Gardening Season is Here!

by Patrice Barrentine, Wescott Garden Center Coordinator

With the warm weather of spring and summer comes the height of the gardening season. Beginning each year in February, our garden centers start filling up and blooming over onto plant start carts. At the Co-op, not only do we want to offer you the best quality food on our shelves, we also want to encourage folks to grow their own food and flowers.

Seeds

Beginning in February, the Co-op offers fruit, vegetable, and flower seeds from Territorial Seed Company in Cottage Grove, OR. These seeds are developed specifically for crops grown in the Northwest climate zone. We also carry their certified organic seed line. Territorial has been our main seed provider for years. An exciting aspect off-territorial Seed Company is the many heirloom tomato varieties in their collection. If you want to shop their online catalogue or request a free Spring 2006 catalogue of your own, please visit their website at: www.territorial-seed.com.

This year the Westside store has also brought in seeds from High Mowing Seed Company in Vermont. After getting true reviews of their seeds and seed sowing efforts, we brought in their USDA certified organic Heirloom Vegetable Collection. To find out more about family-owned High Mowing Seed Co., go to www.highmowingseeds.com.

Plant Starts

A fantastic and instant way to get a head start in your garden (thanks to growers with greenhouses) is by planting plant starts. We are pleased to feature a changing selection of plant starts from local farmers. We have been challenged by the changing seasons of plant starts from local farmers and growers. We are excited to feature a changing selection of plant starts from local farms and growers. From tomatoes to lavender, cappie onions to bell pepper, and stevia to parsley, we carry unique, locally grown plant starts for your planting or gift-giving pleasure. Please see the list of the Co-op’s local garden suppliers in the chart below.

Soil and Soil Amendments

This year we are pleased to carry Barfoot Soil Deluxe Potting Mix and Barfoot Soil Earthworm Castings from Yelm Earthworm and Castings Farm. Available in 1 cubic foot bags, potting soil sets for $11.89 and contain soil-cast, fertile earthworm castings, and assorted minerals. (Please see their article in this newsletter issue for more soil information.) Yelm’s earthworm castings, also in a cubic foot bag, sell for $20.50. Need less than a cubic foot of castings? Try locally manufactured Rent Worx Earthworm Casting in a half cubic foot bag. We also carry Miller’s Worm Tea in a 16 oz bottle for only $4.75.

In addition to worm castings and worm tea, we also carry Black Lake Organic’s Optimum Mix (B.L.O.O.M) fertilizers. Each specially formulated is packaged in a 5 lb. bag and sells for $18.00. The Co-op carries the following B.L.O.O.M. fertilizers: All Vegetables, Market Complete, Garden Essentials, Organic Lawn, Rhody Blueberry, Tree and Shrub, and Cranberry/Strawberry. For an added option we also carry Earth Juice brand fertilizer and Liquid Fruit and Bloom 2-5-1 fertilizers. If you want to make your own potting soil or mix some lighter material into heavy soils, consider using Four Filter made from waste coconut husks. The Eastside store carries 45 cubic foot blocks, and the Westside carries an 8" x 4" x 2.25" brick.

Gardening Equipment

The Co-op also carries a wide variety of gardening equipment. We have a variety of sizes in blue Atlas Gloves, grey Atlas Thermo Gloves, and now this year are West County Gardener Gloves. They come in 5 styles: fingerless, landscape, nose, work, and weatherproof, and range from cost from $13.00- $20.00. West County Gardener gloves come in a range of bright colors. We carry hand tools such as trowels and pruners, just twine, trellis netting (which is great for pole beans), birdscare tape to keep your beans safe in the early growing stages of growth, landscape fabric to keep the weeds out of your garden, and hoop house PVC clips for making your own inexpensive hoop house. Additional season extenders are also available at both stores. We have built wooden row markers for only $0.50 each. Our watering bottles are great for seedlings and German-made 5-liter watering cans for larger plants. Now this year we have deer and dolphin shaped watering cans in your choice of bright red, orange, or green.

A backyard garden can make all the difference as a peaceful place to relax. We carry wind chimes made in Japan that are available in a variety of shapes and sizes. Some of our favorites are the white, straw, small, turtle, and flower chimes. We also carry lawn gnomes, hummingbird feeders, and more.

Pest Control

If you can’t put out some cheap beer in open dishes to keep moths from eating your strawberries or lettuce, the Co-op carries “Stiggins,” a pesky-smelling killer. Neem oil is a nontoxic, eco-friendly pest control product. It comes from the pressed seed of the neem tree. It’s native to eastern India and Burma and has been used for medicinal purposes and pest control in India for thousands of years. Neem oil is found to be effective as a repellent, insecticide, miticide, and fungicide. It also functions as an antifeedant, which discourages insects feeding patterns” (www.plantcare.com/pest-control-without-pesticides.html). An 8 oz bottle of neem oil is $7.67.

Gardening Resources

If you are stuck without knowing precisely what you should be adding to your soil or how to solve a problem in your garden, try checking out the WSU King County Extension website at www.metolit.gov.wsu.edu/Gardening/GardenResources/FactSheets.htm. As an online resource, it has numerous gardening fact sheets covering a myriad of gardening topics specific to the Pacific Northwest. The Timberland Public Library also has a very extensive collection of gardening resources.
Build A Living Soil for Your Garden

By Kelan Moynagh and Jan Ferrari, Yelm Earthworms and Castings Farm

Many of us who have gardened with earthworm castings have seen wonderful results, but it is also helpful to begin to understand the action behind these wonderful results. Here is a synopsis of how it works.

Soil biologists measure the health and fertility of soils by counting the number and species of microorganisms present in that soil. In a teaspoon of fully healthy soil, there will be millions of microorganisms.

This soil food web under our feet is a whole complex civilization of microbial life containing different species of bacteria, fungi, nematodes, ciliates, amoeba, flagellates, etc. We don’t have to know all of their names or functions, but it is important to know that each has a job to perform, and each is important in creating and maintaining a healthy soil food web.

Some important functions of microbial life include improving soil structure, responding to plant needs, creating a competitive environment for disease-causing microbes, and creating usable nutrients. This microbial life creates soils structure that allows air and water to reach plant roots and allows roots space to grow. This improved structure also allows for aerobic activity of the microbes themselves. Larger root structure provided by additional soil porosity means less stress for plants in warm weather. Plants also need water, creating a chemical environment that attracts the microbes it needs to thrive and repel the microbes that cause disease. Additionally, many soil organisms contain nutrients, but in a form that is unavailable to plants. Microbes break down organic materials and transform inorganic materials to usable plant nutrients. It is the addition and action of microbes that make these nutrients available to plants. These microbes function in harmony and all are necessary to a healthy, productive soil.

