabetes
Dr. Jennifer Booker

October 27
Gastrointestinal Bluuues
Dr. Jon Dunn

STATEMENT OF PURPOSE AND GOALS

The purpose of the Olympia Food Co-op is to contribute to the health and well-being of people, by providing wholesome food and other goods, accessible to all, through a locally oriented, not-for-profit cooperative organization. We strive to make human effects on the earth and its inhabitants positive and renewing. We seek to:

- Provide information about food.
- Increase democratic process.
- Support local production.
- See to the long-term health of the business.
- Assist in the development of community resources.

CO-OP NEWS

The Co-op News is produced by working members and staff on a bi-monthly basis. All members are encouraged to participate. Opinions expressed in these pages are those of the authors and do not necessarily reflect the views of the Co-op staff, board of directors, Co-op News advertisers or anyone else. Co-op members with opposing viewpoints are invited to respond. Submissions and comments can be directed to:

Co-op News, 201 N. Rogers, Olympia, WA 98502
or can be left in the front office's newsletter box.
For more information call the editor at 943-5430.

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

Editor
Nancy Sigafos
Advertising Coordinator
Jacinta McKoy
EDITOR'S NOTE

August is the busiest month of my work life because every project that Tina and I are involved in comes to a crescendo from late July until Labor Day. Doing an issue of the Co-op News in the midst of the chaos is actually a very good thing, because it reminds me of the importance of staying true to the Co-op spirit while I work at making a living.

Whether it means including Indigenous People in the Music in the Park program, encouraging festival-goers to ride the bus to Harbor Days’ Eco-Harbor exhibits, or recycling everything possible here at the office, we make a stab at “making human effects on the earth and its inhabitants positive and renewing.” (See Purposes & Goals, page 2.)

Many Co-op folks are doing remarkable things to help uphold the purposes and goals of our cooperative. To give credit where it is due, this issue introduces a feature called The Green Star Award, which is dedicated to letting Co-op members know about businesses in the community that are going the extra mile to not only be in business, but to have a consciousness along the way. Do you have a candidate for the Green Star? Please call me or leave me a note in the News box at either store.

Our theme this issue is “back to school,” which conjures up images of lunch boxes and unscuffed tennis shoes...but it also means the return of the college students to the area who bring so much good energy to the community and the Co-op. Be sure and look at page 9 for this month’s coupons, especially designed for the healthy school lunch.

And we’re still looking for contributions to “Reader’s Corner,” a place to share your recipes and other food preparation tips with the other members. So many of us are struggling with the challenge of Eating Right (or should it be Eating Left?)...a forum for passing along what’s cookin’ at your house is going to be a definite help.

As harvest time approaches, many Co-opers are turning their thoughts to tucking the summer garden in for the year and then investigating what winter crops will thrive, bringing a taste of freshness to the dinner table during our dreary months. See page 26 for tips on making the transition.

Thanks for all the positive feedback from July’s issue. Many people called to volunteer for the position of picking up the Co-op News, and we have found a worker-member from Mason County, “Turtle,” to do the job. We also have a back-up person. But we still need WRITERS! Think about contributing a column for the November issue; write about food, community, gardening, cooperation, environment...let us know!

Enjoy the Harvest Moon, the first day of school, and the return of the rain...

NS

DEADLINES
FOR THE CO-OP NEWS

Articles and Advertising

<table>
<thead>
<tr>
<th>Issue</th>
<th>Deadline</th>
</tr>
</thead>
<tbody>
<tr>
<td>November</td>
<td>October 1</td>
</tr>
<tr>
<td>January</td>
<td>December 1</td>
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<tr>
<td>March</td>
<td>February 1</td>
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<tr>
<td>May</td>
<td>April 1</td>
</tr>
<tr>
<td>July</td>
<td>June 1</td>
</tr>
<tr>
<td>September</td>
<td>August 1</td>
</tr>
</tbody>
</table>
Harry Levine is gone (for now), off exploring this big old world of ours on a one-year leave of absence, and somehow the store just ain’t the same. His boundless energy and unflagging enthusiasm, but above all, his laugh are already sorely missed. Among the many big shoes left to fill (if I may mangle my metaphors) is that of this column, the Eastside Report. I will do my best in Harry’s absence to keep you abreast of the latest events at our newest Food Co-op.

Many new people continue to walk through our doors for the first time each day. In particular, Merchandising Coordinator Grace Cox’s placement of “Two for One” and “Dollar Off” coupons in a local ad sheet has brought in hordes of new folks. To meet the needs of those unfamiliar with the Co-op’s philosophy and procedures (“What do you mean I gotta write down my prices?”), free tours of the new store are being offered every weekend through the summer.

In addition to Harry’s departure, other personnel changes have taken place. Grand Cheese Whiz and much-loved staff member Linda Friedman has left the Co-op, also with the intention of exploring other bioregions outside Thurston County. To replace Harry and Linda, we’ve hired new staffer Barbara L’Aimont and acquired Eliza Welch from the Westside store (we only had to give up two first-round draft picks—what a steal!)

Eliza, who shared the Personnel Coordinator’s job with Harry, will now continue solo in that daunting capacity. Yours truly has transferred from the bulk Department and become the new Big Cheese, taking over the reins from Linda. Barbara steps into my open slot in bulk, co-managing that nutty department. (Hopefully I can get pasta my bad habit of making food puns.)

The Eastside Staff is engaged in the difficult process of developing a written policy regarding sexual harassment. Long overdue, this policy will have to be adopted by both stores and the Board. In a similar vein, both staff collectives will be participating in Diversity Trainings later this summer, to broaden our understanding of different cultures and the biases we all unwittingly harbor.

The landscaping is nearly complete—check out the herb garden and picnic benches in front of the store on the far side of the parking lot. A sign has been prominently placed on Pacific Avenue eastbound to more clearly mark the street leading to the store.

The baby tables are finally in, and the kids’ area is nearly finished. Your spare toys and books are welcome. Produce manager and reggae bassist Todd Monett has installed two more speakers in the back of the store, so now you can shop in quadrophonic Sensurround.

A final thought... if you’re ever in doubt about whether we have enough corn meal... just remember, we’ve got polenta!
SERVICE • ECONOMIC VIABILITY • SUSTAINABLE ECONOMY • SURVIVAL COOPERATION

Last issue the cover actually DEFINED cooperation. Remember? Words like “joint effort,” “association for mutual benefits,” “beneficial to all”... Remember. Consider. Commit.

