



By **Desdra Dawning**, Co-op Member

I recently saw a photo of a little girl holding a sign protesting the presence of GMOs in her food supply. It said “I am not a science experiment.” The next thought I had was, “well, unless we totally feed ourselves from what we grow and raise at our own homes, Americans are pretty much ALL “science experiments” in one way or another. Unless, of course, they are blessed with the ability, as we are here in Olympia, to do most of their grocery shopping at a co-op or other organic food outlet.

The concerns about GMOs have been with us for some 15 years, but like the subject of global warming, they have been purposely swept under the media rugs of most Americans. Yet Californians, with their Prop 37, shook that rug recently by working to get their food properly labeled. They lost by a narrow margin (receiving 48.6% of the vote) to the multinational forces that receive huge financial benefit from keeping information about GMOs hidden from public awareness. But now Washingtonians are joining the growing movement to bring public awareness to this hidden menace and to protect our health.

Read on to find out more – and how to make informed choices.

## What are GMOs?

*Here's what we know about them:*

- Genetically modified organisms (GMO's) are plants or animals created through the process of genetic engineering, an experimental technology that forces DNA from one species into the DNA of another. The resulting GMOs are unstable combinations of plant, animal, bacterial and viral genes that cannot occur in nature or through traditional breeding, and have never before been in our food supply.
- Since 1996, Americans have been eating GMO ingredients in most processed foods.
- The majority of genetically modified ingredients in our food supply (unless certified organic) are derived from GMO corn, soy, canola, and sugar beets.
- Hawaiian papaya, zucchini, and yellow crookneck squash may also be genetically modified.
- High-risk animal products (due to contamination of feed) are milk, meat, eggs, and honey.
- Common ingredients in much of America's food supply, derived from GMO crops, are amino acids, aspartame, ascorbic acid, sodium ascorbate, vitamin C, citric acid, sodium citrate, ethanol, flavorings (“natural” and “artificial”), high-fructose corn syrup, hydrolyzed vegetable protein, lactic acid, maltodextrins, molasses, MSG, sucrose, TVP, xanthan gum, vitamins, and yeast products.
- Recent studies indicate a connection between food allergies and GMOs.
- Although the Food and Drug Administration (FDA), for political reasons, claims GMOs are safe to eat, “FDA scientists have repeatedly warned that GM foods can create unpredictable, hard-to-detect side effects, including allergies, toxins, new diseases, and nutritional problems.” –Institute for Responsible Technology.
- The USDA Certified Organic label ensures that the product is 95% free of GMOs. (Organic Standards allows 5% to get by.)



The first GMO crops were corn, soybeans, and cotton, which were engineered to control the growth of weeds and resist insects.

## What do we NOT KNOW about them?



- Because most testing so far is questionable, having been done by agribusiness representatives, the long-term impacts of GMOs on our health and the environment are still unknown.
- Without a labeling protocol, it is nearly impossible for consumers or retailers to know whether or not a product contains GMOs (unless that product is certified organic or third-party verified as non-GMO by the Non-GMO Project).
- Due to lack of governmental transparency on this issue, particularly when dealing with multinational corporations, it is often difficult to determine what exactly IS the truth.

photo courtesy WillCookForFriends

continued on page 7



## Co-op News

### Editor & Advertising Coordinator

Jennifer Shafer

### Staff Liaison / Coordinator

Maureen Tobin

### Graphic Artist

Rachel Carns

### Photographers

Kathy Strauss, Desdra Dawning,  
Patrick Maley, Gary Galbreath

### Newsletter Committee

Jennifer Shafer, Maureen Tobin,  
Joshua Simpson, Desdra Dawning

### Westside Store

921 N. Rogers • Olympia, WA  
98502  
(360) 754-7666  
Open every day, 8am - 9pm

### Eastside Store

3111 Pacific Ave. SE • Olympia,  
WA 98501 • (360) 956-3870  
Open every day, 8am - 9pm

Both Co-ops are open every day  
of the year (except New Year's  
Day, January 1st, for inventory).

The purpose of the Olympia Food  
Co-op is to contribute to the health  
and well-being of people by provid-  
ing 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, Atten-  
tion: Co-op News.

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

<http://www.olympiafood.coop>

*Cover photo by Michael Neely*

# Union Strike at Co-op Distributor

By **Mo Tobin**, Staff Member

As you may have gathered  
while shopping in our stores in  
November and December, the  
Co-op has been engrossed in  
ways to support union workers  
striking against United Natural  
Foods, Inc., the Co-op's main  
supplier. UNFI is a major dis-  
tributor to co-ops locally and  
nationally, and supplies our  
Co-op, as well as several other  
grocery stores in this area,  
with natural and organic foods.  
Teamsters Local 117 has been  
in contract negotiation with  
the company since March  
2012, and striking members  
have been at the picket line  
demanding fair labor practices  
since December 13. One way  
we chose to support the strike  
initially was to cancel a week's  
worth of deliveries (totaling  
nearly \$100,000 in lost revenue  
to UNFI).

However, in order to continue  
to stock the stores and pay  
our bills, we have resumed or-  
dering through UNFI. This is a  
difficult decision that pits our  
social justice values against  
the need for us to ensure the  
business continues to func-  
tion. We have not made this  
decision lightly. The union  
understands and supports our  
need to begin re-ordering.  
We are considering long term  
solutions to our distribution  
needs but the situation is  
complicated, as we are under  
contract with UNFI as part of  
our connection with the Na-  
tional Cooperative Grocer's  
Association. This group con-  
tract between OFC, other food  
co-ops, and UNFI allows us to  
maintain prices that are 20-  
30% lower than they would  
be otherwise. We are doing  
our best to balance our mis-

sion statement's  
directive to "en-  
courage economic  
and social justice"  
with the directive to  
"make good food  
accessible to more  
people."

The union has sev-  
eral points that its  
members say must  
be addressed to  
consider a fair labor  
contract for work-  
ers at the Auburn,  
WA distribution  
center. A new con-  
tract was consid-  
ered on Jan 11 in which UNFI:

- *Refused to reinstate all 72 work-  
ers that it permanently replaced in  
violation of federal law;*
- *Eliminated health care protec-  
tions for workers by removing caps  
on premium increases;*
- *Insisted on the withdrawal of all  
of the Union's unfair labor practice  
charges and important grievances as  
reported to the National Labor Re-  
lations Board;*
- *Undermined workers retirement  
security;*
- *Fired a worker for alleged strike  
misconduct and insisted that the  
Union relinquish its right to take  
action against replacement work-  
ers who violated their membership  
obligations.*

The Co-op continues to do all  
we can to support the striking  
workers, and we are in regular  
contact with Teamsters Local  
#117 to find out what they  
need from us. We hope that  
a resolution comes to light in  
the near future, and there are  
some ways you can help!

- *Donate to the Worker's Strike*



*photo by Beth Weisenmiller*

*Fund! You can "round up" at the reg-  
isters and we'll pass your donation  
on to the union. Striking workers  
and their families need help!*

- *Let UNFI know what you think.  
Please email UNFI Senior Vice  
President Joseph Traficanti at [jtraficanti@unfi.com](mailto:jtraficanti@unfi.com) with the following  
message: "I am deeply troubled by  
UNFI's unfair treatment of its workers  
at its distribution center in Auburn,  
WA. I urge you to return to bargain  
a fair contract in good faith that re-  
spects your workers." You can also  
leave him a voicemail message at  
860-779-2800 ext. 32301, or contact  
Hank Heatherly, UNFI General Man-  
ager, at [hheatherly@unfi.com](mailto:hheatherly@unfi.com)*

- *Join the picket line! The ware-  
house is only 40 minutes away—and  
remember, picket lines always need  
food and hot coffee. For more info,  
see the Teamsters' strike site at  
[www.unfidrivenbygreed.com](http://www.unfidrivenbygreed.com)*

We will post updates to  
our blog ([www.olympia-  
food.coop.blogspot.com](http://www.olympia-food.coop.blogspot.com)),  
Facebook, and the stores  
as we receive them. Con-  
tact the Board if you have  
questions or comments  
([ofcboard@olympiafood.  
coop](mailto:ofcboard@olympiafood.coop)).