Microbes in the soil require humans (e.g., composted organic materials) as a food source. If humans are not present in soils, soil structure and ecology fall apart. Humans is the host environment for the living soil food web of microorganisms. Backyard gardens, especially vegetable gardens, represent an intense consumption of the humans and nutrients in soil, so it is important to replace the humans and mineral nutrients.

Worm castings are one of the finest sources of high species diversity microbial life (that means many microbes of different kinds). Scientific studies have shown that worm compost has outperformed other forms of compost. (Edwards & Litzinger, BioCycle, July 1998). Dr. Clive Edwards of Ohio State University, who has studied castings for over 25 years, has found that a 10% to 20% application of castings resulted in dramatic improvements in germination, plant growth, and disease resistance. Even at 5%, worm castings have a strong impact on the health and disease resistance of plants. Dr. Edwards found a residual effect in soils for up to 4 years.

Barfoot Soil Earthworm Castings are a blend of 40% composted humus and 60% vermicompost or worm castings. These castings are designed and blended to provide gardens with humans and with the microbial life necessary to maintain a healthy living soil. With the use of vermicompost, less fertilizer is necessary because the microbes cause a more efficient use of nutrients and help to hold in the soil longer.

Barfoot Soil Earthworm Castings and Barefoot Soil Deluxe Potting Mix are available at both Olympia Food Co-op stores. Both products are USDA Organic Food Program Registered Materials.

Yelm Earth is a local farm located at 13474 Laurence Lake Rd. S.E., Yelm, WA 98597, (360) 894-4702. For more information on sustainability and worm bin composting, visit www.yelmworms.com.

As you light your fire and grill your steak consider this in another reason to grow your own produce in your own backyard.

Gas Guzzling Food: How to Create an Energy Efficient Diet

“Taking less than 10 fossil fuel calories to produce each food calorie in the average American diet. So if your daily food intake is 2,000 calories, then it took 20.000 calories to grow that food and get it to you. In more familiar units, this means that growing, processing and delivering the food consumed by a family of four each year requires the equivalent of almost 34,000 kilowatt-hours (kWh) of energy, or more than 930 gallons of gasoline for transportation. The average U.S. household annually consumes about 10,800 kWh of electricity, or about 1,070 gallons of gasoline. In other words, we use about as much energy to grow and transport our food as to power our homes or fuel our cars.”

—Buy locally grown foods.

Thomas Scan, Chair of the American Solar Energy Society

www.organicconsequences.org/bit/gasfood1121.05.htm

COUNSELING CONSULTANTS
209 EAST FOURTH AVENUE, OLYMPIA, WASHINGTON 98501
(360) 766-0897

Maureen Hacken, M.A., L.M.F.T.
Maureen Foye Parker, M.A., L.M.F.T.
Individuals / Relationships / Family

ALWAYS SAFE & LOCK, INC.
www.alwayssecurity.com
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Fax: (360) 754-8331
alwayssafe815@hotmail.com

Sound Choice Home Inspection Services
www.soundchoiceinspections.com
509-542-0554 / (509) 542-0554 / (509) 542-0554
(20 years of experience with South Sound homes)

George Sharrett
Tel: (360) 561-0595

SOUNDCHOICE INSPECTIONS
509-542-0554 / 509-542-0554 / 509-542-0554
20 years of experience with South Sound homes
Working Member Profile: Allen Stanton

I met up with Allen Stanton at the Westside Co-op on a sunny day on the 5th of May. He had just gotten off from an early day of work at the Blue Heron bakery and was relaxed and ready to interview. We settled down on the pallets out back to talk.

Allen said he'd been volunteering for about a year now, and initially it was the price break, convenience, and his curiosity of the daily store operations that drew him to volunteering. He also spoke of his values for supporting local business and said that the Blue Heron bakery would exist without the Co-op, but it wouldn't be as big as it is.

As a Blue Heron delivery person, Allen delivers to both the Eastside and the Westside twice a week, so he has a feel for the stores. His first volunteering experience was working produce at the Westside and then stocking at both stores. Now he's settled into two opening shifts at the Eastside on Tuesdays and Wednesdays. He's already there for his Blue Heron delivery, and because of the awesome flexibility of his job, he can take a break, hop on the Eastside store, and then do his last delivery at the Westside.

Allen chose to do an opening shift because he already knew people from delivering for the bakery, liked them, and thought they were easy to work with. He said that at the Co-op it seems like most people work in the morning, and it's a happy place to be, unlike other places where people don't want to be at their job in the morning. He's amazed that from 10 a.m. until 7 p.m., people line up at the door in the morning and flood the store once opened.

Allen denied what his interests were, but he spoke of his love for bar-b-que and the banjo. He said, "The focus in my life right now is food. But, when he's not enjoying the grill, he's playing the banjo with his friends and enjoying the Olympia atmosphere.

Allen comes from rural Maine where it's hard to find organic food and good entertainment. He says that the Olympia Film Society is a great resource, and there's nothing that compares in Lepine, Maine, his hometown, where the ratio of trees to people is good. Last time he checked, there were about 1 million or so trees and people.

The last thing I asked Allen was about his favorite foods. He had a hard time pinpointing one, but one that stood out was Middle Eastern Organic Pasta Sauce (found at the Eastside). Because he's allergic to gluten, it's difficult to find good pasta sauce without garlic because that's what makes it so good; he says Middle Earth is "Soulosis.

Some little-known facts:

Foods Allen likes: Cheddar Cheese, Lolo Salmon

90% of Maine's population lives on the coast.

Volunteer Events - June-July 2006

Be a weekly volunteer in the store! Attend a Volunteer Intro Tour (V.I.T.). Come tour the store and learn about volunteer opportunities (including cashiering, stocking and more) at the Co-op. If you are interested in volunteering, please attend the 90-minute orientation.

Bulk Cleaning Parties happen several times per month at each store. They are a great way to volunteer a few hours of time and to get to know your Co-op. Help us get the stores looking spic and span. Come help us scrub, wipe, wash, polish and clean the bulk department after the stores are closed. Snacks will be provided for all volunteering parties, and you are encouraged to bring music you'd like to listen to.

Save the Date for Summer Inventory: Volunteer where you really count — Co-op inventory. Inventory is a fun and easy way to help out. The next inventory will be Fri, June 20 at 7 p.m. We do inventory at both stores four times a year. Please join us for food, friends, and fun while we count everything in the store.

Upon completing a Volunteer Intro Tour (V.I.T.) you can train in many areas:

Stocking:
Stock bulk with Jim at the Eastside on Wed nights; he needs the help! He'll train you to safely and sanitarily stock bulk as well as clean. Grocery stocking is another area with great need. We get enormous deliveries three days a week and are always looking for folks willing to lift and stack our products.