A long-time member, someone I respect, shook my cooperative world this summer. He told me of his efforts, his honest efforts to commit his economic/political support to the Olympia Food Co-op—to shop here, to invest here. To this end, he took home four weekly bags of groceries from our store, with its unique staff/worker system and its unique product line and availability. But something upset him—the lack of a CARING ATTITUDE from our volunteer cashiers. “After they took my money,” he told me, “I ceased to exist for them.” He spoke of sustainability. To sustain our local economy, we have to CARE ABOUT EACH OTHER. At Ralph’s “THEY are glad to see me. They bag my groceries with enthusiasm when I’m tired after working all day.”

Our cashiers are, for the most part, VOLUNTEERS. I’ve done it for twelve years. We come to our shifts, often after full working days of our own, and most of us ARE NOT PAID.

HOWEVER, my fellow cashiers—paid and volunteer—WE ARE THE POINT CONTACT PEOPLE. We opened a new store, we’re reaching out to the community, we need that community to make our venture work. We need to make them, the shoppers, feel welcome. We ARE competing with Ralph’s, with Top Foods. This fall we will experience our annual influx of new faces and returning friends as The Evergreen State College begins its academic year, but we are also seeing new groups of people, especially on the East Side—people with health challenges and sensitivities, health conscious senior citizens, curious folks who care about food provided in bulk, the ecological implications of reduced packaging and organic, whole foods.

In considering this column, I looked back at my SOAPBOX article from the Fall of 1990 issue—four years ago. In that article, I addressed service vs. cooperation. Invoking the service = servant idea, I asked “doesn’t it seem to you that a class system of privileged and underling is contraindicated in a cooperative?” I invoked the idea of the common good.

It is a question of balance. As we worked on our expansion process, we realized that a new store on the east side, visible and accessible as our neighborhood store on Rogers is not, needed to draw support from a whole new community. We must be sensitive to the needs of this group of potential supporters, and accommodate their inexperience with our idiosyncratic systems in place for 17 years. At our annual membership meeting many spoke of education as a tool to use, education of the principles of cooperation, or collaborative organization. It is a question of balance.

My fellow cooperators! I say—help each other! Cashiers—if you’re not busy with the next customer in line—help the shoppers bag their groceries! Engage them in dialogue! Be personable and sensitive to their needs and possible confusion. Don’t sit reading and inaccessible. And, Shoppers! Don’t expect what you get from Ralph’s, from Top Foods, because we are a totally different entity, with different philosophies.

We are all in this together, and we all need each other. If we are to forge a community, if we are to survive, we must be sensitive to this issue. We’ll never, ever find the valuable parts of a cooperative elsewhere in the capitalistic jungle—but the cooperative must compete on many levels to be sustainable. We must survive by CARING ABOUT EACH OTHER, and our groceries. That IS what we’re about.

Another self-quote from the fall of 1990—“Let’s fulfill our commitment to the common good — don’t we all benefit?”
MERCHANDISER'S CORNER
by Grace

Jim Reed puts the finishing touches on another day's nutritious salad bar

THERE IS SUCH A THING AS A FREE LUNCH!

Well, not actually free. Here's your chance to introduce a friend or coworker to the eastside salad bar! For $2.50 you can purchase a "Free Lunch" coupon to give to someone you think might enjoy lunch at the Co-op. The coupon entitles them to $2.50 worth of salad or sandwich fixings from our salad bar. It's a great gift for someone who works or lives in the vicinity. Use one to tip your auto mechanic, say thanks to your health care professional, pay back a fellow worker's favor. You can buy one, ten or thousands at the eastside Co-op.
PACKAGING BACKLOG CREATES NUMEROUS OUT-OF-STOCKS

The FDA has required new labeling on all packaged food products. One new labeling requirement is the Nutrition Facts panel. This info box includes serving size, total calories, calories from fat, total fat, saturated fat, cholesterol, sodium, total carbohydrate, dietary fiber, sugars, protein, vitamin A, vitamin C, calcium and iron. The information is designed to be easily comparable, so that customers can make the most informed choices about nutrition.

In addition to the Nutrition Facts, the FDA has begun to regulate serving sizes and the use of certain words such as light and lite, low-fat, and other catch phrases some manufacturers have used less than scrupulously.

This labeling change has created a shortage of packaging materials as all food manufacturers redesign and reprint their containers. It has also forced some manufacturers to change product names. For instance, the product we have known as Barbara’s Cheese Puff Lights is now called Barbara’s Cheese Puff Bakes and no longer claims to have twenty-two servings in a 5 oz. bag.

Another new line for us is Herbs for Kids, a collection of herbal tinctures designed for common childhood ailments and conditions. The line contains no alcohol and is tinctured from certified organic herbs.

Not a new product, but a new brand...due to a change in suppliers, Schiff bulk Brewer’s Yeast is no longer available to us. We now carry KAL brand Brewer’s Yeast in bags. Of course, we still have our big barrels of nutritional yeast, mini and maxi flake.

Kiss My Face has a new sun block, so we do, too. Also from Kiss My Face, Peaches and Cream lotion. It actually smells like real peaches. Honest.

We think the new labeling laws are a good thing, which makes putting up with the out-of-stocks a little easier. We are sorry for any inconvenience or confusion it causes, and assure you that we are continuing to order your favorite foods that have been missing for a while.
New to us is a combo pack from Alba Botanical that includes a facial toner and a mild sudsy facial wash. I have used both (believe it or not) and like them. There is very little scent, which is why I can use them.

Lions and Tigers and Bears, Oh My! Check out the new mug designs in our mercantile department. Wild animals, flowers, and bright colored veggies.

Also in mercantile, plastic sprouting lids to fit regular mouth canning jars.

On our card rack, please notice the beautiful cards from Fish Love Cards. These cards are handmade by a local artist, and a portion of the proceeds helps fund breast cancer awareness projects.

But, by now you must be hungry, so let’s find something to eat.

In bulk at the Eastside store only, five new Fruitsource candies, including chocolate covered maltballs and raisins, and yogurt covered almonds, peanuts and pretzels.

Finally, a tomato juice like we remember from childhood. Muir Glen organic tomato juice in a 46 oz. can. Ingredients: organically grown and processed tomato puree, water, sea salt and ascorbic acid (vit. C). Tastes great plain, or spice it up with a shot of tabasco.

flavors, Raspberry, Lemon, Orange and Mango in a 16 oz. bottle.

In the boxed not-milk category we have three new items. EdenRice is, guess what, a rice-based milk substitute from Eden Foods. EdenBlend is a rice and soy combination. Both products contain organic rice, and the soy in the blend is also organic.

