



# THE Coop News

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

AUGUST / SEPTEMBER 2012

## CECOSESOLA Comes to Olympia



Cecosesola's Ricardo leads an activity at Creating Cooperatives: Reclaiming our Economy & Livelihood

photos by Alejandra Abreu

By Emily Van Kley, Staff Member

On their third day in Olympia, Sneida Hernández, Ricardo Giménez, Jesus Sanchez, and Javier Rojas, collective members of CECOSOLA (Centro de Cooperativas de Servicios Sociales de Lara) in Barquisimeto, Venezuela, are seated on the couch in front of the big picture windows of the Olympia Food Co-op's offices in downtown Olympia. The sun is mercifully shining in at the beginning of an unseasonably warm week in May. With highs in the 80s, this turns out to be the only time during their six weeks in Olympia that I don't see at least one of the compañer@s making use of the fleece jackets and rain shells staff at OFC have collected from their own closets to lend our guests from the South.



Sneida, Javier, Jesus, & Ricardo at Capitol Lake

As I take in the familiar surroundings—the melon-green walls of OFC's main meeting room (which is about a third the size of the outdoor patio where workers of the Feria del Centro meet at CECOSOLA), a handful of sun-stunned state workers, joggers, and patrons of Oly Supply passing outside on Columbia street, other OFC staff parking their bikes and getting their work papers in order—I am nothing short of blown away by the sight of our friends from Venezuela in the midst of it all. It's true that since my co-worker Alejandra and I had the great honor of visiting and working with CECOSOLA for a month this winter, I have been daydreaming of this day. But after all the visa preparations, schedule planning, and anticipation, I find it nearly impossible to believe that this is actually happening.

The arrival of our compañer@s, along with my co-workers' enthusiastic responses to their presentation about CECOSOLA's history and values at this week's three collective meetings, reminds me what a mo-

mentous event this exchange is for us at OFC. It's true that we have always supported the worldwide cooperative movement through our buying practices—prioritizing products produced cooperatively and seeking out new sources for everything from cooperatively produced bananas to maple syrup. We have also seen ourselves as part of a larger cooperative movement, as evidenced by our mission statement, as well as our leadership in organizations like the NCGA (the National Cooperative Grocers Association) among others. But we have never done anything quite like this before.

Throughout the next six weeks, the opportunity to sit down with internationally-based cooperative workers and discuss our shared values, our challenges, and hopes for the future provides endless opportunities for strengthening solidarity, as well as real practical insight from a cooperative making decisions collectively on a scale that dwarfs our own. (In CECOSOLA's 50 associated cooperatives, more than 1,200 workers run three food markets, a hospital, a funeral home, several community banks, countless small farms and value-added food operations, and more). Many of us begin to understand in a very concrete way why CECOSOLA has long emphasized national and international exchanges—

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Save the date! The annual  
**Harvest Party**  
will be  
**Sunday, September 9!**

*Read more about it on page 7!*



## Co-op News

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The purpose of the Olympia Food Co-op is to contribute to the health and well-being of people by providing wholesome foods and other goods and services, accessible to all, through a locally-oriented, collectively managed, not-for-profit cooperative organization that relies on consensus decision-making. We strive to make human effects on the earth and its inhabitants positive and renewing and to encourage economic and social justice. Our goals are to:

- Provide information about food
- Make good food accessible to more people
- Support efforts to increase democratic process
- Support efforts to foster a socially and economically egalitarian society
- Provide information about collective process and consensus decision-making
- Support local production
- See to the long-term health of the business
- Assist in the development of local community resources.

Opinions expressed in the Co-op News are those of the authors and do not necessarily reflect the views of the Co-op Staff, Board of Directors, Co-op advertisers or anyone else. Co-op members are welcome to respond.

The Co-op News is published on a bi-monthly basis and comes out in February, April, June, August, October and December. Please contact the editor, Jennifer Shafer, at olycoopnews@yahoo.com or 360-789-7313 to discuss your article idea or advertising inquiry. You may also leave messages in the newsletter box at either Co-op or mail them to either store, Attention: Co-op News.

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*Salad Bar photo by Kathy Strauss*

# Rethinking Expansion

By **Jayne Kaszynski**, Staff Member

**Here's a date that gives the Co-op Expansion Team pause:  
SEPTEMBER 2012.**

That's when we need to propose a budget for next year. It seemed so far away when we began our work in March, but as the year progresses, time seems to speed up. So if you're dying to find out what's going to happen, you won't have to wait very long: we expect to have a broad plan identified by the next issue of the Co-op News.

In fact, we have a proposal that we're working on right now, but until it goes to the staff and Board for feedback, we can't reveal what it is, as it may change. In the meantime, let's get you up to date on our work:

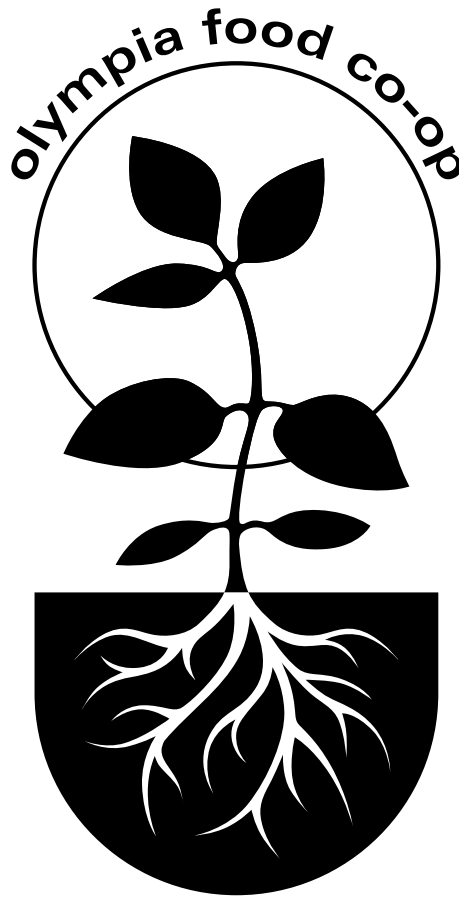
**In the past months, we collected a monumental pile (digitally speaking) of information from current and past expansion work, surveys, and reports. We wanted to find out what people said they wanted and what consultants said we ought to want. We found some surprising nuggets of data.**

For instance, we hear a lot of conversation about whether the Co-op should sell beer and wine, but in surveys of Co-op shoppers and non-shoppers, both groups said that beer and wine would not increase their likelihood of shopping at a new store. On the other hand, both groups said that expanded meat, bakery, and deli departments would. Then there's the sticky problem of grocery delivery: staff (in expansion visioning) and members (in the Co-op Conversation) all suggested starting a grocery delivery program. Farm-fresh local veggies and organic milk delivered right to your door – what's not to love? Unfortunately, other co-ops have told us that delivery programs have basically failed everywhere that they've been tried. Uh-oh.

For each of the suggestions that have been made, we asked ourselves whether it was a feasible plan that would meet our mission. In many cases, we won't know until we complete much more in-depth market research. In others, like the delivery example, well-loved ideas have proven to be unrealistic.

Some of the difficulty in sifting through our buckets of suggestions has been in determining what our priorities are. The Expansion Team believes we can do everything – just not all at once. So what do we do first, and what do we plan on doing five years from now?