Cashiering:
Our busiest seasons of the year is here, and we need cashiers! We need folks who can make a 3-month commitment, are friendly, and are very decent with basic math. If this sounds like you, come to a V.I.T., and sign up for a cash training!

Co-op Committee Meetings

June 2 — Ecological Planning Meeting
June 8 — Outreach and Education
June 13 — Growth Committee
June 15 — Standing Hiring Committee
June 21 — Finance Committee
June 27 — Growth Committee
June 28 — Board of Directors
July 6 — Outreach and Education
July 7 — Newsletter Committee
July 11 — Growth Committee
July 12 — Finance Committee
July 19 — Board of Directors
July 20 — Standing Hiring Committee
July 25 — Growth Committee
July 26 — Ecological Planning Meeting

If you're interested in attending any of these meetings, please call our business office for more details: 357-1106.

For more information about volunteering at the Co-op, please contact Sally or Eulalia at the Eastside store, (360) 956-3410; or Bec or Talia at the Westside store, (360) 754-7666. You can also stop by either store to get more information, fill out a volunteer application, or sign up for an upcoming event.

COMPASS ROSE 
.....hippie shopping in downtown Olympia

630 CAPITOL WAY SOUTH. DOWNTOWN OLYMPIA. 360 250 0785
MON-THURS. 10-6 / FRI 10-7 / SAT 11-5 / HOLIDAYS 10-5, M-F
Finance Report

10% Discounts on the Rise

By Kitty Koppelman, Staff Member

Why are we talking about this again?

Last summer in this column, I reported on the various types of discounts we offer at the Co-op, and how offering these discounts is one of the ways that the Co-op puts its ideals into action. Since we made that report, we’ve dug a little deeper and analyzed the ways that the discount usage has changed over the years. We researched six years of discount history, and were a little surprised at what we found. While the 25% discount usage has been fairly stable, use of the 10% discounts (and their corresponding classes of membership) have been on a steady increase, and show no signs of slowing. As is often the case when one takes a closer look, all this fresh information brought up new discussion topics and questions.

Low Income Memberships have been a huge success

Back in November 1996, the Co-op’s Board of Directors developed a long-range goal for the organization to feed hungry people. Additionally, the Co-op had been looking into ways to reach out to communities in our region who were underrepresented in the Co-op’s membership rolls. One of the ways that we hoped to address these goals was through the low-income membership system, which we started in 1998. Low-income members pay no dues or membership fee, and receive a 10% discount on purchases. From the very earliest stages of discussion around this program, we felt strongly that eligibility for this class of membership should be self-designated. Members (and prospective members) would make the decision whether or not they qualified, based on some general criteria provided on the sign-up form. Above all, we wanted to make the program accessible and available without invading anyone’s privacy. The self-regulated qualification program was intended to encourage honesty, build dignity and trust, and get the membership and discount (and ultimately, the food) to those who need it.

The Co-op’s membership reflects the world

Our current membership rolls show that one in ten active memberships are low income. Since we started the program, the average number of new members signing up for low-income memberships has risen at a greater rate than that of regular members. In a small way, our community’s personal economies are reflected through our new membership sign up trends. Rising food, healthcare, housing and energy costs are more than just news stories. Climbing US poverty rates are mirrored as yet another new Co-op members are finding that they need to access the benefits we offer to low income members. Although these are sad trends for our community, we are glad to be able to offer some assistance to members who could use the help.

Rising Tide is not just a brand of seaweed

The main concern in all this is the fact that the ratio of 10% discounts used compared to sales is on the rise. We would expect the use of discounts to rise at the same rate as the increase of sales, but the proportion is increasing, and the result is a higher-than-budgeted cost of goods sold and a smaller-than-budgeted bottom line. Our margin goals have been somewhat hard to reach in recent years, and we believe that this partly due to this increased use of discounts. This has prompted much discussion among Staff about how to control the effects of these changes without compromising the idea that drive us to have discounts in the first place.

What can be done?

The Co-op Staff has had some lively and interesting discussions about how to respond to all of this. Among other things, there is common agreement that we need to do more to track the use of discounts. Some other ideas include:

• Create a sliding scale for membership dues – this could be a pay-what-you-can type of system.

• Make more specific guidelines for the self-designation of low-income status — currently we use very loose criteria for determining eligibility.

• Limit the amount of discounted goods for 10% discounts – there is currently no limit, so it is difficult to budget for the impact.

• Specifically plan for discount usage in our annual budget planning – currently we just include all in our margin projections.

• Eliminate combined discounts – some working members combine their 25% discounts with a low-income discount. This is not a sustainable business practice for the Co-op.

• Eliminate the Senior Memberships, convert them to low income if desired – not all seniors necessarily consider themselves low income. Those who do could just sign up for a low-income membership.

Discount shopping is here to stay!

In addition to 25% working member discounts, where the Co-op offers 10% member discounts, were recognizing the unfortunate fact that there are classes of people where access to food and other goods is limited by forces that may be beyond their control. By offering these discounts, the Co-op is more accessible and affordable to a broader spectrum of our community, and good food and other Co-op products reach more people. There are many differing opinions regarding how and when we should offer assistance. As we discuss the effects this has on Co-op business, we continually remind ourselves that many of the emotional issues that come up for people regarding low-income issues are the very issues that the Co-op organization is attempting to address by offering discounts. The Co-op’s values have always come first, and we hope that by running a sustainable business, this will always be possible.

As we prepare to discuss growth options, it becomes even more important that we project and control our financial activities as accurately and successfully as we can. Stay tuned for more developments as we navigate this particular financial pathway. In the meantime, if you have any questions about any of this, or anything else of a financial nature, please give me or any of the bookkeepers (Corey, Grace or Harry) a call at 357-1106.

Olympia Food Co-op Balance Sheet – March 31st, 2006

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<td><strong>NET WORTH</strong></td>
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<td>Accumulated Profit—Operations</td>
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<td>Accumulated Profit—Member Fees</td>
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<td><strong>Total Liabilities and Net Worth</strong></td>
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Olympia Food Co-op Statement of Operations January - March 2006

<p>| | |</p>
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<td>Sales</td>
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<td><strong>Total Expenses</strong></td>
<td><strong>$ 653,203</strong></td>
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<td>Net Income</td>
<td>$ 38,955</td>
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</table>
Co-op Classes through Olympia Freeschool

Growing Fruit
Sunday, June 4—3:15 p.m. at the Burns Ridge Nursery stand at the Olympia Farmer’s Market.


Discovered as to their suitability in the Olympia area are Blackberries, Huckleberries, Lingonberries, Raisin Vines, Figs, Mulberries, Grapes, Strawberries, Raspberries, Blackberries, Apple, European Pear, Asian Pear, Plum, Cherry, Peach, currants, Gooseberries, Elderberry, Olive, and Serviceberry.

