THINK BEFORE YOU FEAST
What are we celebrating?
See page 3
LETTERS TO THE EDITOR

GOODBYE TO FOUR SEASONS BOOKS

To the Editor:

All of us at Four Seasons Books would like to thank the members of The Olympia Food Co-op for the support you have given us during the last thirteen years. The outpouring of concern you have shown the last few months has been very heartwarming.

Thank you, we will miss being your booksellers.

Dean Jones, Carla Jones, and Staff

THOUGHT FOR THE HOLIDAYS

Every year, the folks at the Co-op News want you to remember this...

As you make your holiday shopping list, think about where you are going to spend your hard-earned money.

Think about shopping at the Olympia Food Co-op or at other locally owned businesses.

Wrap your gifts in bandanas, baskets, or other items that don't immediately become trash.

Consider the gift of a donation to a local charity or other non-profit agency.

And... light a candle for all the people of the world, for the animals and plants, and for Mother Earth herself in hopes of a new year filled with peace & love.

Editor's Note:

Up until press time, there was hope that Four Seasons Books was going to experience a reincarnation as a different bookstore. Sadly, this has not happened, and the future remains uncertain as to what Carla and Dean will create from this point forward.

Local businesses need your support. 1997 has seen the closing of Four Seasons, The Smithfield, The Pleasant Peasant, and many other businesses which were once landmarks in our area. (Even Ernst!)

Thankfully, our Co-op continues to survive in the era of the ultra-store—but let's not take it for granted. Keep shopping at the Co-op, and keep healthy alternatives alive.
As press time drew near, and I still hadn’t written my column, I searched my thoughts for what message I wanted to share in this “holiday” issue of the Co-op News. In past years, we have written articles about what you can purchase at the Co-op as you buy your holiday gifts, and we have written pieces about the pre-Christian symbols which still remain as icons of Christmas and New Year. We have provided suggestions on how to “wrap” your presents in baskets or other containers that can be used again, rather than using wrapping paper which immediately becomes waste material after the unwrapping. (I know, there are those of you who carefully unwrap and reuse the paper. I try to do that, too.)

But my point is, that in the grand scheme of the Co-op’s mission and goals, the concept of diversity and honoring all cultures on this planet has become more and more prevalent in our thoughts, in our newsletter articles, and in our trainings and staff & worker discussions. And, in that spirit, the time has come for us to look back into history to see where some of our traditions truly began. This historical searching can give us truth, which can allow us to move forward in a way that embraces the responsibility of creating new traditions which honor what really took place instead of the fairy tales that permeate our popular (commercial) American culture.

The following piece was given to me by staff member Gary Galbreath. I know that it has influenced my way of thinking about the Fourth Thursday in November, and I want to share it with you.

“Throughout the U.S., Thanksgiving is celebrated by millions of families. They gather to feast and most are unaware of the true history of the holiday. America’s schools have taught many Americans that the coming of the Pilgrims made everyone happy. In reality, it was the beginning of the longest war in the U.S.; the extermination of the People.

Thanksgiving Day was first proclaimed by the Governor of the Massachusetts Bay colony in 1637 to commemorate the massacre of 700 men, women and children who were celebrating their annual green corn dance in their own house...gathered at this place of meeting, they were attacked by mercenaries, English and Dutch. The People were ordered from the building and as they came forth they were shot down. The rest were burned alive in the building...the very next day the governor declared a Thanksgiving Day. For the following 100 years, every Thanksgiving Day ordained by a governor was to honor a bloody victory, thanking God that the “battle” had been won.”

Can we move into another century without re-thinking our national holidays? We must admit the atrocities of the past, and move forward toward healing by taking responsibility for our actions in the past, present, and future. Thanksgiving is coming up. What will happen at your table that day to begin the healing revolution?
HELP! HELP!

You probably didn’t expect me to start my article this way, but all of us here at the Eastside store are getting to the edge of desperation trying to get folks signed up as Working Members. As happens at the end of every summer, almost all of the Working Members who were over here at the Co-op (East) have gone back to their winter time activities and left all those little gaps at the store. Well..., some of them aren’t that little. So at the beginning of this article I felt that it was only survivalist (in name only) to throw ourselves at your mercy and beg, plead and cajole you into coming on down and signing up for a shift. Give a call to your friendly Eastside Working Member Co-ordinators (Samantha and I) and we’ll sign you up. Oh, yes we will!!

As many of you may have noticed, the pot holes that were in the parking lot out front have now been repaired through the valiant efforts of Michelle, the Maintenance and Repair Co-ordinator. I know for a fact that she spent many a day trying to sort out the best day to have the work done and be of the least inconvenience to everyone, shopper and staff person alike. Good job, Michelle!

Speaking of jobs, look for the faces of the staff at both stores to be a little mixed up, now. Because of the departure of several staff members (who have moved on to other things in their lives) the two staffs have shuffled around a bit to cover all the open spots. Whee! What fun!

I also want to bring up something NOW before the bad weather starts and a lot of shoppers start asking about it. Last winter, staff folks had a large number of complaints that the shopping carts were wet all the time. As a matter of fact, some of the notes that the staff fielded were of the “Why can’t you people figure this out” category. So I thought that I would put this bug in everyone’s ear now. Shopping carts, by their very nature, are there to help people with their groceries. Around and around the store until all the shopping is done, and then out the doors and into the parking lot to help people get their things out to their vehicle (whatever that may be...). Now, and this is the part where you can help. The carts need to come back to the cart shed when people are done. At large chain stores, people are paid minimum wage to do this menial task. That increases the cost of your groceries when you shop there... Here at the Co-op, the staff encourages shoppers to bring the carts back in and put them away. When the staff is successful, that means you save money in the Co-op. That’s the part that you can help with, bringing the carts back in, folding them and putting them away. Now I’m not promising that the carts won’t get wet, but they will get more of a chance to get dry between shoppers.

IT TAKES A LOT OF RAIN TO MAKE A RAIN FOREST

It’s that time of year when we remember why our area is labeled “temperate rain forest”. The big trees are mostly gone, but the rain still comes in great quantities. The darkness and rain seem to change the way people shop at the Co-op. At times, the store feels more crowded than usual, as people linger and talk over their shopping and under the full spectrum florescent lighting. Descriptions of roast squash and garlic dinners bring sighs of delight while the cold soda on special languishes in the cooler.

S.A.D.? TRY VOLUNTEERING!

Seasonal Affective Disorder got you down? Want cheap full spectrum lighting? Can’t find a reason to leave the house? Volunteer at the Co-op! We have full spectrum lighting all through the store to provide a healthy workplace and make the food look better. You receive a discount on your groceries for volunteering so those pricey full spectrum light bulbs are more affordable.

IT’S NEW TO ME

We changed Management in several departments at the Westside. Lou Seligman is the new co-manager in Produce, to which he brings a wealth of experience from other Co-ops in the midwest. Monica Villanueva is the new Dairy co-manager, Maria VanNewkirk is co-manager of Frozen. Rebeca is managing Macrobiotic. And I, (Virginia) am the new Grocery co-manager. Personally, I’m pretty terrified at taking on such a big, new department. If any of you have any ideas on how things could be done better or have new product ideas, please write down your thoughts and put them in the suggestion box. We all own the store together.

Eastside Report, continued

Lastly, I want to remind you that the most important person who comes to the Co-op is you. Without loyal members, the most that any co-op would be is a food club. Without you, the Co-op would have no reason to stock the shelves, put out the produce, set up the bulk department, research the vitamins and supplements, or do any of the other myriad jobs it takes to keep the Co-op going. And without your generous hearts and help, the staff alone couldn’t do it. Speaking for myself as one staff person, I wouldn’t want to try, either. Take care of yourselves, keep dry and... Peace. (You thought I was going to say “help,” huh?)
OK. Let's shoot this thing.

Do we know what we're shooing?

Don't you remember? That promo for the Food Co-op. They're having some kind of anniversary.

No, I mean, do we have a plan? Do we have specifics? Set ups? Descriptions? Anything?

Well, now, wait a minute. Don't get wadded up. This is just some preliminary stuff—brain...whatever...

Storming? As in lightning bolts...So, we're not about to shoot anything yet.

Maybe some exteriors. Let's sit here by the window. I thought we could sit out at the picnic table in the garden, but—

—the rain. Let's get to work.

OK. The way I see it is there's easy stuff about the Food Co-op to show and stuff that isn't so easy...

You're such a complex thinker. Let's take the easy stuff first. The easiest of all is the difference between the two locations. Exteriors alone will set that up.

Maybe a handheld customer FOV entry of each store, maybe cutting back and forth—

Should we show the struggle of getting the carts through the doors? That's not one of the differences.

Think it'll scare people off?

I don't know. We should play up the convenience aspects of each location. Freeway access on the Eastside, on a major thoroughfare; neighborhood location and college bus route proximity on the Westside.

Contrast the ambiance. A panorama from this vantage really shows the light and airy space here at this store, the wide aisles, the seating areas.