To answer this question, we broke down the reasons for expanding into two basic categories: first, we need to fix the problems that we are currently experiencing; and second, we want to improve our ability to meet our mission overall. To make sure



## Expansion UPDATE

we were all on the same page, we created a problem statement, which succinctly captures the problems we need to solve. Here it is:

**The limitations of our current retail space constrain the Co-op's current and future ability to meet the demand for local, organic foods and products.**

This is a result of both a growing population within Thurston County, and a growing market share of natural foods (i.e. more people choosing

*continued facing page*

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# Volunteer Profile: Harvey Conner

By **Desdra Dawning**, Staff Member

Volunteer Co-op Member Harvey Conner died Monday, June 4, from injuries he received while attempting to cross Pacific Avenue. On May 24, after finishing his shift at the Co-op, he was headed for the bus stop across the street when he was struck by a car and severely injured. What followed for him were many days in the hospital, and numerous brain surgeries, ending in his death on June 4. When Co-op members sadly learned of his accident, a fund was set up, gathering money at the registers, with the intention of offsetting expenses to his family, especially for his sister, who was staying at the Sunshine House where Harvey lived. The manager of the house had graciously arranged for her to stay there while Harvey was in the hospital.

Harvey served as a volunteer at the Thurston County Food Bank and at the Olympia Food Co-op for over a year. Co-op members who worked with him remember him for his love of music, marveling at his ability to sing along with almost any song that came across the store's music system, especially if it originated in the 50's and 60's. He had an extensive collection of 45 RPM records from that era, so would burst out singing as he worked when he heard a song he knew. Harvey was a music lover from an early age, leading him to study music history and theory in college, and sing in church choral groups and at karaoke clubs. Wherever he could sing, he would. Benjamin Stewart, a Co-op staff member who worked with Harvey, said he will miss the "daily history lesson" he would give him about music. Alejandro Rugarcia, Co-op Volunteer Coordinator, added that Harvey was always happy, "singing and talking to customers" as he stocked shelves with groceries. He also observed that "the Co-op



Harvey Conner

gave Harvey a sense of belonging," as it does for so many of us.

Harvey worked many volunteer hours, usually 7 hours a week, accumulating enough extra hours to leave behind 40 member discount cards—far more than he could have used himself. The family has asked that these cards be distributed at the Thurston County Food Bank and to residents of the Sunshine House where he lived.

Harvey's family has decided to use the approximately \$500 collected by the Co-op Harvey Fund to work on helping the city find a way to make the crossing on Pacific Avenue from the Co-op to the bus stop safer, so that no one else experiences the loss of life and loved ones that has come from Harvey's death. His sister and brother-in-law, as well as the OFC Facilities team, are currently working with the City of Olympia to develop measures that will secure this dangerous section of Pacific Avenue and make it safer for pedestrian traffic. Anyone having comments on this subject, or suggestions on possible improvements, are encouraged to contact the City of Olympia.

*The Co-op is continuing to collect money for Harvey's family. Donations can be offered at either Eastside or Westside store.*

## What is Good Nutrition?



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## Expansion continued from facing page

to buy organic, local, etc.). Furthermore, without improving the appearance and shopping experience within the stores, the Co-op faces difficulty in attracting and retaining new customers.

Both of these problems will make it difficult for us to achieve our mission statement, particularly in that: a) we will struggle to "make good food accessible to more people"; b) we may struggle to "see to the long-term health of the business"; and c) we may have reduced funds available to fund outreach and education activities including education about food, consensus, and the cooperative model.

At minimum, our expansion plans must address these problems.

With this in mind, our current work is in exploring which expansion options will provide the best, most financially viable solution to these problems. Then, we can start looking at the more exciting suggestions from Staff visioning and the Co-op Conversation (for instance, seeding new co-ops? Creating an educational institute? Opening a traveling grocery truck for outlying areas?) We'll be gathering feedback from Staff and Board on our proposal in between now and when this article is published.

**If you have any ideas or thoughts you want to share, we always look forward to hearing from you via email at [expansion@olympiafood.coop](mailto:expansion@olympiafood.coop).**





# New Construction at the Co-ops

By **Lynn Taylor**, Co-op Member & Designer

Thank you for the opportunity to design two necessary projects for the Olympia Food Coop: The Westside bike hut and the Eastside Vestibule. There were four excellent craftspeople that brought these projects to fruition: Robert Garcia and Jim Robinson built the bike hut and Barrett Burr and George Kurzman built the Eastside Vestibule. I thought members might be interested in some of the factors that influenced some of the design decisions for the Westside bike hut.

**Location:** There were several reasons that the bike parking area was not attached to the building: the need for accessible car parking access, minimizing obstructions for delivery trucks, and roof slope issues. The space available would only allow for four legal bike parking spots, which would have to pull out into either the flow of car traffic or into the pedestrian flow of the store entrance. This particular spot in the parking lot was an area that was inaccessible for car



The Eastside has a new entry – come on in!

photos by Kathy Strauss

parking and so putting the hut there allowed the Co-op to put this unusable area to good use without losing any parking spots.

**Dimensions:** The city of Olympia’s minimum requirements for bike parking is 2’x 6.’ Given the available space restrictions and at-

tempting to maximize spots, allowing bikes to park end to end while leaving 5’0” of maneuverable space at both ends meant that we needed to have 12’0” between posts.

**Height:** The city of Olympia allowed the bike hut eave to extend over their property,

provided the roof was no lower than 8’0” from grade to roof. The steep pitch allowed for as much light as possible to enter into the hut without artificial light. The building was orientated lengthwise, towards the South, to support any future possible solar potential.

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The Westside’s bike shelter keeps bikes dry and out of shoppers’ paths.

If you have any further questions about these construction projects, feel free to contact anyone involved:

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# Board Report

By **Josh Simpson**, Board Member

After listening to and reading the results of the Co-op Conversation, the Board of Directors of the Olympia Food Co-op realized that we had a lot of questions to consider about our goals and plans for the future. In order for the Board to attempt to answer these questions and come up with a vision for the future, the Co-op Board of Directors had a strategic planning retreat in June at Circle Hawk Farm in East Olympia. During this retreat, we discussed how we can better meet the needs of the Co-op membership and the Olympia community in general. Since it would be impossible to share everything we discussed, I'm just going to provide a very basic rundown of what was discussed.

One of the things that the Co-op wants to do is expand its retail space so that the stores will have more room for meetings and parking, and be able to provide more square footage in the stores so that we can attract new members and provide a more comfortable shopping experience for our customers. The Co-op also wants to try to use its resources to better meet the local community's food and economic needs. This could include everything from mobile food trucks to a health insurance co-op to an actual downtown location so that we can better serve our current and future members.

We are also going to try to make sure that the Co-op spreads its knowledge and skills in order to improve the local community, such as providing education about anti-oppression issues, having more educational events, and providing

more kid-focused events that will draw out members that are parents. We also talked about possibly extending Board terms (to three years instead of two) and how to strengthen Board committees and make sure that they are a valuable asset to the Co-op mission. This includes making sure the Board and Staff have a better understanding of their different spheres of decision making and how they can better support each other.

We also realized that there is a need to improve how we communicate the mission of the Co-op to new and current members and a need to better explain how differences of opinion make us stronger and how change almost always involves conflict. This also relates to a possible future discussion on the Co-op's current legal structure. Currently, the Olympia Food Co-op is a non-profit that is run by a staff collective, and is not actually a co-op (legally at least). The Board and Staff want to gain clarity about why the current model was chosen and possibly look at different models that might be better suited for our goals. At the same time, if we find that the current model works best, there may be no reason to change it.

The Board also believes the Co-op could improve our volunteer systems and our response to members' needs. This could include a more interesting website with a member forum or more events similar to the Co-op Conversation. We also realize that the Co-op needs to improve our outreach to underrepresented communities.

Last, but not least, for those that are interested in reading a more detailed report of the strategic planning retreat, the notes from the retreat will be posted on the Co-op website: [www.olympiafood.coop](http://www.olympiafood.coop). Thanks to everyone that participated in the Co-op Conversation and thanks to Fern for taking amazing notes during the retreat!