From Rice Dream, in response to several customer requests, we have brought in Rice Dream Enriched. This product contains added calcium, vitamin A and vitamin D. The regular, blue box Rice Dream is one of the product lines particularly hard hit by packaging delays.

Organic milk has finally arrived, in extremely limited quantities. It’s going to be hit and miss for a while, as the demand has far outstripped the supply. What’s available at this time is Horizon milk in half gallons. We have a weekly allotment from our distributor and cannot get any more than that allotment, which is considerably smaller than what we requested.

Perhaps that’s because Cascadian Farms is using it all for Ice Cream! A whole new staff conflict has arisen over which flavor of organic Sorbet and Cream is the best. Teresa prefers the orange (remember Creamsickles?) but I think the blackberry is to die for. And the raspberry is just fine, too.

Wrapping up the new products list is Rainforest Crunch. This product is new for us because they finally made one without sugar. Rainforest Crunch is now sweetened with brown rice syrup. Check it out.

Old wine in new bottles? No, China Cola in cans! The switch from glass to aluminum (both being recyclable materials) has reduced the freight costs (less weight = less fossil fuel used in shipping) and dropped the retail price from 80¢ to 57¢/twelve ounce container.

For a real thirst quencher, try the new Tea Koolers from Knudsen’s. It took me a while to get past spelling cooler with a K, but in an industry that routinely spells light l-i-t-e (we won’t even talk about Almond Mylk) we grammar police have to learn to let go. Once I tried these tea/fruit/ juice combinations I really liked them. Four
<table>
<thead>
<tr>
<th>Product Name</th>
<th>Description</th>
<th>Price</th>
<th>Regular Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Durable, Locally-Made Nylon Pack Cloth Lunch Bags</td>
<td>Velcro Closure, Shoulder Strap, Bright Colors</td>
<td>$5.50</td>
<td>$6.75</td>
</tr>
<tr>
<td>Mountain Sun Organic Apple Juice</td>
<td></td>
<td>Gallons $4.50</td>
<td>$7.91</td>
</tr>
<tr>
<td>Bulk Organic Raisins</td>
<td></td>
<td>$1.25/lb</td>
<td>$1.60</td>
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<tr>
<td>Kal Dinosaurs</td>
<td>Children’s Chewable Multiple Vitamins &amp; Minerals</td>
<td>120 tablets $6.50</td>
<td>$8.00</td>
</tr>
<tr>
<td>Nature’s Path Bulk Multi-Grain Flakes</td>
<td></td>
<td>$2.29/lb</td>
<td>$2.82</td>
</tr>
<tr>
<td>Westbrae Lunchbox Lites Soy Beverage</td>
<td>Vanilla • Plain • Cocoa</td>
<td>$1.50/3-pack</td>
<td>$1.98</td>
</tr>
<tr>
<td>Stonyfield Yogurt</td>
<td>8 oz.</td>
<td>2/$1.00</td>
<td>78¢</td>
</tr>
</tbody>
</table>

**Coupon**
Buy any two+ pound block Jack, Mild or Medium Cheddar Cheese and get 50¢ off.

One coupon per customer - expires Sept. 30
# Income Statement

**January 1 through June 30, 1994**

<table>
<thead>
<tr>
<th>Revenue</th>
<th>$864,521.39</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sales Total - Both Stores</td>
<td>$864,521.39</td>
</tr>
<tr>
<td>Cost of goods sold</td>
<td>$623,025.70</td>
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<tr>
<td>Gross Margin</td>
<td>27.92%</td>
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<tr>
<td>Advertising Revenue</td>
<td>$780.00</td>
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<tr>
<td>Interest Revenue</td>
<td>35.58</td>
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<tr>
<td>Cashier Over/Under</td>
<td>$143.97</td>
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<td>Total Revenue</td>
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</table>

<table>
<thead>
<tr>
<th>Expenses</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Advertising</td>
<td>$6,834.71</td>
</tr>
<tr>
<td>Newsletter</td>
<td>$5,556.14</td>
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<tr>
<td>Bank charges</td>
<td>$728.19</td>
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<tr>
<td>Duc &amp; subscriptions</td>
<td>$920.00</td>
</tr>
<tr>
<td>Bad debts</td>
<td>$765.59</td>
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<tr>
<td>Rent</td>
<td>$700.00</td>
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<tr>
<td>Utilities &amp; telephone</td>
<td>$13,238.09</td>
</tr>
<tr>
<td>Maintenance &amp; repair</td>
<td>$4,469.73</td>
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<tr>
<td>Depreciation</td>
<td>$10,244.42</td>
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<tr>
<td>Mileage</td>
<td>$581.25</td>
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<tr>
<td>Recycling</td>
<td>$783.00</td>
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<tr>
<td>Supplies</td>
<td>$1,906.59</td>
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<tr>
<td>Professional services</td>
<td>$650.00</td>
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<tr>
<td>Total staff cost</td>
<td>$178,045.99</td>
</tr>
<tr>
<td>Tax, licenses &amp; insurance</td>
<td>$8,598.82</td>
</tr>
<tr>
<td>Interest expense</td>
<td>$7,274.75</td>
</tr>
<tr>
<td>Misc</td>
<td>$1,424.45</td>
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<tr>
<td>Donations</td>
<td>$1,942.61</td>
</tr>
<tr>
<td>Board expense</td>
<td>$702.62</td>
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<tr>
<td>Member loan interest expense</td>
<td>$1,742.84</td>
</tr>
<tr>
<td>Total Expenses</td>
<td>$253,608.21</td>
</tr>
</tbody>
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Net income from operations | $11,484.50
Membership fee revenue | $3,670.00
Total net income (loss) | ($7,414.50)