No sweat there. Our handheld entry to the hippie store would do it without words—show off the unique clientele—snark, snark

Hey, lay off! The Westside is colorful—it's really the main charm of that store. Preserving its character was one of the goals the membership identified during the planning process for the second store—you remember—when there was so much pressure on the whole situation on Rogers. One million dollars of grocery business through that tiny facility annually—it really stressed the physical plant, the staff, the customers jockeying for parking and position at the bulk bins. We wanted to preserve the alternative aspects of our homey little Co-op, after all, twenty years of history—

OK, OK. Let's go on. Vive la difference already. We should think about what the two places have in common...

Easy, shmeasy—show the hardworking staff—plenty of opportunities to capture that. And, you can find any of them at either store, as they rotate through and pitch in to fill schedule vacancies...

Show two minutes of a floor coordinator's life, that will establish staff's challenges on an elemental level...yeah, right, a tenth of their challenges.

Another common thing to both stores is the incredible variety of the inventory.

Oh, yeah, there's all that great stuff in bulk—wet or dry—that helps reduce packaging in the waste stream. Reusing containers, bags and boxes—a real Co-op thing.

Not to mention a large selection of alternatives for people with food sensitivities or allergies—gluten-free stuff, rice flour, yeast-free breads. A friend of mine uses only our organic flours in her homemade breads ever since that flour mill pesticide scare a few years back.

And organic meat, and the best selection of organic produce in town—

Also the (controversial) packaged convenience easy-fix foods for "busy lifestyles." At least you can recognize what's in those boxes or bags, and most of it is whole-food wholesome as well as quick...some of it comes in bulk, too...

Sure, sure. I think we ought to focus on some of the special features—like the terrific Salad Bar, the cavern of a warehouse, the nifty offices and meeting rooms.

Those are all here on the Eastside, though. We can contrast them to the Westside cramp—the old deli, the teeny office/computer room, the charming front office—remember when we rented the upstairs at Eddy's next door for office space and meetings?

Don't remind me. It sure will be easy to show the Westside funk all right...I'll be right back—I need a ginseng soda.

continued on page 6...
Had to settle for a ginger brew—there’s nothing but ginseng cola in there...

That’s all that stocked here. At the Westside, we have ginseng root beer, ginseng creme soda...funky as it is...

So, vive la diff again already. Let’s move on to the intangibles, the stuff that’s not so obvious, that’s hard to illustrate...

OK. Like our gradual evolution as a “healthy” business with profits for reinvestment—

Especially the last ten years—

How can you visualize financial growth?

How about the exteriors—starting with the storefront on Columbia—with historical balance sheet info?...Everything looks good on the economic front at present, doesn’t it?

I don’t know. It has been looking good. Turn to Steve Drutz’s column a few pages further and take a look.

How about the consumer base angle? The college, the state government, the historical progressive streak in Olympia...

We could shoot the campus.

We could.

Then there’s our Volunteer Working Member system—

Working for the sheer joy of it—

It’s one of the last surviving Volunteer systems in the country. It will be tough to visualize, though...

How about lots of them signing out with staff? Conversation in the produce aisle while “stocking”? How about we show different cashiers “dinging” and then looking helpless?

Sure. Evoke that image. With a line. Not Volunteerism is great, a great thing! You really get to know cool people, get integrated into a meaningful community of concerned people, get so much satisfaction and support in return for a measly three hours a week! Scheduled at your convenience, working with energetic people toward a valuable goal—making wholesome food available in a rational way at prices that—

OK, OK, OK! Sorry! Let’s come back to that challenge. How about our celebrated decision-making process—Consensus?

Consensus. Oh, my. Let’s not film a Board meeting.

Or a Board training session.

Snore.

They won’t let us show a staff meeting. Do we want to? They HAVE to go...

Consensus is unfilmable in this context.

We have consensus on that.

It’s easy with two people. Try thirty-some...

I think this wraps it up.

It sounds like it will be really boring.

We can spice it up! Computer graphics!

Uh huh.

Wait, what about membership info? Should we do a voiceover the thrilling sign-up form?

Nah. Tell them to ask a cashier. Cashiers know everything.

**ONGOING TRAININGS SCHEDULED FOR WORKING MEMBERS**

by Margaret Culbertson, Staff Member

The working member coordinators at the Eastside and Westside Co-ops have been developing a system to give current working members ongoing training. These trainings would be to provide the best service possible to our customers and the opportunity for working members to gain more extensive knowledge about Co-op related subjects. Our plan is to start with cashiers and do advanced training around customer service, difficult register transactions, responding to diversity, reviews of Co-op policies and more. The structure of the trainings will be learning (or relearning) new skills using role playing, games, hands on practice with the cash register etc. I guarantee it will be fun and delicious, as we will, of course, have food there. Here’s how it will work; There will be ongoing trainings every 3-4 months. The trainings will be for both Eastside and Westside workers. The dates will be preset. Active cashiers will be expected to attend one ongoing training per year of their volunteer participation at the Co-op. We have 2 dates set for the future so far: Wednesday, January 28, 6-9 pm and Saturday, April 11, 2-5 pm. Both these trainings will be held at the eastside store. There will be a 30 person maximum for each training. So, cashiers, choose a date, contact your working member coordinator and sign up.

If the ongoing trainings are successful for cashiers, then we will develop trainings for the other working member positions. Until then, if all you folks in these other positions want more knowledge now, ask us and we will help you get the information you want. Any further questions can be directed to Samantha and Eion at the Eastside store and Harry and Margaret at the Westside store.
Dialogue on Diversity

by Meryl Bemstein, Staff Member

WHEN YOU MEET A PERSON WITH A DISABILITY

Accept the fact that a disability exists. Not acknowledging a disability is similar to ignoring someone’s sex or height. But to ask questions regarding the disability would be inappropriate until a closer relationship develops in which personal questions are more naturally asked.

Don’t be sensitive about using words like “walking”, “seeing”, running”. Persons with disabilities use the same words. Talk directly to a person with a disability, not to someone accompanying them.

Treat a person with a disability as a healthy person. Because a person has a functional limitation does not mean the individual is sick. Many disabilities have no accompanying health problems.

Don’t assume that a lack of response indicates rudeness. In some cases a person with a disability may seem to react to situations in an unconventional manner or may appear to be ignoring you. Consider that the individual may have a hearing impairment or other disability which may affect social or motor skills.

It is okay to help, but wait until your offer is accepted before doing anything (e.g. reading the menu, explaining directions).

Keep in mind that persons with disabilities have the same activities of daily living as you do. They are involved in work, recreation, personal relationships, and social activities.

When talking with someone who is developmentally delayed, keep your concepts clear and concise. Use fewer complex sentences. Don’t talk down to them. The quality of your conversation won’t change.

Do not automatically hold on to a person’s wheelchair. It is part of their personal space; ask if they need assistance.

Be alert to the existence of architectural barriers when selecting a restaurant, home, theater, or other facility you want to visit with a wheelchair user.

If you are speaking with a wheelchair user and the conversation proceeds more than a few minutes, sit down to speak at eye level.

When speaking with a person with a hearing disability, speak clearly and distinctly, but don’t exaggerate. Use normal speed unless asked to slow down. Provide a clear view of your mouth and use a normal tone of voice unless you are asked to raise your voice. Speak expressively. Many persons will rely on your facial expressions, gestures, and body movement to understand you.

If a person who is deaf is with an interpreter, speak directly to the person who is deaf, not to the interpreter.

If you are having trouble understanding the speech of someone who is deaf, feel free to ask him or her to repeat. Use pen and paper, if necessary. Communication is your goal.

Remember: Treat the person as a person first. The disability is only one of many characteristics they possess.

This is a handout which Meryl received at a Disability Awareness class offered by Washington State for Washington State employees. Meryl had to leave town suddenly due to a death in the family, and will return to the column for the January 1998 issue.

Our thoughts and condolences are with Meryl in her loss.

Do you have an idea for the Co-op News feature, Dialogue on Diversity? We welcome viewpoints from all writers. What do you have to say about ethnicity, age, class, sexual orientation, physical ability, gender, spirituality, or any other aspect of our cultural experience? The purpose of this section of the newsletter is just what the name implies; to dialogue and share ideas, learn from each other and continue to open our collective eyes to those sharing the planet around us.

Send in your submission by December 1 to see your views printed in the upcoming January issue. Celebrate Diversity!
FOOD & HEALING
by Stephanie Nead

The years seem to spin themselves around faster and faster. Here we are at Fall again, and it seems like only yesterday it was last October...or is it that I have become too accustomed to the rain?! In any case, it is time to prepare our bodies for the onset of cold and rain.

If you have animals in your home, you have no doubt noticed that they are sleeping and resting more. Animals listen to their bodies instinctively. Their bodies, in turn, naturally follow the rhythm of the seasons. In our culture, we have gotten out of touch with this natural rhythm, yet our bodies are still obedient to it. I believe much of the stress associated with Fall and Winter, and the holiday season, has to do with our ignoring the needs of our bodies during this time of year. We spend our lives functioning at a high rate of speed. Perhaps during Summer this rate of activity is actually natural (though I doubt it), but in the ‘renewal seasons’ of Fall and Winter, the earth and ourselves need resting time, need less activity, need inward rejuvenation. Think about it; without the Winter there could be no Spring. All the roots and seeds lying beneath the ground in Winter are regenerating and coming to fullness, so they can be reborn above the earth come Spring. Spring and Summer need Fall and Winter. One cannot be without the other. We so often live our lives as though we can stay in Summer forever; as though we can keep using up our energies without ever replenishing them. Irritability, stress, anger, and illness can all be manifestations of this.