Our current Board on retreat

photo courtesy Jayne Kaszynski



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# Northwest Naturals:

## Lee and Gene: Lifelong fishermen and OFC supporters



Northwest Naturals Salmon and Halibut burgers are available in the Co-op's freezer section

photo by Emily Van Kley

By **Polly Hawver**, Staff Member

Summer has finally arrived and it is grilling season once again! I'd like to use this issue to introduce you to one of our favorite and longest-standing meat suppliers, Northwest Naturals. This stellar company is owned and operated by Lee Guilford and Gene Maltzeff. If you've ever been to an Olympia Food

Co-op Harvest Party, you've most likely met Gene. He's the guy who's always smiling behind the salmon patty grill.

Both Co-op locations promote Lee and Gene's salmon and halibut fish patties as well as their Silver Brite fillets. Since 2005, Gene and Lee have been supplying us with local, fresh salmon patties made from scratch out of Silver Brite that they catch in Bristol Bay, as well as organic vegetables, herbs, and a small amount of brown rice flour for binding. They purchase all of their vegetables and spices at the Co-op! The Chum salmon is chosen exclusively for its rich flavor, not to mention the fact that it is known for being particularly low in mercury and other pollutants due to its eating habits.

Gene and Lee started fishing as kids and both started their commercial fishing practices in the 70's and 80's. Lee is now retired from commercial fishing while Gene continues to fish in Bristol Bay, AK, famous for the biggest Sockeye run in the world. Gene co-owns a boat and permit with another fisherman and is in charge of the catch.

I asked Lee to tell me about their sustainable fishing practices.

"Bristol Bay is a gillnet fishery using boats no longer than 32 feet. (Gillnetting is known for being highly selective for a particular size of fish, therefore allowing other fish to pass through the netting.) The number of permits allowing boats to fish is limited. The Alaskan department of Fish and Game monitors the amount of fish that get past the nets and will close areas of the bay to allow escapement for reproduction. They allow some fish to escape every day. Natural fluctuations occur but the returns are more stable than when I first started fishing there. Bristol Bay is relatively shallow and the nets are 10 feet deep. Some species such as bullheads, small flounders and sole are caught and usually tossed back without being harmed. I don't remember any birds being caught in our nets. We had some whales that would hit our nets but they always broke through the netting unharmed. Even large Chinook salmon could break through the Sockeye nets.

"The following day, we usually start at 5:30 am. We make the patties, usually over 1100 patties for each production day, freeze and vacuum seal them, and box them up with 48 patties per box. There is always lots of clean up and sterilization to do at the plant."



Lee Guilford with a 300 lb halibut in Glacier Bay, AK 199

Finally, I asked Lee what fuels their passion for making this fish available to the public, to which he replied, "Our love of fish and fishing spurs us on! Years ago, fishing in Bristol Bay, we often wondered, 'How can we share this magnificent and healthy fish to the public?'" I think over the years they've done much more than just provide us with healthy and delicious fish, they've encouraged us to eat better and support our local producers and economy, as well as to care about an ecosystem 2,200 miles from us.



Lee Guilford filleting their famous salmon

Learn more about Northwest Naturals at [www.northwestnaturalfoods.com](http://www.northwestnaturalfoods.com).

To get involved and learn more about the movement to preserve Bristol Bay wild salmon, visit [www.savebristolbay.org](http://www.savebristolbay.org).

To learn more about commercial fishing practices and regulations visit the ADFG website at <http://www.adfg.alaska.gov>.



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Stay tuned to the Co-op's website and blog for more info: **[www.olympiafood.coop](http://www.olympiafood.coop)**

*We'll see you there!*



# Collaboration, Advocacy, and Squash: GRuB goes to High School

By **Jennifer Crain**, Working Member

Auto Hardy can lead a tour of the GRuB farm (Garden-Raised Bounty) at the drop of a hat. There are the raised vegetable beds, built to be wheelchair accessible. There's the chicken coop, the packing shed, the wash station, the cooler and the composting area; all things you'd expect on a working, small-scale urban farm.

But there are also a number of spaces around the three-acre property designated for teambuilding. Hardy's favorite is the Peace Garden, "a little garden with grapes, honeysuckle and kiwi that makes like an overhead garden. It's pretty cool," he says.

The high school student says every Friday during the last academic year he and other students would gather with the rest of the farm crew in one of these locations for something called Straight Talk, a time set aside for the crew to give each other personal encouragement and suggestions.

Hardy, who will be a junior this fall, was one of 34 students to participate in the first year of GRuB's pilot program with Olympia High School. A new crop of about 20 students started the program's second year this July.

Students who are part of the pilot program are paid during the summer to work on the GRuB farm where they get their hands dirty harvesting produce, preparing it for the farm's CSA program and market stand, digging up weeds, and clearing beds. Once classes start in September, the GRuB students follow an alternative schedule. In the morning they attend three typical periods at the high school but move to the farm for the four-period block in the afternoon. Students continue their work as part of the crew while earning credits in biology, horticulture, American studies, and entrepreneurship.



**Olympia High School students arrange flowers for the farm's cut flower CSA customers.** *photos by Jennifer Crain*

But this is more than a jobs program or an alternative way to work toward completing their degrees. Hardy says students learn to collaborate on projects and communicate with "people we wouldn't necessarily talk with at school." They visit and help on other farms, compare notes from field trips to area nonprofits, and reach out to the public. A group of students even talked to City Council.

Blue Peetz, one of GRuB's co-founders and the Youth Programs Director, has a warm, enthusiastic voice when he describes the first-year students. They were "fully integrated into GRuB programming," he says. "They built gardens with low-income families, led farm tours for kids—it almost felt like

they were staff." Peetz sounds somewhat surprised by the close-knit, engaged nature of the group but the truth is, it's intentional. GRuB takes its tagline, "growing healthy food, people and communities," seriously, and the students' daily schedule proves it. They begin and end the day interpersonally, circled up together to answer a question or name highlights from the day. They play games designed to energize and connect. The 4-H-trained staff leads students in challenge courses. The weeks are dotted with communication workshops and other trainings.

**In short, the program uses food as a vehicle for deep-seated change. And it works.**

Peetz says not only have youth integrated in a way the staff didn't anticipate — such as the creation of a series of YouTube videos on gardening techniques for families who can't attend workshops — but that students have learned how to envision the right learning environment for themselves and to advocate for those needs. "We've opened the doors for students to take control of their own education," he says.

Hardy is one of them. After finishing middle school, he says he wondered if Avanti, the alternative high school, would be a better fit for him.

"But I was kind of scared to go there at first. I wanted to try out normal high school for a few years," he says. "After



**Olympia High School students grab tools and gather around the compost heap at the GRuB farm.**

GRuB, I definitely got a feel for alternative programs so now I'm pretty sure I want to go to Avanti and that it's a good place for me. I think it will be good for me because it's a different style of learning, more one-on-one and hands-on."

That's the kind of personal growth the GRuB staff envisioned after Olympia High School principal, Matt Grant, contacted Peetz and a collaboration bloomed between the school and the farm.

GRuB already had a rich history working with youth. Since 1999, they've employed low-income students and students with social and academic challenges through Cultivating Youth, a program that paid students to work as part of the farm crew after school and on weekends. The employment program became so popular that they were taking over 100 applications each year from local high schools for only 20 slots.

