



Construction begins on a new fence for the Garden Center

photos by Patrick Maley

Westside Garden Center: *Vision and Update*

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

You may have been wondering how it's been going with plans to create a Garden Center (name yet to be determined) on the property purchased by the Co-op across the alley from the Westside Co-op. You may also be wondering what those plans are. I managed to have a few minutes recently to talk with Kim Langston, one of the Garden Managers for the Westside Co-op. Hopefully, the following will answer some of your questions.

With a small budget of \$30,000, and \$11,000 of that earmarked for bringing the facility up to code with the American Disability Act (ADA), those involved in this project have been working to determine where the balance can realistically be directed. The initial stage--obtaining the necessary permits--was finalized in January after many months of working with city officials. The next stage involves building a new fence and wide gate that will accommodate truck deliveries, removing bricks and pouring a large

cement slab in the yard area between the little house and the back building. It also involves remodeling the back building, including shelves and lighting, to turn it into a retail space. All of the gardening supplies that now live by the front door of the Co-op and those inside, will be relocated to the Garden Center, opening those areas up for other uses--produce displays, for example--and thus serving the Westside Co-op in furthering its expansion plan.

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◆ Calling All ◆ Working Members!

Working members are going to be crucial to the success of the Garden Center. Three-hour shifts will be available to people who are enthusiastic about gardening, prefer to work outside, and have some gardening knowledge. Landscapers will be needed very soon! Master Gardeners will be most welcome and are encouraged to sign on with the garden center.

Members with children who wish to have them participate in Co-op life, but can find no place for them to be of service in the store, could sign them up to work in the Garden Center. Together, they could tend plants and learn gardening basics.

All who might be interested in this opportunity to be a working member at the Co-op are asked to contact Rafael, Westside Working Member Coordinator, for more info, either at the store or by email at rafaelr@olympiafood.coop.



Construction progresses on the new fence and gate...turn to page 3 to see the finished product!

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Eastside Store

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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.

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Cover photo by Patrick Maley

Gardening Tips

From **Margaret Culbertson**, Staff Member

Watering Tip

When planting deep root vegetables such as squash, summer squash, tomatoes, and cucumbers, plant a one gallon black pot that has holes in the bottom next to the plant roots. I like to put the pot in first, with the lip above ground, then put the plant in right next to it. Then when watering, water the base of the plant for the surface roots and fill the pot with water as well. The holes in the bottom of the black pot deliver water way down deep to the lower roots, encouraging healthy, deep roots.

Planting Tip

Plant and water veggie starts in the cool of morning and evening. Planting in cool weather helps reduce the transplant stress on new plants. This is true for other larger transplants, but sometimes harder to negotiate the timing. Water daily and deeply. Watering in cool temps helps the soil retain the moisture longer.



Blueberry Tip

Blueberries thrive in acidic soil. Fertilize with specific products for acid-loving plants. My favorite is the Black Lake Organic Rhododendron and Blueberry Fertilizer. Coffee grounds are great for raising acidity. Coffee shops that make espresso almost always supply used grounds, though only some shops have organic coffee. Mulch blueberries heavily with leaves, coir fiber, grass clippings, wood shavings, etc. Mulching will help with water retention. Blueberries like lots of water, but even more so, they like the acidic soil. Protect the fruit from deer and birds with some sort of netting.

Tip for You!

HAVE FUN! If it's not fun, it may not be worth it to put so much effort into a garden. And keep it simple. You don't have to know the science behind gardening to be successful. Just watch what works for you, and what doesn't work.

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Holy smokes! It's really happening! The new fence at the Westside is fully installed and looks great. Next up: ADA improvements and concrete paths. Before you know it we're going to have a new and improved garden center open and ready for business. *photo by Desdra Dawning*

Garden Center *continued from page 1*

Kim let me know that this is the first time the Co-op has launched something so “thematic,” meaning that it is focusing and specializing primarily on all the aspects of gardening and urban farming, including, as Kim put it, “preserving the bounty for the off-season.” That’s where the back building comes in. A certain “mercantile crossover” will be part of the long-range plan, as the new little store across the alley from the Co-op evolves into its own character, offering customers not only strictly gardening products, but also food preservation supplies and food processing tools, as well as other household items. The hope is to not only double, but perhaps eventually triple the offerings currently available to Co-op customers. Space has always been an issue, and this could free up some in the Westside store for other beloved departments to expand. A Point-of-Sale register system will also be installed, allowing customers to make purchases at the Garden Center.

As the Co-op Expansion has progressed, much consideration has been given to member suggestions. The back building has no heating or plumbing, and in order to stay within budget, those working on this project have applied these ideas to their ultimate decisions as to what is most appropriate for the space. Deli classes and kitchen space have been requested, along with other excellent ideas. Turning the back building into a retail space seems to be, for now at least, the best solution based on the size of the space and what we have to work with. However, Kim also sees the potential for the Garden Center to serve as an extension of the classes program offering workshops on basic gardening and food processing. She envisions these classes including, but not being limited to: all-season gardening, basic tool maintenance, cold frame building, bee keeping, animal husbandry, seed saving and starting, and basic

propagation to name a few. She is hoping to hear class requests from members and is encouraging people who have something to teach to contact the Co-op classes coordinators for more information. They can be reached at classes@olympiafood.coop.

The yard space between the two buildings will be taking on a new look and purpose, too. In order to be both ADA accessible and durable, the brick will be removed and a concrete slab poured. A pathway is to be created for truck deliveries, along with an area for a table and benches for folks to sit and relax or eat. Kim says, “my true vision is that we will be able to create a space for people to sit and have a cup of tea and say ‘Hi!’ to each other that’s in the neighborhood—with enough covered spaces and beauty around them to make them want to participate. There’s nowhere in the Westside neighborhood to do this that’s not a restaurant. In my dream world, people would walk or bike over, enter the gates of the garden and get lost in a wide selection of locally grown plants.” It makes her happy, she says, to think of people walking over on weekends to shop in the Garden Center. Leaving their cars behind. She envisions wagons being made available for customers to wheel home their purchases so they don’t have to drive.

An awning is going to be installed over the French doors on the back building as a covered space for additional retail and also for off-season events. The vision for the yard is to create a gathering space for customers, especially during our warmer and dryer spring, summer and fall months, with retail items, including fruit and vegetable plants, to be scattered throughout. Kim even sees a booth for experienced gardeners with set hours each week where folks can come and get their gardening questions answered by the folks with years of experience to share!

