



THE Co-op News

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

JUNE / JULY 2013

Food: Security or Sovereignty?

By **Jayne Rossman**, Staff Member

When I think of “security,” I think of deadbolts, the faux cops that patrol parking structures, alarm systems, and the Department of Homeland Security. Perhaps the meaning has been hijacked in the previous decade, but it’s not a word that makes me think of dinner. And that must explain part of my reluctance to embrace the term “food security”, which has been used in international agricultural development for roughly forty years, and has recently enjoyed a revival in describing individual families’ access to food.

It turns out that a lot of people are uncomfortable with the concept of “food security”, which was defined (in 1991, by the Life Sciences Research Organization) as “sustained access at all times, in socially acceptable ways, to food adequate in quantity and quality to maintain a healthy life.” The problems with the concept are tucked away in the details of that definition: what does “socially acceptable” mean? What defines “quality?” And who gets to decide the answers to these questions?

Overwhelmingly, the answer to the latter has been governments and corporations, and the results have been farm subsidies that support big corporations over small farmers, a proliferation of untested GMO crops, “free trade” international markets for staple foods that have put local farmers out of business, and other food policies that attempted to solve the problems of hunger and famine from the top down. And that’s why, in 1996, a worldwide coalition of “peasants, small and medium-size farmers, landless people, women farmers, indigenous people, migrants and agricultural workers” called Via Campesina coined the term “food sovereignty.”

The difference between food security and food sovereignty is the difference between a chain supermarket donating its day-old bread to the food bank, and your local co-op offering members’ classes on how to cook on a budget. It’s the

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Here Comes The Sun! *A Shout-out to All Seasoned, Junior and Future Gardeners*

By **Kim Langston**, Westside OFC Garden Center Manager & Dirt Magician

By most accounts it’s been a fantastic spring for gardening. All those warm days and nights paired with the glorious rays of the sun create the perfect environment for your gardens to grow and your imagination to run wild. It’s funny how when the sun pours in everything seems more possible. That trellis you always wanted to build but couldn’t figure out how to suddenly seems so simple. The chickens you always wanted finally arrived in the mail from the Sandhill Preservation Center (<http://www.sandhillpreservation.com>). The Uprising Seeds Sugar Anne snap peas you were so certain would die are now 5 inches tall and reaching for the sky. It’s all a little scary, but totally worth it. You’re a gardener!

Even the most seasoned gardeners have their doubts and every year brings a new set of challenges. Late spring, hot peaks, torrential rains, early fall, freezing cold nights long after the projected frost date all come into play and we never know exactly what to expect or when to plant. One week it’s in the high 40’s, the following

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Rising River, one of our local starts suppliers

photo by Jennifer Shafer

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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 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 newsletter@olympiafood.coop 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 Jennifer Shafer

Volunteer Profile: Pat Kolstad

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

Unlike so many of us “newbies” to the Pacific Northwest, Pat is a native Washingtonian. Born in Bellingham, and with the exception of a few years living in the California Bay Area while her dad attended Stanford University, she has lived in this wet and green part of our country most of her life. Her family—mother, father, one brother and one sister—returned to the Seattle area when she was in 5th grade. She has remained in this neck-of-the-woods ever since. Once back to the waterways of the Puget Sound, Pat found herself investing much of her spare time, along with her siblings, in a chore that taught her much about boat-building. Her grandpa was a boatbuilder who passed on his knowledge to his son. Upon the family’s return to the Northwest, Pat’s dad bought a used steel-hulled Navy lifeboat, and put his children to work helping him transform it into a sailboat. Because of the hull’s shape, it was well suited for shallow waters, so much of her childhood from that point on was spent traversing with her family in and out of the many inlets and bays of the Salish Sea. Looking back, she remembers how very pristine everything seemed to her at that time. When she returns to some of her old haunts now, she is saddened by the changes. “Beautiful little coves lined with forest are now nothing but houses and businesses. The trees are all gone,” she muses.

Just as she turned 16, her life took a sudden turn. With the tragic death of her father and brother in a boating accident, Pat’s home was relocated to Seattle’s University district with her

mom and sister. And because her father had been, as she puts it, “old school,” and “didn’t believe that girls should drive,” she had never learned the art. Wanting to continue attending her high school after the move, and with a crash course from her uncle, Pat quickly became the one to drive herself and her sister to their school every day—a feat that sent her even more quickly toward adulthood.

Following her high school years, Pat spent the next 10 years at the University of Washington, slip-sliding around through majors, loving the academic environment so much that she was in no hurry to graduate. Her original program—Performance Arts with a music emphasis centered on the flute—eventually morphed into Ethnomusicology as she became more and more interested in studying native music. This led her to join some of her fellow students in a musical group, Gagaku, that played traditional court music, both Japanese (playing ryuteki, or Japanese flute) and Korean. Several in the group had friends who lived in Olympia and members of the Ethnology Department would come down and spend a few days playing music from various cultures, so after a period of time partying and playing music with them, Pat found herself, in 1972, ready to move to this friendly little town that enticed in so many charming ways.

Her first home in Olympia was in a house she rented for—get this—\$40



Pat Kolstad

photo by Desdra Dawning

a month, on 5 acres with many out-buildings. Her neighbors, being of the good sort, proceeded to help her turn her place into a menagerie, with a few chickens here, a few turkeys there, here a rabbit, there a goat, everywhere a critter, critter! Then, working as they did in local gardens, her neighbors even brought many delightful scraps to feed her hungry farm!