The pilot program at OHS, though requiring them to temporarily work with students from only one school (Cultivating Youth is on hold during the pilot), is the beginning of what GRuB hopes will ultimately serve more students. In the



**top: Olympia High School students in GRuB's pilot program help prepare the farm's roadside market stand.**  
**bottom: Blue Peetz, GRuB's Youth Programs Director, gives Olympia High School student Richard flower arranging tips. The students are participating in the second year of the farm's pilot program with the school.**

*continued on page 13*



# CECOTESOLA Comes to Olympia

continued from page 1

some of the compañer@s with us in Olympia have also done similar work in Egypt, Mexico, France, and England, and there is a group from CECOTESOLA in Germany this spring as well.

Writing now that the compañer@s have returned to Barquisimeto and are preparing their first presentations about their trip to Olympia for their co-workers back home, I'd like to provide some highlights from the time they spent with us at OFC. The Evergreen State College was a co-sponsor of the exchange, and the compañer@s visited and worked with an impressive number of area organizations during their time here—from Centro de la Raza in Seattle to GRuB, Cielo, MIJAS, the Flaming Eggplant, and the Thurston County Food Bank in Olympia, to KBOO and the Alberta Food Co-op in Portland, plus more that I am probably forgetting. What follows is only a portion of what they experienced while here in the U.S., but for those of us at OFC, it was a very meaningful portion indeed.



Sneida stocks at the Eastside

Cecosolistas volunteered in the stores on Thursdays and Sundays each week they were in Olympia. They spoke with customers, processed deliveries, built carrot wheels, and generally knocked everybody's socks off with the amount of work they got done and the aesthetic eye and attention to detail they brought to stocking and building displays. By the end of their time in Olympia, if someone who was supposed to work a shift with the compañer@s got sick, it wasn't necessary to replace the labor. Our visiting friends had learned the work so thoroughly they did an amazing job on their own.

Several OFC groups invited folks from Cecotesola to their meetings, including the Board of Directors and Big Picture CAT (BPC), the group responsible for vision and maintenance of the staff's evolving structure as a collective. Here is an example of the kinds of conversations that were had.

**BPC:** *Given the limitations of time that we experience at OFC\*, what practices do you think we might be able to adopt to improve confianza\*\* among workers and help us make more sustainable decisions?*

**Compañer@s:** *Maybe you could find a time of day and day of the week that generally has the lowest sales, and assign a rotating skeleton crew to take care of the stores, so that almost all of the collective can meet without having to impact customers. If you met very close to the stores, people could be pulled from the meeting to help out if things got unexpectedly busy, and this would give more time*

*to build relationships and give each decision the amount of time it needs.*

On June 1st & 2nd, the compañer@s helped plan and present a conference co-sponsored by OFC, TESC, the Northwest Cooperative Development Center, the Flaming Eggplant and other area organizations, called Creating Cooperatives: Re-claiming our Economy and Livelihood. Here's what one participant had to say about the opening plenary of the conference, which featured a documentary produced by Evergreen students about women-run CECOTESOLA-affiliated cooperatives in Venezuela, and a discussion and activity lead by the compañer@s:

*"So inspiring! First time in years I have felt educated and empowered. A cohesive and flexible road map!"*

Our hope is to hold a similar conference yearly, with the goal of galvanizing new cooperatives and collectives in our area as well as strengthening networks of support between those already doing this work.

The compañer@s visited Sunbreak, Helsing Junction, Wobbly Cart, and Steamboat Island Goat farm, all local growers who are or have been part of OFC's local farms program. They snacked on turnips, strawberries, garlic scapes, and grilled feta, asked questions about organic and sustainable farming practices, learned about the difference between kale and arugula (neither of which is commonly grown in Venezuela's tropical climate), and got to hear from local farmers what being part of OFC's local program has meant to them.

Lest you get the impression that the exchange was all work and no play, the compañer@s also attended potlucks and bonfires with OFC staff, danced at the Urban Onion, visited Mt. Rainier, and attended a Mariners game. (In their honor, Felix Hernandez, one of Venezuela's most well-known major league stars, pitched a winning game.)

At upcoming collective meetings, OFC staff will have the chance to reflect together on what this exchange has meant for us as an organization, and to talk about whether we may want to continue with such exchanges in the future. Already, I have heard from many staff



Conference attendees hone their collective skills with Jesus from Cecotesola

members that the exchange has been an incredible help to them, has provided new inspiration for cooperative and collective work, and has opened up new possibilities for how OFC can support cooperative development in our area. I look forward to continuing to integrate the lessons from this exchange into our work at OFC. Along with exchangee Ricardo, I feel both humbled and honored to have been part of this opportunity to see "two different cultures coming together to discover they have been walking on the same path."

To read accounts from Cecotesolistas about their exchange with OFC (in Spanish), check the CECOTESOLA blog at:

**[www.cecotesola.blogspot.com](http://www.cecotesola.blogspot.com)**

If you haven't yet checked out the blog Alejandra and I kept while in CECOTESOLA this winter, you can find it here:

**[ofccecotesola.blogspot.com](http://ofccecotesola.blogspot.com)**

\* CECOTESOLA's workers receive a base anticipo (anticipated salary) instead of being paid by the hour, and their food markets are only open on weekends, so there are several days each week during which workers can meet in large groups to reflect upon any issue that comes up, for as long as they need.

\*\* confianza (trust)



Learning about the Co-op's Local Farms Program at Sunbreak Farm



Cecotesola's Ricardo and OFC Staff Member Kitty talk Cooperatives

photos by Alejandra Abreu



# OLYMPIA FOOD CO-OP In The Raw

By **Diana Pisco**, Staff Member

*I am not a vegetarian, but lately, I have been eating a whole lot of fruits and vegetables. Since May 21, 2012, my diet has been about 80% raw foods and it feels great!*

I was first inspired over 4 years ago by our past co-operator the lovely and talented Maya “Papaya” Adjani, an avid raw foodist and chef. Her vibrancy and electric passion for healthy living, along with the raw goodies she would happily put in my hand (like incredibly nourishing raw chocolate cake), made a big impression on me, and I vowed to one day achieve this particular lifestyle change. All things come in their own time, and I am pleased to say that day has come for me.

*Eating mostly raw and living organic food makes good sense.*

I believe that by eating this way I increase my overall physical, emotional, mental, and spiritual health. It brings me closer to Nature, and it significantly reduces my consumption of industrialized, processed food that is long

dead and made in some distant factory. Allowing myself the 20% of processed or cooked food has been important for me to not feel like I’m in complete deprivation or that I’m missing out on all the “crap” I like to eat. It is interesting to see that now when I do eat the processed stuff, it is less satisfying and it directly affects my digestive experience for the worse. I have not had the same experience with some of the cooked dishes that I have prepared myself... things like brown rice with stir fried veggies or chicken soup. Let’s face it, living in this temperate rainforest where in mid-July the coconut oil is still solid, a nice pot of organic soup on the stove after a week of cold rain is a nourishing comfort. I will continue to enjoy it as long as I live here and will likely move into a two-thirds raw food diet during the winter. Raw dairy also counts in my 80%. (I also count smoked salmon.) Maya told me that some people accept dairy and smoked meats as part of a raw food diet, and I’m one of those people.

Many folks in the raw food business say it’s the high amounts of enzymes in raw and living foods that give it the power to heal so much dis-ease in body,

mind, and spirit. I was curious to see what Summer Bock thinks from a Health Coach, Herbalist and Fermentationist perspective. Summer, who just so happens to be another lovely and talented past co-operator, is passionately dedicated to encouraging and inspiring healthy living. She says, “In my opinion, the main reason that raw foods are so helpful is because people have been eating processed, sterilized, and dead foods for so long. The vitamins and minerals in these foods

have been stripped and when heated, many of the vitamins are destroyed.” She goes on to share, “I have also noticed that when you are eating a diet that is primarily raw, you are eating less fat and more vibrant plants. You are increasing fiber content and re-mineralizing the body. Re-mineralizing the body is the same thing as alkalizing the body. This is what raw food is so good at doing.”