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We ♥ You, Carol: Long-Time Staff Member Retires

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

In 1994, when Carol Sipe first joined the Olympia Food Co-op staff, the Eastside store was just opening its doors. Having arrived in Olympia a few years earlier from Kennebunk, Maine, she found herself quickly drawn to the Co-op, and although she brought with her little grocery management experience, she did bring a good deal of experience in retail, collective management and organic farming. Fourteen new staff members were hired at that time to help run the new Eastside store, and as one of them, Carol was trained to be a new Grocery Manager, a position in which she served the Co-op for 19

years. She also helped with Point-of-Sale (POS) Coordination for some time and the past year has worked as a POS Coordinator and in Customer Service.

At the time that the new store was getting up and running, staff often worked back and forth at both stores. Carol found this helpful in the beginning, as her department adjusted to its customers on the Eastside. "Originally," she said, "we took products that were in the Westside store and put them in the Eastside. But then we found, shortly after, that we had a different clientele. So we had to start changing and increasing products." Today, both stores have emerged with their own distinct characters, and a variety of product lines.



Carol Sipe photo by Gary Galbreath

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Harkening back to her life in Maine, Carol shared with me that she took her craft-worker skills and created Tacky Art Designs, eventually developing it into a successful craft show and nationwide wholesale business. What was the craft that helped her to do this? Carol hand-painted thumbtacks! Colorful, whimsical, artistic little specialty thumbtacks. After her move to Olympia, she maintained her business, until her work at the Co-op took front seat.

Over the last 10 years, while

working at the Co-op, Carol has been able to fulfill a life-long dream. She has obtained a Masters Degree in Human Development from Pacific Oaks College, a California college that had a satellite campus in Seattle. This experience led her to a skill she plans to take with her into her retirement. "While I was getting my Masters," she told me, "I discovered how much I like to write, and now I think of myself as a writer." I asked her what she writes. "I write about ideas," she said. "I write essays, traditional format essays. I like to explore things. The Co-op has been a great laboratory for me to explore ideas, because you can see all sorts of different things there--

continued facing page

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Upcoming Working Member Program Orientations

Come tour the store and learn about Working Member opportunities (including cashiering, stocking, and more) at the Co-op. If you are interested, please attend one of these 2-hour orientations.

Westside Store:

Saturday, April 5.....	10am-12pm
Wednesday, April 16.....	6-8pm
Wednesday, May 7.....	6-8pm
Saturday, May 10.....	10am-12pm

Eastside Store:

Thursday, May 1.....	5:30-7:30pm
Sunday, May 4.....	1:30-3:30pm

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

Finance Report: Wrapping Up 2013

By **Grace Cox**, Staff Collective Member

Wow, what a year 2013 turned out to be for finances at the Co-op. Those of you who’ve been keeping up with the Finance Report throughout the year already know a few of the high- and low-lights we’ve weathered this year. For those of you who haven’t, here’s a brief recap.

At the start of the second quarter we began to incur unexpectedly high expenses in our employee health plan, which caused a precipitous drop in our cash on hand. Although we were never in serious financial danger, we were concerned and set about to do everything we could to protect and rebuild our cash position. Co-ops in the National Cooperative Grocers Association monitor cash in terms of days of cash on hand, a metric that measures your cash against your ongoing expenses and determines how long you can stay in business if money stops coming in, such as could happen with a major weather event, a natural disaster, or major emergency. (Of course, we also carry business disruption insurance that kicks in to replace lost revenue.) Co-ops consider 10 days of cash to be the minimum acceptable amount; for several months our cash hovered at around 7 or 8 days of cash.

In order to rebuild our cash we reduced administrative labor to essential levels and postponed numerous projects. We are thrilled to report that as of Dec. 31, 2013, our reconciled cash on hand topped 10 days (10.53) and has continued to build in the first few months of 2014. This cash increase is after we paid cash for a brand new freezer at the Westside store and made several other small improvements East and West.

The big surprise from the statements here is that we actually ended up with a small net profit. In July, if you had asked any member of the finance team whether or not we would end the year profitable we would have laughed out loud. But we did, which reminds me to say right here that these statements are before corporate income tax. Since by mid year we

did not expect to end up with a profit, we did not expect to owe income tax. We bundle the statements up and send them off to our accountant to calculate our taxes. We don’t expect to know the exact amount for several months, at which time we’ll finalize the statements for archiving, and the profit we actually show will be smaller.

We had strong sales in fourth quarter, which left us with year to date sales about \$233,000 over budget. This helped offset the health care overrun of around \$150,000. Ratcheting down on non-essential expenses also helped create a positive bottom line.

A member asked me recently what we are doing to protect ourselves from another health overrun. Self-funded health plans are difficult to predict in advance. One never knows when there might be catastrophic expenses, and how many catastrophic expenses one might face. Actuarials show that employers who offer

a self-funded plan (as opposed to a plan where the employer pays a set amount per employee month in and month out, aka premium), win four out of five years. We “won” 7 years in a row. Because of our performance over the previous 7 years, we calculate the worst case scenario and then budget for a percentage of that total. In 2014 we have budgeted for a significantly higher percentage of worst case scenario in order to protect ourselves against another high medical expense year. Also in the budgeting process staff looked at several options for shifting small parts of the burden of the health care expense to staff such as increasing co-pays or adding a deductible to the plan. We were able to balance the budget without adding costs to individual employees and maintain our excellent coverage, but know that we have some options should expenses be extraordinarily high again.

We learned a lot this year. The Finance team has increased the frequency of reporting and set benchmarks for numerous financial indicators. We learned that we have the capacity to make operational adjustments in a timely manner. We’re excited to be back in a position to implement several large improvements in and around both stores throughout 2014. We hope you will be excited with pending improvements as well.

Olympia Food Co-op 4Q 2013 YTD Budget Report – For The Year Ending December 31, 2013 –

	2013 actuals	2013 budget	\$ over Budget
Revenue:			
Sales	15,998,662.43	15,764,715.18	233,947.25
Discounts	(898,405.57)	(891,754.23)	(6,651.34)
Purchases	(10,621,124.50)	(10,401,588.28)	(219,536.22)
Gross Sales Revenue	4,479,132.36	4,471,372.67	7,759.69
Other Revenue	37,508.81	34,660.00	2,848.81
Total Net Revenue:	4,516,641.17	4,506,032.67	10,608.50
Expenses:			
Community & Marketing	101,641.25	138,043.00	(36,401.75)
Staffing	3,598,707.74	3,434,323.30	164,384.44
Operations	702,840.04	726,423.99	(23,583.95)
Depreciation	58,894.20	58,894.20	0.00
Interest	13,609.48	13,480.00	129.48
Corporate Income Tax	0.00	0.00	0.00
Total Expenses:	4,475,692.71	4,371,164.49	104,528.22
Other Income & Expenses:	(24,935.84)	26,577.64	(51,513.48)
Total Net Income:	65,884.30	108,290.54	(42,406.24)