We can intervene on this toxic cycle our culture encourages by following the example of the animals. Rest more. Go to bed earlier and sleep longer. Re-prioritize your activities and cut back to only those that are essential (sometimes even letting go of one or two of the ‘essentials’ as well). Be aware that the light is changing. Turn on lights in your house if you find your energy and mood dropping with the light levels. Look at your diet as well. The many fruits and vegetables of Summer are passing. The heavier vegetables of Fall are coming in. Our bodies, if not our psyches, are ready for this change. It can really help your system adjust to the environmental changes if you eat ‘Fall foods’.

In Fall and Winter your body begins to need heavier foods, casseroles, legumes, stews and soups. Instead of cold salads, give your body warm soups. It is needing a different kind of energy food now that it is focused on warmth, hibernation, and renewal rather than on external activity. Think about this when you choose what to eat. If your body needs meat protein, this is a time to begin giving yourself a bit more. Many people find during Summer they can minimize meat in their diet. The diminishing light seems to renew the need for protein. If you tolerate soy products and legumes, they are an excellent source of protein. If, however, you are prone to food allergies and sensitivities, be aware that soy is one of the most common allergies, and legumes in general are often reactive for those with sensitivities or weak digestion. Also, people prone to depression or Seasonal Affective Disorder might wish to use legumes with care, as they have been associated with depression. Avoid sugars and decrease, rather than expand, your use of caffeine and stimulants. These things weaken your overall energy by giving you the illusion of energy you don’t really have. When you are functioning on caffeine or sugar, you are depleting your body’s energy reserves. This leads to stresses of many kinds, including depression and illness. Work with what you’ve got even if what you’ve got doesn’t seem like enough. Let your body be your guide through life. It really is anyway, as you wouldn’t be here without it. Make your life fit your body’s rhythms and needs rather than vice versa. And remember, every body is different. If you need to go slower than the next guy, it’s not because you’re lazy or weak, it’s because that is what is right for you. Honoring what is right for you will lead you into the life that makes you happiest, most joy-full, and peace-filled. I often believe the body is the voice of the soul in this life. Listen to your body, and your soul will grow fulfilled. With a full soul, you will find joy and peace. The practical and the impractical are inextricably intertwined. Like Winter and Summer, you can’t have one without the other.

Peaceful Fall.

Stephanie offers consulting and classes for people dealing with food allergies and sensitivities, and gluten intolerance. Her book (which remains to be titled) will be available in November 1997. It will contain much of the information she shares in her column, and more, as well as many recipes free from wheat, eggs, yeast, soy, corn, dairy, and refined sugar. Stephanie is now taking orders for her book which will also be available at the Coop, and at Homespun Crafters Mall in space G-6. She can be reached at 352-2169.
Greetings, faithful readers (I hope). Welcome to that cold weather time of year. Our friend, the rains, have returned to fill the rivers, lakes and streams and saturate the ground so that life may continue its glorious cycles. Since so many people will be spending many hours indoors, I thought it would be fitting to give you all something to talk about while you’re there.

In previous magazine articles, I have done a bit of musing about the inherent questions that exist for me in being the Eastside magazine buyer. The more time goes by, the more these questions arise and make me take notice.

You see, here at the Oly Food Co-op we pride ourselves on striving to make a healthier and safer environment for everyone who comes to our stores, as well as those who work to bring us the food we sell. We struggle with manufacturers and their use of images and words on their packaging. If they are unwilling to change those that are oppressive and exploitative we are unwilling to carry their products. We make choices in our product lines that reflect our desire to reduce waste and packaging, although this is tempered by member’s requests for products. We are working as a collective to improve our awareness of the differences we bring to the group; finding ways to communicate more respectfully with each other, volunteer working members and shoppers. As a business we are dedicated to reusing, recycling and composting as much as we can.

I present this as background for the confusion I face each time I look at the magazine rack. I struggle with applying the above goals in choosing the magazines we carry. Over the last few months many people have complained about or even returned copies of Backwoods Home because it has “extremist” leanings and could be related to the Militia movement. Looking at this magazine in response to people’s concerns has created an ongoing dialogue in my head, and now you have the great luck of getting to hear it also.

In the past, we have generally discontinued magazines because the content was directly oppressive to a group of people or cultures which have been continually exploited and appropriated by those in power. So, I scoured this particular one for evidence. I read many of the letters, which expressed mixed opinions about militias, some pro and some con. I read people’s opinions that politics should be left out of the magazine entirely and it should leave its focus on providing information about independent living and things like house building, canning, getting off the grid, etc. I didn’t find any ads for oppressive or exploitative organizations.

It is apparent that this magazine is, in part, read and written by people who are members or supporters of militias, and whose politics may be more right leaning than many of the folks who shop at the Co-op. However, to my eye, there was nothing that suggested that people who don’t have these beliefs are bad, or need to change. Though there is a regular column about guns and gun use, there was no advocacy for violence. None of the things I saw made me think we shouldn’t carry this magazine. The thing which made me pull it was not wanting to be in constant debate with people about the value of hearing differing opinions. I see a much greater range of offenses in many of the other more “progressive” magazines we carry.

If I were going to discontinue magazines which I found offensive they would be those which purport to encourage healthy lifestyles and then fill their pages with pictures of skinny white models advertising miraculous diet products and weight loss tools. They would be those which strive to speak to and represent an oppressed community, but continue to perpetuate images of glamour and fashion which can be harmful to those who strive for them, the earth which is poisoned by the manufacturing of the clothes they sell, and the workers in far away countries that toil and slave to make them. Some have been discontinued because they continually exploit the culture and spirituality of peoples and nations that have been robbed, murdered and denied through many centuries.

So, I struggle with these things which, to me, go against so much of what I want the Co-op and my community to be about. Yet these are things that few people ever complain about or give as reasons for returning or not carrying a magazine.

I write in the newsletter to inform people about what we carry in the store. Even more motivating is the hope that you, the people who are the reason for the Co-op’s existence, will share your thoughts and feedback with me, and together we will determine what we want to support and what we want to fight. Thanks for reading my diatribe.
Greetings from Seattle! My partner (Ernie Paul) and I moved back to Seattle, forcing us to end a lovely six-year relationship with the Westside Co-op. (We lived only eight blocks away, so one of us stopped by the Co-op about once a day!) Now we’re searching for a new co-op.

As many of you may know, there are two food co-ops in Seattle: Puget Consumer’s Co-op and Central Co-op. I figured that the best way for us to decide which to join would be to compare prices. While I was at it, I decided to compare these prices with those at the Olympia Food Co-op (if for no other reason than to stop Ernie’s grousing about the prices in Seattle). I figured that if I did all of the price checks within a couple of days of each other, we could make fair comparisons.

The results were startling to us, but are very reassuring to members of the Olympia Food Co-op:

