



THE Co-op News

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

AUGUST / SEPTEMBER 2014

Local at the Olympia Food Co-op

By **Erin Majors**, Staff Member

The Olympia Food Co-op (OFC) has a well-established local buying program that we are very proud of. We carry locally and regionally-produced items in every department of our stores. Our relationships with local vendors are very important to us and we work closely with them to bring you products you will love.

Since "local" has become such a popular buzzword in the natural foods industry, we want to make sure OFC members understand our definition of "local." At the Olympia Food Co-op, if we say it's local, we mean it's grown or produced within Thurston, Mason, Lewis, Pierce, or Gray's Harbor County. If we say it's regional, we mean it's grown or produced in Washington,

Oregon, or British Columbia. Currently we buy directly from almost 125 local/regional producers and farms, and many of these direct relationships are with vendors located right in Thurston County. We also carry many more wonderful NW products which are sold to us through larger distributors. You can identify locally and regionally-produced items by looking for the sticker pictured at right.

We strive to make locally and regionally-produced goods affordable to our members while also paying the farmers and producers fair prices for their crops and products. To facilitate this, we use a lower mark-up on locally and regionally-produced items that are sold to us directly than we do on items grown or produced elsewhere. To help you get a taste of some of our amazing local and regional goods, we

also host a biannual event at our stores called Local Eats where you can meet farmers and producers and sample the items we sell at the Co-op.

Thank you for supporting the people who work hard to produce food and products for our community and for helping to make OFC's local program such a success!

If you're a local or regional vendor who is interested in selling to the Olympia Food Co-op, please contact our Local Farm Coordinators at localfarms@olympiafood.coop and they will direct you to the appropriate department manager.



This is the Year to Celebrate Local!

Please join us at the Co-op's Tenth Annual Harvest Party and Local Eats Celebration

Harvest Party & Local Eats

Sunday September 14

1-6 pm at the Westside Olympia Food Co-op

with local specials all weekend at both stores

Celebrate Local with OFC!

The Harvest Party and Local Eats event is a festive way to take time to feast together and try delicious local food that has been grown and processed right here in our community, by your friends and neighbors. We'll have wonderful dishes crafted by the Co-op's own fabulous Deli, featuring local farm produce, as well booths with local businesses sharing the work and magic that goes into making some of the hundreds of local products we sell at the Co-op. This is an open community event, so bring your friends, but don't forget we encourage participation in our potluck – bring something from your home gardens and kitchens to share!

This year, we are celebrating at the Westside store so everyone can get a good look at the remodeling and garden center that has been such a focus of our work this last year. We will be closing part of the parking lot and street to have lots of room to party! There should be plenty of street parking nearby and of course biking and walking are encouraged to minimize impact on our neighbors.

In addition to many talented local musicians generously sharing their afternoon, we will be rolling out as much zucchini contest fun as we can come up with. Kids of all ages will be able to make their own zucchini cars and race them in a derby, and we would love to have local chefs show the public all the delicious ways our local squashes can be put to good use, such as the infamous zucchini bread, baked dishes, salads, you name it. Grow a monster zuke this year? Bring it down to the party and show it off – there will be prizes for the best zuke dishes and biggest garden squashes!

So mark your calendar...

Harvest Party and Local Eats Celebration September 14!

SEE PAGE 5 FOR AN ILLUSTRATED MAP OF LOCAL VENDORS!

Co-op News

Editor & Advertising Coordinator

Jennifer Shafer

Staff Liaison / Coordinator

Maureen Tobin

Graphic Artist

Rachel Carns

Photographers

Desdra Dawning, Patrick Maley,
Gary Galbreath

Newsletter Committee

Jennifer Shafer, Maureen Tobin,
Desdra Dawning

Westside Store

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

Eastside Store

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

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

The purpose of the Olympia Food Co-op is to contribute to the health and well-being of people by 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

BOARD REPORT

By **Teresa Young**, Board Member

I was introduced to the Olympia Food Co-op twenty-five years ago when I met and started hanging out with Carol Watson. Carol was an active working member who conveyed a real "sense of belonging" to the Co-op. I learned from Carol that this little store nestled in a neighborhood on the Westside was a community owned business where people worked together to provide themselves with healthy food and great products like wool socks. This is where I first learned about co-ops and about doing business in a different way.

I appreciate Carol and her introduction, and I am glad to have the opportunity to serve on the Board of Directors at the Olympia Food Co-op and to be more involved than as a shopper only.