## What is Good Nutrition?



## The Nutritional Therapist Training Program

**NTA** 800.918.9798  
[www.nutritionaltherapy.com](http://www.nutritionaltherapy.com)

## BLUE HERON BAKERY

Whole Grain Baking Since 1977  
Natural Before it was Fashionable.

Breads, Cookies, Pastries, and Granola  
4935 Mud Bay Rd  
Olympia 98502  
[www.blueheronbakery.com](http://www.blueheronbakery.com)

(360) 866-2253 (BAKE)

**7 am to 6 pm  
Seven days a week**

Why choose Blue Heron?

- No artificial colors, preservatives,  
or flavors.
- Handmade locally.
- Sustainably produced ingredients  
preferred.
- Natural foods leader for 28 years.

You can find our products  
on Mud Bay, at the Olympia  
Farmers Market, and in  
quality food stores  
throughout the South Sound.

**Abundant Health Billing**

**Healthcare Billing Services for  
Independent and Small Group Practitioners**

**Sandy Whitmore**/owner  
360.451.2501  
[sandy@abundanthhealthbilling.com](mailto:sandy@abundanthhealthbilling.com)  
[www.abundanthhealthbilling.com](http://www.abundanthhealthbilling.com)





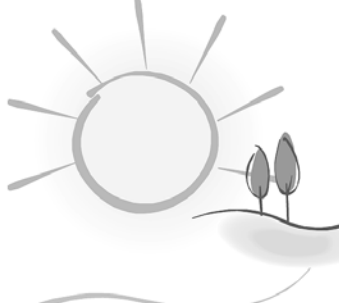
**DAWN BARRON**  
REALTOR

buy sell

RE/MAX

360.701.1587

www.dawnbarron.com



**South Sound Solar**  
Now offering Made in WA  
Solar Systems!

360-352-7869  
southsoundsolar.com

#SOUTHSS902J3 & #SOUTHSS902N7

**We've Got Your Back.**  
prevention/wellness . work/auto injury . chronic cases

**Andy Rosser, D.C.**

**ROSSER**  
CHIROPRACTIC  
DOWNTOWN OLYMPIA

705 4th Ave, East • Olympia, WA 98506  
360.754.6499 andy@rosserchiro.com  
www.rosserchiro.com

**Sweet Creek Foods**

"We wish you a  
Peace filled  
Holiday"



"May the magic  
touch upon  
us all"

Our products are sold at your Co-op  
www.sweetcreekfoods.com  
541-935-1615

**BROWSERS' BOOK SHOP**  
Used & New Books Book Searches



**Jenifer Stewart**  
OWNER

bbshop@qwestoffice.net  
107 N. CAPITOL WAY • OLYMPIA, WA 98501 • 360-357-7462

**Oly by Hand**



Wendy Daray, LMP, LE  
**Wellness Massage & Facials**  
Relaxing & Restorative  
Biodynamic & Organic Products

360.481.3184  
www.olybyhand.com  
olybyhand@hotmail.com  
MA 6109 LE 55081

**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, February 9.....10am-12pm  
Wednesday, February 20.....6-8pm  
Wednesday, March 20.....6-8pm  
Saturday, March 9.....10am-12pm

**Eastside:**

Tuesday, February 5.....11am-1pm  
Sunday, March 3.....6:30-8:30pm  
Tuesday, March 5.....7:00-9:00pm

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.

# Volunteer Profile: Scott Yoos

By **Desdra Dawning**, Co-op Member

Interviewing Scott Yoos has been an adventure. Because of head injuries suffered from what he now describes as a "rather severe MIS-adventure in hitch-hiking," Scott communicates mostly through sign language and/or by writing his thoughts down for others on a white board—or any scrap of paper he can find. So rather than sit down and talk, I wrote out some interview questions for Scott, and what follows are his very candid answers, interspersed with a few comments of my own.

Perhaps we can start first by explaining in more detail how Scott lost his ability to speak (I can't say "lost his voice" because his "voice" comes from his heart, it's strong and clear and he gets it across in many creative ways.) Following his high school graduation in 1984, Scott decided to take a trip—much to his parents' dismay—from NY to CA, "via thumb," as he puts it. "Unfortunately, I only made it about half-way across, 'cuz I was pathetically naive in those days, and I dumbly accepted a ride from a careful of drunken thugs. They beat me bloody and robbed me of my gear." Waking up on the shoulder of an old mining road in Leadville, Colorado, he managed to stagger to an auto maintenance shop, and was air-lifted to a hospital where he spent nearly 3 weeks in a coma. That trip, motivated by a desire to assist Gary Hart's presidential campaign against "Ronnie RayGun", was just the beginning of what has come to be a lifelong profession as a political, environmental, and social activist.

It is fascinating to see how one event in our lives can lead us in sometimes wonderfully eventful directions. Because of his, as he describes it, "admittedly unusual disability," in the late 80's Scott "was offered and accepted an irresistibly-generous 'freebie' first year deal" at The Evergreen State College (TESC). "Of course, I had to cover my rent and other living expenses, but the academic portion of my first year was PAID! Needless to say, this opportunity was VERY seductive, and it is what first brought me to Oly." The following school year, Scott dropped out of school, and became a staff member for the Bread and Roses



**Scott Yoos**

photo by Desdra Dawning

Drop-In Center and Soup Kitchen in downtown Olympia. His childhood, being raised as a "P.K., a Preacher's Kid," made him very leery of religious organizations, but what he found with Bread and Roses—part of the Catholic Workers' movement—was that they were "strangely palatable, in that they really DO help a lot of downtrodden people...they walk their talk."

Scott's calling to activism led him (and continues to lead him) in diverse directions. While at TESC he was active with WASHPIRG, published photos and articles in Works in Progress and Slightly West, and participated in a massive anti-nuke protest rally at Rocky Flats, Colorado. Scott also proudly points out that in 1986 he participated "as a 'Marcher' on The Great Peace March for Global Nuclear Disarmament." Then adds that "NOT shockingly, that March hasn't (yet) achieved its admittedly ambitious stated objective—nearly three decades later, and we're STILL tottering at the brink of a fiery-fate, even MORE horrible than a plunge from the dreaded 'Fiscal Cliff'! Nonetheless, the GPM was an awesome and glorious thing to experience. Our route started in Barstow, California, and eventually crossed the entire continent, on-foot, clear to Washington D.C. Just to be a part

continued on page 4



# When it Comes to Your Credit Score, AIM HIGH!



By **Juliann Matson**, CEO of TULIP

Whether you want to buy a new car, a new home, or even furniture, if you are going to take out a loan, a good FICO score is the key. FICO stands for Fair Isaac Corporation, which developed the standard credit scores that are the industry standard used by most lenders.

The range of scores for FICO is 300 – 850. An excellent score is over 750 and the majority of Americans have a score ranging from 500 – 799. Scores of 785 and above are the rock stars of credit maintenance and will be the ones who get the best credit card rates, home loan interest rates, as well as loan rates for car purchases.

## Want to be a Rock Star?

So, you are probably wondering how to achieve rock star credit score status, right? Well, it takes good planning, diligence and a proper debt balance. According to information provided by Karen Blumenthal in the November 30, 2012 Wall Street Journal article, "Scoring a High Credit Score", an individual with a high FICO score "has an average of four loans

or credit cards that are regularly used. In addition, about a third of those high achievers owe more than \$8,500 on non-mortgaged accounts, indicating that they use a fair amount of debt."

## A balancing act

Why is it good to have some debt? Creditors need to see you are able to handle your debt before they are willing to give you more. While debt is good for your FICO score, too much debt will cause it to drop. In addition to having some debt, it is also important to have credit available. The term, "credit utilization" describes how much credit you have access to and how much you actually use. The general rule is to not use more than 30% of your available credit. Rock star credit managers average just 7% use of their available credit. If you know that you are going to be using a larger amount of your credit, it may be beneficial to inquire with your credit card company about increasing your line of credit or opening an additional account. While the request for a new card will show up on your credit rating, it won't affect it too much, and by 6 months, it should be a non-issue.

## When it comes to credit, enjoy getting older.

Rock star credit managers are at least middle-aged and have accounts opened as long as 25

years and on average, 11 years. If you do not have the privilege of age and longevity of accounts, you can improve your credit score by opening a joint account with a family member who has good credit or be added to on one of their older accounts as an authorized user.