That’s what it’s doing for me, but as Summer reminded me, every body is different: “I don’t recommend the raw food diet for people who are easily cold or those whose digestion is suffering. If they can’t extract the nutrition from the raw foods, they will not heal. Some people really need to eat broths or other cooked foods so they can absorb the nutrients from the food.”

*So what’s raw at the Olympia Food Co-op?*

Well, there is the obvious plethora of beautiful organic fruits and vegetables that we so proudly display in our produce departments.

*continued facing page*



**Mediterranean Chard Wrap – irresistible!** (recipe on facing page) photos by Diana Pisco

## Raw Cheeses at the Co-op

Incorporating cheese into the 80% raw food plan I’m working on has greatly increased my success rate. I must say, when I find the perfect little tidbit of cheese all wrapped up and sitting in the dish at the Westside, it is truly a joy and a pleasure to go pick

one out and add a sweet, juicy gala apple for a deliciously satisfying snack. One of my absolute favorites is our very own Steamboat Island Goat Feta. When shopping for feta I always look for it first. We also carry their various cheddar and jack cheeses. A few other local, raw cheeses we carry on the east side are Gouda from Fresia Dairy out of Tenino, Swiss from Rosecrest Farm in Chehalis, a maple smoked cheddar from Grafton Village in Vermont, and an excellent smokey Blue cheese from Rogue Creamery out of Central Pt, Oregon.

We have raw cheeses from Organic Valley including Jack, Sharp Cheddar, and Mild Cheddar, in 8 oz squares, and the larger 32oz. blocks from Greenbank Farms in Jack, Cheddar, and Swiss. We also carry a raw goat cheddar from Rumiano in CA. We are also proud to carry local raw sheep milk cheese



**Raw Parmigiano Reggiano**

in a variety of delectable flavors by Black Sheep Creamery in Chehalis. The last domestic raw cheese I’ll mention is the Borenkaas that Williamette Valley Creamery in Oregon makes. It is absolutely fantastic, and I am delighted when I see it in stock.

One of our Eastside cheese managers, Michelle Noel, is seen by some as a connoisseur of good and fine cheese and she has accumulated a wealth of knowledge on the cheese we carry. She filled me in on the strict guidelines cheese makers must follow while crafting some of the imported cheeses we sell from the E.U.. They are made practicing traditional methods, requiring the use of specific breeds, established techniques, as well as particular places. In some cases the place or region becomes the cheese, as in the case of Comte, Gruyere, Pecorino Romano, Parmigiano Reggiano, Roquefort. We carry all of the above ‘name controlled’ status cheeses, and all are made with raw milk. On the label you may find the initials D.O.P (Italian) or A.O.C (French) signifying it is a Protected Designation of Origin product.

Please keep in mind that availability of cheese, space in the case, and what our members like are always factors of what we stock.



**Eating produce is the easiest way to eat raw!**



In the Raw continued from facing page

From my understanding, plant food is still considered living for up to two, maybe three days after being picked. When we look at the natural world, we clearly see that living beings eat living food, so I see it as part of our nature and therefore important that we do just that. After the plant stops growing, it is seen as raw food, or food not heated beyond 116 to 118 degrees, and most of its vital vitamins, minerals, and enzymes are intact. This is why the Co-op's commitment to sourcing locally, organically grown fruits and vegetables as much as we can, is in my opinion one of the greatest health benefits we offer to our community. Many times the food is picked the same day it is delivered.

Some of the beautiful local fruits and veggies one may find on our racks within the rest of the 2012 season are... apples, artichokes, basil, beans, blueberries, broccoli, brussel sprouts, cabbage, car-

rots, cauliflower, celery, chard, collards, corn, cukes, dill, fennel, garlic, jerusalem artichokes, kale, kohlrabi, leeks, lettuce, green and dry onions, melons, parsley, peaches, pears, peppers, plums, potatoes, pumpkins, radicchio, radishes, salad mix, spinach, summer squash, tomatoes, turnips, and winter squash. And let us



Find sprouted almonds in the bulk section photo by Pat Maley

not forget the incredible gifts of the fungi world we are so blessed to live amongst, albeit, most of them are best cooked.

In our bulk departments, we have a great selection of organic dried fruits, raw nuts, grains, and seeds for soaking and sprouting. Summer's thoughts on the subject are, "when sprouting and soaking grains, nuts, and seeds, you are starting the germination process, which is essentially a pre-digestion of the starches. This makes it much easier to digest because these foods contain protein and starch, which when eaten together are a little bit tougher to digest unless your digestion is strong."

Summer is one of the creators of OlyKraut and for years has been teaching nutrition and the art of fermentation with the Co-op Community Classes. I took a kraut making class several years ago and have perfected my own delicious kraut. We also offer several classes each series on raw food taught by yet another vibrant living Earth Goddess, Rebeka Gentian. Her classes are fun, deliciously hands on, lively, and informative on a variety of raw food topics



One of the many packaged raw snacks available at the Co-op

such as, the raw kitchen, food preparation and recipes, sprouting, and smoothies. As a matter of fact, it was the rawberry shortcake that Rebeka set in front of me last May that pretty much pushed me over the raw edge. She is also the hostess with the mostest at the **Raw Alchemy Pot-luck, every 1st Sunday of the month at Traditions from 6:00 to 8:30pm.**

Hope to see you there sometime!

# Recipes for Eating Raw

A Raw classic: Chard Wraps! This is inspired by Maya Papaya and Rebeka Gentian's raw chard wraps that we carried a few years ago. Make all amounts to your liking...

## Mediterranean Chard Wraps

Chop up cucumber, tomato, red onion, red pepper, radish, and basil, and mix in a bowl. Cut a ½ inch off the bottom of a chard leaf and lay it on a flat surface with the spine running lengthwise. Put about a cup of veggie mix on the chard and drizzle with olive oil and balsamic vinegar, salt, and pepper. Spread to about an inch from each end. Top with Steamboat Island Goat Feta and if you're feeling fresh, put a handful of Bremer Mtn. salad greens on the side closest to you; if you're feeling funky, put a few spoons of your own or OlyKraut on the side closest to you. Wrap it just as you would a burrito by turning the top of the leaf over a bit, tucking the side of the leaf closest to you over the veggies and cheese, and roll.

Other variations.... Hummus or pesto with veggies, and sprouts... avocado, tomato, onion, cilantro, jalapeno, shredded cabbage, and your favorite cheese... add whatever seeds and herbs you like—get creative and have fun!

## Raw Oatmeal

Put a couple of cups of organic rolled oats in a bowl and double that with artesian well water, raw milk, or both. Toss in whatever you like... chopped apple, banana, pear, raisins, strawberries, raspberries, blueberries (I like the dried ones in this) walnuts, hemp hearts, coconut flakes, cinnamon stick, cardamom pods...the sky's the limit. Add a little sweetener to your tastes... I like honey and maple syrup, both raw, of course. Mix it all up and let sit covered in the fridge for a couple of hours. Stir it up and enjoy!



Raw Oatmeal – a scrumptious way to start the day

## Kale Chips

So simple... Get a bunch of kale. I prefer the flat green kale, but I use them all. Rip off pieces from around the spine and set in a large bowl, I use the biggest pot I have. Compost the spine. Drizzle olive oil or coconut oil over kale and toss until kale is evenly covered... go slow so as not to over-do it. Add salt, a little cayenne pepper, and some raw coconut aminos, and toss some more. Lay kale out on dehydrator screens and dehydrate at around 105 degrees for about 18 hours or until completely dried.