The second of the seven cooperative principles is about democratic member control. Cooperatives are democratic organizations controlled by their members – those who buy the goods or use the services of the cooperative. It is a member's responsibility to actively participate in the governance of the cooperative by electing or serving on a representative board, approving bylaw changes, and providing member input into the direction and issues of the Co-op. My hope is more people will come and participate. As a Board member, I would like to meet you and hear what you have to say.

During the Co-op Conversations event that took place two years ago, many questions and some confusion surfaced regarding the Co-op's legal structure. We are currently incorporated under RCW 23.04 as a non-profit corporation. Most of the other Food Cooperatives in our state are incorporated under RCW 24.06 as a nonprofit miscellaneous and mutual corporation. A task force was convened to clarify our legal structure and evaluate what our options are around this issue and see if any action needed to be taken. At last year's Annual Meeting, we presented the findings of the legal structure task force and opened up the discussion with table talks, and captured ideas on paper. The task



photo by Desdra Dawning

force report and input from the membership were presented to the entire staff for feedback. As can be expected with any complex issue, there was a wide variety of opinions expressed. It is clear that the current legal structure works for us as a community-owned cooperative. To go through the process to change our legal structure would require a great deal of work, education and outreach. We were not able to identify problems or obstacles caused by our current status that would compel us to want to make the change. The task force recommends that we stay incorporated as we are now and, if compelling reasons come forth in the future, we can revisit the idea. We also recommended another task force be formed with the purpose of reviewing the discount system in use to see if there are any changes there that would better serve the members and be equitable and fair. You'll hear more about this task force's work in the coming months.

From my perspective, as a long-time Co-op member and a Board member, I see the Olympia Food Co-op as a continuous work in progress as we grow and meet the needs of the community. Member participation and engagement has always been at the heart of this cooperative. That is what drew me in and caught my attention. I am so grateful to a part of this community and this cooperative.

A+ COMPUTER OLYMPIA



**+ REUSE
+ REPAIR
+ RECYCLE**

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



The Nalanda Institute
Center for Buddhist Study & Meditation

Ongoing classes – from beginner through advanced

Meditation, Dharma Teachings, and Discussion

Thursday Evenings at 7pm
1620 4th Ave E - Olympia, WA 98508

e-mail: info@nalandaolywa.org – website: www.nalandaolywa.org



A Victory for Free Speech

By **Erin Genia and John Regan**, Board Members & Defendants

When we joined the OFC Board of Directors in January of 2010, we had no idea we would be sued. In campaigning for the Board, we took strong positions supporting the boycott of Israeli products. We wrote about the issue and spoke openly and freely at community gatherings, in the social hall of Temple Beth Hatfiloh, and at the annual meeting of the Co-op.

But weeks after taking office, we, along with fourteen other Board members, received certified letters promising that if the boycott was not rescinded, "we will bring legal action against you, and this process will become considerably more complicated, burdensome, and expensive... "

We were stunned by the lawsuit. The Co-op wasn't sued; we were each sued individually. We learned that the Board's insurance policy did not cover us. We believed that we would win the suit, but what would the process be like? And should we lose, what would be the consequences for the Co-op and the community?

Ironically, three of the five signato-

ries to the lawsuit were candidates who had been defeated in the Board election. To us it seemed they were trying to achieve in the courts what they couldn't gain through a democratic process. And so far, the courts have agreed. In February 2012, the Thurston County Superior Court found that Davis et. al. v. Cox et. al. was a Strategic Lawsuit Against Public Participation, or SLAPP. And on April 7, 2014, the Appeals Court of Washington concurred, denying the plaintiffs' claims, ruling that the Board of Directors acted lawfully, and affirming the legal validity of the anti-SLAPP law.

SLAPP suits have an ugly history in the U.S., where they have been used by powerful individuals or groups to silence dissent. Even when SLAPP suits are un-winnable, they have successfully intimidated defendants who feared being burdened with a protracted and costly legal defense. To protect free speech rights and prevent this abuse of the legal process, Washington State recently enacted Anti-SLAPP legislation. In pursuit of

their case, the plaintiffs called the constitutionality of the Anti-SLAPP law into question. The courts' findings are a victory for the Co-op and for free speech in our state.