Burns Ridge Nursery and Orchards is a family-owned farm, in business since 1980. Their 20-acre farm is located in the foothills of the Cascades mountains with a beautiful view of Mount St. Helen.

Fieldtrip to Tom Woods’ Hop To It Greenhouses
Saturday, June 3—11 a.m.

Join co-op staff to tour the unique growing operations at Hop To It Farms. Tom Woods has engineered an intricate network of wood-fired greenhouses at his farm, growing an amazing array of produce. You’ll be able to see berries, fruits, tomatoes, and avocados that grow even at the end of October! This tour will give you a whole new appreciation of this produce ready at the co-op.

Meet at the Eastside Co-op to carpool at 11:30 a.m., or follow directions below. The farm is 10-15 minutes away, so the carpool will return 2-3 hours later.

Directions: Take I-5 south to Exit 77. Take a right at the stop sign, go through the next stop light and cross the bridge. After about 2 miles, see a gas station on the left, go past it and take the 2nd right onto Chinook. Go up the hill, take the left fork. After 2 miles, take a left on Deception Rd. The address is on the right (295). Up past this and take next right down a gravel road. You’ll see the greenhouse and parking.

Intro to Native Plant Salvage and Drought Resistant Gardening: Rolling Garden Tour
Facilitator—Erica Gutman of the Native Plant Salvage Project
Sunday, June 11—1-4:30pm • Meet at the Free School 6:00 (Columbia St. across from Olympia Supply)

May Board Report
by Samantha J. Chandler, Board Member

Ah, the longer days of summer are finally upon us, and the energy that they bring spurs the board along in its work of serving the Co-op. There is much going on this year, including the potential for big changes that will positively (we hope) affect all of the Co-op members, for details, read on.

In recent years, the Board has discussed taking a more active role in endorsing various political campaigns. At our most recent meeting, we ventured into this territory and moved to endorse two separate campaigns being mounted against one upcoming referendum and one initiative.

First, we decided to be endorsers of, as well as financial contributors to, the organization Washington Won’t Discriminate. This group was formed to counter Referendum 66, created by Tim Eyman and his cronies, which would eliminate the addition of “sexual orientation” to the state’s anti-discrimination laws. The victory of this inclusion, after nearly two decades of trying, was immediately followed by Eyman’s announcement that he would be bringing this referendum to the voters this November. Using Yes on Referendum 66 will preserve the inclusion of “sexual orientation.” More information on this campaign can be found on Washington wondtldiscriminate.org.

Local farm activist Susie Kyle brought the second campaign, against Initiative 933, to our attention. I-933 is a land-use bill that would radically diminish laws that regulate land development. Similar legislation, Measure 37, passed in Oregon in 2004, and has produced dire consequences. For more info on this campaign, go to www.NOinitiative.org.

It is true that fail in a long way off. However, the cycle of Co-op decline—stagnation making us anxious-aware of just how quickly it will arrive. Board elections and other issues are traditionally presented to the membership in early October and planning has already begun for this year’s Co-op building. Part of this includes determining our future path for dealing with the astronomical growth we continue to experience, and we hope to get your feedback on how we should respond to this challenge. (See Growth Response Oversight Committee article in this newsletter.) In addition, the Board is committed to telling the issue of whether or not the Co-op should accept debit and credit cards for payment to the membership for a vote this fall.

That, along with an advisory ballot about our response to growth, and Board elections makes for an exciting ballot. All of this also means that now is a terrific time to step up your involvement with the Co-op: Attend forums, fill out the survey inside this newsletter to become a working member, and/or consider running for the board this fall. With so many committees completing so many important tasks, the board is finding itself spread a little thin. We can use your energy and ideas; so please consider how you can sustain the Co-op’s important role within our community, and beyond.

Buy an ad in the Co-op News!!

<table>
<thead>
<tr>
<th>Business Card:</th>
<th>$45</th>
<th>$35 for two or more consecutive</th>
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<tr>
<td>Double Business Card:</td>
<td>$75</td>
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<tr>
<td>Circulation:</td>
<td>5,000 bi-monthly to Co-op members and local community distribution points</td>
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</tr>
</tbody>
</table>

Submissions: Contact Jennifer Shaffer at (360) 789-2313 or at olympicnews@yahoo.com

Power Eagles
111 N. Washington St. Downtown Olympia
Owners of the San Francisco Bakery
June / July 2006
**Berry Goodness**

By Maureen Tobin, Staff Writer

Berries are the precious gems of summer, inspiring all sorts of foraging adventures to create delectable snacks and meals. Their compact size hides the nutritional bounty within, including powerful antioxidants that help fight disease. A huge variety of berries are available in the Northwest, so now is the time to reacquaint yourself with all of the different kinds and remember that berries are one treat you can—and should—freely reward yourself with.

Blackberries

Blackberries are the only blackberry native to the West Coast, and has been used extensively as a parent in cultivated breeding. It has nice flavor with slender trailing stems and flattened prickles, and is found in clearings, prairies, and dense woodlands. The Evergreen blackberry, *Rubus elliottii*, is native to England, where it is known as the cutleaf or pansey-leaved blackberry. It appeared in Oregon around 1850, and since that time it has been spread along the Pacific coast by birds.

The most common blackberry of today's Pacific Northwest is the Himalaya. It was introduced at the turn of the century, originally thought to be from the Himalaya Mountains in Asia, later it was realized the berry is actually a variety of Germany, but by then, the name had stuck. It is found wherever humans disturbed the land and has become a well-known weed, as well as a bountiful source for homemade pies and jams. In the early part of this century, new varieties of blackberries were being created naturally by native vines crossing with introduced ones like the Himalaya.

Boysenberries

Boysenberries were discovered in the late 1920s at an abandoned farm once run by a man named Rudolf Boysen. Barker Knott helped rescue the vines and began selling the berries at his farm stand in 1935. When asked what they were called, Knott said, “Boysenberries.” This popularity grew and became very well-known for their large size and somewhat tart flavor that works well in preserves.

Marionberries

Marionberries, or Marion blackberries, came from a native and naturalized cross that was tested extensively in Marion County, Oregon. Several of these types of volunteer seedlings were discovered in the early 1900s, such as Santiam, Johnson, Star, and Lincoln, all selected from the wild that presumably arose as a result of natural hybridization between cultivated and native species. As the Loganberry fruit is medium to large, round in diameter, and somewhat longer than a wild.