# Oly-Raw

Oly-Raw, soon to be Peace, Love & Raw, is a small local business crafted by Leland and Nicole Harmell. For years they were encouraged by family and friends to sell the delicious raw foods that they were making and enjoying on a daily basis. Due to health concerns, their diet evolved to include 80% raw foods. Leland and Harmell feel this way of life keeps them "healthy, happy, and vibrant!" Leland says it is how he removed and keeps off over 80lbs. They believe that through their business, they are working toward fulfilling their dreams and goals of "healing the world through healthy foods."

They went public back in February and are just starting to take off in the area. Oly-Raw is organic, raw, vegan, bio-diesel delivered, and gluten and corn free. They started with their signature Raw Nanaimo Bar which has been flying off the shelves for months! This little block of sprouted, raw goodness is quite the scrumptious and decadent treat, but beware... they are seriously addictive. Oly-Raw has recently added Raw Cinnamon Rolls and Raw Macaroons to their line of tasty raw delicacies. They are passionate about sourcing out the highest quality ingredients to "produce the healing powers we believe food carries." Sprouting and soaking provide extra benefits in Oly-Raw's products, making it a balanced and healthy choice when looking for a sweet treat.

Follow them at facebook.com/olyraw to see what new products they come out with as well as when they open a raw kitchen with store front!

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# The Eastside Garden

By **Desdra Dawning**, Working Member

Hey, all you nature lovers! Have you taken a stroll through the Eastside Co-op’s wonderful garden lately? It is filled with all sorts of diverse green growing things—plants to eat, plants to heal, plants to invite birds and butterflies right to our very front door! A picnic table stands ready for any hungry shopper who would like to snack or luncheon, journal-write, or simply sit and ponder. Over the years, Co-op members have contributed their time, energy, and plant starts to give the garden its unique botanical expression. Willow Oling has been a key figure in the garden over the years, volunteering regularly to thin, weed, and care for it. An avid gardener for 30 years, she grew up doing the same for her mum’s pansy bed and has passed on her passion of gardening to caring for the Co-op garden. Many other volunteers are most appreciated for their efforts in the garden: Jesse, Logan, Kim, Boris, Josh, Ava, Tony, Creighton, Desdra, Daniel with his photos, Carlo with starts from his nursery, Susan’s donation of a fountain, Carla’s beautiful sign for the bird and butterfly garden and yearly WorkCorp volunteers. Plants and time have been generously donated by staff members: Martha, Maria, Margaret, Virginia, Michelle W. and Kim. And Co-op volunteer coordinators have helped supply the garden with volunteer working



**Inviting winged creatures**

members. A special thanks goes out to all the garden fairies that remain unnamed—the garden wouldn’t be the same without them. Staff member Sarika Igloi has shared much of her expertise in helping the garden take shape and



**After shopping, enjoy a picnic in our garden!**

*photos by Desdra Dawning*

blossom—literally and figuratively! She has initiated several projects recently that promise to add to what the garden has to offer. A plant identification project is in process, mapping the wonderful plants, both wild and cultivated, that grow there so that visitors will be able to learn more about them. Now certified by the National Wildlife Federation as a habitat for birds and butterflies, the garden offers up a cornucopia of plants: elderberry, wild mock orange, twin berry, ocean spray, wild ash, goldenrod, cinquefoil, comfrey and many more—some planted specifically to attract butterflies and birds. “Today I saw a western tiger swallowtail and a cabbage white,” says Sarika, about butterflies she has seen. “The western swallowtail uses the flowering mountain ash tree for habitat.” Birds seen in the garden from time to time include jays, crows, cedar waxwings, juncos, sparrows, swallows, chickadees, robins and even a sharpshin hawk. Our garden has become an urban oasis for an amazing assortment of flora and fauna!

A short video production is in the works, with a story board being created and footage being

shot. The project is inspired by Alejandra’s and Emily’s recent visit to the CECOSOLA Co-op in Barquisimeto, Venezuela. The Co-op there has reclaimed garden space in their industrial district. When completed, the video will be available for viewing on the Co-op’s Facebook page.

Another innovative contribution to the garden area is a bioremediation project designed to filter wastewater through the mycelium of mushrooms. Inspired by clean-up efforts in New Orleans following the disastrous hurricane, Sarika and others decided to work on one more aspect of the Co-op’s contribution to sustainable living by initiating this project. It is a work in progress. It is important to note here that the mushrooms in the garden are not of the edible variety. If you are looking for some to cook and eat, come on inside the store!

***So when you can, take a minute or ten from your busy day and enjoy the ambiance, the solitude, the plants, and wild-life of the Co-op garden!***



# We want YOU for the Co-op's Board of Directors!

By Jayne Kaszynski, Staff Member

**Admit it: you just imagined yourself – just for a moment – on the Co-op's Board. Indulge yourself a moment longer and learn what being on the Board is actually about.**

We're opening up a record seven positions this year and are searching for applicants that can help lead the Co-op through the challenges and opportunities we face in expanding, improving food security in our region, supporting local farmers and producers, running an extensive volunteer program, and all of the ins and outs of collectivism and consensus.

As a Board member, you will be joined by nine other Board members, 84 Staff members, roughly 300 volunteers, and thousands of members and shoppers. You'll be overseeing the overall trajectory and vision of the entire organization, and doing more in-depth work with the committees that you join. Each Board member attends a monthly Board meeting (currently 6:30-9:30pm on the third Thursday of each month) and joins two to three committees in areas of your interest. Committees are made up of Board, Staff, and volunteer members and include: Outreach and Education; Member Relations; Finance; Hiring; Local Farms, Products and Producers; Ecological Planning; Personnel; and the Newsletter. We also have temporary committees that form to deal with specific opportunities, for instance: Expansion, or the International Year of the Co-op committee. Committees are where you get your hands dirty, helping to create on-the-ground policies and plans in partnership with Staff members.

Board members are most successful when they arrive with a passion for the Co-op, a willingness to learn, good interpersonal and communication skills, and the ability to dedicate 10-20 hours per month on Co-op activities. Special skills and experience are always welcome, especially in areas of financial and business expertise, farming and food, or co-operatives. However, anyone with passion, time, and willingness to learn can be a great Board member, and we welcome and encourage applications from all people, ages, and backgrounds.

Applications are due September 10th, and elections run from October 15 through November 15. For more information, please see the full information sheet at [www.olympiafood.coop](http://www.olympiafood.coop). You can contact Fern at [boardapplication@olympiafood.coop](mailto:boardapplication@olympiafood.coop) with any additional questions, to request an accommodation, or just to turn your application in.

From all of us on the Board and at the Co-op, we look forward to working with you!

## Board of Directors Application

Please answer the following questions and email them, along with a current digital photograph of yourself, to [boardapplication@olympiafood.coop](mailto:boardapplication@olympiafood.coop).

There is a strict, combined 500 word limit to your responses below.

1. NAME:  
EMAIL ADDRESS:  
PHONE NUMBERS:
2. Why do you want to be on the Co-op Board of Directors?
3. What general abilities would you bring to the Board? What specific abilities and experiences would you offer to help provide direction in dealing with the Co-op's challenges?
4. What do you see as current strengths of the Co-op that you would like to see maintained? What would you like to see changed?
5. What vision do you have for the Co-op for the next five years?
6. Other comments

*\*Applications will only be accepted by email at [boardapplication@olympiafood.coop](mailto:boardapplication@olympiafood.coop), unless a reasonable accommodation is needed and requested.*

**GRuB** continued from page 8 summer of 2013, Olympia High School is putting in a permanent farm site on campus and Peetz will move there to launch it. Planned in part by first-year pilot students, the new farm site will be the permanent home of an alternative program at the school and may serve students beyond OHS in the long run. And with a successful pilot wrapping up, the GRuB farm will be free to launch programming for students from other areas again, either by returning to the employment program model or by launching programs similar to the one at OHS at other schools.