Carol Sipe continued from previous page

just being there, paying attention. Working in a multi-cultural organization, you get a lot of opportunity to be challenged on your ‘isms.’ ”

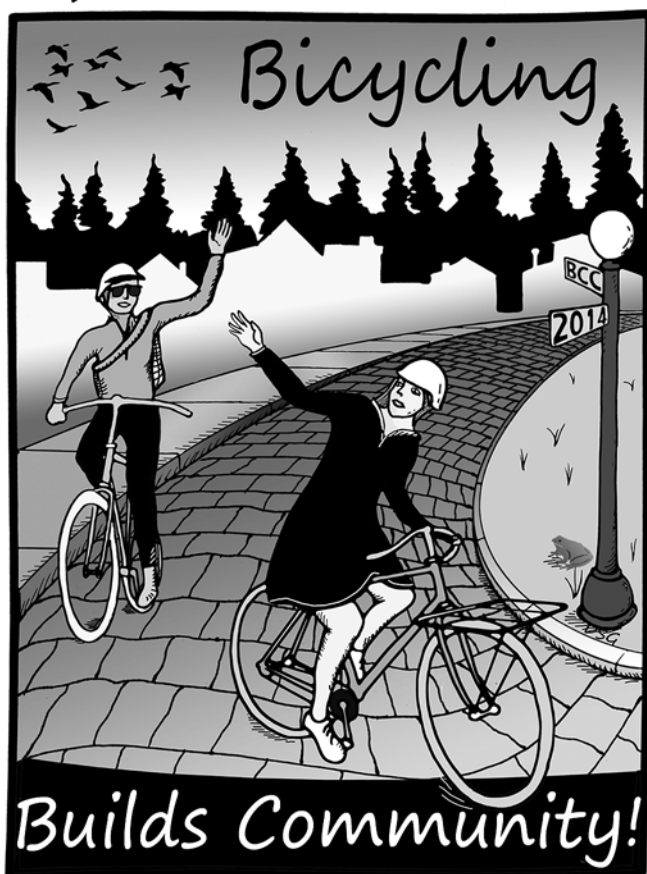
I asked Carol what she plans to do once she is no longer working at the Co-op. “A good friend,” she confided, “told me to take a year off and not commit to anything, so that’s what I plan to do. I have been working since I was 9. I grew up in a family business, so you worked. You weren’t just a little kid standing around. So for me to stop working will be a bit of a shock, but I plan to do it--to take a year off and decide what I want to do next.”

So, after 20 years, Carol is leaving the Co-op. What, I wondered, kept her there? “The Co-op was a great

venue for me to be able to do the social justice work I committed a lifetime to,” she confided, “and also to be of service. It would take different forms at different times during my life here.” Realizing that her position as a buyer allowed her to do social justice work while at the same time providing for people’s needs, Carol took on the development of the candy wall. Looking for products that came from Fair Trade sources, she realized that the Co-op could support people all around the world and at the same time teach Co-op customers about Fair Trade practices. “To me,” she said, “that was the whole package. You’re teaching people about what they’re eating and drawing connections all the way back to the source, to the origin. That’s the beauty of the Co-op. In my position, I got to know the producers and talk with and learn from them, and then bring that knowledge back to the membership.” When she

was doing the candy wall, people would ask her why the chocolate cost so much and she would say, “Here’s what chocolate should really cost and here’s why. These people are not on Hershey chocolate plantations. They are developing a business for themselves and trying to save their rainforest, too. We should be paying them a fair wage.” Then she added, “You don’t get this sort of education in a general retail store. At the Co-op, we have the ability to do the research and bring it back to the membership.”

I asked Carol if she had any parting words. “Thank you,” she said. “While I am ready to move on, I want to say thank you to the staff and volunteers, who are really great people, and especially to the members. I am so grateful for the opportunity I have had to be able to provide a good service to our community.”



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Local Farm Profile: The Egg Lady

By **Maureen Tobin** and **Arielle Wortman**,
Staff Members, and **Desdra Dawning**, Co-op Member

There is a shelf in the Co-op's dairy case that serves as the home for some wonderful, locally-grown eggs. They are delivered as often as possible by Barbara Long, our Egg Lady. Her farm--26 acres of fenced pasture and pens, wooded areas, and several houses near Tenino--has been producing eggs for the Co-op for eight or nine years. In fact, the Co-op was her first retail customer! In order to expand operations, she is presently clearing an old pig pen to create more pasture space, and is still doing clean-up from damages caused by the big ice storm we all endured a couple of winters ago.

Barbara starts her day at 5am in order to tend to her 1,200 chickens. She has several breeds in her flock. The Americanas can be rather temperamental, but they lay those pretty olive and periwinkle colored eggs. She also has Bard Rocks and Rhode Island Reds. Roosters are separated from the hens, and she has found that separating by breed leads to fewer fights and pecking issues. Expecting 700 new day-old chicks this year, Barbara is cleaning and doing repairs on the old hen house that will be housing the babies.



Many breeds are raised here.

The entire Egg Lady business is run single-handedly by Barbara, although her mother (in her 90's) hand stamps all of the egg cartons. She does most of the typically automated processes by hand, such as sorting



The Egg Lady holding up a little chicken feed photos by Beth Weisenmiller

compost, gathering eggs, washing and candling them.

The chickens are provided with cedar bark for scratching, and are fed XL layer feed crumble and compost from Bayview Market, both of which are non-organic. They have lots of access to fresh air and worms too. Sometimes egg operations can have problems with widespread sicknesses among the chickens. This has never been the case with Egg Lady chickens, so medications (such as antibiotics) have not been needed. It is also good to note that no chemical solutions, like those used in large commercial egg businesses, are used in the egg-cleaning process.

Egg Lady delivers to markets in both Tacoma and Olympia, and will soon need to raise prices due to an increase in the cost of feed. These eggs can be difficult to keep in stock at the Co-op, but their popularity attests to their excellent flavor and freshness.

How Do YOU Like Your Eggs?

Carin Christy's Eggs and Chard

Saute chopped rainbow chard with onions and olive oil in cast iron pan, whisk together 7-8 eggs (I use a big pan). To the eggs add fresh herbs (thyme, marjoram, rosemary or whatever you like) and about three quarters package of feta cheese broken up. Pour the eggs over the sautéed chard and let set on low heat for a bit, then put it in the oven to broil until it looks done.