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<th>9/24/97</th>
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<td></td>
<td>Olympia</td>
<td>Central</td>
<td>PCC</td>
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<td>Cedarlane whole wheat chapati (10 oz.)</td>
<td>.85</td>
<td>.80</td>
<td>.69</td>
</tr>
<tr>
<td>Garden of Eatin’ Cornillas (10 oz.)</td>
<td>.60</td>
<td>.80</td>
<td>—</td>
</tr>
<tr>
<td>Zinke almond butter (16 oz.)</td>
<td>4.88</td>
<td>5.39</td>
<td>4.69/lb</td>
</tr>
<tr>
<td>Bulk almond butter (crunchy)</td>
<td>4.49/lb</td>
<td>5.44/lb</td>
<td>2.79/lb</td>
</tr>
<tr>
<td>Org. Thompson raisins</td>
<td>1.73/lb</td>
<td>2.84/lb</td>
<td>7.29</td>
</tr>
<tr>
<td>Spectrum org. olive oil (12.7 fl. oz.)</td>
<td>sale: 5.95 usual: 7.03</td>
<td>7.19</td>
<td>7.29</td>
</tr>
<tr>
<td>Community mayonnaise (1 qt.)</td>
<td>3.26</td>
<td>3.49</td>
<td>3.19</td>
</tr>
<tr>
<td>Edneblend rice/soy drink</td>
<td>2.09</td>
<td>2.05</td>
<td>—</td>
</tr>
<tr>
<td>Sappo hand soap</td>
<td>1.45 ea.</td>
<td>1.45 ea.</td>
<td>1.29 ea.</td>
</tr>
<tr>
<td>Tom’s toothpaste (6 oz.)</td>
<td>4.81</td>
<td>4.89</td>
<td>3.59</td>
</tr>
<tr>
<td>Product</td>
<td>9/27/97</td>
<td>9/24/97</td>
<td>9/26/97</td>
</tr>
<tr>
<td>----------------------------------------------</td>
<td>----------</td>
<td>----------</td>
<td>----------</td>
</tr>
<tr>
<td>Olympia</td>
<td>1.82/lb</td>
<td>1.95/lb</td>
<td>1.98/lb</td>
</tr>
<tr>
<td>Org. raw sunflower seeds</td>
<td>1.04/lb</td>
<td>1.19/lb</td>
<td>1.09/lb</td>
</tr>
<tr>
<td>8-grain wheatless cereal</td>
<td>.75/lb</td>
<td>.69/lb</td>
<td>.70/lb</td>
</tr>
<tr>
<td>Org rolled oats</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Org. green lentils</td>
<td>.76/lb</td>
<td>.87/lb</td>
<td>.90/lb</td>
</tr>
<tr>
<td>Nutritional yeast (powder)</td>
<td>4.78/lb</td>
<td>5.50/lb</td>
<td>4.59/lb</td>
</tr>
<tr>
<td>Fructose</td>
<td>1.74/lb</td>
<td>.86/lb</td>
<td>.85/lb</td>
</tr>
<tr>
<td>Org. whole wheat spirals</td>
<td>1.67/lb</td>
<td>1.99/lb</td>
<td>2.49/lb</td>
</tr>
<tr>
<td>Org. short grain brown rice</td>
<td>.84/lb</td>
<td>.90/lb</td>
<td>.95/lb</td>
</tr>
<tr>
<td>Org. unbleached white flour</td>
<td>.41/lb</td>
<td>.45/lb</td>
<td>.46/lb</td>
</tr>
<tr>
<td>Org. whole wheat flour</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(medium)</td>
<td>.45/lb</td>
<td>.51/lb</td>
<td></td>
</tr>
<tr>
<td>Org. yellow cornmeal</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(med.) .68/lb</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Natural Touch okara patties</td>
<td>3.21</td>
<td>3.29</td>
<td>3.29</td>
</tr>
<tr>
<td>20 Mule Team borax (76 oz.)</td>
<td>3.65</td>
<td>3.39</td>
<td>2.89</td>
</tr>
<tr>
<td>Second Nature toilet paper</td>
<td>.53</td>
<td>.55</td>
<td>.49</td>
</tr>
<tr>
<td>Nancy's plain yogurt (32 oz.)</td>
<td>2.11</td>
<td>2.15</td>
<td>1.89</td>
</tr>
</tbody>
</table>

I found it particularly amazing that little-ole' Olympia Co-op beat out mega-chain PCC (despite its relatively much greater buying power) on so many items. (And you can bet that PCC will be getting a very different version of this letter!) Stay tuned for our next price comparison, when I'll look at additional items. And support your local co-op!

![NEW CO-OP T-SHIRTS NOW ON SALE!](image)
The Finance Report
by Steve Drutz, Staff Member

Well, hello again to all of you! This is Steve D here, with the financial update for the Co-op through September 1997. At the present moment, we are very close to closing out the third quarter on our books, but we ain't there yet! So, what to talk about here on the open plains of this newsletter? How about something completely different? How about the Sales Report!

Wow! Hold on to your seats. You may ask, "Steve, where did these reports come from?" or, "How come we never got to see these reports before?" Well, I guess I never thought of it before, or maybe it's because I've never been so strapped for something to talk about (fake). The Sales Clipboards, as we call them, are updated weekly, as that is how often we total out and clear our register totals. We have weekly, monthly, and quarterly reports, for the east and west stores, as well as for the two combined. The ones you see here are the quarterly reports for the Westside and Eastside stores, separately.

Now with any new report, we better go over it line by line, so you know what all these numbers mean. Let's look at the Westside one, for starters. The first line is sales. That is the amount our customer/members have spent on the products we sell. The percent growth just below it is percent growth over last year's sales at the Westside store. As you can see, the Westside has grown very little as compared to last year, although in the last quarter it has almost made it to 3% growth.

Now, 3% growth over last year at the Westside isn't too bad, many of us think. You may remember before we opened our second store how crazy it would get at the Westside, and too much growth would eventually lead us back there. But as the general rule goes, we should hopefully grow at least as much as inflation. (I think inflation has been around 3% for the last couple of years.) So 3% growth isn't too bad for the Westside, but you can see we only came close to achieving that much growth in sales in the third quarter. So, that's not all that great, although it did get better.

When you look at the Eastside store's numbers, the opposite is true. We are looking for bigger growth, bigger than the 8.5% average growth that we projected for both stores combined. The Westside is supposed to grow slow and the Eastside is supposed to grow faster. Now, those first two quarters were just dandy at 11% growth and more, but the third quarter dropped off quite dramatically, even below the 8.5% projected average for the two stores. That ain't no good! But it is just one quarter. Suffice it to say we will be watching the sales numbers closely through the end of the year.

So, now you can check out the rest of the sales numbers. They are broken out by the categories we use for the different types of food and other goods that we sell. These categories have not been adjusted for discount, so if you add them up you will get a bigger number than the total sales number at the top of the page. Starting with produce, you can see that the Westside has been sad, with sales lower all three quarters so far this year compared to last year. Produce sales at the Eastside are okay, but still not super. It would be nice if they were growing at a rate closer to 10% or more. You can go through the rest of the categories list item by item, and I'll just point out a few highlights.

Check out that huge growth in dairy at the Eastside, and frozen at the Eastside has been doing well, too. At the Westside, the deli has been hurtin' for certain, and dairy has been doing very well, just like at the Eastside. After the line for deli, we have the number of transactions that happened over the course of the quarter, and then the average sales per transaction. These numbers are interesting to look at, but hard to draw any conclusions from. So I'll leave it at that.

Last, but not least, are the dues paid for the quarter and then the number of new $5.00 membership fees we took in for the quarter. In the third quarter at the Westside these numbers really jumped compared to the other two quarters, as it usually does with the return of the students.

Well, I hope our trip through the financial info from the Co-op was interesting. I hope I didn't shoot you through it too quickly or too bad Englishly. Hang in there!

Steve D
## 1997 SALES REPORT
### WESTSIDE STORE

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>1ST Q</th>
<th>2ND Q</th>
<th>3RD Q</th>
</tr>
</thead>
<tbody>
<tr>
<td>SALES</td>
<td>$469,654.83</td>
<td>$460,380.93</td>
<td>$453,202.27</td>
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<tr>
<td>%GROWTH</td>
<td>+ 1.94%</td>
<td>+ 0.87%</td>
<td>+ 2.98%</td>
</tr>
<tr>
<td>PRODUCE</td>
<td>$86,273.42</td>
<td>$81,942.38</td>
<td>$65,933.40</td>
</tr>
<tr>
<td>%GROWTH</td>
<td>- 1.27%</td>
<td>- 11.10%</td>
<td>- 4.95%</td>
</tr>
<tr>
<td>BULK</td>
<td>$72,415.34</td>
<td>$73,736.28</td>
<td>$68,961.64</td>
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<tr>
<td>%GROWTH</td>
<td>+ 4.69%</td>
<td>+ 1.87%</td>
<td>+ 5.25%</td>
</tr>
<tr>
<td>DAIRY</td>
<td>$76,337.54</td>
<td>$73,789.78</td>
<td>$68,191.41</td>
</tr>
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<td>%GROWTH</td>
<td>+ 7.75%</td>
<td>+ 8.65%</td>
<td>+ 3.44%</td>
</tr>
<tr>
<td>FROZEN</td>
<td>$29,660.19</td>
<td>$33,425.55</td>
<td>$30,158.85</td>
</tr>
<tr>
<td>%GROWTH</td>
<td>+ 1.98%</td>
<td>+ 3.11%</td>
<td>+ 8.32%</td>
</tr>
<tr>
<td>GOOEY</td>
<td>$19,093.46</td>
<td>$18,164.59</td>
<td>$16,214.70</td>
</tr>
<tr>
<td>%GROWTH</td>
<td>+ 3.20%</td>
<td>- 0.18%</td>
<td>- 9.16%</td>
</tr>
<tr>
<td>MERCH-ANTEILE</td>
<td>$1,318,458.80</td>
<td>$1,543,079.97</td>
<td>$1,45,027.73</td>
</tr>
<tr>
<td>%GROWTH</td>
<td>- 0.18%</td>
<td>+ 5.58%</td>
<td>+ 4.68%</td>
</tr>
<tr>
<td>TAXABLE</td>
<td>$64,066.82</td>
<td>$64,562.13</td>
<td>$67,313.85</td>
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<tr>
<td>%GROWTH</td>
<td>+ 2.03%</td>
<td>- 0.09%</td>
<td>+ 8.08%</td>
</tr>
<tr>
<td>DELI</td>
<td>$6,980.61</td>
<td>$7,110.97</td>
<td>$6,611.35</td>
</tr>
<tr>
<td>%GROWTH</td>
<td>- 18.25%</td>
<td>- 23.30%</td>
<td>- 23.93%</td>
</tr>
<tr>
<td># TRANSACTIONS</td>
<td>37,888</td>
<td>41,257</td>
<td>40,463</td>
</tr>
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<td>%GROWTH</td>
<td>- 3.27%</td>
<td>- 0.36%</td>
<td>- 0.15%</td>
</tr>
<tr>
<td>SALES/TRANS</td>
<td>12.92</td>
<td>11.88</td>
<td>11.20</td>
</tr>
<tr>
<td>%GROWTH</td>
<td>+ 5.38%</td>
<td>+ 1.19%</td>
<td>+ 3.13%</td>
</tr>
<tr>
<td>DUES PAID</td>
<td>$1,696.00</td>
<td>$1,289.00</td>
<td>$2,011.00</td>
</tr>
<tr>
<td>NEW MEMBERS</td>
<td>145</td>
<td>101</td>
<td>236</td>
</tr>
</tbody>
</table>