## Impeccable Payments are PRICELESS

In order to achieve and maintain Rock Star status, it is critical to pay your bills on time. According to Blumenthal, "On average, 96% never miss a payment, which can stay on your record for seven years, and only about 1% ever had a collection." Timing is everything when it comes to paying your bills. A few days late, and other than a possible late fee and a potential increase in your interest rate, there are no other consequences. Make it 30 days or more late, and the word will get out that you're struggling to pay your bills. If this happens just once, you will most likely still be able to achieve rock star status, but it's important not to do it again.

Follow these steps and you will be well on your way to being a rock star with maintaining your credit and aim straight to the top with your FICO score!

You can find more information in Karen Blumenthal's article, "Scoring a High Credit Score" in the November 30, 2012 edition of The Wall Street Journal and at the following website: <http://www.myfico.com/crediteducation/creditscores.aspx>

**Scott Yoos** continued from page 3



**Scott stocks produce at the Westside store.** photo by Wendy Tanowitz

of that huge, intentional community, an actual "tent city," which re-located every day...now THAT was a 'messy-but-NEAT' thing!"

After a decade-long detour "in rural North Western Maine, living fairly 'primitively,' in a very poorly-insulated, fully non-electric cabin in the woods," losing girlfriends, but holding on to his "magnificent Belgian Shepherd/Husky (named Tovarish)," Scott "returned to Cascadia for the national EARTH FIRST! Round River Rendezvous near Cripple Creek, Oregon." ...Next stop, Olympia! And here he is, still today. Most of his "BioFam" have now emigrated from Upstate Western New York to the Northwest: a sister, a brother, three nephews, and his mum.

I asked Scott to share some thoughts on his volunteer work at the Co-op—what he does, what he likes about it: "I can be found 'slaving happily' in (or around) the produce aisle of the Westside Store, most every durned Tuesday afternoon! Given the choice, I usually prefer to work 'on-the-floor', doing customer service work, rotating, stocking, and re-stocking our enormous abundance of organic fruits and veggies." Scott lives in East Olympia, but admits, "If I was more sensible I'd probably do my volunteer shifts at the Eastside branch, which is MUCH closer to my trailer-home, ...but, I'm NOT very 'logical,' and have a definite, long-held bias towards the small but Beauty-FULL Westside store, where I've worked for many years." Scott sings the praises of the PLU #4000 bins in the produce aisle for their bargain prices. "Every single day," he says, "Americans send between 30-50% of all edible food products to the landfills. In a country where hunger and proper nourishment are still enormous, unresolved challenges, this is a real SHAME. The Co-op's #4000 bins allow 'penniless students' and plain ol' frugal folks (like me) to enjoy 'less-than-Perfect, but still safe-enough-to-eat' organic fruits and vegetables, for the bargain price of just \$.50 per pound (I've scored many an 'ugly' but deeeelicious meal from this highly-unpredictable, low-budget food resource)!"

Scott also enjoys the "treemendous, weekly responsibility of being the indoor plant-waterer for the Westside branch. (Incidentally, did you realize that the Co-op now employs TWO thriving, carnivorous plants at that store...as part of our extensive campaign against the friggin' fruitflies, gnasty

continued on page 9

**Robert Andrew Design, LLC**  
General Contracting




**Come see our work at the Westside Co-op!**  
Custom Homes, Additions, Remodels,  
Decorative Concrete, Commercial  
Phone: (360) 359-1737  
Email: [RobertAndrewDesign@gmail.com](mailto:RobertAndrewDesign@gmail.com)  
Lic #: ROBERAD899LZ

No, we don't put our name on tall towers. This is Olympia, not Texas after all.

But we do shop at the Co-op, walk and bike to work, dig the Procession of the Species, and as a business donate 10% of our income to local and international non-profits.

This is Olympia, after all!

And we are Compass Rose. Come visit us on 416 Capitol Way S, downtown.



[www.compassroseolympia.com](http://www.compassroseolympia.com)



Olympia Food Co-op Year-to-Date Sales – East							Olympia Food Co-op Year-to-Date Sales – West						
For the Year to Date as of December 31, 2012 and December 31, 2011							For the Year to Date as of December 31, 2012 and December 31, 2011						
Revenue:	Current YTD	Last YTD	% Growth	% Budgeted Growth	Budget	\$ Over Budget	Revenue:	Current YTD	Last YTD	% Growth	% Budgeted Growth	Budget	\$ Over Budget
Sales-East Produce	1,673,949.80	1,596,567.95	4.85%	4.00%	1,660,430.67	13,519.13	Sales-West Produce	966,387.02	948,369.77	1.90%	3.00%	976,820.87	-10,433.85
Sales-East Bulk	1,312,939.32	1,218,174.07	7.78%	6.00%	1,291,264.52	21,674.80	Sales-West Bulk	830,045.63	793,755.49	4.57%	1.50%	805,661.82	24,383.81
Sales-East Dairy	1,081,216.57	1,072,324.31	.083%	3.00%	1,104,494.05	-23,277.48	Sales-West Dairy	681,892.01	696,677.72	-2.12%	3.30%	719,668.07	-37,776.06
Sales-East Frozen	369,813.82	343,112.78	7.78%	5.00%	360,268.43	9,545.39	Sales-West Frozen	186,449.84	194,558.00	-4.17%	4.00%	202,340.32	-15,890.48
Sales-East Habasup	649,160.65	621,737.34	4.41%	9.00%	677,693.70	-28,533.05	Sales- West Habasup	333,100.53	306,709.98	8.60%	5.00%	322,045.49	11,055.04
Sales-East Misc. Grocery	3,069,703.89	2,869,887.11	6.96%	5.00%	3,013,381.46	56,322.43	Sales-West Misc. Grocery	1,504,896.56	1,430,351.89	5.21%	4.50%	1,494,717.71	10,178.85
Sales-East Taxable	595,421.80	537,727.92	10.73%	500%	584,614.32	30,813.48	Sales-West Taxable	318,474.20	306,716.33	3.83%	3.50%	317,451.40	1022.80
Sales-East Deli	421,124.34	406,714.44	3.54%	3.75%	421,966.25	-841.91	Sales-West Deli	54,274.03	68,351.16	-20.60%	2.00%	69,718.18	-15,444.15
Sales-East Meat	602,504.32	495,734.56	21.54%	9.00%	540,350.67	62,153.65	Sales-West Meat	260,028.21	238,455.96	9.05%	8.00%	257,531.44	2,495.77
Total sales before discounts:	9,775,840.51	9,161,980.48	6.70%	5.16%	9,634,464.07	141,376.44	Total sales before discounts:	5,135,548.04	4,983,946.30	3.04%	3.65%	5,165,956.30	-30,408.26
Total discounts:	518,912.31	479,257.32	5.31%	5.25%	505,809.33	13,102.98	Total discounts:	321,662.56	297,792.84	6.26%	5.95%	307,374.39	14,288.17
Total sales after discounts:	9,256,928.20	8,682,723.16	6.61%	5.14%	9,128,654.74	128,273.46	Total sales after discounts:	4,813,885.48	4,888,153.48	2.73%	3.88%	4,858,581.91	-44,898.43

# End O' 2012 Sales Report

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

It has been quite a year. The Co-op’s overall sales growth remained relatively strong at both stores with a lot of variability between specific departments. In this article I will review our annual sales data (shown in the attached table), highlight a few departments whose sales growth was very different than what we budgeted, and share some of our plans for 2013.

Eastside sales grew by 6.7% during 2012. With a budget of only 5.16%, this created an extra \$140,000 in sales revenue. At the Westside store, sales grew by 3.04%, a little less than the 3.65% that we budgeted, with a resulting shortfall of about \$30,000 in sales revenue. Together, our total sales revenue was \$111,000 over budget.

Discounts that we offer members are budgeted as a percent of sales; 5.25% East and 5.95% West. Actual discount use during 2012 was a little greater, account-

ing for 5.6% of total sales. By offering low-income, senior, volunteer and staff discounts, we are working on meeting one of the goals of our Mission Statement, ‘to make good food accessible to more people.’ The Meat department is our largest growth area, especially at the Eastside store where annual sales growth was greater than 20%. We purchased and installed a new fresh meat display cooler this past summer which, as we adjust to a larger capacity, is expected to help these sales remain strong for at least the first half of 2013. Due to similar demand, we are planning on purchasing a new meat display cooler for the Westside this year as well.