Settling into life in Olympia, by 1974 Pat had landed a job at the Red Apple Health Food Store near Division and Harrison. Mary Ann, the owner at the time, liked to send her staff to product trainings and health-food events in the area, so Pat’s education into the world of good food expanded and grew. The owner also worked with other local merchants, sending her customers to the Co-op and other stores if she didn’t have what they were looking for. Pat loved working there, in an environment that was conscious and fun. This drew to a close, however, when the owner decided to sell her business. The new owner, functioning from a more corporate business ethic, and little knowledge of herbs and coop-

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Board Report

Report back from the NCGA Leadership Conference

By **Niki Bilodeau**, Board Member

The NCGA (National Cooperative Grocers' Alliance) recently hosted a Co-op Leadership Conference in Minneapolis, Minnesota. This conference was a gathering place for representatives from member co-ops throughout the country, allowing for a great deal of information sharing and networking with co-ops around the nation. (Even better, the NCGA provided airfare and accommodations for this event!)

From each participating co-op, a designated representative and one active Board member were in attendance. I joined staff member Grace Cox as the Olympia Food Co-op's representatives. This is the first year that the NCGA has invited Board members to be a part of this conference, and there was a lot of excitement from those of us who have never been involved in such a gathering.

Through a series of lectures, panel discussions, and lots of Q&A, I took advantage of many opportunities to learn more about our fellow cooperatives. For example, it was great to speak with

other co-ops who have gone through expansions similar to ours, and to hear their insights and input on the process. I joined discussions about staff/board alignment, visited to several co-ops in the Minneapolis area, and attended a number of very informative presentations from the NCGA.

After two days, two flights, and taking pages of notes, I'm optimistic that we will be able to learn from the experiences of others as we continue to grow and mature as a co-op. The collective knowledge of these other organizations is a valuable resource, and one that we are fortunate to have.

In all, it was an eye-opening event, and provided an opportunity to appreciate how truly unique our co-op is. It was inspiring to connect with so many other people who are partners on this cooperative journey. As we continue to strive for social justice, sustainability, and the overall well-being of our communities, connecting with other cooperatives deepens our self awareness as an organization and fosters future growth.

Pat Kolstad continued

erative work practices, was not a good fit for his inherited staff. Within a short time, he lost them all.

Pat took her shopping to another local market—the General Food Store on Kaiser and Mud Bay—now an antique store. Ron, the owner, saw Pat's potential and asked if she would like to work there, which of course, she did! Not only did he sell mostly organic products from local producers, he also sold dairy products from his own cows! So often after work, Pat would find herself milking cows at

his farm and toting buckets of fresh warm milk to be bottled for sale at the store.

In 1980 she joined the Olympia Food Co-op and has been a member ever since. At that time she was working as head cook at a Rehab center called Tamarac. This experience allowed her to infiltrate her growing knowledge of healthy eating into their program, attempting to pass what she was learning on to alcohol and drug-addicted clients through the food she served them. "I was shifting them away from a red meat and potatoes diet to one with fish and fowl and

veggies, even sneaking in occasional meatless meals," she recalls.

Following a year with Tamarac, Pat took on the physically demanding work of creek restoration. "After the loggers leave an area," she describes, "the creeks can quickly become bogged down with the debris they leave behind, and the plants and wildlife there either move or die." So, with a chainsaw crew, she restored littered creeks—"heavy but rewarding work," she recalls.

By 1983, Pat had become a volunteer at the Westside

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Upcoming Volunteer Program Orientations

Be a weekly Volunteer in the store!

Come tour the store and learn about volunteer opportunities (including cashiering, stocking, and more) at the Co-op. If you are interested in volunteering, please attend this 2-hour orientation.

Eastside:

Sunday, June 2.....11am-1pm
Wednesday, June 5.....6-8pm
Wednesday, July 3.....6-8pm
Sunday, July 7.....11am-1pm

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.

Curious About This Issue's Cover Photo?

Co-op Member, Darleen Muhly, inspired this project for May Day (International Workers Day) to honor the workers killed in a Bangladeshi factory collapse. Attached to a tree and visible at the entrance to the Eastside Co-op's parking lot, fabric tatters were hung to represent each worker who lost her life in this tragedy. If you haven't followed the Bangladesh factory story, you can read the basics here: http://www.huffingtonpost.com/2013/04/28/bangladesh-building-collapse-fire-factory_n_3174732.html

Finance Update:

1st Quarter 2013 Budget Report

By **Grace Cox**, Staff Member and Bookkeeper

Another fiscal quarter has come and gone and the Co-op’s finances continue to be a combination of good news and challenges. Follow along on the spreadsheet while I go through the numbers. The very first line, Sales, shows that we finished first quarter 2013 slightly ahead of budget. This good news has continued beyond first quarter; April sales grew 9.77% over 2012 at the Eastside, and both East and West had near record sales the first week of May. In spite of the strong sales growth, we ran slightly below budget on gross margin. Since we no longer do a physical inventory count at the end of first and third quarters, the purchases number is estimated, so some or all of this \$15,000 discrepancy may correct itself at the end of 2nd quarter.

Moving down to the expenses, the good news is that we have been able to control spending in all non-labor categories. The bad news, obviously, is that our total labor was significantly overspent. The good news is that we know where it went and are already making progress. Included in this first quarter report are some extraordinary medical costs (the Co-op’s health plan is self-funded with a stop-gap plan that covers the Co-op in extraordinary situations), and a huge number of extra work hours required to install our new register system. We also added 5 new staff members, and many hours went into their training. The project hours and new staff training continued into April, but by mid-May these additional expenses were nearly completed. The staff collective has worked hard to control non-essential labor hours and continues to find ways to work together more efficiently.