For Peetz, the program is already successful since students are being inspired and doing good work. But he says the program is already moving beyond personal growth and showing signs of altering classroom culture. One student may step into a leadership role in an OHS classroom next year by leading team-building activities with fellow students. Other teachers have shown interest in applying principles from the program in their own teaching. And if GRuB teaching models begin to live at the high school and beyond, that makes the program not only successful but transformational.

*Jennifer Crain is a freelance writer. For recipes and weekly posts on local produce, visit the food blog she started with Co-op staff member Chie Okazaki at [www.theplumpalate.com](http://www.theplumpalate.com).*

## UPCOMING COMMITTEE MEETINGS

- Outreach and Education.....June 12 & 26, July 10 & 24  
Member Relations.....June 27  
Eco Planning.....June 8  
Local Farm, Food and Products..... June 8 & July 6  
Finance Committee.....June 19  
Newsletter Committee.....June 21  
Board of Directors..... June 21 & July 19

*Committees of the Board meet monthly or bi-monthly and the schedule can change. If you are interested in attending one of these meetings, or have other questions, please email [ofcboard@olympiafood.coop](mailto:ofcboard@olympiafood.coop) or call 357-1106 x12*



**Change your Mind Change your Life**  
A workshop on Buddhist mind training practice  
by Khenpo Pema Wangchak


Sunday August 12, 2012 (9 am to 5 pm)  
Bodhi House Olympia WA  
\$80 for non-members, \$65 for members (includes vegetarian lunch)

In 1982, Lama Pema was sent to the West by His Holiness Sakya Trizin, as the first of the younger generation of Tibetan teachers in America from the Sakya School. Lama Pema has been guiding Western students for the past 29 years. His command of the English language and familiarity with Western culture, along with his wisdom and compassion make him an outstanding role model and teacher in today's world.

For more information contact :  
Nalanda Institute  
E-mail: [info@nalandaolywa.org](mailto:info@nalandaolywa.org)  
Website: [www.nalandaolywa.org](http://www.nalandaolywa.org)

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## Olympia Waldorf School

[www.olympiawaldorf.org](http://www.olympiawaldorf.org)



From the Bookie Nook...

# 2nd Quarter 2012 Financial Report

By **Corey Mayer**, Staff Member and Bookkeeper

major department in our stores. Departments set their own sales and SPLH goals during the creation of our budget; from these goals, the total maximum number of labor hours they then have to meet the needs of their department are calculated. Now, as we review how each department is progressing in meeting their goals, we have the opportunity to adjust our labor hours needs.

**SALES GROWTH:** Looking at the year-to-date (YTD) sales growth table on this page, for the first 6 months of 2012, both stores are surpassing our sales goals! While individual department sales vary widely, the 8.25% growth at the Eastside and 5.47% growth at the Westside add up to nearly \$190,000 more in sales than we budgeted.

Even with very optimistic goals, meat sales at both stores continue to show double-digit growth. To further meet demand, we are installing a new fresh meat display cooler at the Eastside in mid-July. Deli sales are languishing a bit; the small size of our deli kitchen limits our production capacity. While we have fine-tuned our schedules and maximized the number of people that can safely work in the kitchen, our next step is moving deli production off-site to continue to meet demand. This becomes even more pressing after we install our NEW(!) salad bar in late July.

In this version of our financial reports, I'll be reviewing sales growth and sales per labor hour (SPLH) for 2012. SPLH is the financial indicator that allows us to link sales and labor for each

On the Westside, both Dairy and Frozen sales are low, even relative to last year, while the rest of the store is showing strong growth. Both of these departments have been analyzing their product mix to bring in new products and compare our prices with other grocery stores.

**SALES PER LABOR HOUR:** We have been using this financial parameter as a budgeting and analytic tool for the past two years. As mentioned above, SPLH provides a linkage between the sales a department produces and the amount of labor they have to meet all of their departmental needs. Each department creates their own budgetary goals and decides where to schedule the number of weekly labor hours they are limited to. At this point in our fiscal year, we are reviewing how each department is meeting their goals. If they are greatly surpassing their goal, this can be used as justification for an increase in hours. Conversely, if their performance is substantially below their goal, it's an appropriate time to review how their labor hours are being used and propose changes to bring them more in line with their budgeted goals.

For the most part, nearly all of our departments are meeting or exceeding their SPLH goals. Our Meat departments are a special case because of the tie in with our Frozen departments over shared space and deliveries. As we improve our ability to separate Meat from Frozen labor hours, we expect our goals to become more accurate and in line with actual figures. We will examine the Westside Dairy department to determine if too many hours are being worked relative to the sales drop and how the Cheese department (being part of Dairy) plays into the equation.

In conclusion, as the Eastside store's Grocery Department is reset and new equipment is installed, we are particularly interested in how these changes will impact both of these parameters. If you have any questions or comments about this report, you can reach Corey, Harry, or Kerry, our stalwart bookie team, at 357-1106 ext. 12. We'll do our best to respond as quickly as we can.

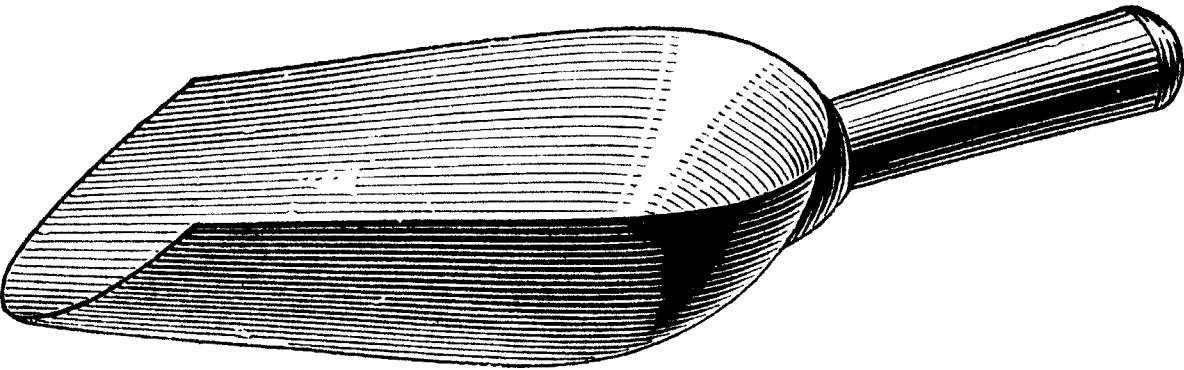
2012 Year-to Date Sales Growth through 30 June										
	PRODUCE	BULK	DAIRY	FROZEN	HABASUP	MISC GROC	TAXABLE	DELI	MEAT	TOTAL
Eastside										
2012 Totals YTD	878,948.10	665,258.64	544,888.21	196,650.08	325,007.66	1,555,676.72	298,761.98	211,972.55	281,025.54	4,958,189.48
Growth over last year	7.15%	9.04%	2.85%	13.38%	3.96%	9.33%	12.53%	1.88%	18.32%	8.25%
2012 Growth Goals	4.00%	6.00%	3.00%	5.00%	9.00%	5.00%	5.00%	3.75%	9.00%	5.16%
Westside										
2012 Totals YTD	513,058.27	424,323.08	346,943.99	101,454.22	166,563.12	777,593.01	166,131.16	28,441.79	131,040.47	2,655,549.11
Growth over last year	3.80%	6.82%	-0.42%	-1.98%	9.64%	8.76%	8.12%	-19.15%	10.48%	5.47%
2012 Growth Goals	3.00%	1.50%	3.30%	4.00%	5.00%	4.50%	3.50%	2.00%	8.00%	3.65%
2Q 2012 Sales per Labor Hour (SPLH)										
	PRODUCE	BULK	DAIRY	FROZEN	HABASUP	MISC GROC	TAXABLE	DELI	MEAT	TOTAL
2Q '12 Eastside										
2Q Sales	462,796.44	331,875.29	194,837.42	100,866.31	161,569.92	769,266.78	769,266.78	109,205.07	141,566.00	2,507,295.58
Staff Hours	2,231.75	1,136.75	1,108.00	381.50	614.75	2,991.25		2,284.25	328.25	4,089.50
Sales per labor hour	207.37	291.95	175.85	264.39	262.82	310.97		54.58	431.27	613.11
2012 SPLH Goals	195.00	280.00	165.00	225.00	245.00	305.00		55.00	460.00	600.00
2Q '12 Westside										
2Q Sales	276,821.23	217,463.65	122,677.78	54,540.35	86,967.26	401,159.12	95,251.41	15,479.01	67,724.88	1,392,097.42
Staff Hours	1,395.50	756.75	695.25	253.75	413.00	1,244.50		2,284.25	126.75	2,632.00
Sales per labor hour	198.37	287.37	176.45	214.94	210.57	398.88		54.58	534.32	528.91
2012 SPLH Goals	180.00	300.00	190.00	175.00	215.00	340.00		55.00	550.00	485.00