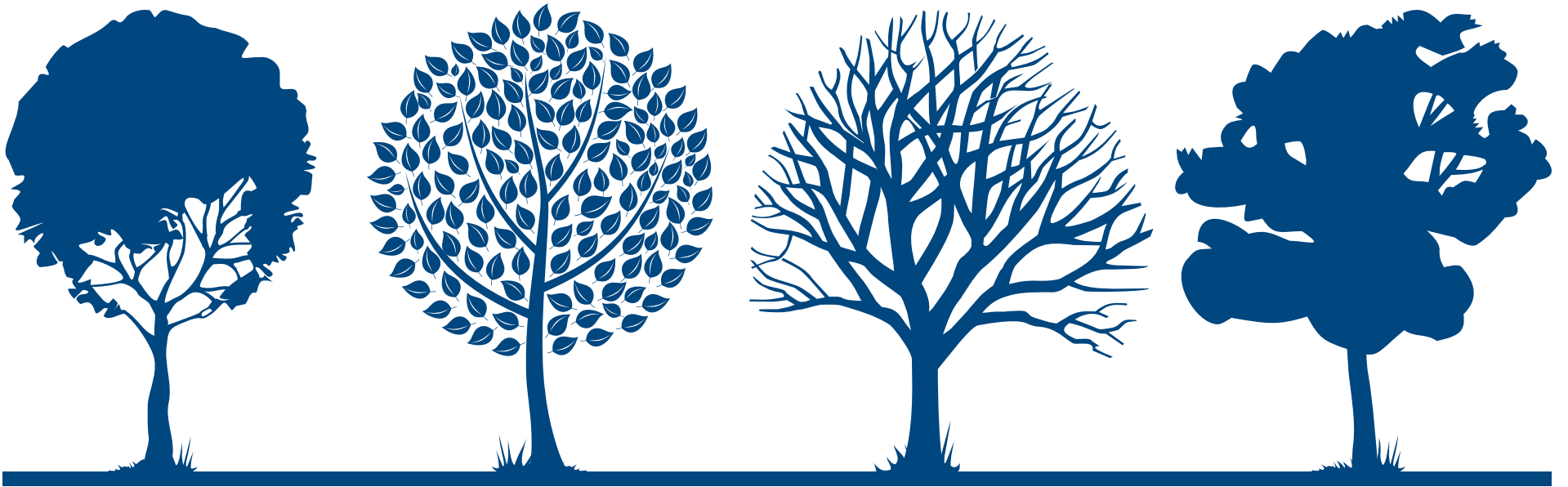
Steve Hodovance's Wah-la!

Lightly brown onions and fresh garlic in butter...add olives, green/sweet peppers, mushrooms...saute, add 7-9 eggs, grated cheddar cheese, and spices (in

cast iron pan). Turn heat to low and cover for about 30 minutes....Frittata!

Lynn Hicks Says:

Grate one zucchini. Mince one clove garlic. Finely chop 2 tablespoons sweet onion. Beat 4 eggs together in a bowl. Heat olive oil in a skillet over medium heat (don't let the oil smoke!), add the minced garlic and chopped onion, sauté for about a minute. Add the grated zucchini and sauté another two minutes. Mix into the skillet one-half cup or so of a cooked grain - either quinoa, brown rice, another grain, or a combination of grains. Stir the eggs into the mixture in the skillet; add one-quarter cup or so of parmesan cheese. Stir a couple of minutes until the mixture starts to set, and then leave it to cook for 5-7 minutes, until browned. Flip it over two or three sections at a time (all at once if you can! I can't...) and cook for 4-5 minutes more, until browned.



Member Relations Committee Update

By **Lois Maffeo**, Co-op Member

Hello Members! The Member Relations Committee of the Olympia Food Co-op is continuing our work to facilitate communication between the membership and the organization and we want to update you on our work and encourage you to get involved. In the coming months we will be working on a member handbook for use on the new OFC website and helping to organize some member/staff/board gatherings to discuss governance and updates to the membership

database. We would like to increase the number of Members-at-large in the MRC committee to four. This opens up two new Member-at-large positions. Committee members attend monthly meetings, respond to member concerns, maintain and distribute policy information related to membership, and organize informational meetings. If you are interested in earning volunteer credit doing Member Relations Committee work, please email memberrelations@olympiafood.coop for more information. We hope to hear from you!

Board Report

By **John Regan**, Board Member

Locally Grown ... and *Locally Owned*

With fresh and local foods becoming more popular, traditional food manufacturers and commodities traders have gone on the offensive. Describing local food advocates as “locavores” a Wall Street Journal “Opinion” piece asserts that “local foods do nothing to help the world’s poor, who have long relied on export markets for their livelihood.”



The Co-op marks locally farmed produce and other products with this bright green sticker

Another Journal article states that “Multinational food corporations argue in closed door meetings with government officials that snack food is a staple for the poor.”

But it’s not only middle and higher income people who value fresh, local food. During our 2012 exchange with the Venezuelan cooperative Cecosesola, we had the chance to learn about a 46-year-old organization that is part of a network of cooperatives, including food producers, processors and markets, that form a local food system providing good-quality, locally-produced food. Since its founding, Cecosesola has grown to over 1,000 workers while maintaining its cooperative values and practice of consensus decision-making. Given the Wall Street journal’s perspective, our exchange with Cecosesola might have placed more emphasis on local food systems.

Venezuela is no stranger to food shortages; the shortages however have been limited to internationally traded crops like wheat, sugar and rice. But Cecosesola’s food ferias are always filled with locally grown peppers, corn, tomatoes, avocados, melons, potatoes, onions, pineapples and greens. The cooperatively produced crops are in abundance, while sugar, the crop grown closest to Cecosesola’s ferias is often in short supply. This is because the availability of internationally traded crops is determined by market conditions.



Cecosesola’s headquarters photo by Alejandra Abreu

By their nature, cooperatives are locally owned; they produce for the community and they invest in the community. The example of Cecosesola has led the Olympia Food Co-op’s as yet unnamed “Cooperative Development Committee” to conclude that “local” is not enough. In a local food system “locally grown” should also be “locally owned,” with production to meet local need.

The Cooperative Development Committee envisions participating in the development of a network of local cooperatives. A strategy meeting last month included participants from the New Moon Cooperative Cafe, Evergreen’s Student-Run Flaming Eggplant Café and COFED, the Cooperative Food Empowerment Directive (the support network of student-run campus food services). Starting small, the committee envisions an evolving solidarity economy, where power rests more firmly in the community, and the economy is shaped around community needs and values.



Cattle out to pasture

photo courtesy Colvin Ranch

A Visit to Colvin Ranch

By **Cristos Papaioacovou**, Staff Member

Walking around Colvin Ranch for the first time was a surreal event to say the least. I was coming to the end of a three day-long Evergreen field trip lead by Martha Rosemeyer. This meant sixteen hours a day packed with farm tours, panel discussions and collective kitchen duty, topped off with trying to sleep in wet tents surrounded by seventy classmates ranging in age from eighteen to the mid-fifties. It is from this milieu that I first looked out on the 550 acres of ranch land that is Colvin Ranch, as well as the equally impressive figure that is Fred Colvin. At about six and a half feet and decked out head to toe in Carhartt's the color of a Red Angus bull, Fred looked liked the archetypical cattle rancher.