You can see from the spreadsheet that we posted a net loss of \$15,995.92. Not good news, but manageable news. We have several projects in the

Olympia Food Co-op Quarterly Budget Report			
– For The 3 Months Ending March 31, 2013 –			
	2013 Actuals	2013 Budget	\$ over Budget
Revenue:			
Sales	3,933,193.00	3,924,691.69	8,501.31
Discounts	-217,347.94	-221,847.35	4,499.41
Purchases	-2,604,059.17	-2,588,903.72	-15,155.45
Gross Sales Revenue	1,111,785.89	1,113,940.62	-2,154.73
Other Revenue	6,089.81	7,965.00	-1,875.19
Total Net Revenue:	1,117,875.70	1,121,905.62	-4,029.92
Expenses:			
Community & Marketing	23,157.87	30,666.00	-7,508.13
Staffing	920,750.57	812,935.71	107,814.86
Operations	167,631.80	175,357.46	-7,725.66
Depreciation	20,017.50	20,017.50	0.00
Interest	2,587.22	3,370.00	-782.78
Corporate Income Tax	0.00	0.00	0.00
Total Expenses:	1,134,144.96	1,042,346.67	91,798.29
Other Income & Expenses:	-273.34	0.00	-273.34
Total Net Income:	-15,995.92	79,558.95	-95,554.87

works for the Westside store that we hope to accomplish over the next 6-8 months. We are currently letting our cash rebuild after about 15 months of major projects, including the new salad bar and vestibule at the Eastside, the new register systems and new exterior signage at both stores. We are confident that the projects will have a very positive impact on sales at the Westside store. And, as always, if you have questions about the finance report, please contact us at (360) 357-1106 ext. 12.

Pat Kolstad continued from page 3

store, the only one in town at that time. She started working in the produce department, and because of the skills she learned there, got a job at the Tumwater Megafoods. In addition to stocking at the Co-op, she also opened occasionally and at one point took over the Membership File System—the pre-computer system for registering members. Because the Co-op had just one storefront, it also had a small staff. Staff meetings left the store unmanned/unwomanned, so “staff sub” positions were filled by volunteer members. Pat

became one of those.

In 2000 Pat got the urge to return to her academic roots and began working at The Evergreen State College (TESC) as a Program Secretary. This full time work took her away from her volunteer time at the Co-op until her retirement in 2011, at which point she returned to volunteer work as a cashier.

Looking back Pat recalls how her education in healthy eating soared when, in the mid-80’s, she was diagnosed with a brain tumor and urged to have

an immediate operation to remove it. Because she refused surgery, her medical insurance company dropped her like a hot rock. It was at this time in her life that she explored and dove into the world of raw foods. Seeking holistic treatment for her tumor, she traveled to the Optimum Health Institute in San Diego, a center known for its successful treatment of a

number of health issues, all through a diet of raw foods. Pat didn’t return to a doctor for perhaps 7 years, but finally decided to have them check out her progress. Her previous MRI had been purged from the system, so a new one was ordered. The results showed that, while the tumor had not entirely disappeared, it had shrunk by half. And since she exhibits no unhealthy symptoms, feels great, and loves her life, Pat feels no need to live in fear of it. And, since she retired, she and a friend do a 5-7 day raw food detox once a year.

I asked Pat if there were any changes she would like to see at the Co-op. She quickly replied, “the BOSS Squad! At one time the Co-op had volunteer members who did clean-up jobs at both stores. You know, things like deep cleaning the floors, the fridges and freezers, the food bar, the bulk areas, the register stations--anyplace that doesn’t get regular cleaning, but really NEEDS IT! I want to see the BOSS Squad return!” Another suggestion that came to mind for her was the fact that we now have so many staff members (have you seen the latest photo of them all on the steps?) that it is hard for volunteer members to learn their names. She would like to see everyone, staff and volunteers alike, have name tags, not only as a

courtesy to volunteer members, but for other shoppers as well. As a side note, I happen to agree.

As for what she loves about the Co-op, Pat shared with me that because she loves both stores for the unique qualities they each have to offer, she takes on cashier shifts at both locations. She loves the customers and the great conversations that she can engage in, sometimes passing on the latest news on healthy cooking, often with others waiting in line adding their thoughts. “That just can’t happen at a regular supermarket.” Another reason she loves shopping at the Co-op is that “the Co-op does our homework for us in determining which suppliers are ethical about their practices. It’s a tremendously helpful service provided by the Co-op staff for its members,” she says. And finally, Pat asked me to include in her gratitude list a big, “thank you to the staff for being so wonderful to work with!”

Now retired, Pat enjoys life here in Olympia with the simple pleasures: gardening, traveling, volunteering, house-sitting for her relatives, and learning to ride horses.

Life is Good.

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Salads, Slaws, & Summer

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

[reprinted from *The Plum Palate*]

It's summer and the hours are dripping by.

On the one hand, I love this. Late mornings. Kids in jam-mies. Spontaneous park dates. Gardening after nine in the evening.

On the other hand, my own projects have to be shelved. I won't have the luxury of cooking and photographing for an entire morning or long hours to pull weeds (for some reason, I still imagine I'll have leisurely mornings to do this in the summer).

The truth is, summer is all about the kids. I love all the fun in the sun but a part of me is still mad about it. Those few mornings I'd eked out for my own pursuits disappear with the final school bell. Poof.

My frustration with losing my free mornings, though incontestably self-absorbed, isn't all bad. It stems from passion. There are so many things to do in one summer, I don't have time for them all. I want to write, of course, and practice photography and cook for you. I have about two dozen places on my list of perfect day trips.

There are spas to visit, too, and friends with whom I want to share a morning and a pot of tea. I want to prune the crazy big plants around the perimeter of our front yard and spend a couple of days a week underneath my sun hat with a weed digger in the flat, hot sunshine.

But summer isn't just for me. Life isn't just for me. There is one option: to be with one another. Sometimes there's more togetherness, sometimes less. The thing is, I don't get to decide when. Seasons will not take the long way around to avoid me simply because I have all these plans. Best to be gentle with myself and give in to the too-late sunshine and too-long afternoons and too much grit on my skin. Decide to love lazy days at Burfoot Park with a picnic basket next to me on the blanket and kids scrambling over bleached-out logs that have washed up on the shore.

So the sound of summer, I'm determining now, will be this: shhhh. Hush to the squirming nosy thing that keeps tugging at my flowy summer skirt, telling me to get to work. To move on with my agenda.