Raspberries

Raspberries come in a range of colors, although the most common type is the red raspberry. Raspberries are distinguished from the blackberry and other dewberries in the same genus in that the fruit separates from the stem at the pedicel, producing a hollow core. Wild raspberries are thought to have originated in Asia, but there are varieties that are native to the Western Hemisphere. They were not cultivated until the 1800s or so, but their

**Rasberries**

5 cups mixed fresh berries, such as raspberries, blackberries, and sliced strawberries (about 3 pints) 1 cup sugar 1/4 cup flour

Topping:
1 cup flour
1 cup sugar
1/2 cup baking powder
1/4 cup cold butter
1 cup heavy cream

Preheat oven to 375 degrees. Combine berries, sugar and flour and toss gently to coat. Transfer mixture to 8-inch square baking dish.

continued on page 10
GRuB Cultivates Community

By the GRuB staff

GRuB (Garden-Raised Bounty) is a grassroots nonprofit organization working in Thurston and Mason Counties. We dedicate ourselves to nourishing community by empowering people to grow good food. Through our Cultivating Youth program, we grow inspired, self-confident, and community-minded youth by providing them with educational and employment opportunities.

GRuB’s Kitchen Garden Project helps low-income families to help themselves by building raised-bed gardens at their homes.

Cultivating Youth in Thurston County, schools and youth agencies struggle to serve the growing number of diverse youth and the many learning and behavioral challenges they face. If not empowered, these youth slip through the cracks and become the face of our society’s welfare, abuse, and crime statistics. GRuB has formed partnerships with local schools and youth agencies to serve youth who:
- Come from low-income families, foster care, and/or group homes,
- Have learning and behavior challenges including ADHD, ADD, ODD, drug abuse, and others,
- Simply learn more effectively in a hands-on learning environment,
- Have other obstacles to reaching their potential.

Through our Cultivating Youth program, GRuB focuses on building youths’ nutrition, self-esteem, community connections, and academic success.

High school and middle school students participate in our spring and fall academic programs, earning science, community service, and/or elective credits (dependent on their host school) for engaging in challenging curriculum at the GRuB Farm.

Youth who participate in our year-long employment program are challenged through hands-on work and activities in three core areas: Farming Land, Farming Self, and Farming Community.

Farming Land

As stewards of the GRuB Farm, youth learn about the benefits of organic and sustainable agriculture through the hands-on work of growing organic produce for CSA customers, ourselves, and for the Thurston County Food Bank. In addition, they run a flower bouquet CSA that delivers fresh bouquets to 30 local businesses every week.

Farming Self

Throughout the year, GRuB youth engage in workshops that cover topics ranging from public speaking, nutrition, and garden awareness. Additionally, each participant works one-on-one with trained staff to develop a plan for academic success and goals for post-graduation.

Farming Community

Youth participate in communication and team-building activities to create strong, healthy relationships with each other. These relationships support the work that youth perform in the community on local farms and with other non-profit organizations. Regular public speaking opportunities engage youth with volunteers, city councils, agencies, and the general public.

Sponsor-A-Youth

This past fall, we launched our first ever Sponsor-A-Youth campaign. Our goal is to sustain our Cultivating Youth program with the help of community donations and our own entrepreneurial spirit rather than relying on unpredictable federal funding. So far, the kindness of our community has been incredible, and we have received $94,000 in gifts and monthly pledges. We’re half way home! Join us in meeting our next benchmark.

The Kitchen Garden Project

GRuB’s Kitchen Garden Project (KGP) is well underway this Spring, building free raised-bed gardens for low-income families in Thurston and Mason Counties. This year we’ll be building over 80 gardens with the help of volunteers as well as youth from our Cultivating Youth employment program.

We have an updated Growing Guide with more charts and information related to growing vegetables here in the Northwest, as well as valuable nutrition information and a list of local resources. We invite you to purchase a KGP Growing Guide at the GRuB office or keep your eye out for it at Olympia Supply and other local bookstores and nurseries. All proceeds, of course, go to the Kitchen Garden Project.

Another important part of our Kitchen Garden Project is our mentor program. If you missed our mentor training, you can still visit us for just a call. We’ll supply you with all the information needed to be a successful mentor for a new gardener in your neighborhood.

The GRuB Farm

(formerly Sister Holly Garden).

Our first peas, potatoes, and greens are growing outside, our greenhouse is bursting with seedlings, and people are returning to the farm. You too are invited to come check out the many exciting projects completely completed over the winter.

In the last few months we have:
- Secured a 4-year lease on an additional 1/4 acre of our neighbor’s adjoining property, more than doubling our production potential (hence the name change; we’re no longer just a garden!).
- Constructed a new 20’x20’ field greenhouse for year-round growing, targeting food crops for the Thurston County Food Bank.
- Planted hundreds of native plants in the habitat restoration area.

Recently we were awarded a grant to fund the upgrading of our farm infrastructure including a full irrigation system, greenhouse, and cooler for produce and flowers. Our Cultivating Youth crews are developing plans to open a farm stand this season, making our garden bounty available to Westside neighbors.

As usual, we are offering shares in both our vegetable and flower CSAs. If you’re interested in being a member let us know!

We’re eager to share the vibrant learning space of the farm. If you know of an elementary school classroom that would like to come for either a spring or fall field trip, please contact us for curriculum offerings and open dates.

How To Get Involved

GRuB’s work is entirely dependent on the warmth and caring support of our community as well as the vision and philanthropy of regional foundations.

You can join our work by:
- Volunteering at the GRuB Farm
- Volunteering to build a KGP garden
- Becoming a GRuB CSA member
- Purchasing a Fundraising Garden or Giving Garden share
- Donating goods and services
- Making a tax-deductible donation to our Sponsor-A-Youth Campaign
- Sponsoring one of our GRuB Events
- Serving on our dynamic board of directors
- Attending GRuB events like Music for Gardens on July 14 and Soiree at the Schmidt on September 16.

If you would like more information about our work, please call us at 353-5522 or e-mail grub@walyugrub.org. You can also visit our website at www.walyugrub.org.

The Co-op News

Needs Your Help!

We are seeking help with the distribution of the Co-op News bi-monthly and details bringing the news to various businesses and organizations in the local area. Call Kitty at 754-7665 for info.

South of the Sound Community Farmland Trust

Preserving Working Farms in Thurston, Lewis, and Mason Counties

South of the Sound Community Farmland Trust (SSCFLT) is a 501c3 non-profit organization with an open membership. Members can actively work with the Land Trust as project volunteers or on its working committees.

We invite community investment in land acquisition projects. To become a member of SSCFLT or to offer financial support, please contact:

South of the Sound Community Farmland Trust
P.O. Box 12119 - Olympia, WA 98508
(360) 866-9424
GROC Takes Stock of Co-op's Growth

By Larry Leveen, Working Member

GROC 101

Whether you’ve read mention of it in the Co-op News or simply witnessed the bustle at our two locations, chances are you know that Olympia Food Co-op (OFC) sales have been growing—a lot! The Co-op’s Growth Response Oversight Committee (GROC), created by the Board of Directors, has been developing a process to examine growth issues facing our beloved organization. We are still at a fairly early stage, but felt it important to inform the membership about our work (look for updates in future issues of the Co-op News, too).

