What are GMOs?

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 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.
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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 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 any one 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 dcoopnews@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.

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

http://www.olympiafood.coop
Cover photo by Michael Neely

The Nutritional Therapist Training Program
800.918.9798
www.nutritionaltherapy.com

What is Good Nutrition?

The Nutritional Therapist Training Program
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www.nutritionaltherapy.com

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 distributor 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 ordering through UNFI. This is a difficult decision that pits our social justice values against the need for us to ensure the business continues to function. 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 National Cooperative Grocer’s Association. This group contract between OFC, other food co-ops, and UNFI allows us to maintain prices that are 20-30% lower than they would otherwise. We are doing our best to balance our mission statement’s directive to “encourage economic and social justice” with the directive to “make good food accessible to more people.”

The union has several points that its members say must be addressed to consider a fair labor contract for workers at the Auburn, WA distribution center. A new contract was considered on Jan 11 in which UNFI:

• Refused to reinstate all 72 workers that it permanently replaced in violation of federal law;
• Eliminated health care protections 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 Relations 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 workers 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 Fund! You can “round up” at the registers 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 jtrafi-
cant@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 respects your workers.” You can also leave him a voicemail message at 860-775-2600 ext. 33201, or contact Hank Heatherly, UNFI General Manager, at hheatherly@unfi.com
• Join the picket line! The warehouse 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.unfifreelybargained.com

We will post updates to our blog (www.olympia-
food.coop.blogs.com), Facebook, and the stores as we receive them. Con-
• Contact the Board if you have questions or comments (ofcboard@olympiafood.

Coop)

Blue Heron Bakery
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Olympia WA 98501
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• Wholesome Grains, Baking Since 1977
• Natural Breads, Gluten Free Options
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COOP NEWS
February / March 2013
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 carful 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 brought me to Oly.” The following school year, Scott dropped out of school, and became a staff member for the Bread and Roses 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 star of credit management. A good FICO score is the key to having 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 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 one of their older accounts as an authorized user.

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.

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!


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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 3.85% 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, accounting 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 throughout 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 out on page 10.

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

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.

You can start with fresh and raw bones and meat or leftover bones and trimmings from a previous meal. Any 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 veggie and tougher meats. To extract the most juices from your ingredients, start the cooking with cold water even if adding cold water even cooking 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 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 (layer of fat on the top can help extend the freshness) or freeze it 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.

continued on page 9
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)

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.
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 Proposition 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—Bee 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 Proposition 37: $46 Million
Total donated by Organic Heroes in support of Proposition 37: $9 Million

For a complete list of all the companies that helped defeat Proposition 37 and their brands, visit: www.organicconsumers.org/articles/article_26030.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.*

“...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.

*From www.olympiafood.coop/GMOStatementFromProductInfo/ConsumerAlerts
What can YOU do about GMOs?

- Spend your food dollars on healthy non-GMO brands.
- Check out the Non-GMO Project—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. 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 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)

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 whether 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 or centerforfoodsafety.org for more information.
Scott’s supporters make a statement at the courthouse during a recent hearing

Scott Yoos continued from page 4

grants, and other pesky insect pests??! They’re well-fed and, frankly, pretty darned COLD!!

When asked what he appreciates about the Co-op, Scott replied, “Having the

opportunities we got at our Co-op Conversa
tions 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 or come to a Board meeting. Meetings are every third Thursday at 6:30.

As the new year begins we are excited to welcome several new Board members, continue impor-
tant 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 Biloiseau. Two additional members, Isabella Rogal and Ron Lavigne, were recently ap-
pointed 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 Conversa-
tion events last spring. The basic themes of the plan include enhancing our stories (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 re-
model or reset of the Westside store. Expans-
ion 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 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 opportu-

nities for Co-op members to get together, learn about the Co-op, and share ideas.

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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 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 – Saturday, February 16, 3-5pm
Facilitators: Lisa Judge & Marianne Capone of August Farm
Location: Grub Farmhouse – Limit: 39
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.

“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 Kiese – 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 yeast 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: Hi Hill 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 connects both of these disease sources through fine tuning a behavior that we all do every day as necessity for our survival. Uniting information from Thich Nhat Hanh’s book Savor and Jan Chatten Bay’s, 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 further reaching than any fad diet could ever be. (Vegetarians, dairy-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!

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 Corry at our business office, 360-357-1106 ext. 12. Hope to see ya in the stores!
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) 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 (Romaine, 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, 8:30-8:30pm
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 fasting & feasting, as well as support for the process.

Preparing a Whole Chicken – Saturday, March 23, 2-5pm
Facilitator: Lisa 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, 2-5pm
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, 2-5pm
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, 2-5pm
Facilitator: Rebeka Gentian – Location: GRuB Farmhouse – Limit: 20
Raw vegan food preparation with kids 3-8? 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.
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, 6; Denali, 9; Imani, 10; John, 6; Lydia, 5; Mia, 9; Maria, 8; Numi, 7; Orin, 8; Rowan, 7; Ruby, 8; River, 8; Souliya, 10; Tobin, 10; 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 inside the What Is It box at the Co-op office or hand it to a Staff person by the deadline. You can enter once per issue. Guess correctly and you’ll score 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