Colvin Ranch was founded in 1851 by Fred's great great grandfather, Ignatius Colvin. Since then, the initial property has been divided amongst various family members, who then left the ranching lifestyle, leaving Fred as the only member still raising cattle. It is clear Fred is determined to see that his ranch does not fall to the same fate as other parcels once part of Ignatius's original homestead. At this point, approximately 95% of Colvin Ranch is under conservation easements preventing further development. In the case of the camas meadows, the easements require

current and future owners to promote and maintain these precarious wild flowers through livestock grazing in perpetuity. Recently Colvin Ranch added nose pumps to the pasture for limiting the impact the cows have on Scatter Creek by bringing the water to them.

As moving as it was to hear about the Colvin long history in the area, and Fred Colvin's dedication to preserving that tradition as well as the land that has made it possible, the real excitement for me was discussing the end results: delicious beef! Colvin slaughters his cattle after the second winter to promote the development of intramuscular fat, or marbling. This is the fat that forms between the muscle fibers, slowly releasing throughout the cooking process, creating a moist, tender, "melts in your mouth" steak. This sets Fred apart from other ranchers. Since industrial agriculture is geared towards producing the highest quantity for the lowest cost, most other cattle, even so-called "grass fed" cattle, are slaughtered at a younger age and are fed grains to aid them in

continued on page 13



Generations of Colvins

photo courtesy Colvin Ranch

Garden Starts from **LOCAL FARMERS**



Look for garden starts from Spring Creek and Rising River Farms at both the Eastside and Westside Co-ops!

Rising River Farm

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

Jennifer Belknap and her partner Jim McGinn supply the Co-op with their starts from Rising River Farm, located in Rochester, near the Chehalis River. The farm, certified organic from the beginning, was started by Jim and some friends in 1994 and has since grown from 3 acres to 15. By 1997, he was joined by Jennifer, and together they have created a thriving business--selling their produce locally through their CSA, both Food Co-ops, and at farmer's markets, including a regular booth at the Olympia Farmer's Market. And for the past 5 or so years, their greenhouse-nurtured veggie starts have been available at the Co-op. This year flower starts will be available as well.



Jim and Jennifer in garden heaven *photo courtesy Rising River*

Jennifer is the primary greenhouse person. With occasional help from crew, she grows a wide variety of starts for their farm fields as well as for sale at both Co-ops and the farmers markets they attend. Jennifer was happy to point out during our interview that she strongly encourages people to grow plants that do well in our PNW climate. "All the varieties we offer are ones I've either grown myself with success, or I've known local gardeners who grow them regularly with success. Plants that do well in Eastern Washington might not always do well here," she said. "I really want *continued on page 11*

Spring Creek Farm

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

As the garden supply areas for both Co-op stores begin to fill with all of the great spring offerings for local gardeners, it is important to recognize the folks who bring those wonderful organic starts of herbs and veggies to us.



Melissa and Chris with their family *photos courtesy Spring Creek*

Chris Robinson and Melissa Southwick have been supplying the Co-op with starts for over 10 years. Farmers for the past 30 years, they have been farming their fertile Spring Creek Farm near Rochester for the past 16 and offering their bounty at the Farmer's Market for around 30 years. In the summer, gardening becomes a family affair when Chris' two older daughters come home to help with the busy farming season.

Early in their work tilling the soil at Spring Creek Farm, Chris and Melissa decided that they wanted to grow plants that worked with the environment. Because lavender doesn't have to be irrigated, and deer leave it alone, they decided to grow it on 3 acres of their open, at-one-time cattle pasture land. At that time they were growing and selling around 60 varieties of lavender and also making body and essential oils to sell. Now they farm about 1 1/2 acres filled with 5,000 lavender plants of about 30 varieties, plus 250 varieties of herbs and veggies. From this bounty, they sell bulk lavender, and fresh and dry cut bouquets at the *continued on page 11*

Bicycling Builds Community!

By **Duncan Green**, Co-op Member

The annual Bicycle Commuter Contest is a fun community event that encourages and rewards Thurston County residents of all ages and abilities to try bicycling as a means of transportation.

As a Co-op member, shopper or staffer, you are also a member of a community. The Olympia Food Co-op is more than just a grocery store; the Co-op connects people from many backgrounds around common themes such as healthy foods, local farming, sustainability and social justice. Being part of the Co-op is a great way to connect with and enhance our local community. Another great way we can benefit our community is to make the same kind of healthy choices about how we get around as we do about what we eat! Our community, with its relatively small size and moderate climate, is especially well suited to active forms of transportation like biking or walking (or combining either one with public transit).

There are some challenges to changing our transportation habits, but it can be more do-able than you might think, especially with the support of others.

Participating in the “BCC” is a great way to find the support you may need as a beginning “practical cyclist,” or to join the fun and be counted if you are an old hand.

The Bicycle Commuter Contest office is open January through June, to help you find the information and support you might need to get started. Contact dgreen@intercitytransit.com, call 360-705-5874 or visit www.bccb.org for more information or to register online. “Register in April, Ride in May” in the BCC!

Most trips by car are less than five miles, and a five mile trip takes only a few minutes longer by bike than by car. There are many individual as well as community benefits to “practical cycling.” It is much easier to connect with neighbors and people you see when traveling by bike. Biking enhances personal health and well-being. Biking improves the livability of our communities by reducing traffic and parking congestion. Biking in-



Some past BCC participants have this to say about their experiences:

“Participating in the BCC has been a lifestyle change for me! I enjoy being out in the environment, seeing the sights, sounds, & smells via bike. It feels good getting places via my own womanpower while reducing my reliance on fossil fuel. I forgot how much fun riding is! Thank you Bicycle Commuter Contest!”

“I do feel my overall health is better as a result of participating (I am continuing to bike). I’m also more aware of cyclists when I am driving my vehicle.”

“We love riding and it’s especially rewarding during the Bicycle Commuter Contest because of the support and camaraderie within the community.”

“The coupons are great. I’ve used several already and saved a lot of money by using them. This was the first year I was on a team and that helped motivate me to ride.”

“This is the first year that we participated and we loved it! It really made us commute on our bikes more than we had been and now we ride our bikes more frequently. Thanks for a wonderful program!”

stead of driving protects groundwater and Puget Sound, and reduces danger to pets and wildlife.

By biking, we reduce our dependence on fossil fuels, easing the pressures of international conflict over resources as well as risks to the environment from energy development. We can save a lot of money, and to top it off, getting around by bike or on foot is relaxing, invigorating and FUN!