# Balance Sheet

**June 30, 1994**

<table>
<thead>
<tr>
<th>Assets</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Current</td>
<td></td>
</tr>
<tr>
<td>Cash - checking</td>
<td>$24,412.09</td>
</tr>
<tr>
<td>Cash - savings</td>
<td>$4,908.09</td>
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<tr>
<td>Cash in registers</td>
<td>$1,650.00</td>
</tr>
<tr>
<td>Petty cash</td>
<td>$1,405.94</td>
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<tr>
<td>Deposits</td>
<td>$410.59</td>
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<tr>
<td>Accounts receivable</td>
<td>$2,188.37</td>
</tr>
<tr>
<td>Uncollected checks</td>
<td>$2,727.60</td>
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<tr>
<td>Merchandise inventory both stores</td>
<td>$183,419.20</td>
</tr>
<tr>
<td>Prepaid insurance</td>
<td>$1,822.50</td>
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<tr>
<td>Supply inventory</td>
<td>$8,215.00</td>
</tr>
<tr>
<td>Prepaid corporate income tax</td>
<td>$3,400.00</td>
</tr>
<tr>
<td>Total current assets</td>
<td>$252,049.38</td>
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<tr>
<td>Non-current</td>
<td></td>
</tr>
<tr>
<td>Land &amp; building</td>
<td>$267,678.30</td>
</tr>
<tr>
<td>Equipment &amp; equipment improvements</td>
<td>$477,217.97</td>
</tr>
<tr>
<td>Accumulated depreciation</td>
<td>(218,577.67)</td>
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<tr>
<td>NCCB stock</td>
<td>$100.00</td>
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<tr>
<td>Total non-current assets</td>
<td>$785,218.60</td>
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<tr>
<td>Other Assets</td>
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<tr>
<td>Prepaid loan fees</td>
<td>$8,740.00</td>
</tr>
<tr>
<td>Accumulated Amortization</td>
<td>($607.50)</td>
</tr>
<tr>
<td>Total Other Assets</td>
<td>$7,132.50</td>
</tr>
<tr>
<td>Total Assets</td>
<td>$1,044,900.48</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Liabilities</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Current</td>
<td></td>
</tr>
<tr>
<td>Accounts payable</td>
<td>$99,211.39</td>
</tr>
<tr>
<td>Balance deposits</td>
<td>$400.81</td>
</tr>
<tr>
<td>Payroll taxes payable</td>
<td>(86.69)</td>
</tr>
<tr>
<td>Emergency sick leave fund reserve</td>
<td>$13,741.55</td>
</tr>
<tr>
<td>Vacation pay reserve</td>
<td>$1,800.00</td>
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<tr>
<td>Short term portion of bank loan</td>
<td>$4,512.92</td>
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<tr>
<td>Short term portion of LID payable</td>
<td>$924.29</td>
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<tr>
<td>Total current liabilities</td>
<td>$159,564.45</td>
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<td>Non-current liabilities</td>
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<tr>
<td>Bank loan payable</td>
<td>$404,524.60</td>
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<tr>
<td>Member loans payable</td>
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<tr>
<td>Member loan interest payable</td>
<td>$5,513.03</td>
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<tr>
<td>LD Payable</td>
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<td>Capital fund</td>
<td>$110,962.55</td>
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<td>Total non-current liabilities</td>
<td>$685,936.53</td>
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<tr>
<td>Total Liabilities</td>
<td>$837,500.98</td>
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</table>

Net Worth | |
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Accumulated profit from operations</td>
<td>$207,623.63</td>
</tr>
<tr>
<td>Accumulated profit from membership fees</td>
<td>$79,685.00</td>
</tr>
<tr>
<td>Profit year to date from operations</td>
<td>($79,909.13)</td>
</tr>
<tr>
<td>Total net worth</td>
<td>$207,399.50</td>
</tr>
<tr>
<td>Total Liabilities &amp; net worth</td>
<td>$1,044,900.48</td>
</tr>
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</table>
It's time once again for that stimulating piece of mathematical wizardry, the Finance Report. Our masterful bookkeepers, Kitty and Steve, with the help of our new computer accounting system, have brought forth quarterly statements in record time. They are presented here for your perusal.

What you see here is the Combined Income Statement for both stores for the first six months of 1994. And, before you panic about the large loss shown for the period, allow me to let you in on a few of the factors that affected this loss.

First, I want to remind you that the first six months includes three months with one store only. Although the Eastside store was not producing any income, it did have expenses, including $15,000 in new staff costs for hiring and training. Other pre-revenue expenses include utilities, phone, pre-opening advertising, mileage, store insurance and supplies. Besides purchasing supplies before opening the store, we also purchased the majority of the supplies for the year all at once. In normal operation these supplies purchases will be spread out over twelve months as we replenish our start-up supplies, but since we couldn't open the store without them, we had to buy them all at once.

In addition to the pre-opening expenses, we made an adjustment to depreciation that netted a loss-on-paper of approximately $45,000. This adjustment was made to bring our depreciation schedule in line with the one our accountant was using. In simple terms, depreciation is a means by which purchases, usually equipment or real estate, is expensed over a set period of time rather than all at once in the year purchased. The depreciation schedule itself impacts profit/loss, but not cash flow because the items being depreciated have either been paid for already or are represented on a payment schedule on the balance sheet.

Going back to the top, combined sales for both stores totalled $1.54 million. We had projected sales for this period to be $1.75 million, which is a differential of $211 thousand. Margin came in at 26.1%, and was budgeted at 25%. When you do all the math, it leaves a difference between actual total revenue ($403 thousand) and projected total revenue ($443 thousand) of $40,000.

What you don't see here is the income statement for second quarter alone, which is the best of the lot. Margin for second quarter was very high at 27.9%. The high margin was due to the support we received from manufacturers who donated about $20,000 in free or discounted merchandise to help us fill our new store. When all was said and done, we lost only $7400 in second quarter.

The balance sheet shows a number of notable changes. In the Current Assets column, the biggest change is merchandise inventory, which more than doubled. Of course this change is directly attributable to having two stores, so we expected it.

Non-current assets shows a large increase in Equipment and Building Improvements, from $192 thousand to $475 thousand. Again, two stores, twice the equipment, plus a major remodel. Accumulated depreciation increased by $50,000. $45,000 of that increase is the adjustment mentioned above.

New to our balance sheet is Other Assets. This section was added for the specific purpose of amortizing the loan fees on the Eastside building purchase and remodel costs. Amortization is just like depreciation, a means of expensing an item over a set period of time.

Under Current Liabilities, please welcome back our old friend, Short Term Portion of Long Term Loans Payable, or in this case, Bank Loan Payable. This is the portion of the total bank loan which will be paid off in fiscal year 1994.

What does all this mean? The finance committee is concerned but not in a panic about the current financial condition of the Co-op. We are out of practice at losing money, but several of us remember loan times quite well. A seven thousand dollar loss in the first quarter of operating two stores seems great, especially since we knew sales were below projection. We are beginning to examine cost-cutting options and continuing to work hard at increasing sales.