SLAPPs must pass a two-fold test order for the Anti-SLAPP law to be applied. First, the court must decide whether the suit targets activity involving public participation and petition. Both courts found that our case passed the test because the plaintiffs were asking the court to "order the defendants to cease activity protected by the First Amendment."

continued on page 4

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:

Sunday, June 8.....11am-1pm
Tuesday, June 10.....6-8pm
Sunday, July 6.....11am-1pm
Tuesday, June 9.....6-8pm

Eastside Store:

Thursday, June 5.....5:30-7:30pm
Sunday, June 8.....1:30-3:30pm
Thursday, July 3.....5:30-7:30pm
Sunday, July 6.....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.



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

The MASSAGE PLACE Collective

Open 7 Days

541 McPhee Rd SW
West Olympia

Rebecca Noble, LMP #MA00025004
Dawnovin Wilmot, LMP #MA00021958
Tracy Heron Moore, LMP #MA00025347
Anna Sproles, LMP #MA60041545
Jennifer Shafer, LMP #MA00010686
Lynn Perry, LMP #MA60212995
Ingrid Abbott, LMP #MA60290880
Holly Hartung, LMP #MA60314679

Schedule Your Appointment Online:
www.massageplace.net

(360)867-0725



David Lerner
L.Ac., MTCM

Acupuncture, Herbs and Nutritional Counseling



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

– 17 Years Experience –

205 Clark Pl. SE • Tumwater, WA 98501
360.570.0401 • www.heartofwellness.org

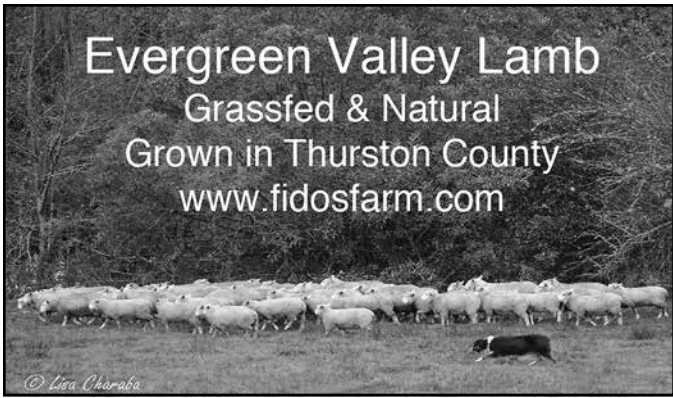
DAWN BARRON
REALTOR

buy sell



360.701.1587

www.dawnbarron.com



Free Speech continued from page 3

The second test establishes whether the plaintiff's claims would hold up in court if taken to trial. Both courts agreed the case would not hold up in court. The Thurston County court found that the Board was empowered by the bylaws to "resolve organizational conflicts after all other avenues of resolution have been exhausted." The Appeals Court ruling took it one step further, stating, "the Co-op's governing documents provided the Board with the authority to adopt the boycott."

The Co-op's decision to boycott Israeli products was controversial, and people on multiple sides of the issue spoke out. In formal and informal settings people discussed and debated the injustice of the Occupation, the safety of Israel, the role of the U.S., and the strategies most likely to bring peace with justice to an embattled region. This was not an easy or comfortable process, but it was useful and important. But when the lawsuit was filed against us, the Co-op's ability to support and even participate in community discussion came to a grinding halt. Even though the courts have ruled in our favor after a long three years, the effect of the suit has been to deflect attention from the Israeli Occupation of Palestine and chill our right to speak openly about why the Co-op enacted the boycott in the first place.

Davis v. Cox is part of a succession of legal cases that have been brought in the U.S. and around the world to stifle debate on the Occupation. Termed, "lawfare," the strategy employs legal action to target organizations that boycott or divest from Israel.

In honoring the call of Palestinian civil society to boycott, divest, and sanction Israel, we believe that the Co-op took a principled stand. Our commitment to social justice, as described by our mission and goals, is deeply interwoven into our day-to-day practices and procedures. We rely on our First Amendment right of freedom of speech to speak and act on issues that

The United Nations declared 2014 the International Year of Solidarity with Palestinians.

"This will be a critical year for achieving the two-State solution, bringing an end to the occupation that started in 1967, and securing an independent, viable and sovereign State of Palestine living in peace and security with the State of Israel where each recognizes the other's legitimate rights. I call on all members of the international community and, in particular, Israelis and Palestinians, to work together for justice and a durable peace... The leaders of Israel and Palestine will need political will, a sense of historic responsibility and a clear vision for a better future for this and future generations."

– UN Secretary General Ban Ki-Moon

fall within our mission.