# Co-op Community Classes

All Community Kitchen Classes require pre-registration and there is a non-refundable \$5 fee for each class. To register, go to [www.olympiafood.coop](http://www.olympiafood.coop) and click on Classes, or visit one of our stores between the hours of 11-6 to register in person.

**GRuB:** 2016 Elliot Ave NW, Olympia (off Division St, on the Westside)  
**Fertile Ground Guesthouse:** 311 9th Ave SE, Olympia (behind downtown public library)



**Raw Kitchen Creation** – Saturday, August 4, 5-8pm  
Facilitator: Rebeka Gentian – Location: GRuB Farmhouse – Limit: 30  
*Would you like to include more fresh, raw & live food in your diet without spending all of your time in the kitchen? Raw food chef & educator Rebeka Gentian will walk you through tips and tricks to go raw, not crazy!*

**Cultivating Mycelium in the Garden** – Sunday, August 5, 11am-2pm  
Facilitator: Peter McCoy – Location: GRuB Farmhouse – Limit:30  
*Members of the Olympia Mycology Network are partnering with the Olympia Food Co-op to present this workshop on the cultivation of the elm oyster mushroom in vegetable gardens. Elm oysters have a nutty flavor and more firm texture, but their culinary benefits are just a starting point. This species also has reported beneficial symbiotic relationships with certain vegetable crops, especially Brassica species, and grows exceedingly well among kale and broccoli plants. Paul Stamets has reported a 2-fold increase in brassica yields and a 3-fold total food production increase when vegetables were grown in the same bed as elm oyster mushrooms.*

**Food Preservation: Canning Fruit** – Sunday, August 12, 2-5pm  
Facilitator: Sasha & Judi Henry – Location: GRuB Farmhouse – Limit: 25  
*Come learn the basics of putting fruit by. We will take the surpluses of summer and make jewels for the cold dark days of winter. Jams, sauces, and whole fruit will be covered. This class will be featuring local and regional organic produce.*

**Sprouting 4 Life** – Tuesday, August 14, 5:30-8:30pm  
Facilitator: Rebeka Gentian – Location: Fertile Ground Guesthouse – Limit: 15  
*Join live food chef and educator Rebeka Gentian and learn how to sprout 4 life! Sprouting increases the nutrient density of food, provides trace minerals, essential amino acids, and is extremely affordable. Learn the hows, whats, and whys of sprouting and create a garden in your kitchen.*

**Making Fermented Vegetables** – Wednesday, August 15, 6:30-8:30pm  
Facilitator: Summer Bock – Location: OlyKraut Kitchen, 2300 Friendly Grove Rd. Olympia – Limit: 30  
*Learn how to make fermented veggies from the one and only OlyKraut. Summer Bock will show you everything you need to know to turn your kitchen into a fermentation station. Join us for this fun and information-packed evening where you enjoy the fermented veggies from start to finish.*

**Medicinal Foods III: Learn to Heal Yourself Through What You Eat**  
Saturday, August 25, 11am-2pm  
Facilitator: Michelle M. Bilodeau, MAOM, L.Ac. – Location: Hill Top Acupuncture, 147 Rogers St. NW, Olympia (main entrance is at the rear of the building) – Limit: 25  
*This class teaches how to look at food as not only nourishing but healing as well. Based upon the philosophies of East Asian medicine, learn how to classify your ailments and combat them with medicinal foods as well as how to eat according to the season in order to maintain good health. This class will review basic East Asian medicine philosophies to enable the student to classify everyday foods, spices, and herbs in a new way. In addition, time will be provided to taste and compare different recipes that the instructor will create ahead of time to share with the class. This class is the third in a series of five, but attendance in all classes in neither required nor necessary to benefit. Emphasis will be placed on the late summer season, but class time is always subject to changes based upon the desires of the students.*

**Recipes for Rebuilding: How to Combine the Powers of Live-Cultured Fermented Veggies & Herbal Medicine**  
Wednesday, August 29, 6:30-8:30pm  
Facilitator: Summer Bock – Location: Fertile Ground Guesthouse – Limit: 15  
*Summer will show you everything you need to begin creating live-cultured fermented veggies that are infused with healing herbs to help boost immune function, detoxify, restore digestion, and rebuild your intestinal ecology.*

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## Upcoming Volunteer Program Orientations

Be a weekly Volunteer in the store!  
*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 this 2-hour orientation.*

**Westside:**  
Saturday August 11.....10am-12pm  
Wednesday August 15.....6-8pm  
Wednesday September 9.....6-8pm  
Saturday September 15.....10am-12pm  
**Eastside:**  
Sunday August 5.....11am-1pm  
Tuesday August 7.....5:30-7:30pm  
Sunday September 2.....11am-1pm  
Monday September 3.....5:30-7:30pm

*For more information about volunteering at the Co-op, please contact Alejandro or Keziah at the Eastside store, 956-3870, and Rafael at the Westside store, (360) 754-7666. You can stop by either store to get more information, fill out a volunteer application, or sign up for an upcoming event.*





AUGUST / SEPTEMBER 2012



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# KID'S CORNER

Last "What is it?" was: **Mushrooms**

Congrats to last issue's winners:  
**Rowan 6, Numi 6, River 7, Atalanta 9,  
Ruby 8, Mia 8, Fiona 9**

*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, or hand it to a Staff person, by the deadline. Enter once per issue. Guess correctly, and you'll win a \$1.00 gift certificate to spend at the Co-op!*



## What is it?

### What is it?

Deadline: September 1st, 2012

Name \_\_\_\_\_

Age \_\_\_\_\_

Guess \_\_\_\_\_

**Please pick up your gift certificate at the store where you dropped off your entry.**



GruB goes to High School  
Oly Co-op in the Raw  
Board Elections  
CECOSOLA comes to Olympia

# Attention Co-op Shoppers!

This is a notification that on  
**Monday, September 3, 2012**  
(Labor Day)

both of our stores will be closed for all or part of the day for a full Staff retreat. Please watch for more info coming your way over the next few weeks as we firm up our plans! Thanks in advance for your understanding.