Another addition to the Eastside store in 2012 was a new salad bar for our deli, also installed last summer. Sales have improved in this department and should continue as we adjust our schedules and workload to keep it full with a larger variety of salads and soups. Westside deli sales, from sandwiches sent over from

our Eastside deli production kitchen, have suffered while the greater amount of attention has been focused on the new salad bar, and we are working on ways to compensate for that in 2013.

The Westside store had been posting strong growth through most of 2012, but has had a downturn in the last two months. We are looking into some of the reasons for this change, including the impact of competition from other stores, and are working on outreach and marketing projects to inform our community with price comparisons and other non-monetary reasons for supporting our Co-ops. In addition, we are working on two separate expansion projects; to move some of our retail operations into the back building of the little house next door and to reset the retail floor of the store with the goal of increasing total sales area.

In upcoming financial reports there will be a few other changes. Our Cheese department has been broken

*continued on page 10*

## GAPS Nutritional Program

**Maybe you’ve heard about a crazy new diet some of your friends are on. Or maybe you’ve just seen people eating a suspicious amount of soup lately. Or it could be this is all completely new to you but you would like to know if there are any other ideas to treat some symptoms you’ve been having that doctors haven’t been able to address. If any of this sounds familiar, this article is for you. We’ll describe the nutritional protocol known as GAPS and why and how we use it in our practices as a Naturopathic Doctor and an Acupuncturist.**

By **Suzanne Wenner, LAc**, and **Elinor Jordan, ND**, Co-op members

GAPS stands for the Gut and Psychology (or Physiology) Syndrome. It was first developed by Dr. Natasha Campbell-McBride based on the Specific Carbohydrate Diet. She was looking for ways to help her son who had been diagnosed with autism. She saw remarkable changes in his behavior and aptitude after undergoing this program. Since then this diet has been used with thousands of people with a variety of digestive and neurological disorders.

New research continues to shed light on the effect of the gut flora to our health. Abnormal flora can lead to leaky junctions between cells of the intesti-

nal lining, which causes inflammation throughout the body. For some people, certain foods can lead to inflammation and leaky gut junctions (this is one of the mechanisms behind Celiac disease). GAPS is designed to starve the abnormal flora and bring healing nutrients to the intestinal lining. This diet works to heal the gut by normalizing the gut flora balance and decreasing inflammation. On average, it takes about 2 years to fully heal and seal the gut lining. After being on the diet, a healthy gut lining should allow for many foods to be brought back into the diet.

Why would you want to make such a huge overhaul to your normal diet? There are many

*continued on page 9*

## ~ Basic Meat Broth Tips ~

By **Elinor Jordan, ND**

You can start with fresh and raw bones and meat or leftover bones and trimmings from a previous meal. A chicken or chicken parts, beef bones with meat on them, lamb, or a whole fish (cooked or raw meat and bones both work, but don’t mix the two). Keep in mind that the best flavor comes from mature veggies and tougher meats.

To extract the most juices from your ingredients, start the cooking with cold water even soaking for up to 1 hour before.

Proportions are 2 cups of water for every cup of meat/bone (just covering all ingredients with water usually is right); you can add some veggies at the beginning or at any point in the cooking process, but you will want to discard them if cooked for more than 1/2 hour. For bone stock, it is common to add a splash of vinegar or lemon juice to extract more minerals.

Remove the scum (eww!) that rises as the meat cooks in the first half hour as this allows for a clearer stock.

A steady low heat renders the most flavorful stock. Broth cooked with meat for a shorter time is more tasty and easier to digest than bone stock that is simmered for 12-72 hours but has less minerals. Meat



broth is rich in gelatin and amino acids, like proline and glycine. These amino acids along with the gelatinous protein from the meat and connective tissue are particularly beneficial in healing the digestive tract and skin. Bone broth contains lots of minerals, especially helpful in building bones.

Ladle the cooled broth or stock into glass jars and store in the fridge for 5 days (a layer of fat on the top can help extend the freshness) or freeze to keep longer (using glass jars works if you leave 2 inches of head room and freezing in ice cube tray or small bowls allows for quick thawing and ease of use in daily cooking).

Broth is a cooking staple that has fallen away with our fast paced modern lives, and with this passing, we have lost a very valuable ingredient that adds flavorful nutrition and great healing potential. It is known across cultures and is prized for its ability to heal the GI tract, connective tissues and joints, and injuries, as well as build blood and muscles and aid in skin repair.



# Asparagus: Spring's Delicacy

By **Jennifer Crain**, Co-op Member

Beyond the rectangle of dirt where vegetable starts peeped out of the soil, past a set of low-hanging swings, was the first asparagus patch I ever saw in person.

I was in London, Ohio on my friends' farm in the mid-1990s. Metz and Pete had invited me to stay for dinner so Metz and I, paring knives in hand, walked out to the patch one late afternoon to harvest asparagus.

One moment we were walking out toward the rows of corn and the next I was looking down at the spears. They were rising up from a tangle of dried grass. Comedy, they say, is the unexpected. Maybe that's why I found it absurd.

I assumed that this food, uncommon enough to prize, would be shielded somehow from the elements, by a husk or overhanging foliage. I thought we'd at least have to snip away an attached branch. I didn't perceive, despite their shape, that the spires would be situated vertically, that they are the stems with leaves flattened against their sides, collecting sunlight to transfer to the rest of the plant. In this case, to the rhizome network (the crown) beneath the dirt's surface. I felt that bubbles-in-the-stomach sensation that accompanies new insight. This is how they grow!

I was a suburban kid and I watched my mother choose asparagus from bins in the produce department according to the recommendations in *The Silver Palate Cookbook*. (Though the authors say to "choose thin or thick spears, as you like, they indicate a subtle preference for those that are "pencil-thin and tight-tipped," a reflection of the general opinion at the time. More than once I saw a shopper return a bunch of asparagus to the shelf if the spears were wider than a pinkie.)

But what I lacked in botanical knowledge, I made up for in the kitchen. I knew that

overcooked asparagus turns to a bitter slush and looks a pity, like muddied slush on the third day after a snow. I knew to lay them in the skillet ten minutes before the cornbread came out of the oven and to slide them onto the plates as soon as they turned bright green.

I know now why I cherish asparagus: it's only available a few months out of the year. The harvest season in the state of Washington begins in March and ends around the summer solstice. I'll pick out a bunch as soon as they appear (any width – everyone now agrees that diameter doesn't affect texture or flavor) and snap off the tough ends by grasping either end of the spear and bending. It will break naturally about an inch and a half from the bottom, separating tough ends from the tender tops. Reserve the ends, if you like, and use for stock (fish them out and discard after they've simmered awhile).

I prefer to sauté asparagus in a sheen of olive or grape seed oil and toss with sea salt. After the heat is off I squeeze on some lemon juice, give them another toss and slide them onto a warmed serving plate.

The rule on overcooking can be bent slightly, I've learned, when it comes to soup. Pieces of tender asparagus can be cooked along with other vegetables and simmered for about twenty minutes or so before puréeing. Reserve a few asparagus tips or thin slices cut on the bias and steam or sauté until bright green to use as a garnish.

Spears can also be incorporated into egg dishes for breakfast, roasted with oil and whole garlic cloves, steamed, pickled or grilled. For outdoor cooking, lay a number of them side-by-side and skewer together into a platform and grill until tender and bright.

However you enjoy them, get ready for asparagus and enjoy this fleeting local delicacy while you can.



## Snow Pea & Asparagus Salad with Ginger-Cardamom Dressing

[from *strongertogether.coop*]

<http://strongertogether.coop/recipes/snow-pea-and-asparagus-salad-with-ginger-cardamom-dressing/>

serves 3-4

### 1 pound asparagus

trimmed and cut into 1- to 2-inch pieces

### 1/3 pound snow peas

string removed (or sub sugar snap peas)

### 2 roma tomatoes

cut into wedges

### 1/2 head romaine lettuce

torn into bite-size pieces

### 1/2 cup walnuts

raw or toasted (optional)

+

### 1/3 cup vegetable oil

### 1/3 cup apple cider vinegar

### 1 Tbsp sugar

### 1 Tbsp fresh ginger

peeled & minced

### 2 tsp fresh ground cardamom

### 1/2 tsp salt

### 1/2 tsp ground black pepper

Blanch the prepared asparagus in a pot of boiling, salted water for 2-3 minutes, or until al dente. Drain and set aside to cool.