We submitted our thoughts to the newsletter in part because we are the last of the elected Board members who are defendants in the lawsuit. This is our last year on the Board; we have enjoyed great support from the staff, the other Board members, the community and our dedicated legal team. We know the case may continue; if the plaintiffs decide to continue their suit, their next step would be to appeal to the Washington State Supreme Court, which has already declined to hear the case once. We are concerned that we have been silent while others have had the freedom to characterize this lawsuit in ways that we consider inaccurate.

For more information, see the Center for Constitutional Rights website's page on our case:
<http://ccrjustice.org/ourcases/current-cases/davis-v-cox>
Board of Directors boycott & lawsuit FAQs: (LINK IS MISSING)
Sources:
Davis et. al. v. Cox et. al. Court of Appeals of the State of Washington. Opinion of the Court, April 7 2014
Davis et. al. v. Cox et. al. Thurston County Superior Court. Oral Opinion of the Court. February 27 2012
United Nations: <http://www.un.org/News/Press/docs//2014/sgsm15585.doc.htm>

*The opinions expressed in the article above are those of the authors and do not necessarily reflect those of the Olympia Food Co-op.

Report from OFC's June 2014 Local Eats Event

On June 14 and 15, the Olympia Food Co-op's Local Committee of the BOD hosted our second Local Eats event. This event features local farmers and producers sampling and talking about the items they grow or produce. Between the two stores, members had a chance to meet 14 local producers, as well as sample from a table stocked with treats from other local farms and businesses. Although it was a little slower weekend at the Co-op than we're used to, the event was still a lot of fun, and we look forward to our next one which will be in September. Be on the look-out for flyers posted in our stores and announcements on our social media sites.

LOCAL VENDORS

at the Olympia Food Co-op...

AN INTERACTIVE MAP!

Olympia!

8 Arms
Aardvark Gardening East
Alaffia
Alchemist's Clay
Alamere Herbs
Alpine Mushroom Company
Bagel Brothers Olympia
Batdorf and Bronson
Bearded Lady Food Company
Black Lake Organic
Blissful Wunders
Blue Heron Bakery
The Bread Peddler
Calliope Farm
Casualtee Screen Printing
Chakralates
Cobb's
Cucina Ciancetta
DB-Designs
Deerfoot Herbs
Designs By Doreen
Egglady Farm
Environmental Water Systems
EZ Foods Olympia
Fern&Berry
Fungi Perfecti
Garden Natural
Holly Hartung
Holy Jugs
Johnson Berry Farm
Karen Lohmann
Kathy Jacobson
Lattin's Country Cider Mill
Left Bank Pastries
Liza Rendon
Magic Kombucha
Mary Louise
Crowson
Mel O'Soup
Mimi Williams
Miss Moffett's
Mystical Cupcakes
Native Harvest
Nikki McClure
Northwest Natural Foods
Nosa Middle Eastern Foods
Old School Pizzeria
Olympia Coffee Roasting Company
OlyKraut LLC
Oly Cultures LLC
Peace, Love & Raw
Piece By Piece Farm
Pigman's Organic Produce Patch
Pixie Honey Company
Plant Place Nursery
Provisions Mushroom Farm
Rich Alexander Pottery
Robin Ivey-Black
San Francisco St Bakery
Sherry Buckner
Simon&Sophie's
Smiling Mo's Bakery
South Bay Soil
Sound Native Plants
Steamboat Island Goat Farm
Talcott Broadhead
Tamale Fusion
Teri Granger
Thunder Mountain Farm
Tierra Bonita
Tucker Petertil
Vidaliah Crafts
Wiser Worm Farm

Lacey!

Rose Tangeant
Sneaky Super Snacks

Shelton!

Jalisco
Salsa Mania

Sequim!

Dungeness Valley Creamery

Westport!

Merino's Seafood

Oakville!

Let Us Farm LLC
Morning Dew Farm

Rochester!

Duckberry Farms
Flying Cow Creamery
Heritage Meats
Independence Valley Farm
Rising River Farm
Spring Creek Farm
Wobbly Cart Farm

Curtis!

Boistfort Valley Farm

Tumwater!

Kirsop Farm
Organic N Traditional LLC
MantRaw LLC
Nancy Partlow
Pockets Full Of Pie
Rita Robinson

University Place!

The Honey Man

Tacoma!

Hillside Quickie
Mountain Muesli
Sevierly Good Gluten Free
Tacoma Tofu

Chelan!