## 1997 SALES REPORT
### EASTSIDE STORE

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>1ST Q</th>
<th>2ND Q</th>
<th>3RD Q</th>
</tr>
</thead>
<tbody>
<tr>
<td>SALES</td>
<td>$601,054.33</td>
<td>$620,027.99</td>
<td>$579,925.14</td>
</tr>
<tr>
<td>%GROWTH</td>
<td>+ 11.04%</td>
<td>+ 11.87%</td>
<td>+ 7.81%</td>
</tr>
<tr>
<td>PRODUCE</td>
<td>$97,327.36</td>
<td>$102,298.99</td>
<td>$82,373.02</td>
</tr>
<tr>
<td>%GROWTH</td>
<td>+ 6.88%</td>
<td>+ 7.25%</td>
<td>+ 6.35%</td>
</tr>
<tr>
<td>BULK</td>
<td>$84,248.12</td>
<td>$86,335.69</td>
<td>$82,102.61</td>
</tr>
<tr>
<td>%GROWTH</td>
<td>+ 12.39%</td>
<td>+ 5.44%</td>
<td>+ 5.95%</td>
</tr>
<tr>
<td>DAIRY</td>
<td>$89,274.85</td>
<td>$88,826.24</td>
<td>$84,887.49</td>
</tr>
<tr>
<td>%GROWTH</td>
<td>+ 23.90%</td>
<td>+ 22.52%</td>
<td>+ 14.39%</td>
</tr>
<tr>
<td>FROZEN</td>
<td>$41,672.94</td>
<td>$43,591.65</td>
<td>$41,640.50</td>
</tr>
<tr>
<td>%GROWTH</td>
<td>+ 9.99%</td>
<td>+ 15.83%</td>
<td>+ 19.19%</td>
</tr>
<tr>
<td>GOOEY</td>
<td>$21,134.64</td>
<td>$21,264.05</td>
<td>$20,635.97</td>
</tr>
<tr>
<td>%GROWTH</td>
<td>+ 6.58%</td>
<td>+ 8.57%</td>
<td>+ 3.83%</td>
</tr>
<tr>
<td>MERCH-ANTEILE</td>
<td>$192,166.95</td>
<td>$196,813.17</td>
<td>$184,804.31</td>
</tr>
<tr>
<td>%GROWTH</td>
<td>+ 10.15%</td>
<td>+ 14.15%</td>
<td>+ 5.14%</td>
</tr>
<tr>
<td>TAXABLE</td>
<td>$32,669.99</td>
<td>$38,411.98</td>
<td>$35,350.61</td>
</tr>
<tr>
<td>%GROWTH</td>
<td>+ 5.63%</td>
<td>+ 7.92%</td>
<td>+ 4.02%</td>
</tr>
<tr>
<td>DELI</td>
<td>$12,524.73</td>
<td>$14,998.63</td>
<td>$15,095.60</td>
</tr>
<tr>
<td>%GROWTH</td>
<td>+ 4.06%</td>
<td>- 0.73%</td>
<td>- 9.95%</td>
</tr>
<tr>
<td># TRANSACTIONS</td>
<td>34,760</td>
<td>36,463</td>
<td>35,789</td>
</tr>
<tr>
<td>%GROWTH</td>
<td>+ 5.10%</td>
<td>+ 3.89%</td>
<td>+ 2.22%</td>
</tr>
<tr>
<td>SALES/TRANS</td>
<td>17.30</td>
<td>17.00</td>
<td>16.20</td>
</tr>
<tr>
<td>%GROWTH</td>
<td>+ 5.89%</td>
<td>+ 7.59%</td>
<td>+ 5.47%</td>
</tr>
<tr>
<td>DUES PAID</td>
<td>$3,661.00</td>
<td>$3,696.00</td>
<td>$3,548.00</td>
</tr>
<tr>
<td>NEW MEMBERS</td>
<td>270</td>
<td>256</td>
<td>235</td>
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</table>
On October 3rd and 4th, eight staff members from the Co-op attended the twentieth annual Provender Conference outside Portland, OR. The Provender Alliance is an organization of natural foods businesses that was founded back in the days when we talked about changing the way food is distributed in this country, when we talked about making the food industry healthier, more environmentally sound, and accessible to the poor as well as the comfortable. Now we talk about how to increase margin and how to make our stores look more mainstream and how to compete. Times change.

This year's conference, however, had a significant focus on ethics, with many people and organizations asking the question, "How can this industry be ethical?" It's a question I really don't understand. It seems to me that once you figure out what's important to you, you just do it. I realize that's overly simple, but so many natural foods businesses have moved so far from their founding values that they don't even remember what was important to them when they got started. I guess the question I would pose is, "If your business can't survive and support your values and ethics, should your business survive?"

Dr. Helen Caldicott was the keynote speaker on Friday night. She is the Australian M.D. who started Physicians for Social Responsibility. It was my first chance to hear her speak, and if you ever get the chance, go. Of course, she talked about health and the environment, the links between plastic containers and breast cancer, for instance, and the risks of nuclear proliferation. But she also talked about revolution, about the need for Americans to wrest our government back from the corporations that control it and the governments of most of the countries of the world. "Why aren't Americans angry?" she challenged.

I think Americans are angry, just at the wrong things. Americans are angry about paying taxes when we should be angry about children without food and health care. Americans are angry about immigration when we should be angry about racism. Americans are angry at each other when we should be angry at the tiny percentage of the population that holds the gross majority of the wealth.

And while we're talking about ethics...

I met briefly with a representative from one of the industry's cereal/granola manufacturers. She brought me a sample of their new frosted corn flakes. Tony the Tiger would be proud of this product. It is like candy for breakfast, sweetened with the ubiquitous cane juice so popular in the natural foods industry today. As she explained the product's development, she told me that taste is the most important thing. That in the natural foods industry, new cereals must taste just like mass market cereals. Packaging was the second most important factor. She went on to list several other factors, like price point and shelf placement. Now, I'm glad that the natural foods industry takes taste into consideration these days. I was never a happy camper when all natural foods were brown, lumpy and bland. But when I asked point blank if nutrition was even on the list of important factors she stammered a bit and said, "Of course. This cereal is very low in fat."

The last time I checked current attitudes about nutrition, it was generally agreed that children need more fat in their diet than adults. So this company has produced a cereal, obviously marketed at children, and their only nutritional concern was the fat content. Is it any wonder this industry has to have conferences that ask questions like, "How can we be ethical?"

But, enough ranting and raving... On to some new products we did see fit to bring in!

First in the line up this month is a line extension from the folks who make Rainforest Crisp and Rainforest Flakes, Rainforest Muesli.

We have brought in four new olives from Fusano Olive Company. The line includes almond stuffed green olives, sundried tomato stuffed green olives, Sicilian cracked green olives, and a wonderful Picnic mix that includes several kinds of olives, pepperoncini, red peppers and other delights.

Also in the condiment family, the long awaited Natural Value black olive line, which includes medium and large pitted olives as well as sliced and chopped.

Panda Licorice has added a new Herbal Licorice to their line of boxed licorice chews. Early reviews are that it is a one of those love it or hate it products. Since I don't eat any licorice I'm no judge! You'll have to decide for yourself.
Organic Valley Dairy has introduced regular and low fat organic cottage cheese.

From Millina’s, two canned Kid’s Meals, including Alphabet pasta and pasta rings with vegetarian franks.

By request, the Eastside store is now carrying Bien Padre white corn tortilla chips.

We are now carrying Endangered Species bars. This line includes white and dark chocolate bars sweetened with evaporated cane juice. Despite the name, no endangered species died in the production of these candy bars.

Eden Organic Beans, including black beans with ginger, spicy pinto, chili beans.

From Lifetree, All purpose spray cleaner in bulk.

Beautiful hand made soaps from Starry Lane Creations.

From Lundberg, new organic rice cakes, including Tamari Seaweed, Tamari Sesame, Multi-Grain with Seeds and Lemon Sesame.

Glad Rags Sleepers, a thicker cotton menstrual pad designed to last the night.

From Food For Life, four vegan salad dressings.