In a medium bowl, whisk together all dressing ingredients.

Add the snow peas, tomato wedges, and asparagus and let sit 30 minutes.

Serve on a bed of Romaine lettuce, drizzled with any remaining dressing and garnished with walnuts.



The tender tips are yummy!

photo by Jennifer Crain



**Did you know that almost 50 countries around the world, including ALL the EU nations, have significant restrictions and bans on the production and sale of GMOs?**

## Who supports the use of GMOs?

*The following is a list from Organic Consumers Association of parent corporations who donated millions to defeat California Prop 37, and their organic subsidiaries:*

- Monsanto (largest contributor at over \$8M)
- Con-Agra—Alexia, Hunt’s Organic and Natural Brands, Lightlife, Orville Redenbacher’s Organic (Donated \$1.2M)
- Kellogg’s—Bear Naked, Gardenburger, Kashi, Morningstar Farms (Donated \$791k)
- Unilever—Ben & Jerry’s (Donated \$467k)
- Kraft—Boca Burgers (Donated \$2M)
- General Mills—Cascadian Farm, Larabar, Muir Glen (Donated \$1.2M)
- Hershey’s—Dagoba (Donated \$519k)
- Coca-Cola—Honest Tea, Odwalla (Donated \$1.7M)
- Dean Foods—Horizon Organic, Silk, White Wave (Donated \$254k)
- PepsiCo—Naked Juice, Tropicana Organic (Donated \$2.5M)
- Safeway—“O” Organics (Member of Grocery Manufacturers Assn., which donated \$2M)
- Smucker’s—R.W. Knudsen (Donated \$555k)
- PepsiCo-Frito Lay—Tostito’s Organic (See PepsiCo above)
- Abbott Nutrition-Similac (Donated \$334k)
- Rich Products-French Meadow Bakery (Donated \$225k)

**Total donated to defeat Prop 37: \$46 Million**

**Total donated by Organic Heroes in support of Prop 37: \$9 Million**

*For a complete list of all the companies that helped defeat Prop 37 and their brands, visit: [www.organic-consumers.org/articles/article\\_26638.cfm](http://www.organic-consumers.org/articles/article_26638.cfm)*

*Information provided by the Organic Consumer’s Assn. (OCA) and the Organic Consumers Fund, which donated more than \$1.4M to support Prop 37 and your Right to Know about GMO’s.*

**On the bright side, many of the natural food companies/brands that you also know supported the passage of Proposition 37...**

*More info on page 8!*



## What problems have they created so far?

- Health problems are just beginning to unfold. “Unlike safety evaluations for drugs, there are no human clinical trials for GM foods.” However, in 2009, the American Academy of Environmental Medicine (AAEM) stated, “Several animal studies indicate serious health risks associated with GM food, ” including infertility, immune problems, accelerated aging, faulty insulin regulation, and changes in major organs and the gastrointestinal system.” —Institute for Responsible Technology.
- The use of GMOs concentrates control of seed production and economic power in the hands of a few multinational corporations. Some seeds are developed with their own pesticides and herbicides genetically embedded.\*
- This concentration of seed production in the hands of a few also limits seed availability to large farms and corporations that can afford it, thus threatening further viability of small independent farms.\*
- Because of cross-pollination, many good hybrid and heirloom varieties of crops and their seeds may be contaminated and lost forever. GMO pollen can drift for many miles, contaminating organic crops. This has already happened in the case of corn. \*
- The seed supply of subsistence farmers throughout the world is threatened by this cross-pollination.\*
- An undue burden is being placed on organic farmers and producers to seek out non-GMO sources and maintain their purity.\*

*\*from [www.olympiafood.coop](http://www.olympiafood.coop) GMO Statement from Product Info/Consumer Alerts*

## What is the Co-op doing about it?

*First, a little history. Since the mid-90’s, the Olympia Food Co-op has been actively working to ensure that food products carried on our shelves are as GMO-free as possible. We recognized then that any food not certified organic was suspect. A GMO Statement was created at that time, listing the known problems (see “Problems” above), and announcing support of a ban on the use of GMOs in food production. We offered support for companies and farmers who refused to use GMO products and stated our commitment to membership education, support of a national labeling law (remember, this in the mid-90’s), and a “global moratorium on growing crops from genetically modified seed until this experiment has been proven safe for the environment and people” ...not just Co-op members, but all people.*

*Working to uphold the objectives of the Co-op, we issued the following statement, which stands true today, even as transparency in the organic food industry—with agribusiness and multinational corporations moving into the organic arena of food production—becomes opaque:*

*“In order to provide inexpensive “healthy” food to our members, especially our large vegetarian community, we cannot discontinue all products that we suspect contain GMOs. However, we will do whatever we can to maximize non-GMO choices.” This statement, remember, came from our Co-op some 15 years ago.*

### ...so what is the Co-op NOW doing about the GMO issue?

- The Co-op is a member of National Cooperative Grocers Association (NCGA), which works with many organizations on behalf of all food co-ops to fight the deregulation of GMOs at the regulatory and legal level. NCGA is a founding member of the National Organic Coalition and partner in the Just Label It campaign, which calls for mandatory labeling of GMOs.
- The Co-op paid a \$100 per store fee and signed on as a supporting retailer with the Non-GMO Project, participating in October in NON-GMO Month, a platform created to raise awareness of the GMO issue that involved 1,200+ retailers and engaged consumers across North America. The Co-op will continue to support this program.
- The Merchandizing Coordination Action Team (MCAT), composed of Co-op staff members, is assigned with the task of product selection and merchandising policies for the Co-op, including potential product boycotts.
- MCAT is currently working diligently to nail down the truth about what role the organic subsidiary companies had in the defeat of Prop 37 in California by calling them to question their financial participation in its defeat. At the time of this writing, this process has left them with many discrepancies and unanswered questions.
- As part of their mission, MCAT is creating shelf tags that will indicate what products are on the Non-GMO Project’s verified GMO-free list, providing shoppers with the educational resources needed to make their own purchase decisions.
- MCAT strives to meet our membership’s needs when it comes to product selection. This requires careful balancing of all the components of product selection guidelines and guiding Mission Statement principles. A Co-op boycott of the above-mentioned brands who are subsidiaries of large corporations would mean pulling from the shelves some of the Co-op’s best-selling and lowest-priced brands—pantry staples that the membership would certainly miss.

*continued on page 8*

## What can YOU do about GMOs?

- Spend your food dollars on healthy non-GMO brands.
- Check out the Non-GMO Project—[www.nongmoproject.org](http://www.nongmoproject.org). Follow them on Facebook and Twitter.
- While there, click on Verified Products, then browse by category/brand/name for products verified free of GMO's—then support them.
- Download the Non-GMO Shopping Guide at: <http://nongmoshoppingguide.com/download.html>
- While shopping at the Co-op, look for shelf tags indicating Verified Non-GMO products.
- Work with activists in Washington State to help pass I-522, a November 2013 ballot and legislative initiative to require mandatory labeling of GMOs. They need our help!
- Call or write to companies who have contributed to the downfall of Prop 37.
- Support companies who offered support to Prop 37 (Go to [cornucopia.org](http://cornucopia.org). Search for Organic Heroes).
- Contact your legislators and add your voice to the campaign to label GMO foods.
- Visit the Just Label It website at [www.justlabelit.org](http://www.justlabelit.org) to learn more.
- Since there is still so little transparency in the food industry in the United States, the best way to know that hopefully what you are eating is not composed of Frankengenes is to grow your own, or buy organic and hold cooking parties to make your own...applesauce, breads, spaghetti sauces, tofu, tortillas, juices...well, you get the picture!
- Processed foods are likely to contain some form of GMOs, so stay away from them!