Upcoming BCC Events! – for more info on all events, visit bccblog.com –

- **Saturday, April 19 – Earth Day Market Ride**
- **Friday, April 25 – Wrenchers’ Ball** with mechanics providing free bicycle safety checks
- **Friday, May 16 – National Bike-to-Work and School Day** with “Bike Stations” around town

Rising River continued from page 9

people to be successful with their gardening so that they will keep doing it.” She also makes an effort not to bring starts to the Co-op until the time is right for them to be planted. Both she and the garden managers are concerned that if they are offered too soon, the gardeners who purchase them may also plant them too soon. So she times her deliveries according to planting times, and chooses varieties proven to be good for this area.

Jennifer mixes her own potting soil using a balanced blend of organic ingredients, including micro nutrients. Her recipe is an amalgamation of several recipes she has trialed over the years. She likens it to baking. “You find that one recipe you love and then tweak it to make it your own.” Her plants are always very healthy and robust. She also strives to use organic seed wherever possible. All seeds are non-GMO.

In the spring while Jennifer is busy seeding and mixing soil, Jim is tuning up equipment, finishing winter projects, and working with crew to get ready for the season. Both can be seen at the Co-ops doing deliveries in the spring. They both love chatting with customers during the delivery and answering any gardening questions folks might have.

For both Jim and Jennifer, it has been very important to follow sustainable practices on the farm. They offer up on their website, www.risingriverfarm.com, that their aim is “to create a healthy soil, which then yields healthy food. We use cover cropping, careful crop rotation, fallowing (resting the land) and proper fertilization with only natural ingredients to build a healthy soil and reduce the presence of disease and pests.” They describe their farm as “surrounded by wild hedgerows, hay fields, a creek, woods, and like-minded responsible neighbors,” knowing that all of this helps to keep their fields protected and clean. Check out their website to learn more about them and their farm.

So as you begin making a list of what you plan for your own garden this year, and start gathering together those little seedlings, check out the starts from Rising River Farm that are available at both Co-op stores. Look for their cukes, their many varieties of tomatoes, pepper plants (red, green and spicy), eggplant and brassicas (those in the cabbage family such as broccoli and cauliflower), squash and mustards (collards, arugula, boc choy and more), and this year – flowers! You will find marigold, cosmos, zinnia, nastursium, snapdragon and sunflower starts, all plants that are beneficial insect attractants or garden enemy repellants. Signage is planned to help you determine the flowers’ best uses.



Seeds ready to become starts

photo courtesy Rising River



Greenhouse at Spring Creek Farm

photo courtesy Spring Creek

Spring Creek continued from page 9

Farmer’s Market, and to the Co-op they bring perennial and annual herb and veggie starts.

Although they are not certified, they work hard to grow organically. “All our materials are listed by the Organic Material Review Institute,” Chis told me. “We make our own soil out of the compost that comes from the Olympia curbside waste and gets composted in Silver Springs. It is certified organic through Washington State. We add other things, all from that list of organic materials, but that is the main ingredient.” He appreciates the fact that this creates a closed loop effect from household to compost to farm and back to household.



Spring Creek starts ready to go *photo by Jennifer Shafer*

Chris pointed out that their watering system is basically sustainable. “We have 3 wells,” he said. “One is gravity-fed and the other two are pump wells.” I learned that during part of the year Chris and Melissa are able to water from the gravity-fed well, transferring to the other pump wells as the season turns dryer. He is proud of the fact that much of the watering on the farm is done off-the-grid. “Watering the veggie starts is done by a solar pump set-up we have on one of the wells,” he proudly stresses. He also adds that they have been quite frugal. “We recycle as many pots as we can. I just recently bought 3,000 pots from a grower who is going out of business. We haven’t bought new one-gallon pots in 15 years,” he told me. It is obviously important to him to be running an operation that walks as lightly as possible on the earth, while at the same time producing good, healthy, products. “The emphasis of the farm,” he told me, “is to be as low-impact and sustainable as possible, while at the same time providing a quality product.”

So as you begin to prepare your garden for the coming growing season, know that you can find just about every wonderful organic start you are looking for at both Co-op stores, Eastside and Westside. Come and be greeted with a large variety of starts from Spring Creek Farm: herbs, peas, onions, leeks, lettuce, kale, spinach, beets, corn and beans. They are also expanding this year to offer blueberries, strawberries, hops and figs, so look for these too. And... Happy Gardening!

Food Too Good To Waste

March 10 to November 30

OFC and Thurston County Partner to Reduce Waste of Edible Food

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

Did you know?

The average American household throws away 25% of the food they buy.

- As a nation, 40% of all food produced for human consumption goes to waste.
- This trend has increased by as much as 50% since the '70's.
- The average U.S. household spends \$1,600 a year on the food they throw out.

That's \$161 Billion nationwide.

Environmental impacts:

Food production in the U.S. uses:

- 10% of our energy budget
 - 50% of our land
 - 25% of our fresh water
 - Countless chemicals
- Yet 40% of the food in the U.S. goes uneaten...*

And this food rotting in our landfills accounts for almost 25% of U.S. methane emissions!

Social impacts:

- 50 million Americans do not have access to enough food.
- 25 million Americans could be fed each year by reducing food waste just 15%.

America could benefit greatly—economically, environmentally, socially, culturally, and spiritually— by not having to grow and transport all the food that is being thrown out.

On March 10, 2014, Thurston County launched a large-scale food waste prevention campaign called Food: Too Good To Waste. The Olympia Food Co-op(OFC) has agreed to support Thurston County in this effort aimed at reducing the amount of edible food tossed out by local households by encouraging our customers to take steps to reduce food waste and direct them to products that will help accomplish these reductions.

The campaign will ask households to take the Food: Too Good To Waste Challenge in which they will agree to measure and record the amount of food they waste over a month-long period and try new strategies to reduce less. As a partner in this campaign, OFC will be upholding part of our Mission Statement through a commitment to this very important environmental issue.

What will the Challenge look like for those who choose to participate?

Week 1: *Measure your waste*

Don't change any behavior.

- Put all your edible food waste into a separate container.
- Measure how full the container is at the end of the week.



Week 2-4:

Try out these strategies and tools— and keep measuring!

- *Smart Shopping--buy only what you need.*
- *Smart Storage--keep food fresh longer.*
- *Smart Prep--prep now, eat later.*
- *Smart Saving--eat what you buy.*
- Measure your edible wasted food at the end of each week.
- Enter your data at:
<http://www.WasteLessFood.org>

How will the Challenge look at both Co-op markets?