If you have any questions or would like to see the income statement by store, just ask me. I'll be glad to talk finances.
HELP WANTED

WE WANT YOU TO BE A WORKING MEMBER

Now that your are comfortable as a member of your Co-op, it may be time to move on to that next important step - WORKING MEMBER!

Here's how it works: interested people pick up applications at the store they'd like to volunteer at; they fill this out and return to store; working member coordinator will contact within two weeks; training is held; volunteer signs up for regular shift.

Easy, huh?! The jobs we have available are: cashiers, stockers, produce workers, cheese packagers, deli workers, juicers, store openers and closers. Volunteers get up to 25% off their grocery purchases.

The working member volunteer system is very important to the health of the co-op - not only does it keep our costs down, but it gives the Co-op a better atmosphere as well!

If you're interested in becoming an integral part of the day-to-day operations of the Olympia Food Co-op, please fill out an application next time you stop by!

JOB DESCRIPTIONS WORKER MEMBERS

Cashiering - We all know the cashiers... responsible for checking out the purchases, collecting money, and running the cash registers. People skills a definite need.

Stocking - Keepin' those shelves filled with good stuff.

Deli Prep - Providing all the yummy salads, sandwiches and other goodies that we find prepared in the deli coolers.

Produce - Unpacking, stocking, arranging, and monitoring the fruits and vegetables on aisle one.

Carrot juicers - Vitamin A providers.

Cheese packager - Cutting & wrapping the cheese.

"B.O.S.S." Squad - (Bulk Only Super Stockers) The folks who keep the bulk bins clean and full.

Openers - Mopping the floor in preparation for a new day, then stocking the dairy coolers.

Closers - Clean-up crew at the end of the day. Sweep-up and tidy things for the following day.

Other, "non-weekly" volunteer working member jobs exist. Check in at either Co-op location for more details.
THIS COULD BE YOU!
Worker-member Martha Lange chops garlic for the deli.
You can earn worker-member credit for a discount on your groceries,
and you can fully participate in the cooperative system. See page 12 for job descriptions.
NEW BOARD COMMITTEES

FINANCE COMMITTEE - Paul Parker, Bill Fiorilli, Susan Buis

PERSONNEL COMMITTEE - Susan Buis, Patricia Carlson

OUTREACH/EDUCATION COMMITTEE - Nije Pinder, Jay Tea Scott

NEWSLETTER COMMITTEE - Nije Pinder

BY-LAWS SUBCOMMITTEE - Susan Buis, Bill Fiorilli, Jay Tea Scott

This committee needs 1 or 2 members who are interested in a revision of the Co-op's existing by-laws. Qualifications: patience, good process, and an interest in precise language. Familiarity with the Co-op is a plus. If interested, call Eliza at the Eastside Store, 956-3879.
THE BOTTOM LINE
by N. Sigafous

By now you've read the finance report, the report from both stores, and you see our new Board, ready to tackle the challenge of this new age in the history of the Olympia Food Co-op. You've read the plea for worker-members, and you know that you should really be buying more of your groceries at the Co-op instead of those other stores.

But wait, there's yet another thing that all of us can do as Co-op members. And it is essential to the survival of our two-store system. You can bring in new members.

Do you remember the first time you set foot in the Co-op? It's been said before despite the homey feeling that many of us get when we shop at the Co-op, the first visit can be intimidating. Basically, it feels like a group of people who all know exactly what they're doing, and they are in their own worlds, not really noticing the newcomer. We all get wrapped up in our own lives, we're in a hurry, and the last thing on our minds is that puzzled-looking person over by the shopping carts. In a perfect world, we'd all have the time and the desire to help out strangers who look befuddled. It would be great if we all tried to be sensitive to that phenomena. That's the first step.

The second step is "converting" your friends who are not yet Co-op members. A suggestion might be to have a talk with your non-member friend, invite him/her to come to the Co-op with you, show them the ropes, and buy them lunch! Another idea: the holidays are coming...how about a Co-op membership as a gift?

One concept that's been mentioned is a contest to see how many people you can sign up as new members. The person who brings in the most new members would win something. But what? A trip? A discount on food? A donation to their favorite charity? What do you think?

Here's my challenge to you to get things rolling. Try and think of one person that you can sign up at the Co-op before October 1. Bring them in, maybe make an afternoon of it and visit both stores. Write a paragraph about the experience, and we'll print as many of the descriptions as we can in the next issue. It would be great to have five or six pages of stories about new Co-operators.

As Harry always used to say, inch by inch...
"The Phantom"
(by Sam Lohman & Ramona Rouge)
THE GREEN STAR AWARD
by N. Sigafous

Every morning, I hear the crash of glass outside my bedroom window. It's not a car accident or a demolition crew, it is the sound of a local restaurant/bar's bottles being dropped into a dumpster. Living downtown or owning a business downtown means no curbside recycling. Residents of the downtown core must either take their recycling to a center like Top Foods, or pay someone to pick it up. Many businesses pay to have this service performed, and, in a way, my neighbor who sends all of his used glass to the dump pays, too. Knowing that all over Olympia people are painstakingly going to the effort to recycle, that daily sound of bottles breaking seems like a violation of the community spirit.

Peter Guttchen, Recycling Coordinator for the City of Olympia says, "It's a matter of businesses choosing not to recycle, or not being aware of the opportunities. If businesses call the city, we can guide them to commercial recycling companies."

There are businesses who have taken the task as a challenge. They are going the extra mile to reuse and recycle, and they are using their own resources and personal energy to make it happen. When you go out to eat or to buy goods in any store, you "vote" with your dollar. Wherever you plunk that greenback down, you are saying, "I support the continuation of your business and your business practices". To help the Olympia area "voters" make good solid decisions, we have created the Green Star Award, for businesses that deserve recognition as positive, Earth-conscious establishments.

The first Green Star Award goes to The Smithfield Cafe, 212 West Fourth Avenue. Owner S.J. Boyle bought the Smithfield in 1985. Originally called The Intermezzo, this cafe brought the first drop of espresso coffee to Thurston County back in 1977. A longtime favorite haunt of Evergreen students, artists, political activists and the avant garde, The Smithfield is an institution in the alternative community of Olympia.

Everybody knows the lore about the place...in its early days it was a gathering place for radical feminists and lesbians, and over the years it evolved into the hub of the "punk" scene. In the mid-eighties, The Smithfield was a smoke-filled haven for the New Wave; a sea of black leather and mohawks with a few die-hard dress-for-success caffeine junkies peppered into the crowd.