Brownfield Orchard

Okanogan!

Okanogan Producers Marketing Association

Zillah!

DQ Farms

Puyallup!

All Seasons
Sustainable Plants
Stewart Organics
Wallace O'Farrell

Bonney Lake!

Organic Kettle Corn Company

Morton!

Bremer Mt Farm

Mossyrock!

Herbs of Grace

Tenino!

Colvin Ranch
Cozy Vale Creamery
Tunawerth LLC

Yelm!

Healing Leaf LLC
Ice Chips Candy LLC
Nature's Micros
Steibrs Farms, Inc

Roy!

Laughing Goat

Rainier!

Hot Babe Sauce
Laverne Strunk

Centralia!

Honey Pepita LLC

Chehalis!

A Taste of Eden
Puddleton Farm
Newaukum Valley Farm

Adna!

Black Sheep Creamery

Napavine!

Rocky Run Goat Dairy

Onalaska!

Burnt Ridge Nursery

WASHINGTON STATE

BUY LOCAL
BUY DIRECT

...can YOU find your favorites?

August / September 2014

COOP NEWS

page 5



Erica O Lucero and her dad, Eddie Lucero, with their excellent tortillas, chips, and salsas

photos by Desdra Dawning


JALISCO: *"From Our Family to Yours"*

The slogan for the Jalisco Tortilla Factory pretty much says it all. This family-run business, producing the tortillas, chips and fresh salsa that often find their way into member carts at the Co-op, sits nestled in the very heart of downtown Shelton. Lucky locals are gifted with the option of coming in daily to the small market space at the entrance for a variety of salsas, chips and tortillas hot off the assembly line. It doesn't get much fresher than that!

The Jalisco Story Begins with Family

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

Erica Lucero, daughter of Jalisco's founders, Maggie Velasco and Eddie Lucero, tells me that there was a time, however, when any tortillas that made it to tables in the Pacific Northwest were trucked in from as far away as California. That all changed in the mid-1990's when her mother, Maggie, a native of Jalisco, Mexico, moved her family to Shelton from California. Seeing the need in her new community for fresh tortillas – a staple where she came from – this entrepreneurial woman decided to turn her vision into a reality. Facing not only the financial challenges of starting a business from scratch, but the social challenges of being of Hispanic heritage in a tiny Northwest logging town, Maggie, with enthusiastic support from Eddie, opened their doors in 1997 to what has become a thriving business today. Looking back on those times, Erica shared with me why she takes so much pride in the business. "My mom was, and is, so dedicated to this business. The sweat and tears they both put in it...it's been a struggle...where we are today, it's nice to look back and say 'it was so worth it!'" Now many family members contribute to Jalisco's success, including Maggie's husband Eddie, Erica, her brother Mark and sister Jessie, and Eddie's sister Lupe, who works the production line.



CAPTION?

continued on facing page

Jalisco continued from facing page

Starting out initially with only tortillas, Maggie's business expanded over time to include tasty red and tomatillo-based green salsas and pico de gallo, the red coming in three heat levels – mild, medium and hot – the green usually in medium, and all made from recipes that were tested out and served at her family's dinner table. It was not only a family affair, it was a community affair. "Friends would come over for dinner and that's what they would be served at the house," Erica said with deep appreciation for the way her mom developed her recipes.

Erica shared with me that her mom, because she suffered with diabetes, was very aware of healthy nutrition. "She always wanted a clean product," Erica said, "everything fresh – her salsas, her tortillas. That's the way she cooked at home." So from the very start, even before it was in public awareness, Maggie insisted that the flour for all of her corn tortillas, while a little pricier, be clean and free from GMO's. Still true today, Jalisco's corn tortillas and chips, produced from a variety of blended white and yellow corn, are not only GMO-free, (their corn flour is milled and blended at a mill that is Non-GMO Certified), they are also gluten, cholesterol and trans-fat-free, and Maggie's Salsa is fresh and free of preservatives. I asked about the quality of their wheat flour tortillas. "There is no such thing as non-GMO wheat," Erica told me. "Our flour tortillas are clean-label. Compare the ingredients to other flour tortillas and you'll see they are much healthier."