The GROC has been addressing both immediate responses that the Staff and Board might make without any spatial expansion, such as increasing store hours (i.e. opening earlier, closing later), as well as the long-term assessment of member preferences for dealing with growth.

Eventually, the feedback gathered and research done by the GROC will result in an advisory ballot for the membership. Currently, it is envisioned that this ballot will entail different growth response options for members to vote on. This committee’s work will culminate in a report to the Board including recommendations on how to proceed.

It may all seem glacially slow or intimidatingly complex, and to some extent it is. Our co-op is a precious community resource and any decision regarding response to sales growth is deserving of careful consideration.

What The GROC-Stars Have Been Up To

With such a challenging mission, the GROC felt it necessary to use technology to help facilitate our communication. We therefore established an email list and online repository of our minutes and other documents so that they would be accessible to those with Internet access and of articles. Our work plan has been made into a matrix of “to do” items with due dates and responsible parties. We’re knocking off the tasks one by one, having surveyed neighboring associations near our current stores, our suppliers, and our department managers. Their feedback on expansion issues will be posted to the website soon.

The GROC will host two membership forums in the next few months to discuss growth issues. Please attend either or both:

• Wednesday, June 7th, 6-8 PM at the Olympia Center (room # TBA)—222 Columbia St. NW in downtown Olympia, a block north of State Ave., and 2 blocks west of the IT transit station.
• Sunday, July 16th, 7-7 PM at the Olympia Free School—610 Columbia St. SW in downtown Olympia, across the street from Olympia Supply.

Topics that might be covered by the presentation or discussed among members include:

• What is the difference between Co-op growth and expansion?

• Is growth inevitable? Must it result in expansion?

• What might Co-op expansion look like?

• What expansion options are available to the Co-op?

• What are the pros and cons of expansion?

• What is the best decision for the Co-op?

We encourage you to think about these questions yourself in preparation for a future advisory ballot.

With this issue of the Co-op News, the GROC has achieved one of its major milestones—the release of the membership survey. The survey is a combination of shopper habit and customer satisfaction questions. Its purpose is to help guide us in writing our report to the Board and also in confining the options to be included in the advisory ballot this fall.

We know that you value your Co-op and will help out by participating in the survey, but in order to sweeten the deal, if you include your name and phone number in your response, you will be entered in a drawing for one of three $75 gift certificates. Please make sure to return the survey by July 16, 2006 to either Co-op location, or by mailing it to Olympia Food Co-op, Attn: GROC Survey, 3111 Pacific Ave., Olympia, WA 98501 or fax to (360) 572-1124.

Lastly, stay tuned for more GROC updates in future issues of the Co-op News!

GROC contact info—send questions, comments, and other communications to us via:
Email: ofyfoodcoop@juno.com
Website: http://finance.groups.yahoo.com/group/OFC_GROC/

Note: Membership in the email list is obtained by request, through anyone may read list messages and GROC documents posted to the site.

The Blue Heron Bakery
Whole Grains Rolling Since 1992
Natural Breads are Our Specialty
Breads, Cookies, Pastries, and Granola
9213 NE 15th Street
Olympia, WA 98506
(360) 866-0353 (BAKE)
7 am to 9 pm
Seven days a week
• Organic flour
• No artificial colors, preservatives, or flavors
• 100% whole grain
• Locally grown produce
• Natural foods leader for 28 years
You can find our products on Mud Bar, at the Olympia Farmers Market, and in quality food stores throughout the South Sound.

The NaLand Institute
Buddhist Study and Meditation
EVERY THU 7PM: MEDITATION & DHARMA DISCUSSION
QUALITY TEACHING, FRIENDLY GROUP
1221 Wilson Street Olympia
INFO@360-786-1309
WWW.NALANDAOLYMPIA.ORG

Ready to remodel?

Stop by and see us at the Home Show on June 9 and 10 at the Fairgrounds. We’ll have a display of our building materials, cabinets, doors, windows, lumber and more. Check out our new, used, and excess building materials (www.diy.com).

GROC Recipes from page 6

Prepare topping: In medium bowl, combine flour, sugar, baking powder, and salt, and mix well with fork. Make well in center of flour mixture, add egg, and stir with fork just until blended.

Sprinkle flour mixture evenly over berries, then dot with melted butter. Bake until topping is lightly browned and filling is bubbly, about 40 minutes. Transfer to wire rack and cool slightly. Serve warm, or at room temperature, or with ice cream.

Recipe courtesy of Vegetarian Times, June 1999

BERRY ICES
2 cups fresh berries
1/4 cup lemon juice concentrate
1/4 cup sugar or maple syrup
1 1/2 cups vanilla yogurt (soy or dairy) OR 1 1/2 cups ginger ale
Place all ingredients but half the fruit and ginger ale in a blender or processor; purée in bursts and slowly add the rest of the fruit. After blending, mix in the ginger ale if you’re going for the non-carryover version. If you have pop molds, pour into mold. If not, pour into a square baking pan and freeze about 30 minutes. Ice crystals will form, so as it thaws, scrape the ice crystals into the mixture occasionally. Using corn syrup as the sweetener may help to keep ice crystals from forming.

Recipe is a combination of internet sources.

Suzanne Shaler
Student/Associate Student
500-352-7641

The Co-op is always accepting employment applications for Staff collective positions.

Applications and information are available at the store, or can be downloaded from the Co-op’s website www.olympiafood.coop

Sound Builders Restore Remodeling

Shop in our store or donate

Greatly reduced prices everyday. Thanks for your support.
Located in downtown Olympia 221 South Main Ave. ph: 752-5256 Mon. thru Sat 9-5
GROC Survey

The Growth Response Oversight Committee (GROC) has been created by the Co-op Board of Directors to formulate responses to the Co-op's growing sales and membership. This survey is a tool to help us understand why people do or do not shop at the Co-op, and what they would like to see in the future. The results of this survey will aid in crafting an advisory budget to be presented in the fall of 2006. Your input is invaluable to the GROC and we look forward to your feedback.

Respondents who include their names and phone numbers will be entered in a drawing for one of three $50 gift certificates.

Name: ___________________________
Phone #: _________________________

1. At which Co-op do you primarily shop?
   - Eastside
   - Westside

2. Why do you shop at the Co-op? (please check all that apply)
   - Local products
   - Organic/natural products
   - Convenience
   - Working member system

3. How convenient is the location of the Co-op for you?
   - Convenient
   - Inconvenient
   - No opinion

4. How often do you shop at the Co-op?
   - Daily
   - Once or twice a week
   - Every week
   - Once a month
   - Rarely
   - Other

5. What percentage of your grocery budget do you spend at the Co-op?
   - Less than 25%
   - 25 to 50%
   - 50 to 75%
   - 75 to 100%

6. What mode of transportation do you use most often to get to the Co-op?
   - Walking
   - Bicycling
   - Bus
   - Auto
   - Dial-a-ride
   - Other

7. How far do you travel to get to the Co-op?
   - Less than 1 mile
   - 1 to 4 miles
   - 4 to 7 miles
   - 7 to 10 miles
   - 10+ miles (how far?)