From Hazel D’s Southern Sensations, locally baked, naturally sweetened southern-style pies featuring Pecan, Shoofly, Sweet Potato, and Pumpkin. (Eastside only.)
# November Specials

**Barbara's Bakery**

- Wheatines Crackers
  - Lightly Salted
  - Cracked Pepper
  - Sesame
  - $1.29
  - Reg. $1.92

**Knudsen's Sparkling Juices**

- Large Bottles
  - 4 Flavors
  - $2.39
  - Reg. $3.05

**Frontier**

- Assorted Bulk Herbs & Spices
  - 20% off*
  - *Also available by pre-order in 1 lb. bags

**Soy Deli**

- Water-Packed Calcium Tofu
  - 12 oz Package
  - 85¢
  - Reg. $1.02

**Rapunzel Organic Chocolate Bars**

- $1.79
  - Reg. $2.25

**Available Beginning November 6...**

- Alta Dena Egg Nog
  - $2.29/qt
  - "It's the best!" says Grace

- Casbah Pilafs
  - 99¢
  - Reg. $1.34

- Rice Lentil Nutted Spanish Couscous Bulgar

**Muir Glen Organic**

- Assorted Diced Tomatoes
  - (14.5 oz Can)
  - 99¢
  - Reg. $1.23
# November Specials

- **Shelton's**
  - Naturally Raised Free Range TURKEY
  - $1.69/lb
  - Fresh or frozen. Reserve yours early.

- **Turtle Island**
  - TOFURKY
  - Vegan
  - Feeds 4 adults, including the gravy!
  - Please pre-order
  - $19.95

- **Arrowhead Mills**
  - Boxed Cereals
  - Assorted Flakes
  - 20% off

- **Brown Cow**
  - Cream Top Yogurt
  - All 8 oz flavors
  - $0.75
  - Regular price: $0.89

- **Lundberg**
  - Assorted Rice Blends
  - $1.49
  - Regular price: $1.95

- **Springfield Creamery**
  - Nancy’s Organic Sour Cream
  - 8 oz
  - $0.99
  - Regular price: $1.25

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*Prices effective 11/1/97 - 11/30/97. Limited to stock on hand.*

*Olympia Food Co-op*
South of the Sound Community Farmland Trust
by Karen Bert, Member

Once upon a time, the south Puget Sound area had a thriving farming community. The rich volcanic soils and temperate climate fostered a healthy dairy industry, poultry and vegetable farms and orchards. Unfortunately, as local farmers were forced out of business by competition from corporate agribusiness, skyrocketing land prices and property taxes, much of this priceless farmland is still being paved over to make way for suburbs, tract housing and generic strip malls. The little tillable land left is often priced out of the reach of anyone who wants to operate a farm or orchard. One solution that both protects farmland and provides a venue for economically successful small farms is an agricultural land trust.

South of the Sound Community Farmland Trust is dedicated to preserving working farmland in the south Puget Sound area. The founding members of the Trust include area farmers, community activists, and public sector representatives who firmly believe that a small scale farming base is essential to the community sustainability and economic and environmental health of our region. By securing farms and removing them from the speculative market, the Trust will provide ongoing economic opportunities for farmers and farm-dependent enterprises in rural areas, and will make a contribution to a local food base for the region's population. In addition, the organizers of the Trust are committed to sustainable agricultural practices, a policy that results in long term productivity of the land, safer working conditions for farmers, and a healthier end product for consumers.

The SOS CFLT has received a $600 grant from the Community Sustaining Fund, a portion of which has been used to apply for nonprofit status, and has been selected by the Greater Thurston County Community Foundation for support this year. The next developmental step will be an outreach campaign, membership drive and fund raising activities, including a raffle to be held at the Olympia Farmers' Market.

Once a suitable property is acquired, the land will be held in trust, protected from development. SOS CFLT will make long term leases available to local farmers for small scale agriculture and farm dependent economic enterprises at the site. Potential lessees could include a small dairy, beekeeping operations, row crops, fruit orchards, herb farms and poultry operations. In effect, Trust land could operate as a business incubator for farmers who find tillable land for start-up enterprises beyond their reach. As a first project, the Trust is working towards acquiring the historic Evergreen Dairy, a 280 acre farm near Littlerock. This once family-owned dairy boasts frontage on both the Black River and Waddell Creek, a complete bottling and cheese processing plant, and some of the best soils in Thurston County. To have a farm of this quality turned into another tract of "mini-ranches" would certainly be a crime.

Community support is vital for the success of such an ambitious project. Memberships are currently available, and volunteers (and donations!) are very much welcomed. For more information, please contact: Karen Bert, SOS CFLT Coordinator, 2629 French Road, Olympia, WA 98502. 360-866-0692.

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New Report Documents How "Fast Tracked" Trade Agreements Have Increased U.S. Imports of Contaminated Food
by Michael MacSems, Member

Recent outbreaks of disease involving imported raspberries and strawberries have forced the issue of U.S. food safety into the debate over fast track and NAFTA expansion. Fast Track to Unsafe Food, a report recently published by Public Citizen's Global Trade Watch documents the damage that NAFTA has done to undermined U.S. food safety. Highlights of the study include:

* Imported food is more than three times more likely to be contaminated with illegal pesticide residues than U.S.-grown food, according to new analysis of FDA data;

* While U.S. food imports have skyrocketed, U.S. inspections of imported food have declined significantly;

* Imports of Mexican crops documented by the U.S. government to be at a high risk of pesticide contamination have dramatically increased under NAFTA, while inspection has decreased;

* The enormous increase in imports from Mexico and Canada under NAFTA has overwhelmed U.S. border inspectors;

* Approximately 74 U.S. import inspectors are responsible for inspecting nearly 2.4 billion pounds of imported meat and poultry;

* Food borne illness is on the rise globally and in the United States due in part to the "globalization" of the food supply;

* The process whereby the U.S. recognizes other nations' food inspection systems as "equivalent" has increased imports of contaminated meat and poultry under NAFTA and undermined federal efforts to strengthen the oversight of meat and poultry.

The Public Citizen report was published simultaneously with a bipartisan letter to President Clinton signed by more than 75 Members of the House of Representatives urging President Clinton to renegotiate provisions in NAFTA relating to food safety; ensure that fast track include food safety provisions; improve border inspection; and begin a country of labeling program for all imported food. An executive summary is available on Public Citizen's website at http://www.citizen.org. Copies of the document can be ordered by calling (202) 588-1000. To get involved locally call Olympia Stop Fast Track at 754-9585.
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The Homebirth Network, an informal support and information group for people interested in alternative birthings and/or holistic parenting, announces its upcoming meeting schedule:

THURSDAY, NOVEMBER 20
6:30—9:00 PM
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MARIJKE VAN ROOJEN, L.M., CERTIFIED MEDIATOR, WILL DISCUSS MEDIATION FOR CONFLICT RESOLUTION

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rlevitt@olywa.net
YOU ARE INVITED!

Dear Friends,

There is going to be a series of free public meetings held in the
Eastside area in October and November which may be of interest to a
number of Co-op members. They are sponsored by a local Baha'i
group.

The first is October 18th and the subject is the Environment.

There will be a short talk, then small group discussion and light
refreshments.

The second will be on November 15, and the topic is Cultural Diversity.
The speaker will be Donavan Willcutt who is a diversity trainer for
Thurston County.

Place: Radio Ranch just off Pattison at 3102 East 8th Ave. Olympia
Time: 7:00-9:00pm

We are planning to continue these forums after the first of the year,
so watch for future announcements. If you have questions you may
e-mail me at YOUNG1090@worldnet.att.net or phone 360-264-4954.
We encourage people to come, listen and share their own views.

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REMEMBERING AN UNSUNG HEROINE

My friend, Judy Lynn Patrick, 1976 Olympia Food Day Coordinator, former TESC student, and organizer of the Advanced Human Nutrition group contract (She is now an N.D.), filled a quiet but important role in the process of the Co-op’s conversion from a group of buying clubs to a permanent storefront organization. In the late half of 1976, and early 1977, it became a working reality. Greg Reinemer and Charlie Lutz shared the more visible roles. Judy provided the constant encouragement, morale boosting, practical thinking, and effort-steering energy to keep the project on track when it could have easily become bogged down or sidetracked. Her vision and constant belief in the need for a storefront organization played a large role in coordinating community support and making it happen.

Greg had good ideas and information, experience and willingness; Charlie had willing energy and a desire to see it work, and Judy was the tireless, practical, gentle catalyst who was essential to the whole transition. She coordinated the local market surveys and the early community meetings, publicity and other details.

It was in this role that she asked me if we would be willing to host a community meeting in our big living room. It was for a group of people interested in forming a permanent storefront food co-op to provide affordable, nutritious food. She knew of my long term interest in affordable nutritious food from my active involvement on the committee for Olympia’s first Food Day Celebration in 1975 and 1976. I also chaired a series of community forums for a “people’s platform for a global society” during 1976. I was the keynote speaker for Olympia’s 1977 Food Day Celebration at Evergreen.