## What is our state doing about it?

Now some 15 years later, Washington, in picking up the banner from California, may well become the first state in the nation to pass Non-GMO legislation. And our co-op has been a key player all along in leading the way.

I-522, The People's Right to Know Genetically Engineered Food Act, is simple. The initiative would require food sold in retail outlets to be labeled if the ingredients are produced through genetic engineering. An estimated 70% of non-organic processed foods contain some—or several—GE ingredients.

I-522 will not raise costs to consumers or food producers. It would simply add more information to food labels, which manufacturers change routinely, anyway.

I-522 does not impose any significant cost to our state. It does not require the state to conduct label surveillance, or to initiate or pursue enforcement. The state may choose to do so, as a policy choice, but I-522 was written to avoid raising costs to the state or consumers. (Statement from the Non-GMO Project [www.nongmoproject.org](http://www.nongmoproject.org))

*If you have any further questions about how the Olympia Food Co-op is dealing with the GMO issue, or would like to become involved in some way, please contact [fern@olympia-food.coop](mailto:fern@olympia-food.coop).*



**Brands that endorse Yes on Prop 37 include Eden, Clif, Nature's Path, Whole Soy, Amy's Kitchen, Annie's, Late July Organic Snacks, Udi's, and Organic Valley.**

*For a comprehensive list of supporters of Prop 37, please see [www.carighttoknow.org/endorsements#food](http://www.carighttoknow.org/endorsements#food).*



**Look for this label on products at the Co-op!**

## GE Salmon Action Alert

On December 21, 2012, the FDA released an Environmental Assessment (EA) with a "Finding of No Significant Impact" on the controversial AquaBounty AquaAdvantage transgenic salmon. The FDA action is widely viewed as confirmation that the Obama Administration is prepared to approve shortly the first genetically engineered (GE) animal intended for human consumption. It is unknown whether there will be additional assessments with respect to food safety or labeling or wheth-

### ILLUSTRATION HERE

er FDA will gloss over these areas. A 60 day comment period ends February 25, 2013. For more info and online commenting, visit Center for Food Safety's action alert. See [ge-fish.org](http://ge-fish.org) or [centerforfoodsafety.org](http://centerforfoodsafety.org) for more information



# Board Report

By **Cezanne Levesque**, Board Member

**As the new year begins we are excited to welcome several new Board members, continue important projects, and start a few new ones.**

Five new board members were elected in November in the regular election cycle. This included John Regan and Erin Genia—both re-elected to their second terms—as well as new members Dani Madrone, Teresa Young, and Niki Bilodeau. Two additional members, Isabella Rogol and Ron Lavigne, were recently appointed to fill the remaining terms of two open Board positions. New Board member training is underway and it seems like everyone is eager to learn as much as they can and get involved right away.

The Board has several projects underway that are guided by our strategic plan developed last year. This plan was strongly influenced by the member input we got at our Co-op Conversation events last spring. The basic themes of the plan include enhancing our stores (including expansion efforts), growing and supporting the cooperative model in our community, and see-

ing to the long-term health of our organization, including improving communication.

**So what might we see in the next year?**

We will see preparation and planning towards expansion of the Eastside store, more use of the little house on the Westside, and a remodel or reset of the Westside store. Expansion updates are published periodically in the Co-op News... take a look at those to keep up to date on the most recent developments and opportunities to get involved in the planning.

The Co-op Development Committee is planning to organize events to provide information about cooperatives, including some programming within the Co-op's classes program. The committee will also continue their work to develop a network of local cooperatives.

More communication! The Co-op is working on a new website that will make it easier for everyone to see what is going on at the Co-op. We plan to publish an annual report this spring—a portion of which will look at how well we are meeting several goals defined by our mission statement. We also hope to have more opportunities for Co-op members to get together, learn about the Co-op, and share ideas.

We are excited to work on all of these projects and whatever else the new year has in store for us. As always, we appreciate hearing from you! So please contact us at [ofcboard@olympiafood.coop](mailto:ofcboard@olympiafood.coop) or come to a Board meeting. Meetings are every third Thursday at 6:30.



**Ash Family Medicine**

**ASH FAMILY MEDICINE**  
Naturopathic primary care for  
the entire family.  
Practicing at Heart of Wellness

Dr. Jennifer Ash

205 Clark Place SE  
Tumwater, WA 98501

T (360) 357-1470  
F (360) 570-2060  
[www.drjenniferash.com](http://www.drjenniferash.com)

## Olympia Community School

New central location – Scholarships available

**Independent progressive education  
since 1973**

*Cultivating curiosity and love of learning  
Hands on discovery and problem solving  
Nurturing and inclusive environment*

**(360) 866-8047**

**[olympiacomunityschool.org](http://olympiacomunityschool.org)**



1320 San Francisco NE  
Olympia, WA 98506  
360-753-8553

**Open For Dinner  
Thurs-Sun  
5:30-9:00 pm**

**We Also Make  
Pizza To Go**

**ALWAYS SAFE & LOCK, inc.**

**[www.alwayssecurity.com](http://www.alwayssecurity.com)**

**SECURITY TECHNOLOGY SPECIALISTS**

Card Access • Closed Circuit TV • Handicapped Operators

**Visit Our Showroom**

815 4th Ave. E.  
Olympia, WA 98506

(360) 357-8500  
Fax: (360) 754-8331  
[alwaysSAFE815@hotmail.com](mailto:alwaysSAFE815@hotmail.com)



**Scott's supporters make a statement at the courthouse during a recent hearing**

*photo by Robert Whitlock*

## Scott Yoos

continued from page 4

gnats, and other pesky insect pests?!? They're well-fed and, frankly, pretty darned COOL!"

When asked what he appreciates about the Co-op, Scott replied, "Having the opportunity to routinely see and to assist my friends and other community members. I also like having the chance to earn discounted "Volunteer Member" cards, which make shopping at the Co-ops MUCH more-affordable to me! In the produce aisle, I love it when we're able to feature LOCALLY-GROWN eats... from farms, growers, and gatherers right here, within our OWN BIOREGION. (No, ...I'm not going to suggest that we immediately quit importing ALL of our many, exotic delicacies...eventually that just might happen by itself!?) But, I particularly love helping folks to eat good, nourishing, organic grub that's been LOCALLY-GROWN, and is IN-SEASON!"

I wondered if there was anything Scott would like to see changed at the Co-op. His reply? "I'd love to see a decreased

reliance on brand-new, 1st-use bags. We usually get PLENTY of 2nd-use shopping bags (and boxes) at the Westside store, and I'm guessing that the Eastside branch has a similar situation (Geesh... just how hard can it be to remember to carry your bag(s) WITH you?!)."

Scott has been an active volunteer member of many groups in Olympia over the years: Works In Progress, Books to Prisoners, Food Not Bombs, the local Free Skool at Media Island (where he has helped co-teach beginners' classes in basic sign language), the Green Party of South Puget Sound, Olympia Movement for Justice and Peace, the Fellowship of Reconciliation, the Olympia Film Society at the Capitol Theater, and Orca Books.

One fateful night (June 1, 2011), as Scott was riding his bike (his primary source of transportation) home from the theater, he threw some soggy napkins into an open dumpster. As he further describes the event, "Ever-vigilant, the Olympia Police Department promptly stopped and brutally-arrested me, when

I responded to their questions with sign language. Now I am accused of trespassing, resisting arrest, and assaulting an officer." His civil rights/criminal defense attorney Larry Hildes, and the Scott Yoos Legal Defense Fund (LDF) have been trying to extricate him from, as Scott puts it, "a nightmarish lesson in perniciously persecutorial police power, 'unquestionable' authority, and our snail-paced "justice system." Buried under huge legal debt, Scott adds that "this foolishness has been draining me, Thurston County's taxpayers, and my nationwide community of supporters for nearly TWO-YEARS now!" Atty. Hildes has submitted a Motion to Dismiss, which will continue in February. (No date is set at the time of this writing).

\*If you are interested in learning more about what is happening with Scott's struggle, PLEASE visit: [www.scott-tysupport.blogspot.com](http://www.scott-tysupport.blogspot.com) and/or "Scott Yoos Ldf" on Facebook.