8. What is your zip code?

9. What are your primary reasons for shopping at the Co-op? (number your top five priorities (1=highest)).
   - Quality/freshness
   - Prices
   - Organic/natural products
   - Location/convenience
   - Working member system

10. How would you rate the Co-op in the following areas:

<table>
<thead>
<tr>
<th>Product Quality</th>
<th>Excellent</th>
<th>Good</th>
<th>Fair</th>
<th>Poor</th>
<th>No Opinion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Product selection</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Store cleanliness</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Staff helpfulness</td>
<td></td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Prices</td>
<td></td>
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<td></td>
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<tr>
<td>Speed of check out</td>
<td></td>
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<tr>
<td>Hours of operation</td>
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<tr>
<td>Store location</td>
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<tr>
<td>Education and information</td>
<td></td>
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<tr>
<td>Other</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

11. Please rate your satisfaction with the current product selection in the following store areas:

<table>
<thead>
<tr>
<th>Store Area</th>
<th>Would like more selection</th>
<th>Satisfied with selection</th>
<th>Too many selections</th>
<th>Don't purchase</th>
</tr>
</thead>
<tbody>
<tr>
<td>Packaged food</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Produce</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Dairy</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat/fish/seafood</td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Bulk foods</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Vitamins/Supplements</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Make ready meals</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pet supplies/foods</td>
<td></td>
<td></td>
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<td></td>
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<tr>
<td>Household supplies/cleaning supplies</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Local/regional products</td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

12. Which of the following issues are the most important for the Co-op to address? (number your top five priorities (1=highest)).

<table>
<thead>
<tr>
<th>Issue</th>
<th>Not Applicable</th>
<th>Location</th>
<th>Store cleanliness</th>
<th>Store layout/size</th>
<th>Accessibility</th>
<th>Parking</th>
<th>Store crowding</th>
<th>Checkout delay</th>
<th>Customer service</th>
<th>Prices</th>
<th>Product selection/Not enough of what I need</th>
<th>Hours of operation</th>
<th>Product quality</th>
<th>Overall store atmosphere</th>
<th>Other</th>
</tr>
</thead>
</table>

13. Do you shop elsewhere for groceries?  
   - Yes  
   - No

14. What grocery products do you buy elsewhere? (select all that apply)
   - Packaged food
   - Produce
   - Dairy
   - Meat/fish/seafood
   - Body care products
   - Vitamins/Supplements
   - Special dietary products
   - Housewares
   - Pet food/supplies
   - Household supplies/cleaning products
   - Local/regional products
   - Make ready meals
   - Make ready meals
   - Other

15. Why do you grocery shop elsewhere?
   - Not applicable
   - Lower prices
   - Hours of operation
   - Convenience
   - Location
   - Specific product not available at the Co-op
   - Other

16. Are you a member of the Olympia Food Co-op?  
   - Yes  
   - No

17. What type of membership do you hold?
   - Regular membership
   - Low income
   - Senior
   - Disabled
   - Working member

18. Is there anything else that you would like to add?

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Please attach additional sheets, if necessary.
Meet the Staff
Tatiana Boland
by Jennifer Shafer, Editor

Tatiana Boland is a face of the Co-op. Often seen welcoming new visitors to the Westside store during our Volunteer intro Tours, Tatiana is making use of a family skill. Both of her parents are teachers, and in conducting trainings (she also trains cashiers and produce workers) at the Co-op, Tatiana is able to draw on that skill while working in an environment more suited to her than a classroom.

Tatiana has been working at the Co-op for about three and a half years and had volunteered for about five prior to getting her staff position. However, "Her life has been about food," she told me. Her mother was a farmer’s daughter, and her grandmother’s last name was "Bolando." There was a family farm in Montana that grew wheat, winter wheat, soybeans, and snow peas on 360 acres. It wasn’t an organic farm, but it is very much a part of her history and a seed of her interest in agriculture.

After a childhood spent in many locales and school-age years spent in Nebraska, Tatiana enrolled in Prescott College in Prescott, Arizona to study organic agriculture. Ironically, her mom paid for her tuition by selling her share in the family farm. It was just enough to cover her rent, and before Tatiana left, she asked her to see more of the world. After some traveling, she ended up in the Chicago area. Her partner at the time had some land that they got re-certified as organic, and on which they began growing produce. They sold all three regional farmers’ markets, and this introduced Tatiana to a community of growers and to the myth of an agricultural lifestyle. A year or so later, Tatiana moved to Olympia and resumed her college studies at Evergreen. She studied political economy, writing, and photography.

Currently, Tatiana spends a lot of time doing management work as a produce buyer and as a working member coordinator. Most of her work happens at the Westside, and it is rare to see her working at the Eastside store. Some of her favorite things about working at the Co-op are her rapport with members who are senior citizens and her interactions with children. Tatiana loves the kids grow as they come in and out of the Co-op over the years. She also loves that her job is a socially and environmentally responsible one, a job that makes a positive impact on the planet and is not "sucking her soul.”

Some important things Tatiana has learned while working at the Co-op have been how to communicate on a continual basis with her co-workers and the membership and how to be receptive to others’ opinions and ideas. She likes that the community is self-reflective and challenges her to see herself more clearly and to grow from this outside perspective.

As far as the future of the Co-op, Tatiana would like to see us in a space that can accommodate us fully; a healthy, "green" building. She also would like the staff to have balance between their Co-op responsibilities and their personal time.

Of extra interest:
Hometown: Belgrade, Montana, MT, Alexander, VA, Pulaski, WI, Oshkosh, Neenah, Neenah
Number of Siblings: One brother, one stepbrother
Age upon moving to Olympia: 22
Favorite Foods: She can’t pick favorites!
Favorite Music: Roofs music of all kinds, folk, country, folk, and world beat (not top pop country) and western. She also grew up attending the opera and musicals and really has an appreciation for all types of music.
Hobbies: Writing, photography, (she develops her own B&W photos) reading, hanging with her dog Midsummer will be 12 in April, and home maintenance
Zodiac Sign: Capricorn
Favorite Places in Olympia: TESC Woods, Pintos Point Park, Blue Heron Bakery, the Artesian Well, a secret trail by her old house, the blueberry bog in season
Favorite Places in the World: Prescott, AZ, the Caribbean, Mexico, and lots of places she hasn’t been but knows she would love.