"I'm here now," I'll say to it. "Can you see that? I'm eating coleslaw and strawber-

ries and trying not to get sand in either one. That's my biggest problem at the moment. Come back when the kids are at camp in a couple of weeks and we'll talk. Until then, have a little bok choy slaw."



photo by Jennifer Crain

Bok Choy and Radish Slaw with Shallot Ginger Dressing

[adapted from *Maine Food & Lifestyle and High Altitude Cooking*]

4 T grapeseed oil
2 T brown rice vinegar
scant T maple syrup
1 T tamari
scant T toasted sesame oil
½ tsp freshly grated ginger
½ – 1 shallot, thinly sliced
1 head fresh bok choy, thinly sliced
3-4 radishes, finely grated
1 mild salad turnip or ¼ of a jicama root, julienned or cubed
toasted sesame seeds

Put oils, vinegar, syrup, tamari, ginger and shallot in a medium bowl. Whisk well to combine and set aside to allow shallot to soften.

Prepare bok choy, radishes and turnip and toss to combine in a large mixing bowl.

Just before serving, give the dressing another whisk and pour over vegetables.

Toss well and sprinkle with sesame seeds. Serve immediately and eat in the sun with your eyes closed.

What Came First?

The Many Certifications for Chickens and their Eggs

By Emily Van Kley, Co-op Staff

Shoppers in the dairy section may have noticed that your co-op is carrying a wider variety of local and Washington-raised eggs than ever. Even within the Co-op's commitment to sustainable and humanely raised products, shoppers have a lot of choices to make when planning their breakfast omelettes. White or brown eggs, organic or just cage-free eggs, local or regional eggs, and more. One important thing to know is that the Co-op carries NO eggs from cage-raised hens. The industrial farming practice of crowding 8-10 hens in cages roughly the size of a filing cabinet drawer goes against our product selection standards, not to mention the fact that it hurts our hearts. Rest assured that ALL the eggs you see at your Co-op are cage-free. Beyond that, here is a summary of the types and characteristics of eggs you'll find at your Co-op.

Cage-Free non-organic

Sunrise White Eggs (Stiebrs Farms, Yelm)

These eggs come from barn-raised hens who have plenty of access to grains, water, and lots of space move around. All of the eggs we carry from Stiebrs are hormone and antibiotic-free and hens who lay them eat a 100% vegetarian diet. Contrary to popular belief, brown eggs are no more "natural" than white eggs: different breeds of chickens simply lay different colored eggs. At Stiebrs, white eggs are laid by the classic Leghorn breed of chicken, while brown eggs come from Rhode Island Reds. At \$2.89 per dozen, these white eggs are the Co-op's most economical option.



Bulk Brown Eggs (Stiebrs Farms, Yelm)

Stiebrs bulk brown eggs allow shoppers to reuse packaging again and again.



Chill buyer Polly Hawver gets familiar with the hens photo by Arielle Wortman

Organic

Go-Organic Brown Eggs (Stiebrs Farms, Yelm)

Many people wonder whether the organic eggs they buy are also cage-free. The answer is that organic standards require hens to be raised in a cage free environment. Therefore, if an egg is certified organic, that egg is also certified cage-free. In fact, organic standards actually go further than cage-free standards: for an egg to be labeled organic, hens must have access to the outdoors. Organic barns at Stiebrs farms have several large doors that lead to a fenced outdoor area the hens may access any time of day. In terms of feed, since organic standards do not allow genetically modified organisms, organic eggs come from hens who eat only organically certified, non GMO feed.

Bulk Organic Eggs (Stiebrs Farms, Yelm)

As with the cage-free eggs, we have a bulk organic option to reduce packaging waste. Same practices, less paper.

Go-Organic Omega-3 Brown Eggs (Stiebrs Farms, Yelm)

These eggs are produced by hens whose diet includes flax, a seed high in Omega-3 fatty acids. Omega-3s are nutrients human bodies do not produce on their own that have been associated with protection against heart disease and possibly stroke, as well as having potential benefits for cancer, inflammatory bowel disease, lupus, rheumatoid arthritis and more (Source: Harvard School of Public Health).

Go-Organic Jumbo Brown Eggs (Stiebrs Farms, Yelm)

At the Eastside, you can find a new addition to the Co-op's line of organic eggs: Jumbo organic eggs from Stiebrs. "Jumbo" is the egg industry's largest designation—it refers to eggs that are 2.5 grams or heavier. (By contrast, large eggs must weigh at least 2 grams). For those of you willing to go to great mathematical lengths to find a good value, the Co-op's Jumbo organic eggs (at \$4.67 per dozen) cost about 15 cents per gram of egg, while regular large Go-Organic eggs (at \$4.42 dozen) come out to about 18 cents per gram.





Pasture-Raised

Pasture-Raised Organic Brown Eggs

(Stiebrs Farms, Yelm)

Many people believe that the designation “pasture-raised” is the same thing as saying hens have access to the outdoors, but this isn’t always true. The difference is in the quality of the outdoor environment. Chicken yards for hens who simply have access to the outdoors are sometimes decks or other artificial environments that don’t include interaction with dirt, grass, bugs, and other elements of normal chicken habitat. At Stiebrs they’ve always done much better than this, simply fencing the ground outside their chicken barns for their organically-raised hens to access, and making sure the doors are big enough for several hens to exit and enter at once. But over the years, the family has noticed that as the chickens’ outdoor areas became packed dirt without a lot of insect activity, the hens weren’t as attracted to being outside and often spent a lot of their time in the barn anyway. This is where the pasture-raised difference comes in. Pasture-raised hens have access to outdoor areas that are covered in grass and other plants, which creates habitat for bugs, and gives the hens a more diverse diet while encouraging them to scratch, peck, and otherwise engage in normal chicken activity. Fencing, when it exists, is rotated to ensure access to fresh plant material (at Stiebrs this happens twice each week). Pasture-raised hens are therefore much more likely to spend a large portion of their days outdoors. This practice of creating and maintaining regular pasture is more costly, which tend

to make the eggs somewhat more expensive, but many claim that the difference in nutrition offered by the hens’ more diverse diet, as well as the better quality of life they experience, is more than worth it. Stiebrs’ are the only certified organic AND pasture-raised eggs the Co-op currently carries.