- **Sales:** The Co-op will be offering specials on a variety of food storage methods including containers and bags.
- **Signage:** Both stores will be posting campaign information at the Produce and Bulk Departments.
- **Flyers:** Flyers will be displayed at cash registers and at the front door of both store locations throughout the campaign.
- **OFC Website:** Campaign information will be posted on the OFC homepage.

If this has inspired you and you would like to take the Food: Too Good To Waste Challenge, please sign on by going to www.WasteLessFood.com. For further information you can also contact Gabby Byren at 360-867-2284 or brneg@co.thurston.wa.us

Colvin Ranch
continued from page 8

putting on more intramuscular fat at an early age. Though this industrial approach debatably creates an equally tender steak, it also decreases the levels of Omega-3 fatty acids, essential for healthy brain cells. This is the difference between simply being “grass fed” and being “grass finished.”

Colvin Ranch is a wonderful convergence of family heritage, ecologically sound grazing practices, and cattle rearing techniques that creates a fantastic steak on all levels. If you are interested in learning more about

different contributing factors to the quality of beef and how to prepare different cuts of steaks, consider attending my upcoming

“Introduction to Steaks” class (offered through the Olympia Food Co-op’s Community Kitchen Classes) on April 16.



As seen in the meat section of the Westside Co-op photo by Jennifer Shafer

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Garden Center continued from page 3

As for retail sales in the back building, Kim told me that the vision for this store is for it to be customer-service friendly and walkable, offering a variety of products beyond the usual seeds, potting soil and fertilizer that are often found in Co-ops in the Northwest. “The challenge,” she said, “is to find appropriate vendors who will work with us to expand our inventory and increase sales. Since most food co-ops don’t have expanded garden centers, we’re a first for a lot of distributors who are accustomed to working with single-focused garden stores. I would like to see the Co-op offer a wide variety of products to folks who can’t or don’t want to drive all the way to Tumwater, Lacey or Yelm for their garden supplies.” Product choices will follow the strict guidelines the Co-op always employs, with an emphasis on high-quality supplies from local and regional vendors as much as possible. Kim also sees potential for a tie-in with the produce department, allowing the Co-op to offer bulk purchases of fruits and vegetables from local farms through the Garden Center.

Plans for a separate shed that can directly house deliveries of feed and soil on pallets is in the works. Due to the small budget, this part of the project may have to wait until next year, sending the money saved into renovating the back building. The Westside currently receives roughly 2,000 to 4,000 pounds of chicken and animal feed

as well as 500-800 pounds of potting soil and compost monthly. Under the current system, staff must lift each of these 25-60 pound bags from the pallet to the storage space 2-3 times before it is sold. This shed could save some backs and labor time, and Kim is hopeful that with creative budgeting the Co-op can get this shed built and ready to go this year.

What they are all hoping for, Kim said, is that construction will go along smoothly enough to allow for a soft opening of the Garden Center in May, followed by a grand opening in June. Even if delayed slightly, it will surely be a big celebration with members and the neighborhood encouraged to attend.

What I took away from my time with Kim was a clearer understanding of the vision and scope of possibilities that this Garden Center project holds for us all. “This project,” Kim shared, “has potential for the Co-op to be community-based in a way that we just can’t facilitate in our everyday stores. Its ability to create a space to exchange ideas is the key element that got the Co-op Board and Staff so excited about it in the first place. What’s more empowering than providing a space, the tools and the knowledge for people to grow their own food and preserve the bounty?” I can see how it can blow open the Co-op’s ability to serve this community in new and exciting ways!

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Olympia Food Co-op Community Kitchen 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)
Co-op Community Classroom: 610 Columbia St SW, downtown Olympia

Fungi as Food, Medicine, and Remediators

Thursday, April 3, 6-8pm

Facilitator: Ava Arvest — Location: Eco House at Fertile Ground — Limit: 20.

Have you ever explored the world of fungi? Fungi are incredible organisms that can be found almost everywhere. They provide amazing medicine, food, and can sometimes counteract environmental pollution. Fungi have been stigmatized — some are dangerous! But if you learn the basics, you can enjoy these culinary treats. Come learn the benefits of fungi as medicine, as well as enjoyment as food, and as soil healers through remediation. Added bonus — an introduction to low-tech mushroom cultivation and propagation!

Connecting Children With What They Eat Through Wild Foraging

Saturday, April 20, 1-3pm

Facilitator: Brooke Ahlegian — Location: GRuB Farmhouse — Limit: 30

This class will provide valuable information on how to use sustainable wild harvesting to connect your children to the food they eat. By learning about where foods come from, and using all of their senses to experience food in the wild, children start to appreciate their fresh, local fruits and veggies even more! You will learn some relatives of common foods we buy in the store, as well as some tasty, simple recipes that can be made completely in nature. This class is welcoming to people of all experience levels. And we will provide substantial details for beginning foragers.

Edible Weeds 101 — Sunday, April 6, 11am-1pm

Facilitator: Kate Tossey — Location: The GRuB Farmhouse — Limit: 15

Join Kate in exploring the edible weeds growing in our region. Learn to identify, collect, and prepare these pesky plants that “get in the way” of what we choose to grow. Handouts will be provided, including recipes. Weeds grow abundantly in the spring, and samples will be presented as available.

Spring Salads — Sunday, April 6, 2-4pm

Facilitator: Valarie Burson — Location: The GRuB Farmhouse — Limit: 15

Spring is the season of renewal - so let's renew your salad repertoire. Salads are easy to put together. There are endless variations to please every palate and they can provide a wonderful contrast of flavors, textures and colors. We will make several salads in this hands-on class. Recipes will be determined according to availability of seasonal ingredients.

“Tacos Out of the Truck”: Learn Spanish in the Kitchen

Date TBA

Facilitator: Arturo Sievert — Location: The GRuB Farmhouse — Limit: 20

Come join Co-op Staff Chef Arturo in creating delicious tacos while learning some beginning Spanish vocabulary and simple sentences. This is sure to be a lively, fun class for all ages and a great introduction to basic cooking skills. ¡Buen provecho!

SMILE! You're on CO-OP CAMERA!



Staff members Dan, Dennis, MJ, Jen, Paris, Jackson, and Tim work late into the night installing a new Westside freezer.

photo by Key Mechanical

Introduction to Steaks – Sunday, April 13, 12-2pm

Facilitator: Cristos Papaicovou – Location: GRuB Farmhouse – Limit: 15

Is sirloin the best? What about skirt steaks? If you love beef steaks but feel confusion when faced choosing between a Porterhouse and a Tri-Tip, this class is for you! Learn to grill, pan-fry, and broil your way to steak mastery. This class will teach you the differences between different cuts of steaks and the appropriate ways to prepare them.