Who knows what's going on there now? There are still people who won't go in because of the smoke, and it's been a non-smoking establishment for over five years. Who knows that S.J. has a Masters in Nutrition from Harvard, and prepares some of the most nutritious vegetarian fare in Olympia, including vegan options? Who knows about the recent inside renovation, which left the place repainted? Well, now you know.

The reason that The Smithfield was selected for the very first Green Star Award is the massive effort that is taken there to recycle. Every piece of paper, glass, and plastic used in the operation of the cafe is recycled. No big deal, you say, lots of places do that. But, do they really? Investigate further and find out. If you find commercial places that do a first rate recycling effort, nominate them for a Green Star.

What is truly unique about The Smithfield is that they also compost all of the kitchen scraps and food left on people's plates. The well-meaning customer at the Smithfield will try to scrape their food scraps into the garbage, only to be stopped by an employee who transports the organic stuff back to the compost bin. Where does he take all of these melon rinds, coffee grounds, half-eaten orders of nachos and soggy chips? I asked S.J., and he described the work. "Three times a week, we load this bin into the back of my truck, and I take it out to the compost pile at the (TESC) Organic Farm. What makes it an effort is that the stuff accumulates constantly. If I get away for a vacation and my truck isn't here, it requires a lot of creativity on the part of my employees to keep the process going. It isn't a choice. We are committed to composting and recycling. We do not have a dumpster anymore, just 1 or 2 regular garbage cans. My garbage bill has gone from $200 to $68."

What's on the menu for vegetarians on a budget? Everyday there is a freshly made soup and a variety of salads available, along with a number of sandwiches and side dishes like hummus or quesadillas. The all-time favorite dish of The Smithfield is the burrito, which is guaranteed to fill you up for not much money and give you the complete protein and carbohydrates to get you through the day.

Don't forget to try Eggs Espresso. Steamed on the wand of the espresso machine, these fluffy eggs have never seen a drop of oil. For breakfast, lunch, or dinner, The Smithfield is a healthy (and ecological) place to eat.

S.J. and Mella lead up the truck with all the compost from The Smithfield Cafe.
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WORKING MEMBERS NEEDED
Sign up!

NOTICE
Eastside pre-opening working members! Help!
We've misplaced some fo the sheets which
had pre-opening working member hours on
them. Please check your hours sheet, and if it
seems like you don't have enough, leave a
note for the working member bookkeeper at
the Eastside, or contact Nina there at 956-3870. Thanks!

CONGRATULATIONS
TO
LISA ADNET
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The Winner of the Fabulous Picnic Basket Drawing
BULLETIN BOARD

BENEFIT CONCERT
Olympia's Righteous Mothers will be performing a benefit for the Dispute Resolution Center at 8 pm on September 17th at the Washington Center for the Performing Arts.

The Thurston County Dispute Resolution Center is a non-profit, community-based mediation service that offers easily accessible and affordable resolution of all civil disputes in Thurston County.

The Righteous Mothers are well known for their satirical lyrics and wonderful music.

Tickets are $12 for reserved seating and are available at:
The Washington Center box office - 753-8586
or through the Dispute Resolution Center - 956-1155

CRISIS CLINIC TRAINING
Dates: September 23, 24 & 25
Learn invaluable listening skills & crisis intervention.
This training will change your life!
Those interested in should send a SASE to:
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NEST BOXES
The Thurston Conservation District has nest boxes available for the following suggested donations:
Tree and violet-green Swallow $5.00
Wood duck, Hooded Merganser $10.00
American Kestrel, Screech Owl $7.00
House Wren, Nuthatch $4.00
All donations go towards funding our Nest box Project. If you would like to purchase a nest box, stop by our office at 6128 Capitol Blvd., Tumwater or call Ernie Paul at 754-3588 for more information.

JOIN A MUSHROOM EXPEDITION!
Volunteers are needed for one or more days during the weeks of September 19, October 24, December 5 and January 17 to study truffles at Fort Lewis. For more information, contact David Thysell, USDA Forest Service PNW Research Station, (206) 956-2345
COMMUNITY GARDENING

by Meg Krumbein

For many years I have been gardening in other people’s backyards. Now I have a 20 foot by 20 foot plot at the Olympia Area Community Garden that is all my own. Knowing that I will have this space next year has given me the courage to try new gardening techniques and do some experimenting. This year I have decided to try some winter gardening. Our mild winters offer us a luxury, many other places don’t have: fresh produce in the winter. That seems too good to pass up.

There are three types of winter gardening. The first is to plant in early to mid-August for a late fall crop. These crops will not withstand hard frosts and must be harvested before the real cold moves in. The second is to plant in August for plants that will over winter and be ready for harvest in Spring when everyone else is just starting their garden. The third is planting in late August and early September for a winter harvest. If you are interested in expanding what you can harvest during the winter, tunnels or frames over plants increase your options though they must be maintained. Last year I discovered just how quickly the cold and wind can wipe out your plants when a storm tore the plastic off my tunnel.

Choosing your site and managing soils correctly are the keys to success in winter gardening. Look for sites that are south-facing, receive fall sunlight, and offer some protection from wind. Good drainage is critical (a sandy loam soil is ideal) and watch out for frost pockets. The upper parts of hills tend to be slightly warmer, have better drainage and better air circulation (frost does not get trapped). As with gardening in the regular season, the soil should be fertilized and organic matter should be added. Fertilization efforts should focus more on micro-nutrients than nitrogen. The micro-nutrients will help strengthen the plant and make it resistant to cold damage. Nitrogen will encourage soft growth that is most susceptible to cold damage. Steve Solomon in his book The Complete Guide to Organic Gardening West of the Cascades (considered by many to be a gardening bible in these parts) suggests kelp meal as the best organic source of micro-nutrients.

When choosing your plants, pay attention to their freezing and frost tolerances. It might be handy to dig out your Territorial Seed catalog and do some homework. Broccoli, cauliflower, collards, kale and cabbage should be planted as transplants rather than from seed. Most nurseries in these parts don’t offer much for winter gardeners but transplants can be found (the Co-op has some). When planting, mulch is good for trapping the heat from summer in the soil but avoid wood chips as they can acidify soil and steal nitrogen from the soil as they break down. Rotting leaves or grass clippings work fine. Leave lots of space between the plants you put in to over-winter. During the winter when growth is slow they may look lonely and miserable but in the spring they will take off. Spinach, arugula and corn salad (many of my gardener friends tell me corn salad is bland so don’t plant too much) can keep you in greens through the winter months and lettuce and endives are possible if you use a tunnel or frame. Root vegetables can be left in the ground and pulled as needed throughout the winter (unless it’s so cold the ground freezes, not a very likely prospect here). Onions can be used as scallions in winter and spring with the main crop ready for harvest in June.