The Egg Lady Eggs

(Olympia, WA)

The Egg-Lady supplies the Co-op’s most local eggs. Located in Olympia, this farm keeps about 1700 birds that are fed a mix of non-organic grains delivered from Tacoma X-Cel Feed along with plenty of produce and vegetable scraps, much of it certified organic. The hens spend every day from 7 in the morning until dusk roaming on substantial pasture, and since the Egg Lady keeps a variety of different hen breeds, the eggs you buy come in a mix of colors from white to brown to green.



Helen the Hen Eggs

(Wapato, WA)

Helen the Hen Eggs is the newest egg vendor for the Co-op. Helen the Hen Eggs are raised at Baron Farms in Wapato, Eastern Washington. Hens raised at Baron Farms spend most of their time out-of-doors and have an estimated 15 square feet of pasture per hen to roam. Though the hens’ feed is not certified organic, it is certified non-GMO. And if you are sensitive to soy, you’ll be happy to know that these are the only eggs the Co-op carries that are produced by hens eating certified soy-free feed.

Got Art?



Martha Chubb’s stained glass design

Co-op Staffers Christine Malek, Martha Chubb, Jules Risteen, Tim Hall, James Scott, and Joel Kluger shared their Art during Olympia’s Annual Spring Arts Walk.



Christine Malek’s sprouted creatures



Jules Risteen’s watercolor photos by Desdra Dawning illustrations from The Lord of the Rings

Come to the Co-op’s downtown office during future Arts Walk events to celebrate the talent among our Staff!

Welcome New Staff!



(L to R) Paris McClusky, Max Whetstine, Christos Papaicovou, Maxim Etile, Ange Duval

Let It Grow!!

with help from the OFC Gardening Center

week in the mid-70's. The fencing you thought was so secure wasn't and now you have a family of cute but destructive deer living in your perfectly maintained beds. And the vacation you worked so hard to plan is set to begin during the first and only heat wave projected for the summer and you can't find anyone to water your robust but delicate plants.

There's a lot at stake for those of us adventurous enough to garden but when you weigh the risks it's just too exciting not to have at it year after year. Imagine what our local farmers have to deal with every single day as they shepherd along the crops that feed all of us. I only have to think about my family and that's challenging enough. Our local farmers are my dirt heroes and inspiration. I may never be able to grow a bunch of carrots as pretty as Calliope, cauliflower as perfect as Wobbly Cart, or parsnips as beautiful as Piece By Piece. I've got to dream and even these talented farmers have their share of set backs and disappointments. They just hide them from our tender eyes. And you know what, if my carrots don't germinate or my bitter greens bolt, they're there to fill in till I can replant or get to the Co-op to buy some replacement starts. Rising River Farm's got my back in both instances. They grow starts and veggies for the Co-op.

But fear not. You can do this. You too can be a successful garden-er in what many consider the best growing climate in the country. That's where your OFC garden center comes in. Our departments are small but packed with as many garden necessities as we can get our hands on and can cram in. If you need row cover to keep your plants comfy at night, worm tea to green up the sad yellowing plants, veggie starts, seeds, small hand tools, fertilizers and instructional books, we've got what you need when you need it. Even if we don't carry what you're looking for, we might be able to special order it or help you find a supplier who does.



Young gardeners, Liam and Fiona, survey starts for their plots *photo by Jen Shafer*

Our garden team works tirelessly to bring you products from the best sources out there. We prioritize supporting local producers as well as companies that are doing something so special but cannot be found anywhere

We'll be offering veggie and herb starts through fall. Then, come September and October, seed garlic, tulips and cover crop will fill our shelves, not to mention everything you'll need to plan for the winter. But let's not talk about winter just yet. Summer's just barely considered arriving.

So dig in with reckless abandon. Check out our fantastic selection of products at both stores. Don't let fear stop you from experiencing the joy of dirty fingernails, tired muscles, hand calluses, and that big ole basket of veggies and fruits freshly harvested for dinner with your friends. If nothing else convinces you just remember this one thing...

GARDENING IS SEXY.

End of story.

continued from Page 1



Westside Garden Center Volunteer Extraordinaire Janie O'Donnell stocking seed potatoes with Sami, the garden mascot *photo by Kim Langston*

Suppliers We Love and Support (and we hope you do too!)

- **Black Lake Organic** (Olympia, WA)
Supplies a terrific assortment of premium organic specialty fertilizers blends and soil amendments
- **Down to Earth** (Eugene, OR)
Our largest supplier of basic garden goods & books
- **Independence Valley Farm** (Rochester, WA)
Cut tulips & Betsy sources all our tulip bulbs for fall planting
- **Irish Eyes Garden Seeds** (Ellensburg, WA)
Seed potatoes, seed garlic, cover crop seeds, asparagus roots, strawberry plants, onion & shallot sets
- **Morning Dew Farm** (Rochester, WA)
Edible & ornamental perennials & shrubs, ground cover, strawberries and a little bit of this and that when available
- **Peaceful Valley Farm Supply** (Grass Valley, CA)
Supplier of basic garden goods
- **Pigman's Organic Farm** (Olympia, WA)
Rhubarb plants, potted & cut flowers.
- **Rising River Farm** (Rochester, WA)
Veggie Starts for early and late season growing
- **Scratch & Peck Feeds** (Bellingham, WA)
Naturally grown, non-GMO, soy free feeds. We can bulk order anything they offer for you and your animal friends.
- **Seed Savers Exchange** (Decorah, Iowa)
Organic & conventional, open pollinated, heirloom and heritage seeds for home gardeners.
- **Spring Creek Farm** (Rochester, WA)
*Wide assortment of culinary & medicinal herbs
Veggie Starts for early and late season growing*
- **South Bay Soil** (Olympia, WA)
Peat-free potting soil & seedling mixes, bark-free compost and compost tea bag concentrates
- **Uprising Seeds** (Acme, WA)
Open pollinated & certified organic seeds
- **Wiser Worm Farm** (Olympia, WA)
Worm tea & worm castings