We were willing, and did host that first meeting in our living room in the fall of 1977. Fred’s and my involvement at that time was quiet, but did play a significant part in giving needed help, encouragement, direction, and enlarged vision for the project when it was most needed. Information and suggestions at that first meeting led to continuing the project, revising the first questionnaire, and doing a second local market comparison for presentation at another meeting at YWCA Friendship Hall on November 18, 1976.

Ellen Schug

P.S. I just remembered—somewhere among my souvenirs is a carefully hand-printed bill to me from our son Scott as the proprietor of Schug’s Fine Printing for a total of 39¢. Or maybe even 75¢. This was for providing the ditto master, paper and copying for the first survey and meeting notice, Scott was 12 then, and enjoyed being a part of the project.

Editor’s note: Ellen provided copies of those early price comparisons and surveys for the Co-op’s historical archives. One thing that twenty years has given us is the evolution from the “ditto master” to desktop publishing.

1. The first food co-op meetings at someone’s house—potluck and all. We thought we were so advanced, ordering 100 pound bags of organic grain to share. We wouldn’t have to collectively drive to Seattle anymore.

2. Opening day, I got to carry the first bag of organic brown rice into the storefront.

3. Everything was on the floor, because we didn’t have shelves yet.

4. There was no vegetable produce or dairy—only dry goods.

5. Someone carried my son, Sage, who was about 5 years old, into the storefront in a big barrel of peanuts. He was laughing the whole time.

6. There was so much community excitement in the air. Like we just pulled off the most magical event, and every part of it was happy and successful.

Judith Golden
MEMORIES OF THE EARLY CO-OP

I haven't thought about this stuff for a good number of years. Please forgive me if my memory is a little skewed. I left out many things important to me but only peripheral to the Co-op. Olympia was virtually exploding with alternative community enterprises in those days. I hope others come forth to fill in the gaps in this story.

The co-op storefront wasn't just a good idea. It was desperately needed. For several years small food buying clubs had flourished in Olympia. But the buying clubs had grown to unwieldy proportions. I was the bookkeeper for the Footie St. food club, probably the largest club in town. Consolidating orders for deliveries from Seattle and Eugene was a total nightmare. To facilitate better prices and improved ordering schedules, the clubs came together and formed the Lower Puget Sound Co-operating Communities (LPSCC), which functioned as a depot and storage facility. Tom Clingman was one manager of that enterprise. But the depot was terribly underfunded and only served to make more apparent the need for a storefront location.

I had just finished working at the Artichoke Mode Restaurant, a vegetarian natural foods place at 203 W. 4th, Charlie Lutz and I began talking about a storefront. We borrowed some money and, after a failed attempt to buy Ron Lewis' General Food Store on the corner of Kaiser and Mud Bay, (right next to Laidback Motors, operated by Alan Fitzhugh, John (?), and Bob Newroth), found a little hole in the wall down on N. Columbia, renting from Kisor Oil Co. After acquiring the blessings of LPSCC, we set to work remodeling, purchasing equipment, and organizing the business end of things. John duCharmes did a lot of the remodel carpentry, Beth Hartmann put in huge amounts of time and energy, and an unsung host of others volunteered throughout the months of preparation before opening day. Everyone was excited.

Did you know that the name of the Co-op in the original articles of incorporation was The F.O.O.D. Co-op? The acronym was Fourteen Ounce Okie Dokie, invented by John Adams of Kalliope, a collective household of the time. Charlie and I thought it was clever. Ah, to be young again.

I remember opening night vividly. An absolutely huge amount of food was delivered during the course of the day. People were expected in the evening to help break it down into our almost finished bins, shelves, and coolers, as well as to purchase a sizable chunk of it. The entire day was a blur of last minute details and minor emergencies. I found lunch and dinner in an occasional handful of raisins or sunflower seeds. At one point in the evening I was bagging up dried peaches and using them as dessert. Probably ate six or eight peaches in all. I began to feel really on edge — kind of hot and claustrophobic. Trying to be calm just didn't work. I couldn't seem to focus or hold still. A cold fear seized me. Looking wildly around for some sort of sanity I stumbled over to Charlie and said, "I gotta go. See you tomorrow." He gave me a blank look and nodded, which only reinforced my panic. I ran out into the cool evening, jumped into my car, (a vintage 1961 Volvo 122 sedan, cherry red, badly in need of paint and other body-

work, but newly rebuilt by Mr. Ed Silver, local, at the time, Volvo mechanic par excellence. Probably the best car I ever owned, and drove home feeling more and more crazy. At home the mirror showed that I was covered with hives. I had forgotten my childhood allergy to peaches. What a relief! A cold shower, a cup of chamomile tea, a good night's rest, and I was as good as new.

I didn't stay on long with the Co-op. My real dream was to start a whole-grain bakery. That opportunity came within days of the Co-op's opening. A woman named Terri Turner, fresh from The Blessed Thistle Bakery in Buffalo, NY, stopped by the Co-op having heard of my desire. She had the same dream and the necessary experience, so I said my good-bys to the Co-op and spent the next six months with Terri and my good buddy Fred Zell putting together the Blue Heron Bakery, where I stayed for seven years.

Gregory Reinemer

HEARD IN THE CASHIER LINE...

Customer Beverly Christopherson remarked (when asked about her membership card), "I've been a member since before we had a store...It gets better all the time!"

Cashier Linda Sue Vanderbilt

Early pioneers of the Columbia Street store in a planning session, 1977
REFLECTIONS ON THE
OLYMPIA FOOD COOPERATIVE

My deep motivation to be involved with the Olympia Food Co-op can be related back to a personal experience. As a youth, I had been consistently sickly and suffered from indigestion. One day after moving to Olympia, as an Evergreen student, I ate some home baked whole wheat bread. My digestion problem vanished, and I became “born again Co-op”. Now the simple act of entering a mainstream grocery store makes me physically ill.

I was not directly involved with the opening of the Olympia Food Cooperative storefront down on Columbia street in Olympia, but I was active early on with the storefront in the food conspiracy organization (my household was called Suburbia in the Woods) and in the Food Depot, that was the centralization of the more decentralized food conspiracy. To understand the history of the food conspiracy organization and its evolution to a retail storefront, it helps to understand the period of TESC development as an institution, the students involved with Evergreen during that period, Olympia’s alternative community during that period and how organizational decisions are made during the development of any organization.

All this did not happen in a consistent manner, from 1974-1980. During the TESC early days, people were coming to Olympia from all the states and there was a great feeling of renaissance that pervaded the college. The realities of Evergreen as a state institution were superseded by the promotion of “the Evergreen community” to engender a sense of holistic approach and educational mission, as opposed to being a state institution, a student body, a separate faculty and staff, and an administration. Nationally, food co-ops had come into vogue and there was a bread interest in the issue of corporate control and poisoning of food supplies with pesticide residues used in large scale, agricultural production. TESC students were organized in distinct households (Sunny Muffin, Caliope, Millet House, Phoenix House, Suburbia in the Woods, Nanny Noodles, Poch Corner, Alex Berkman Collective, Emma Goldman Collective, The Red House, etc.). Through the efforts of various activists, weekly meetings were held to order food. Food was brought in bulk to households and divided up according to household orders.

A debate ensued as a result of this system, which included grain, rodents and more sanitary conditions for food distribution. It was argued by some that we should develop a centralized depot as a drop off point for the food conspiracy. Marsha Shoman and Bill Knowles were instrumental in winning some money to support this effort. The food depot was a warehouse on Olympia’s west side, and provided a large space to do food breakdown. I was in and out of Olympia during this period and not organizationally involved directly with the food depot, but I understood that management problems happened and a group of four people began to discuss the opening of a downtown store. I have always thought that these people were Charlie Lutz, Beth Hartmann, James Cunningham and I am not sure of the fourth person.

During this period, I was involved with forestry cooperatives and collectives, and my organization acted as a support and staffing group for the new storefront. It was in the location where the Midnightsun now has its venue. My group, which included Neil Marshall, Lilywolaf Johns, Pito Broto and Chris Carroll took over the Food Co-op’s trucking system, the sum total of which was an ancient refrigerated truck. We would bring in supplies from Seattle and from C.C. Grains (later Pacific Rim). We also hauled goat milk for Bill Moomau to outlets in Seattle and Portland. Being a renegade group ourselves, and considering the condition of the truck, the trucking collective did not last very long, maybe six months, before we decided to sell the truck and use the trucking services of the wholesalers. We did have a chance to do a clandestine action with the truck when we hauled a house on a flatbed trailer with the truck and placed it on collective property on Olympia’s west side, where we attached it to the main house.

The move to the west side location is an interesting story. My read on it is that organizationally we were not grocers and food retailers, but rather hippies and radicals. We were able to get a basic loan to get started, but not able to do business planning in a traditional manner. Our bookkeeper, Sandy, had been a career bookkeeper for the state, and I remember him never being very happy with the new storefront’s finances. John Calambokidis, who had developed bookkeeping skills through his food conspiracy group, helped to bring in the figures for our initial period of business, which made finances look grim, despite it was the organization, and not financial health, that was more of a concern. I remember walking to the west side location, which had been abandoned and peering on to pine trees through the window with Lilywolaf Johns, who helped form the Farmer’s Market, farmed south of Rochester, and now is farming in upstate New York. We were pretty excited about the location, although it had obvious deficits and was what is referred to in the real estate business as a white elephant”. There was opposition to the proposal to relocate from downtown, especially Jan Riemer, who was concerned about access for people living on Olympia’s east side. There was a big effort by a TESC program called “Decentralization” in which many students were involved in researching all sorts of locations for a move from the original storefront. Although the west side location was finally purchased, I do not think it would have happened without the efforts of these students, although I was not involved directly with their project.