Herbs for Digestive Health

Tuesday, April 22, 6-8pm

Facilitators: Meghan Hintz – Location: Eco House at Fertile Ground – Limit: 15

Symptoms of digestive upset such as gas, bloating, GERD and constipation are common today. In this class you'll learn about medicinal herbs traditionally used to relieve these symptoms, promote digestive function, and support gut healing. We'll also discuss ways to easily incorporate them into your diet and self care routine.

Homemade Baby Food – Saturday, April 26, 2-4pm

Facilitator: Valarie Burson – Location: The GRuB Farmhouse – Limit: 15

Commercially produced baby food is often plain and repetitive, as well as expensive and over packaged. Babies can enjoy a much wider range of flavors and exposure to more adventurous foods may guard against fixations on “kid foods” that aren’t good for them. In this hands on class we will address tools and storage methods as well as cook up some baby food to take home. We will make Cauliflower, Potato and Cheese Blend, Poached Salmon, Chicken with Root Vegetables and Kiwi Mash.

Knife Skills – Saturday, May 4, 10am-noon

Facilitator: Chie Okazaki – Location: GRuB Farmhouse – Limit:15

Did you know that a dull knife is more dangerous than a sharp one? Come learn all about knives: what they’re made of, how the shape affects their usefulness, and how to use your knives in the kitchen. Learn to maintain your knives with a honing tool and you will enjoy your knives so much more! We will learn about different cuts and get hands-on experience while creating delicious, simple dishes that highlight your new skills.

Making Salads into Meals – Sunday, May 4, 2-4:30pm

Facilitator: Erin Majors – Location: GRuB Farmhouse – Limit: 20

Salads that are filling and fiber rich make great portable lunches and easy dinners when you don’t have a lot of time. Come join Erin and learn to make four salads that are full of vegetables, rich in whole grains, and contain plant-based protein sources. We will also explore making a few basic dressings for grain and green salads. Class is vegetarian.

Consensus Training – Thursday, May 8, 6-8pm

Facilitator: Grace Cox – Location: Co-op Community Classroom – Limit: 30

Come celebrate International Women’s Day with some power-sharing and boss-overthrowing! How can organizations and groups of people make good decisions without a boss telling them what, when, and how to do everything? Learn about consensus decision making – it’s effective, empowering, and vibrant. Get away from being either the dominator or dominated: cooperation is a real and useful option to run an organization with integrity. For absolute beginners and those looking for a refresher.

Creating Vibrant Health: *Incorporating Superfoods and Internal Cleansing into Your Wellness Program*

Friday, May 9, 6-8pm

Facilitator: Doug Walsh, HealthForce – Location: The Eco-House at Fertile Ground – Limit: 25

Our bodies were not designed for life in the modern industrial age. The average human in the United States is exposed to a plentitude of toxic chemicals every day. Also, our soils (and therefore our foods) are so depleted that many in this country are actually malnourished in minerals and vitamins. Any quality health program will thus have two crucial aspects – supporting your body’s detoxification efforts and upgrading your nutritional intake. Come hear HealthForce Nutritionals representative Doug Walsh present options that can help you create a radical shift in your physical health.

Quick Italian Sauces with Risotto Pancakes

Saturday, May 10, 2-4pm

Facilitator: Christine Ciancetta – Location: The GRuB Farmhouse – Limit: 30

Butternut Squash Sauce and Winter Sage Pesto are savory and easy additions to your menu at home. Learn to make these two quick and delicious sauces, with Fried Sage Leaves on the side!

Egyptian Cooking – Sunday, May 18, 12-2:30pm

Facilitator: Mohamed El-Sokkary – Location: The GRuB Farmhouse – Limit: 20

You may know our co-op board member Mohamed from his Smiling Mo’s Gluten-Free Cookies, but there’s more to him than delicious cookies! Come learn a few delightful, crowd-pleasing Egyptian entrees and sides, all with ingredients you can find at the food co-op. Recipes will be determined according to seasonal availability – come ready for a culinary adventure!

Sauerkraut 101 – Sunday, May 25, 12-2pm

Facilitator: Meghan Hintz, LMP – Location: The Eco House at Fertile Ground – Limit: 15

Raw fermented sauerkraut tastes amazing and is easy to make with inexpensive, widely available ingredients. It is also rich in probiotic bacteria which improve digestion, regulate the bowels, increase energy levels and support healthy immune function. This class will include a hands-on demonstration and sauerkraut samples. You’ll leave with recipes and instructions so you can confidently create raw fermented sauerkraut in your own kitchen.

Learning from Plants – Wednesday, May 28, 6-7:30pm

Facilitator: Peter Brown – Location: Eco House at Fertile Ground – Limit: 15

Plants and people have been dependent upon each other since the for longer than any of us can remember. Most of us have lost our ability to understand them, but it’s not too late! This class will teach basic techniques to give you the skills and confidence to learn from plants. Spring is the best time to ask: Is this plant good or bad for me? What plant grows well with others? What medicine does this plant have to offer? Come for a hands-on learning experience into the world of plants!



Spicy Chicken Breast
Bacon Wrap

Recipe courtesy **Cora Blume**, Co-op Member

- 1 lb chicken breast**
– cut into strips -
- nitrate-free bacon**
- 1/2 tsp garlic powder**
- 1 tbsp chili powder**
- salt and pepper, to taste**
- maple syrup**
– for brushing –

Preheat your oven to 375 degrees F.

Put the chicken strips in a bowl. Add the spices and mix making sure all is covered. Brush some maple and wrap the bacon in a strip of chicken. Repeat the wrapping until all strips are wrapped. Place it in a rectangular pan and bake it for 15 to 20 minutes until medium brown. Set broil for extra five minutes just to achieve deep brown color to crisp bacon.

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KID'S CORNER

Last "What is it?" was: **Dates**
Congrats to last issue's winners:
Nayel, 6; Rowan, 8; Cecilia, 5; Lydia, 6; Benjamin, 10; Denali, 10; Devin, 9; Brent, 4; Liam, 7; Albany, 10; Tobin, 6; Orin, 10; Ruby, 9; Sage, 8; Devon, 9; Brenton, 5; Kaya, 9; Taydee, 6; Stella, 7; Nadiyah, 7; Zachary, 10; Daphne, 7

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



What is it?

What is it?

Deadline: *May 1st, 2014*

Name _____
Age _____
Guess _____

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

FOOD CO-OP



Westside Garden Center

Spotlight on:

Spring Creek and Rising River Farms

New Sunday Eastside Salad Bar hours!

The Salad Bar will now be open 7 days a Week!



Hey Members: something amazing is happening! The Salad Bar will now be open every Sunday! This is the beginning of new and easy solutions for continued weekend lunches, spontaneous picnicking, abundant and delicious offerings for potlucking, and holiday parties!

Warmly and Cooperatively,
The Deli Collective