Food Sovereignty

continued from page 1

difference between sending canned tuna to hungry people, and working with a community of fishermen to keep a local, sustainable harvest available for both them and their grandchildren. It's the difference between top-down, and bottom-up.

Food sovereignty and food security, of course, don't have to be mutually exclusive. In fact, food security can be considered a goal of food sovereignty. But food sovereignty encompasses much more than just adequate nutrition. At the 2007 Forum for Food Sovereignty, more than 80 countries adopted "Declaration of Nyéléni," which says in part:

Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems. It puts those who produce, distribute and consume food at the heart of food systems and policies rather than the demands of markets and corporations. It defends the interests and inclusion of the next generation. It offers a strategy to resist and dismantle the current corporate trade and food regime, and directions for food, farming, pastoral and fisheries systems determined by local producers. Food sovereignty prioritises local and national economies and markets and empowers peasant and family farmer-driven agriculture, artisanal fishing, pastoralist-led grazing, and food production, distribution and consumption based on environmental,

social and economic sustainability. Food sovereignty promotes transparent trade that guarantees just income to all peoples and the rights of consumers to control their food and nutrition. It ensures that the rights to use and manage our lands, territories, waters, seeds, livestock and biodiversity are in the hands of those of us who produce food. Food sovereignty implies new social relations free of oppression and inequality between men and women, peoples, racial groups, social classes and generations.

In short, food sovereignty recognizes the many issues that come together around the food that nourishes our bodies, families, and communities. Instead of panicking at the extent of these interlocking "problems," it embraces the multiple opportunities we have to grow connections and make a difference.

In the five years that I have worked at the Olympia Food Co-op, one of the most often expressed concerns is that our mission is too broad. Our goals range from making good food accessible to more people and supporting local production, to supporting democratic process and efforts to foster a socially and economically egalitarian society. It's a valid concern that, for an organization of our size, our mission might stretch our resources too thin and dilute our power to change any single thing in favor of attempting to address many things. But it's also true that the broad approach of our mission statement embodies the holistic approach that the food sovereignty movement demands. Environmentally

sustainable production can't be separated from the rights of workers in the fields, which can't be separated from immigration reform or the right to form unions. The support of locally produced food cannot occur without acknowledging the difficulties that low-income families and families of color face in sharing that bounty, and those barriers can't be addressed without understanding the history that created them. The right for consumers to control what's in their food (and who is producing it and to what standards) can't be separated from the struggle of America's indigenous peoples to have the history of the land that food is grown on recognized, and their treaties upheld. By acknowledging and encompassing these connections, our mission statement was ahead of the curve when it was first created and continues to grow in relevance as more movements connect across political and national boundaries. And as a cooperative, whose members control the organization that supplies their own food, we put food sovereignty into practice with our very existence – as you do when you vote in Co-op elections, and shop in the stores.

The lesson of the food sovereignty movement is not that we face an overwhelming situation with so many strands that we despair of ever untangling it all. Instead, those strands are pieces of a weaving that each of us hold one or two of. In acknowledging the many threads and working together, we rebuild more resilient and diverse food systems that nourish our whole community. That's the beauty of food sovereignty.

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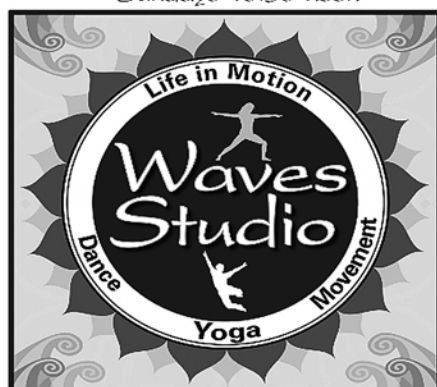
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Tiny House, Big Heart:

A Follow-Up to the Fire that Destroyed Staff Member Kim Langston's Tiny House Last Summer

By **Kim Langston**, Co-op Staff and Tiny House Dreamer

It'll be nine months on May 22nd since the tiny house on wheels Jenn Kliese (Co-op Staff member and my partner) and I were building burned down in a mysterious and undeterminable fire. Nine months that've felt like a lifetime and a second all at once. At the time I couldn't have imagined such a thing happening. It was surreal—the kind of thing that happens to other people but not me. It's that naïve thinking that we all carry around and hope we never have to admit out loud. I was completely side-swiped emotionally and financially and my spirit badly bruised, but I'm a fighter and a dreamer and those two combined keep me safe. Fortunately I work at a collectively managed cooperative business that values my life as well as my work and I was able to take time to heal and figure out what to do next.

So, that's what I'm here to do now! My story is no longer one of sadness but one of determination and hope. My mission is to rebuild my



Staff members **Kim Langston** and Jenn Kliese at work on one of their tiny homes *photo courtesy Kim Langston*

tiny house this summer. Our goal is to involve as many people from as many places as possible. With the help of very amazing and devoted friends, Jenn and I have pulled together a pretty incredible Indiegogo fundraising campaign. Indiegogo is an online crowd funding website that helps people raise funds globally to support projects locally. We'd like to invite you to check out what we're up to and see if it's something you'd like to be involved in supporting.