I co-facilitated a meeting of about fifty people at Olympia’s old Senior Center across the street from the original Co-op storefront with another person, whose name was Owl, as I recall, and the decision was made to relocate to the west side location. John Calambokidis would know better the history of the actual purchase of the west side store, and I only remember my friend Meadowlark (Mike Whitson) in the collective kitchen on our west side property on his knees on the telephone begging some co-op supporter to give $6000.00 to help with the down payment on the
west side property. Somehow, the purchase was made, though it will be for other historians to tell the story of the final purchase transaction.

The old Food King (where the current location of the Washington State Lottery is) went out of business, and I remember being involved with the purchase of the gondolas for the west side store and also of grocery carts. We acquired a fair amount of equipment to get the new storefront happening. Cara Stiles was hired to coordinate the move and she did a good job under stressed circumstances to get the floor design together and make the transition successful.

Once after the opening of the west side store, I found a fortune slip from a fortune cookie taped to a pillar at the front of the new store that said, “it is one thing to open your doors, it is quite another to keep them open.” Keeping our doors open became the cause, and with lots of collective work we were able to usher the store into a state of relative health. I could go on listing names I remember of principal people involved in this effort, but enough said that the westside store became the transition of the retail storefront from its infancy to its childhood, paving the way to the opening of our second store.

by Tom Nogler

Group shot in the early days after relocation to the Westside store

Olympia Food Co-op

THE GREAT SOYBEAN PURCHASE OF ’72
(OR WAS IT ’73?)

How about a 25 year-old memory—or was it 24? Back then, the co-op was housed in a duplex on 4th Avenue near Pear Street. The small, shingled shack with blue shutters still stands today, although I think the shutters are a different color. Laura Mae was the feisty coordinator at the time. We members would submit a monthly order of bulk goods, mostly grains and legumes. Then, on delivery day, we would walk through burlap bags with tin trowels, measuring out our share.

One evening, as I was dutifully cooking dinner for my new husband in our daycare/home located two blocks east of the co-op, he burst through the door with a robust greeting and a 50 pound sack of soybeans on his shoulder. “It was such a great deal!” he exclaimed. Our friends and relatives were overjoyed with their Christmas presents—gaily wrapped jars of soybeans. We still keep one to remember that bit of shopping wisdom of 24, (or was it 25?) years ago.

Jane Wingfield
EASY WHEAT-FREE / GLUTEN-FREE BISCUITS

DRY INGREDIENTS:
2 cups brown rice flour
1 cup teff flour (or buckwheat flour)
1/2 cup amaranth flour
1/2 cup arrowroot
1/2 cup whole psyllium husk (available at health food stores) or rice bran
3 TBL. Fruit Source (granulated) or any other dry sweetener
2 TBL. baking powder (Featherweight gluten-free brand)
1 tsp. sea salt (if using coconut butter, use 2 tsp.)
(additional options - try adding only 1 TBL. Fruit Source and 1/2 cup sesame seeds for sesame biscuits)

WET and MUSHY INGREDIENTS:
3/4 cup (1 1/2 sticks) soy margarine
OR
5 oz. coconut butter
(food grade only, I use Omega Nutrition, Organic Coconut Butter)
1 1/2 cup Edensoy (or any other milk or milk substitute)

Put dry ingredients in a large bowl and blend with a whisk until thoroughly mixed. Add either the soy margarine or coconut butter (coconut butter makes a crunchier biscuit) and blend into the dry ingredients using a pastry blender. The dough should end up with a uniform, coarse texture.

Add one cup Edensoy and continue to blend with the pastry blender. Add the final 1/2 cup Edensoy and mix until all flour has been incorporated into the dough.

Pour dough onto a pastry sheet or cutting board lightly dusted with rice flour. If you are using a flexible pastry sheet (I have a plastic one from Tupperware) you won’t need the extra flour. Using a rolling pin, roll out to the desired thickness and cut into squares. (I prefer about 3/4 inch high, cut into 2 inch squares for a crisp biscuit type bread. My teenage son prefers 1 1/2 inch thickness so he can cut them in half and add margarine and jam.)

Using a spatula, (the dough will be fragile) put squares on cookie sheet and bake at 400° for 20 - 25 minutes. Because these are gluten free, they will not rise very much (if at all). I use an Airbake cookie sheet and prefer crisper biscuits. You may want to decrease the time for moister, softer biscuits. However, be prepared for a denser, chewier product than would result from using wheat flour. You may play around with different types of flours, including spelt, if tolerated. Those listed in this recipe are my personal favorites.

Makes about 2 1/2 dozen biscuits that freeze very well. This recipe may also be adapted for wheat/gluten-free cinnamon rolls and pie crust.

CINNAMON ROLLS

Add to the dry ingredients:
additional 14 to 5 TBL. Fruit Source (or granulated maple sugar or date sugar)
1 to 2 TBL. cinnamon

Chop one cup nuts (I prefer pecans) into very small pieces. Mix with 3 TBL. Fruit Source and 1 TBL. cinnamon. This will be the filling.

Follow the directions for the biscuits, adding the additional dry ingredients. Divide the finished dough into two balls. Roll one ball out onto a pastry sheet to about 3/4 inch thickness in the shape of a rectangle. (The dough will break apart as you roll, so using a flexible pastry sheet makes this much easier. Also you won’t need to use any flour on this type of surface which helps the dough stick together as you roll.)

Spread softened soy margarine in a thin layer on top of the rolled out dough. Spread 1/2 of the filling mixture over the margarine. Press down firmly to work it into the dough. Begin rolling the dough, using the larger side of the rectangle (see drawing). The dough is fragile and will try to break apart. Just go slowly and patch and smooth back together as you go. When it is rolled completely it will look like a log. Smooth and roll as needed. Cut into one inch slices and put onto cookie sheet. Repeat with second ball of dough and filling.

Bake at 400° for 20 - 25 minutes. Makes about 2 dozen cinnamon rolls. NOTE: This is not an overly sweet roll. If you prefer a sweeter product, increase the amount of Fruit Source. However, the combination of different flours and nuts are very satisfying and even my non-allergic husband loves these moderately sweetened cinnamon rolls.

PIE CRUST

Use 1/2 of the biscuit recipe. If using for a sweet pie, keep the proportions of Fruit Source the same. If using for a quiche, omit Fruit Source, and add garlic powder, or any preferred seasoning. Press into a pie pan, add filling, and bake as usual. Finally, a wheat-free crust that isn’t tough and hard!

submitted by Sheryl Gaskell
CHAI

As the cool fall nights and mornings descend on us, hot drinks can be a comforting and stimulating way to ward off the chill. Chai is the Indian word for tea, but it is much more than a simple infusion of black tea leaves. Spices are blended with a black tea base, then the brew is sweetened and milk is added. The Co-op carries Live Chai and Oregon Chai, which are pre-brewed and sweetened, and Yogi Tea which is a terrific Chai blend. Making your own Chai, however, enables you to sweeten it just the way you like, to use milk or soy milk, to find the blend of spices most pleasing to your palate. It's a great opportunity to get acquainted with the Coop's bulk spice and tea area! This recipe will get you started. Experiment with the proportions of spices, or add some new ones to make your very own blend.

Basic Chai:
1 Tbsp. Black Tea (I like Irish Breakfast)
1 Tbsp. Fennel Seeds
1 Tbsp. Whole Cloves
1/2 Tbsp. Decorticated Cardamom
(available at Radiance, or you could buy bulk from the Coop and cut apart the pods for the little black seeds)
1/2 Tbsp. Cinnamon Stick, broken in about 1/8 inch pieces
1 tsp. Black Peppercorn

To Brew:
Brew as you would any loose tea. Let steep 3-5 minutes. Add a spoonful of honey and enough milk or soy milk to get a pale tan color. Drink up!

This recipe makes enough for 3-4 cups of Chai. If you like it, make it in much larger quantities and store in an airtight container. I do not recommend using powdered spices, as they can make your Chai quite murky and thick.

Variations:
Use decaffeinated black tea for a non-caffeine version.
Make an Herbal Chai using chamomile instead of black tea.
In place of milk use any grain-based beverage, or drink it black!
Add some ginger or nutmeg for a different taste.

Submitted by Anthea Lawrence
SEPTMBER Winners!
Answer: SPROUTS!

Eastside: Chase Olsen • Devlin • Elizabeth Eaton • Erin A. • Flint Semega • Kate Healey
Mike Eaton • Nora White • Rachael Brooks • Rose

Westside: Amberle DuVal • Avery • Chago • Chaim Sisson • Chris Edwards • Delanie
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