Berries
Berries
Berries are the fruits of a shrub that belong to the heath family (Ericaceae), which includes the cranberry and bilberry, as well as the azalea, mountain laurel, and rhododendron. Their color can be true blue to purple-black, and feature a white-gray “bloom” that covers the berry’s surface serving as a protective coat. Blueberries are native to North America where they grew throughout the woods and mountainous regions in the United States and Canada. There are approximately 30 different species of blueberries with different ones growing throughout various regions. Huckleberries are closely related to blueberries but are botanically distinct genera, with the former falling into Garry’s association and the latter Vaccinium, although there are exceptions. In common language, many refer to any wild species as a huckleberry and cultivated species as blueberries. Another way to tell the difference is that hucks generally have bigger, crunchier seeds and a thicker skin, with a more tart, intense taste. In the end, it is probably doesn’t matter what you’re calling the berries you munch on.

Blueberries have played an important role in many North American Native tribes cultures, being plentiful in season and known to be healthy. They probably learned something from bears, who will travel 15 miles to reach a ripe blueberry patch. Berries were often dried and ground into powder, which could be added to gravy, and, in the Northwest, were smoked along with meat. It should not be forgotten that access to blueberry fields is still an important part of indigenous cultures, and we must work to support their rightful access. If you pick berries in wild places, be careful not to harm plants, and be respectful by leaving plenty of berries for other pickers and wildlife.

Strawberries
Strawberries are native to every major continent except Africa and Australia, and therefore have a long and colorful history for many peoples. A member of the rose family, strawberries are the only fruit with seeds on the outside instead of inside. The seeds are remarkably plentiful (200 seeds in one berry) and remain whole after distribution by birds, which are probably why they spread so fast and wide and have been cultivated for millennia.

Picking and Storing Berries
It is always best to pick berries at their peak. Use a soft cloth to pick up berries and place them in a mesh bag to separate and prevent bruising. Once you return home, rinse in water and store in the refrigerator in an airtight container. If you are growing your own berries, make sure to wash your hands before eating and after handling the berries and leaves. It is also best to purchase berries that are not already washed or treated with pesticides. You can pick your own berries at many farms and markets around the country. It is important to support local farmers and businesses that are committed to sustainable practices. It is also important to respect the land and the environment when picking berries, as they are a valuable natural resource.

The benefits of berries include:
1. Anti-oxidants: Berries are rich in anti-oxidants that help protect the body from damage caused by free radicals, which can contribute to the development of age-related diseases such as cancer, heart disease, and Alzheimer’s.
2. Anti-inflammatory properties: Berries contain compounds that help reduce inflammation, which is associated with a range of health problems, including arthritis, asthma, and diabetes.
3. High in fiber: Berries are a good source of dietary fiber, which can help maintain healthy bowel function and promote a feeling of fullness, helping to manage weight.
4. Low in calories: Berries are low in calories, making them a healthy snack option for those looking to reduce their calorie intake.

In summary, berries are a healthy and nutritious food option that can provide numerous health benefits. They are especially beneficial when incorporated into a balanced diet that includes a variety of other fruits, vegetables, and whole grains. Incorporating berries into your daily diet can help support overall health and well-being.
Say Yes to Ref 65

Our State’s law against discrimination protects people from being fired or denied housing based on their sexual orientation. There’s an effort to repeal those protections by referendum. If enough signatures are collected, Ref 65 will be on the November ballot. Voters should be asked whether the anti-discrimination law should be approved (repealed) or rejected (repealed).

Washington Won’t Discriminate is the name of the statewide campaign working to keep the anti-discrimination law from being repealed.

A vote to APPROVE on Ref 65 will be a vote for FAIRNESS and EQUALITY.

If you agree that no one should be fired from a job or denied housing simply because they are gay or lesbian and that protecting people from discrimination is the fair and just thing to do, contact us and take a stand against discrimination. Thank you!

WASHINGTON WON’T DISCRIMINATE

P.O. Box 21971 • Seattle, WA 98111
Telephone: 206.728.4444 / 800.678.5657
www.washingtonwontdiscriminate.org

Say No to I-933

It goes too far.
It costs too much.

Initiative 933 is a.crazy scheme that would force communities to either unfairly waive important neighborhood safeguards, or pay special interests potentially hundreds of millions of taxpayer dollars to comply with the law. It’s simple: If I-933 passes, special interests win, and taxpayers lose.

If passed, I-933 would:
• Cost taxpayers tens of millions of dollars for years to come
• Allow government to waive rules that protect our communities—no benefit to special interests
• Create loopholes for irresponsible development (and more traffic) that will harm our quality of life now and for future generations
• Take away a neighborhood’s right to protect themselves and their property
• Lead to bureaucratic chaos and endless lawsuits

I-933 in brief:
• Requires state and local governments to exempt certain property owners from any land use, zoning or environmental law adopted or changed since the beginning of 1996, unless government pays the property owner for complying with the law.
• Requires communities to give exemptions—or pay with your tax dollars—for logging rules, shoreline protections, water use laws, and key safeguards that keep toxic chemicals out of rivers, streams, and Puget Sound.
• I-933 is very similar to Referendum 48, the ill-conceived measure that was rejected by 69 percent of Washington voters in 1995.
• I-933 costs too much
• I-933’s payoffs for irresponsible development will cost millions of already over-stretched taxpayer dollars—money that could be used for funding for public services like schools, roads and public safety.
• I-933 creates special interest loopholes
• I-933 makes communities choose either pay special interests to comply with the fundamental laws that protect our quality of life, or give those special interest waivers so they don’t have to play by the same rules the rest of us do.
• I-933 harms quality of life
• I-933 will result in the kind of sprawling, irresponsible developments that increase traffic congestion and overwhelm local education, public safety and other services we all depend upon.
• I-933 actually threatens property rights
• I-933’s “waive or pay” requirements say irresponsible development could occur almost anywhere, regardless of neighborhood standards.

And remember:

Although I-933’s proponents will try to make the link, I-933 changes no “eminent domain” laws in the State of Washington.

Paid for by Citizens for Community Protection, PO Box 9100, Seattle, WA 98109-9179 www.fnoainfo.org

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June / July 2006
Kids Corner

What is it?

Deadline: July 16, 2006

Name________________________

Age________________________

Guess_______________________

Where do you want to pick up your gift certificate?
☐ Eastside  ☐ Westside

If you're 10 or under, guess what is in this photo. Fill out the form and put it in the What is it? box in the Co-op office by the deadline. Entrance per issue. Guess correctly, and you'll win a $1.00 gift certificate to spend at the Co-op! The answer to last issue's What is it? was: Kale (and other greens)

Congratulations: Levi, Natalie, Quinn, Yuan, Creek

Unity stickers & posters available at both Co-ops!