To find out more, check out our campaign affectionately called Tiny House, Big Heart by visiting this site: <http://www.indiegogo.com/projects/tiny-house-big-heart>. You can also like us on Facebook at Tiny House, Big Heart. Each time you click on our campaign we get closer to the front page of Indiegogo and that makes our campaign more visible to more people.

We're offering some truly incredible perks to folks who donate. Aside from continuous rounds of hi-fives and eternal love and gratitude we're offering for \$1 pledges, supporters can make a donation for some of the following perks:

Jami Heinricher of Olympia's much beloved Sherwood Press is going to put the pedal to *continued on facing page*

Why Kim's Campaign is So Worth Funding:

- *Because holy smokes this house is going to be so beautiful and you can say you had a part in building it.*
- *Because it's super duper supporting someone trying to do something unique and inspirational.*
- *Because tiny houses on wheels are rad structures of art that should litter the landscape everywhere but don't.*
- *Because we live in a culture that devalues our desires to live life differently and this project challenges that notion and tells the "American dream" to take a hike.*
- *Because the perks are amazing and all these artists deserve your divine attention.*
- *Because this project isn't just about me building a tiny house but about people allowing themselves the space to envision something and go for it even though it's hard.*
- *Because giving is fun!!!*
- *Because Kim is awesome and totally honorable!!!*

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: 311 9th Ave SE, Olympia (behind downtown public library)

Edible Weeds 101 – Tuesday, June 11th, 6 - 8pm
Facilitator: Kate Tossey – Location: Eco House at Fertile Ground – Limit: 15
Come explore the world of edible weeds. This introductory class will help you recognize edible weeds, learn where to locate them, and provide recipe ideas and food safety information. Handouts will be provided, as well as samples to see and taste. Join us for a whole new approach to weeding your yard!

Making Miso – Sunday, June 16th, 6:30 - 8:30pm
Facilitator: Summer Bock – Location: GRuB Farmhouse – Limit:30
Making Miso is a delicious healing food that is easy to make when you have access to the right starter culture. Join Summer Bock, Health Coach, Herbalist, and Fermentationist, in this action-packed, hands-on, miso making demo and lecture explaining the health benefits and the science of miso. Sample different types of miso, too!

Co-op Principles In Action – Saturday, June 29th, 2:30 - 5pm
Facilitator: Joanna LaTorre – Location: Timberland Public Library (313 8th Ave SE, Olympia) – Limit:35
Why are so many Co-operatives so involved in their communities? Why do they offer member ownership and education? One of the ways cooperatives around the world are unique from other business structures is that they adhere to a set of International Cooperative Principles, which have to do with member participation, concern for community, cooperation among cooperatives, and more. Come hear how cooperatives in your community are putting these principles to work for you!

All About Summer Salads – Sunday, July 7th, 2 - 4pm
Facilitator: Erin Majors – Location: GRuB Farmhouse – Limit: 20
Want to learn to make a few easy and fabulous salads for healthy eating and entertaining? Come join Erin and learn 5 simple and delicious salad recipes. We will focus on using seasonal produce and will also cover basic vinaigrette preparation and variations.

Handmade Pasta – Saturday, July 20th, 2 - 4:30pm
Facilitator: Christine Ciancetta – Location: GRuB Farmhouse – Limit: 20
Perfect for the first-time pasta maker, this hands-on class instructs students in the basics of traditional fresh egg pasta. Christine will guide you through the steps in mixing the dough in a well on a board and shaping with a hand-cranked pasta machine. You'll also learn how to incorporate fresh herbs or black pepper in your dough for easy and delicious variations. Sample your work with Cucina Ciancetta Marinara and an olive oil garlic sauce.

Nutrition for Pregnancy & Healthy Baby and Children
Monday, July 29th, 6 - 8:30pm – Facilitator: Gwen Krieger – Location: Eco House at Fertile Ground – Limit:25
We have an epidemic of infertility in the United States and we are experiencing astounding increases in diseases and illnesses in our children. Why is this happening? Could our diet and the enviornmental toxins we are exposed to daily have a direct impact on our ability to become pregnant and impact the health of our children? Is there a way to reverse these trends and improve our ability to get pregnant, experience a healthy pregnancy, and ensure that our children will experience a healthy and vibrant childhood? Come learn how the foods we eat are the keys to the puzzle.

Making Fermented Vegetables – Sunday, August 11th, 6:30 - 8:30pm
Facilitator: Summer Bock – Location: GRuB Farmhouse – Limit: 30
Learn how to make fermented veggies from the one and only OlyKraut. Summer Bock will show you everything you need to know! She will teach you how to make delicious raw sauerkraut that is filled with probiotics. These beneficial bacteria are known to support your digestion, end constipation, decrease sugar cravings, and boost your vitality. You will learn her secrets and tricks of the trade for how we create the most amazing recipes at my gourmet sauerkraut company, OlyKraut. Enjoy samples of sauerkraut and leave with recipes and instructional handouts. Join us!!

Creating A Thriving Body Ecology – Sunday, August 18th, 6:30 - 8:30pm
Facilitator: Summer Bock – Location: GRuB Farmhouse – Limit: 30
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. This class is a must for folks who suspect they have Candida, sugar cravings, low energy, or a poor-functioning immune system.

Mindful Eating – Saturday, August 31st, 11am - 1pm
Facilitator: Michelle M. Bilodeau – Location: Hill Top Acupuncture & Herbal Medicine (147 Rogers St NW) – Limit: 15
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 further-reaching than any fad diet could ever be. (Vegan, allergen-free food will be served.)