Take advantage of our mild North West winters and garden. I can imagine nothing more satisfying than sitting down to dinner with home grown produce when everyone else is eating vegetables from California.

For more information about the Olympia area Community Garden you can call Meg at 357-7034.

Early to Mid-August planting for late fall harvest
Kohlrabi
Leaf lettuce
Mustard
Radishes
Spinach
Swiss Chard
Turnips
Chinese Cabbage
*Broccoli
*Collards
*Kale

August Planting for over wintering
*Purple sprouting broccoli
*Over wintering cauliflower (Jersey Wakefield is a good variety)
*Cabbage
Onions (Walla Walla Sweets and Sweet Winter)
Garlic

Late August and early September planting for winter harvest
Spinach (Bloomdale Savoy and Tyee Hybrid are good winter hardy varieties)
Arugula (Rocket)
Corn Salad

*indicates use transplants rather than directly seeding
GIVE NATIVE PLANTS A SECOND CHANCE

The Thurston County Master Gardeners Program is initiating a native plant salvage project. The project seeks to improve water quality by using salvaged plants to create buffers along streams and wetlands, and encourage the use of native plants in residential landscaping. Volunteers will collect native plants from land scheduled for development, care for the plants, and later use the plants along streams and wetlands. Home owners will also be able to use the salvaged plants, free of charge, for urban landscaping. Workshops, lectures, and field experience will teach project participants how to identify and successfully use native plants in their landscapes to protect water quality, improve wildlife habitat, and reduce landscape maintenance cost and effort.

Funded by an $11,000 grant from the Puget Sound Water Quality Authority’s Public Involvement and Education Fund, and a $1,500 grant from the WSU Cooperative Extension, the project will provide an opportunity for local commercial property developers, nursery professionals, Stream Team volunteers, Master Gardeners, governmental agencies, environmental groups, and home owners to work together and share their respective talents to improve water quality. The project will also enable local developers to learn more about water quality issues and become partners in environmental restoration projects.

If you have an interest in becoming a project volunteer or workshop participant, if you know of possible salvage sites, or just want to find out more about the project, please contact project coordinator Ernie Paul at 786-5445, FAX 753-8085.

WORKSHOP PLANNED ON SALVAGING NATIVE PLANTS

The Native Plant Salvage Project’s first workshop, “Native Plants for Wildlife and Water Quality” will be September 14, 7-9pm at the Thurston County Courthouse, 2000 Lakeridge Blvd., Bldg. 1 - Rm. 152. Presenters will be Russell Link and Kit Paulsen. In collaboration with the Sasquatch group of the Sierra Club’s Cascade Chapter, we will be offering a Native Plant Demonstration Garden Tour on September 17, 10am - 1pm. To sign up for the tour (limit - 24 participants) call the WAS Cooperative Extension, Thurston County office at 786-5445.

Citizens with disabilities requiring special accommodation at either the workshop or tour site should call Ernie Paul or Gina Suomi at 786-5445 by September 7. Citizens with hearing impairments may call the county’s TDD line at (206) 754-2933. Funding for this project provided by a grant from the Puget Sound Water Quality Authority’s Public Involvement and Education Fund.
WHATEVER I CAN DO YOU CAN DO, TOO!

by Mare Nemeth

Thanks a million to all those who have been tossing their empty aluminum cans into the blue barrel located up-front inside the eastside Co-op. Each can will be used as a type of brick with mortar in what is called “can-wall construction”. My cohorts (in alternative building land) and I have been using this simple, economical and unique method to create interior walls, bathtubs, hearths, sauna walls, built-in furniture and planters. Ultimately, the cans will be used to build our earthship...an innovative low-cost energy-efficient home.

The term “earthship” coined by New Mexico architect Michael Reynolds is the result of 20 plus years of research and development of thermal mass home design which utilizes recycled materials; namely tires, aluminum cans and earth. The result is a beautiful adobe home which is self-contained, employing systems which interface with the environment rather than becoming a burden on it. Many “earthships” have been built by the owners themselves with little or no construction experience. This type of construction comprises part of a unique, but growing world-wide community of people who are committed to a new way of relating to the earth and a new way of living.

Years prior to my first encounter with an “earthship” I was enrolled in the idea that the traditional house as I knew it was an obsolete concept, a box into which one pumps energy. For me, the so-called “American Dream” house was a nightmare replete with waferboard, vinyl siding and a long list of nasty toxins. Not to mention a high price to own and maintain. I wanted to use less resources and get more value for my energy input. I wanted an alternative to stick-frame housing. In addition, I’ve always considered the vast amount of raw materials which we ceaselessly pour into landfills as an unconscionable disgrace and waste and it’s about time we do something useful with at least some of it.

I’d read several articles about “earthships” but it wasn’t until the 1992 Olympian feature about Doug and Michelle Wilcox that I actually got a first-hand look at the real thing. Visiting their partially completed home early last year was really the impetus for choosing this type of home. We’ve since attended the how-to seminar and have worked hands-on quite a bit with Doug and Michelle on their home. I’ve adobied side-by-side with elders and small children. It’s a very pleasant participatory experience. As their home became more and more finished and we covered the last tires up with adobe, it was really quite incredible how it was transformed. The earthship was a comfortable temperature in summer and winter and has an ambiance unattainable in a normal box house. (I especially enjoyed the first ripe Methow tomato in April.)

We have since found land four miles from the Wilcox earthship and we hope to inspire others to find community with earthship builders and discover the possibilities. This concept has opened up an exciting, creative avenue for those like me who once saw home ownership as next to impossible, I now see it as something very do-able, though it requires a paradigm shift and much tenacity, but, if I can do it you can do it, too!
Attention Co-op Members: Are you living in an unconventional dwelling or using an alternative energy source to power your home? The Co-op News is a great place to share your information and find others who have similar interests. Consider writing an article about your unique use of materials, energy or recycling. If you have an idea for an article, call Nancy at 943-5430.
The Healthy Gourmet

by Elaine Waterman
Natural Prairie Farm

These wonderful sunny and oh-so-hot summer days are filled, for me, with enjoying the yummy veggies and fruits from my garden and orchard. I’m doing freezing and canning and also planting those important fall crops. I recently purchased “Seeds of Change” seeds from the Co-op. I read their book and have requested a seed catalog, but, I need the seeds now, so the trusty Co-op pulled through again! (Also, thanks, thanks, thanks for obtaining organic coconut!! I’ve been impatiently waiting for that yummy food!)