Donations to his legal defense fund can be made by mail or in person at any branch of the Washington State Employees Credit Union (WSECU). Checks should be made out to: Scott Yoos LDF, and the envelope should be addressed to: Scott Yoos LDF, c/o WSECU, P.O.B. WSECU, Olympia, WA 98507. One hundred percent of your donations will go directly towards Scott's legal defense.


It has been my great pleasure to share some moments with Scott Yoos, a gentle, big-hearted soul, and to learn about his ongoing legal battle. Having attended a recent hearing, and met the diverse and socially-conscious group of people who have gathered to support him, I encourage all Co-op members to learn more about and support him as he continues to stand before our local court system.

**COOP NEWS**





WOODARD LANE  
Cohousing  
OLYMPIA • WASHINGTON



Where  
Neighbors Feel  
Like Family

Welcoming New Members • Designing Phase 2 Now


- From Infants to Elders
- 3 Acres on Wooded Ravine
- 6 Blocks to Westside Coop

WoodardLaneCoho.org • (360) 878-8662



MAGIC  
KOMBUCHA  
BREWED & BOTTLED IN OLYMPIA, WASHINGTON  
ingredients: 100% raw kombucha (Olympia's own artesian well water, live kombucha culture, organic green tea, organic evaporated cane juice)  
magickombucha.com  
"the CHAMPAGNE of kombucha"

THE NALANDA INSTITUTE  
BUDDHIST STUDY AND MEDITATION  
EVERY THU 7PM: MEDITATION &  
DHARMA DISCUSSION  
QUALITY TEACHING, FRIENDLY GROUP  
1211 WILSON STREET, OLYMPIA  
INFO AT (360) 786-1309  
WWW.NALANDAOLYWA.ORG



Rising  
Tide  
School

Olympia's  
Sudbury  
school  
for ages  
5 - 18



risingtideschool.org • (360) 753-0820 • Olympia, WA



Environmentally  
Conscious  
Housecleaning  
offering free estimates on  
custom, personalized service  
for your home or business

360 - 556 - 5341  
Licensed and Bonded

FINANCES continued from page 5

out of Dairy and will be viewed separately as one of our major departments. Dairy has been renamed Chill and will include most refrigerated products sold out of our coolers. Non-dairy items, such as salsas, dips and drinks have been included as part of Misc. Grocery. These changes will impact our department budgets substantially. We'll explain more when we review 1st quarter 2013 reports.

If you have any comments or questions, you can contact Harry or Corey at our business office, 360-357-1106 ext. 12. Hope to see ya in the stores!

# 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)

## Bone Broth Soups & Stews — Saturda,y February 16, 3-5pm

Facilitators: Liza Judge & Marianne Copene of August Farm  
Location: GRuB Farmhouse — Limit: 30.

Bone broth is a traditional food consumed by cultures all over the world. Broth or stock contains minerals in a form that the body can easily absorb. It also contains collagen, which is the building block of cells to bones, ligaments, cartilage and the brain. And it is the perfect base for homemade soups and stews. In this class we will show you how to make bone broth and a couple of great wintertime soup recipes.

"The prolonged cooking of bones in water results in a broth rich in nutritional constituents that promote strength, tonify blood, nourish in times of sickness and rehabilitation, and help to prevent bone and connective tissue disorders."

## Making Miso — Saturday, February 16, 6-8pm

Facilitator: Summer Bock — Location: Fertile Ground Guesthouse — Limit: 10

Miso is delicious healing food that is easy to make when you have access to the right starter culture. Join Summer Bock, health coach, herbalist, & fermentationist, in this action-packed hands-on miso-making demo & lecture explaining the health benefits and the science of miso.

## Understanding Mushrooms: Basic Cultivation

Sunday, February 24, 3-5pm

Facilitator: Peter McCoy — Location: Eco House at Fertile Ground — Limit:25

Traditional mushroom cultivation techniques have long relied on special equipment and precision techniques. Not any longer. Thanks to the work of innovative amateur growers, the process has largely been simplified to the point where most can learn to cultivate at home with minimal investment or contamination risk. In this 2 hour class we will cover the basics of edible mushroom biology and low-tech cultivation. You will learn how mushrooms grow in the wild and how that understanding is important for growing and using them well. We will cover several easy and cheap cultivation methods you can do at home and will provide resources for learning more. Specific methods to be covered include log inoculation, cardboard spawn, cold water (fermentation) pasteurization, hydrogen peroxide "sterilization," easy liquid cultures, and more.

## Creating a Thriving Body Ecology — Saturday, March 2, 6-8pm

Facilitator: Summer Bock — Location: Eco House at Fertile Ground — Limit: 20

Our collective understanding of the germ theory is evolving. You don't just "catch a cold" by having a germ fly up your nose! What has a greater effect in whether or not you get sick is your internal environment, or ecology. Building the right ecology in the human body is essential to not getting sick and increasing vitality. Why do some people get sick and others do not? Learn the dirty details of probiotics and which herbs support digestive regeneration and healing. Discover how rebuilding is the perfect complement to cleansing. This class is a must for folks who suspect they may have Candida, sugar cravings, low energy, or a poor-functioning immune system.

## Green Smoothies — Sunday, March 3, 3-5pm

Facilitator: Rebeka Gentian — Location: Fertile Ground Guesthouse — Limit: 15

Green smoothies aren't only delicious and nutritious. They boost your immunity, health & mood. Join live food chef and coach Rebeka Gentian for recipes, demos, and samples in this interactive workshop. Yum!

## Gluten Free Bread Baking — Monday, March 4, 5:30-8:00pm

Facilitator: Jenn Kliese — Location: Fertile Ground Guesthouse — Limit: 12

Bread is supposed to be the staff of life, but what do you do when you are gluten intolerant or allergic to wheat? Make Gluten-Free bread of course! You can enjoy again the smells, taste and texture of bread fresh from the oven. Toast in the morning, sliced up for sandwiches at lunch, and a hunk with your soup at dinner. It's totally possible and totally delicious. Come empower yourself and learn the simple, but unusual techniques to master gluten-free yeasted bread. \*\*all gluten-free with options for dairy-free and egg-free too!

## Medicinal Mushrooms — Tuesday, March 5, 6-8pm

Facilitator: Peter McCoy — Location: Eco House at Fertile Ground — Limit:25

Knowledge of medicinal mushroom usage dates back thousands of years. Come share in the ancient experience of these powerful healers. In this class we will discuss and sample several local medicinal mushroom teas and preparations while learning to make our own medicinal mushroom products.

## Mindful Eating: Learn Lasting Approaches to Health

Saturday, March 9, 11am-1pm

Facilitator: Michelle M. Bilodeau, MAOM, L.Ac. — Location: Hill Top Acupuncture & Herbal Medicine (147 Rogers St NW, Olympia, WA) — Limit: 24

We all know that "you are what you eat," and we all know that stress is linked to every disease. The concept of mindful eating combats both of these disease sources through fine-tuning a behavior that we all do every day as necessary for our survival. Utilizing information from Thich Naht Hanh's book Savor and Jan Chozen Bays, MD's book Mindful Eating, as well as thousands of years of wisdom from Traditional Chinese Medicine, this class will teach you exercises for managing your weight and increasing your overall health with effects that are much longer lasting and farther reaching than any fad diet could ever be. (Vegan, allergen-free food will be served.)

## Raw Kitchen Creation — Tuesday, March 12, 6:30-8:30pm

Facilitators: Rebeka Gentian — Location: Fertile Ground Guesthouse — Limit: 15

Would you like to include more fresh, raw & live foods in your diet without spending all your time in the kitchen? Raw food chef & educator Rebeka Gentian will walk you through tips & tricks to go raw, not crazy!



**Cooking with Hemp** – Wednesday, March 13, 6:30-8:30pm  
Facilitator: Pat Rasmussen – Location: Fertile Ground Guesthouse – Limit: 15

**Co-ops 101: A World of Possibilities** – Saturday, March 16, 2-4pm  
Facilitator: Ben Dryfoos-Guss – Location: Eco House at Fertile Ground – Limit: 25

Want to learn more about the value of co-ops? Interested in starting a co-op? This is the workshop for you! Learn from the experts about co-op history and how to start a cooperative. Network with others in the Olympia area interested in co-op development. These quarterly workshops are taught by the folks from the Northwest Cooperative Development Center ([www.nwcdc.coop](http://www.nwcdc.coop)) as well as other local co-op development experts. Envision a cooperative economy – Learn about the cooperative business model: its history and current practice – Explore the types of co-ops that exist and the diversity of services they provide – Familiarize yourself with the co-op development process – Discover resources for new co-ops – Connect (and potentially join) with others who are thinking about starting a co-op.