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Tiny House continued from facing page
the metal and push out some crazy beautiful broadsides on her Heidelberg Windmill 10 x 15 platen letterpress for this project. You can also choose a calendar of all original artwork by some of our favorite current and past NW artists such as Nikki McClure, Katie Baldwin, Tae Won Yu,

Karen Lohmann, Sylvia Sovina, Melanie Velera, Marina Gagarina and so many more. A compilation album of all original tracks was recorded specifically for this project and includes such artists as Kimya Dawson, Mirah, Tender Forever, Onyx Dixon, Eleanor Murray, Jenn Kliese, Rae Spoon, Hot Tears, Karl Blau, Calvin Johnson, Lisa

Schoenberg, The Maxines and so many more it'll blow your mind. Help spread the tiny house love! For more information, visit our campaign site mentioned above. All the tools are there. Get perks, make a contribution, or simply follow updates. If enough of us get behind it, we can make 'Tiny House, Big Heart' happen!



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KID'S CORNER

Last "What is it?" was: **Lacinato Kale**
Congrats to last issue's winners:
**Anaya, 7; Atalanta, 9; Brenton, 3; Dallyn, 10;
Denali, 9; Devon, 8; Ella, 10; Huckleberry, 5;
Idra, 5; Jasper, 5; Jehya, 8; Liam, 6; River, 8;
Ruby, 6; Ruby, 8; Ruby, 9; Mia, 9**

If you're 10 or under, guess what is in this photo. Fill out the form and put it in the What Is It? box in the Co-op office, or hand it to a Staff person, by the deadline. Enter once per issue. Guess correctly, and you'll win a \$1.00 gift certificate to spend at the Co-op!

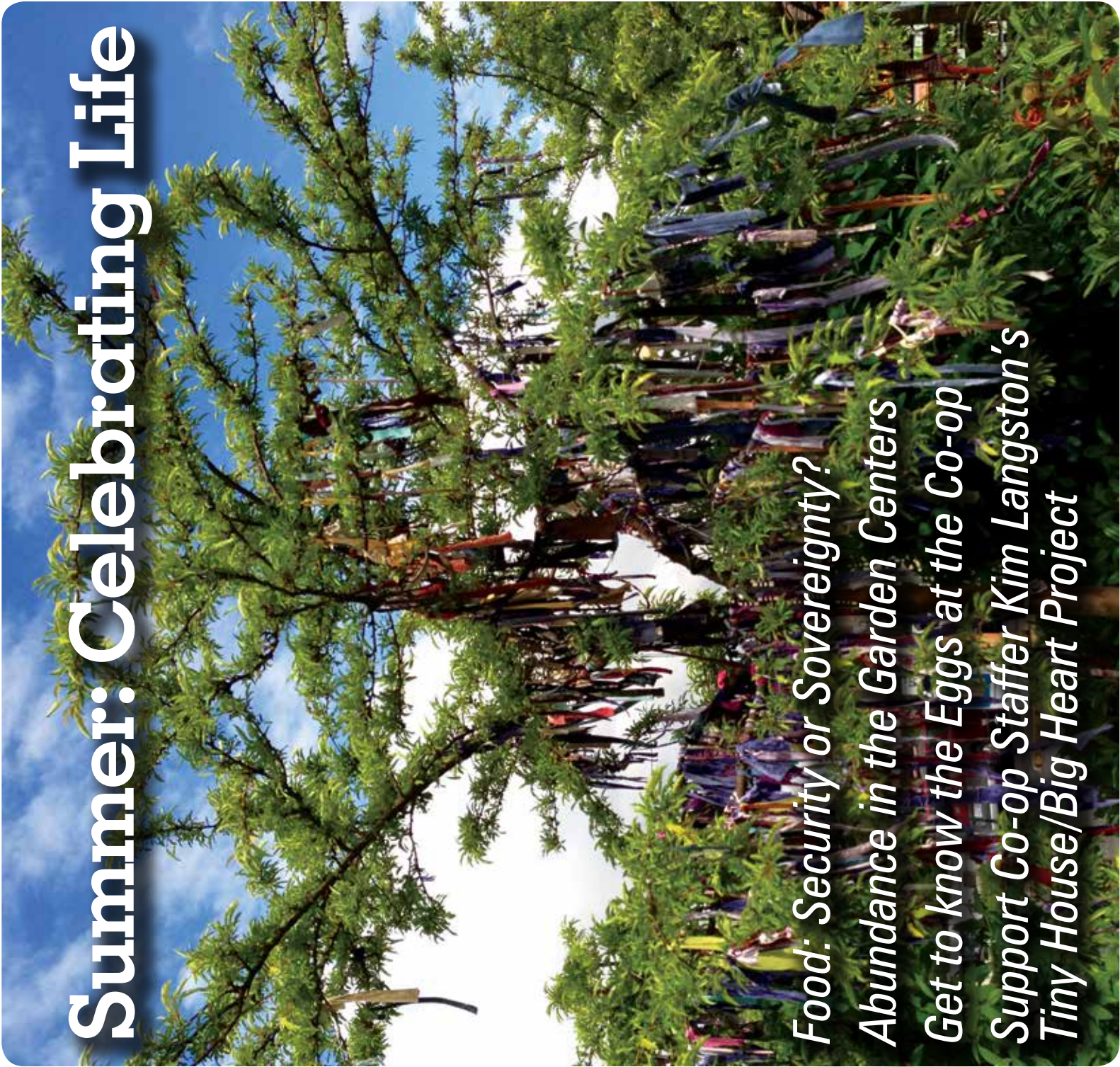


What is it?

Deadline: July 1st, 2013

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



Summer: Celebrating Life

*Food: Security or Sovereignty?
Abundance in the Garden Centers
Get to know the Eggs at the Co-op
Support Co-op Staffer Kim Langston's
Tiny House/Big Heart Project*

*Enjoy a glass of lemonade
with members of the Co-op's
Board of Directors!*



Current Co-op Board members will be pouring lemonade and talking to members at both locations on Saturday, June 15, from 10am-12pm. Have a delicious glass of lemonade and enjoy a chat with the folks you elected to run the Co-op.

Saturday June 15 10am-12pm
Eastside and Westside stores!