Back to my garden, where I spent almost all my time. Harvest time is here, and, since I will not eat vinegar, I’ve been looking all year for cucumber and salsa recipes. Now, I haven’t spent the winter months enjoying these personally, but I will! I thought I’d share them with you.

This first one is from the Backwood Home magazine, but I changed it a bit.

**Kosher Dill Pickles**

1 - 40 2"-3" pickling cucumbers
fresh dill
1 tsp mixed pickling spices
1 tsp dill seed
1 tsp mustard seed
3/4 tsp celery seed
1 clove garlic sliced
kosher coarse salt
boiling water
use 2 1/2 tsp salt to each cup water

Wash pickles. In canning jars put sprigs of dill and half of spices and garlic. Fill jars (not quite full) with cucumbers and then add rest of the spices, garlic and more fresh dill. Pour boiling salted water over cucumber to 1/2" of top top of jar. Seal immediately.

**Our friend, the tomato**

This salsa recipe came from the book *The Harrowsmith Garden Salad*. Excellent, excellent book! A must for everyone who likes vegetables and gardens. - I’ve made my own changes to the recipe...like always. Hope you like it!

**Salsa Cruda**

4-5 fresh tomatoes
1 small zucchini (optional)
2 medium onions
1 fresh jalapeño pepper
2T minced fresh coriander (cilantro) leaves
1 green pepper
2 or more garlic cloves
1 T olive oil
juice of lime or lemon
salt to taste.

If you prefer, seed the tomatoes and green pepper. Chop all ingredients finely. Mix together and marinate at least two hours, tastes better after 5-6. Drain before serving. Keep unused part marinating in refrigerator. It will last 1 to 2 days, but is best used fresh.
If you have lots of tomatoes and any kind of summer squash, here's a favorite recipe of mine.

**Tomato-Squash Sauteé**

4-5 ripe tomatoes, chopped  
2-3 medium summer squash, diced  
1 medium onion  
1T olive or sesame seed oil  
mineral sea salt

Over medium heat, cook onion in oil until barely limp. Add tomatoes and summer squash and cook in a covered skillet until squash is tender. Serve immediately. Optional: Add a small dash of lemon juice before serving.

**Easy Tomato-Corn Side Dish**

Two ears lightly steamed corn  
One large ripe tomato  
One small onion

Cut corn from cob. Chop tomato and onion. Mix all three ingredients and enjoy!

Remember our special pals and feed your cats and dogs vegetables. My cats, in addition to their regular veggies of carrots, corn, broccoli, new potatoes, beans and cauliflower, are now enjoying cabbage. Always chop or grate the vegetables up very fine. It's interesting hearing them crunch on the cabbage.

Until next time, enjoy each day and eat healthy!

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**READER'S CORNER**

Okay, none of you 6,000 readers out there sent me a recipe, so I'm printing one that I recently tried for the first time, which was received with raves from my guests. It may not be the healthiest dish you've ever cooked, but it definitely complements a cold autumn day. Try serving it with a green salad and fruit for dessert to counteract the butter and cheese factors. Disclaimer: if you're watching your cholesterol, please just have the salad and a nice dinner roll with no butter.

**LOUISIANA CHEESY CORN & SHRIMP CHOWDER  
(not for the lactose intolerant)**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>butter</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>(1 medium) chopped organic onion</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>chopped organic red pepper (optional)</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>chopped organic celery</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>white flour</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>ground red pepper</td>
<td>1/4 tsp</td>
</tr>
<tr>
<td>(14 1/2 ounce each) vegetable broth</td>
<td>2 cans</td>
</tr>
<tr>
<td>or cook your own broth</td>
<td></td>
</tr>
<tr>
<td>uncooked organic long grain rice</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>milk</td>
<td>2 cups</td>
</tr>
<tr>
<td>whole kernel corn (it's okay to use canned)</td>
<td>1 cup</td>
</tr>
<tr>
<td>(10 ounce) frozen cut okra</td>
<td>3 cups</td>
</tr>
<tr>
<td>rennetless cheddar cheese, shredded</td>
<td>6 oz.</td>
</tr>
<tr>
<td>small shrimp (find in the Co-op freezer section)</td>
<td></td>
</tr>
</tbody>
</table>

In a 4 quart saucepan melt butter over medium high heat. Add onion, red pepper and celery. Cook until vegetables are tender (3 to 4 minutes). Stir in flour and ground red pepper until smooth and bubbly (1 minute). Gradually add broth; stir in rice. Continue cooking until mixture comes to a full boil (5 to 6 minutes). Reduce heat to low; continue cooking 15 minutes. Stir in milk, corn and okra. Cook over medium heat until heated through (5 to 7 minutes). Stir in cheese and shrimp. Continue cooking, stirring occasionally, until cheese is melted (5 to 7 minutes). This recipe gives you 10 (1 cup) servings.
What Is It ???

If you're 10 or under, write your name and your guess on THIS FORM and put it in the What Is It? box in the front office. Guess correctly and you'll win a $1.00 gift certificate to the Co-op!! Look in that same box to find out if you're a winner!!! PRINT NEATLY!

September • What Is It?

NAME

AGE

GUESS

WHERE DO YOU WANT TO PICK UP YOUR GIFT CERTIFICATE?

Eastside ☐ Westside ☐

July Winners!
Answer: Beets!

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Owen • Riley Sweeney • Rose McPherson • Selena-Mae • Tessa • Trilby Dodson

Westside - Allison King • Amber Perry • Anna • Arna • Elose Mumford • Emmet Woods • Glenn Newcomer
Javier Womendorff • Jeremy Rothschild • Koleka Smith • Mara Kardas • Rachelle Garrett
Sacha • Sl • Si Thacker • Tora • Ty • Willis Blackmon • Yarrow Uehmon • Zack Riplinen

These were not marked as Eastside or Westside. They can be picked up at the Westside store.
AJ • Abe • Ana Synodis • Avery Bowren • Brett Limenkohl • Casey Lee Hook • Chalm Sisson • Dakota
Emily Womter • Emily Wo • Jenna Holschen • Jolie Holschen • Marie Holscher • Michael Kelly • Niki Grower

Last issue's winners that were not listed. They can be picked up at the Westside store.
Avery Bowren • Chago Cifuentes-Hiss • Dylan R. • Sonya Cifuentes-Hiss

Olympia Food Co-op
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