**Cooking with Greens** – Sunday, March 17, 2-4pm  
Facilitator: Erin Majors – Location: GRuB Farmhouse – Limit: 20

Greens are easy to use, inexpensive, filling, and full of nutrients. This class will cover a basic introduction to greens (kale, collards, chard, and arugula), easy ways to add them to your diet, and several vegetarian dishes that include greens as a primary component.

**The ABCs of Financing & Buying an Automobile**  
Monday, March 18, 6:30-8pm

Facilitator: Bruce Cramer, Tulip Credit Union – Location: Eco House at Fertile Ground – Limit: 15, free!

This class will teach the nuances of how an auto dealer sells a car, the profit centers that increase their profit margin, and how you can save money in the transaction.

**Juice Feasting & Fasting** – Tuesday, March 19, 6:30-8:30pm  
Facilitator: Rebeka Gentian – Location: Fertile Ground Guesthouse – Limit: 15

If we are what we eat, who would like to be juicy & delicious? Juicing can gently cleanse & detoxify the body while uplifting mood & increasing energy. Join Rebeka and receive delicious recipes, guidelines for feasting & fasting, as well as support for the process.

**Preparing a Whole Chicken** – Saturday, March 23, 3-5pm  
Facilitator: Liza Judge & Marianne Copene of August Farm – Location: GRuB Farmhouse – Limit: 30

Wondering how best to prepare a whole chicken with skill? Come learn from the professionals at August Farm how to roast a whole chicken to perfection. A few recipes will be explored to compare the benefits of each. Technique for cutting a whole bird into parts will also be covered. A very informative class that's not to be missed!

**Mushrooms in the Garden** – Sunday, March 24, 3-5pm  
Facilitator: Peter McCoy – Location: Eco House at Fertile Ground – Limit: 25

Have you ever wanted to grow mushrooms outdoors but didn't know where to start? Come learn the various ways to easily integrate medicinal mushrooms into your home garden. This class will cover how to plug hardwood logs with mushroom cultures and how to lay a mushroom bed in your backyard using a minimum of tools and supplies.

**Utilizing Healthy Fats in the Kitchen** – Tuesday, March 26, 6-8pm  
Facilitator: Stephanie Sears – Location: Fertile Ground Guesthouse – Limit: 15

Did you know that eating fat isn't necessarily bad for you? Saturated fats have gotten a bad reputation in recent years. Come and learn how including more fats in your diet will improve your digestion, your cellular integrity, and your blood sugar regulation as well as make your food taste better!

**Slow Cooked Mexican Pork Carnitas** – Saturday, March 30, 3-5pm  
Facilitator: Liza Judge & Marianne Copene of August Farm – Location: GRuB Farmhouse – Limit: 30

Pork Carnitas is sometimes referred to as Mexican pulled pork. Learn the art of slow cooking and the delicious results of fall apart tender meat. We will compare two methods of slow cooking: crock pot vs. the oven. We will discuss which cuts of meat work well for slow cooking and how to get the most flavor when you braise meat.


**Bladeless Cooking with Kids** – Sunday, March 31, 3-5pm  
Facilitator: Rebeka Gentian – Location: GRuB Farmhouse – Limit: 20

Raw vegan food preparation with kids 3-? This interactive workshop features demos & samples of live and whole food recipes from "Bladeless," a raw recipe book for kids created by Rebeka & Eraelah Gentian.



**Olympia  
Waldorf  
School**  
[www.olympiawaldorf.org](http://www.olympiawaldorf.org)

**Dance & Yoga**  
featuring  
**Sweat Your Prayers**  
Sundays 10:30-noon



5 Rhythms® • Nia® • Belly Dance  
Kundalini & Vinyasa & Gentle Yoga  
Concerts • Kirtans • Studio & Event Rentals

360.705.9100 • [www.waves-studio.com](http://www.waves-studio.com)  
• [info@waves-studio.com](mailto:info@waves-studio.com) •  
232 Division St NW, just off Harrison



**David Lerner**  
L.Ac., MTCM

Acupuncture, Herbs and Nutritional Counseling



- Supportive Cancer Care
- Acute and Chronic Pain
- Women's Health
- Weight Management
- Hormonal/Mood Imbalances
- Autoimmune Disorders

– 17 Years Experience –

**3525 Ensign Rd NE, Suite N • Olympia, WA 98506**  
**360. 943. 3777 • [www.David-Lerner.com](http://www.David-Lerner.com)**



Enjoy a health retreat in the country  
...without leaving the city!

**The MASSAGE PLACE Collective**

Open 7 Days

541 McPhee Rd SW  
West Olympia

Schedule Your Appointment Online:  
[www.massageplace.net](http://www.massageplace.net)

**(360)867-0725**

- Rebecca Noble, LMP #MA00025004
- Dawnovin Wilmot, LMP #MA00021958
- Sarah Jean Tubbs, LMP #MA00014545
- Tracy Heron Moore, LMP #MA00025347
- Anna Sproles, LMP #MA00041545
- Jennifer Shafer, LMP #MA00010686
- Lynn Perry, LMP #MA00212995
- Ingrid Abbott, LMP #MA0290880

**A+ COMPUTER**  
OLYMPIA



**+ REUSE  
+ REPAIR  
+ RECYCLE**

**Low Cost Computer Repair Fast**  
**2724 PACIFIC AVE SE + (360)+754+1311**

**INKLIFE**  
Tattoos Body Piercing  
& Art Gallery

Vegan Organic  
After-Care  
Available

Large Selection  
Organic and Steel  
Body Jewelry

Walk-in's Welcome!  
Friendly Vibe.  
Peaceful Atmosphere  
Professional &  
Fun crew!

Thank You  
Olympia!

**ALWAYS  
Custom  
Art!**

15% STUDENT  
DISCOUNT  
with valid school ID

**307 4TH Ave E  
Street Level**  
(block of 4th & Franklin)  
**Downtown OLYMPIA, WA**  
**ph# 360-754-6623**  
**Est. 1971**

Capt. LU's Cuppa Coffee  
Available NOW

Thumbtack.com & Facebook: [InklifeTattoos AndPiercings](#)



**OLYKRAUT**  
★ Raw Tradition ★

We make raw fermented sauerkraut and kimchi right here in Olympia with as much local produce as possible. We support our farmers and so should you.  
Eat your (fermented) vegetables!

PO Box 1234  
Olympia, WA 98507  
[www.olykraut.com](http://www.olykraut.com)

**probiotic  
cultures**





FEBRUARY / MARCH 2013



Olympia Food Co-op  
3111 Pacific Avenue SE  
Olympia, WA 98501

*Address Service Requested*

PRSRT STD  
US POSTAGE  
**PAID**  
OLYMPIA, WA  
PERMIT #477

Printed on recycled paper using soy-based inks

# KID'S CORNER



## What is it?

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

Congrats to last issue's winners:

Anaya, 6; Benjamin, 9; Brenton, 3; Dallyn, 10; Devon, 8; Denali, 9; Imani, 10; Kate, 10; Liam, 6; Lydia, 5; Mia, 9; Maria, 8; Nuni, 7; Orin, 8; Rowan, 7; Ruby, 8; River, 8; Souliya, 10; Tobin, 5; Zachary, 9; Maya, 10; Ruby, 7; John, 6

*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?

Deadline: March 1st, 2013

Name \_\_\_\_\_

Age \_\_\_\_\_

Guess \_\_\_\_\_

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



# Food, People & Politics

*GMOs: What are they – and what is the Co-op doing about them?*

*UNFI Strike Update*

*The GAPS Diet*

*Asparagus: Spring's Delicacy*

# Join Us For

# Arts Walk

Friday April 26 +  
Saturday April 27

**at the Co-op's Downtown Office, 610 Columbia St.**

*Live music and creative art with talented Co-op Staff, including*

**Christine Malek**  
**Erin Majors**  
**Joel Kluger**  
**James Scott**