Today, after so many years of hard work to bring her business to the place it is today, Maggie is retired. In fact, at the time of this interview, she is on vacation in Baja California. Erica, who lives with and takes care of her mom, let go of a coffee stand business in Shelton a year ago in order to step in and help her dad full time. Recently retired from 20 years of work at the lumber mill in Shelton, Eddie now works full time at the tortilla factory. Erica has great admiration for her father's work ethic, commenting that "He would sometimes put in more than a 24 hour day if he needed to. When a machine breaks down, he's here until 2:00 or 3:00 in the morning – until he gets it done." She is obviously pleased to be helping not only keep this family business going, but also to be bringing new ideas to it. Describing her family members, Erica says of her brother



TOP: Jalisco's Tortilla Factory and Retail Outlet in Shelton
BOTTOM: The tortilla-making machine!

Mark, "He is the brains behind the scenes, getting new accounts, making contacts. "Without these three people—my mom is the face of the business, it was her dream, my brother is the brains, and my dad is the handyman—this business would not be happening." And then there is her aunt Lupe on the production line and her sister Jessie serving as Erica's right-hand go-to-girl. This is most definitely a family-operated local business! Erica added that all who work there (Jalisco Tortilla Factory employs 10 people) are included in family events, and are treated like family, including Jason, their delivery man, who is considered a vital part of the operation, as the one who represents the business to the community.

Commenting on her Co-op connection, Erica let me know how much she loves co-ops in general, and particularly our Westside store. "I

always feel so welcome. I love how it's in the middle of the neighborhood," she told me. "You can walk your dog down there and get your groceries. And I love how everyone is so friendly—even the customers! If I ever moved to Olympia, that is the neighborhood I would like to live in."

So, the next time you have a hankering for some authentic, totally tasty Mexican food, head to the Co-op, Eastside or Westside, and look for the Jalisco brand of chips and tortillas. Complement them with some of Maggie's Salsa, found in the cooler, of course, to keep it fresh! You will be purchasing high-quality, nutritional products and at the same time supporting a fantastic, local, family-at-the-heart-of-everything-they-do business!

See page 8 for a great recipe—and check out the Jalisco website at madeinshelton.com/!

Westside Garden Center: *Grand Opening was a Grand Success!*

The Grand Opening of the Garden Center on June 7th was an all-day celebration, with live music from The Artesian Rumble Marching Band, Erica Freas, Leo Ego Duo, and Kendi Winter, plus raffles, games, and a spread of yummy food catered by Nineveh and The Olympia Food Co-op Deli. Fun was had by all!
(photos by Daniel Bernstein)



Get creative with those **Jalisco** tortillas! Tortilla soup is a fun contrast in textures, as each bowl is full of crispy tortilla strips that soften as they sit.

A Midsummer Night's Dream: **Tortilla Soup**

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 large onion, chopped
- 2 cloves garlic
- 1 pinch ground cloves
- 1 teaspoon ground cumin
- 8 ounces chicken breast, chopped
- 1 small red bell pepper, chopped
- 1 teaspoon chili powder
- 1 teaspoon dried oregano

- 4 cups chicken stock
- 3/4 teaspoon salt, divided
- 6 6-inch corn tortillas
- 1 tablespoon canola oil
- 1/2 cup cilantro, stems removed
- 1 large lime, cut in wedges

Preparation:

In a large pot, heat the olive oil over high heat and add the onion, garlic, clove, cumin and chopped chicken. Stir for five minutes or so, lowering the heat to medium, until the onions are soft and the chicken is golden but not fully cooked. Add the red bell pepper, chili powder, oregano and stock and bring to a boil. Lower heat to medium-low and simmer just until the

chicken is cooked and the pepper is soft.

Preheat the oven to 375°F. Stack the corn tortillas and slice in 1/4-inch strips. Place them on a baking sheet and drizzle with the canola oil, chili powder and remaining salt. Bake, stirring every five minutes, for about 20-25 minutes, until the strips are crisp.

Serve the soup topped with cilantro and corn strips, and lime wedges for squeezing over the soup.

Join the Board of Directors!

Applications due: September 1 by 9pm — Elections: October 15 - November 15

The Olympia Food Co-op Board of Directors is the elected body that represents the membership. The Board establishes policies, oversees the operating and capital budgets, approves plans and recommendations, and sets general guidelines for staff and working members. The Board holds ultimate legal responsibility for the operations and actions of the Co-op.

Board members receive working member credit for their time spent in Board and committee meetings. The monthly hour commitment ranges between 10 to 20 hours.

The Board meets once a month. Each Board member is required to join 2-3 committees which also meet 1-2 times per month (though this will vary from committee to committee). These committees establish plans and policies that are then passed on to the Board or membership for approval. The standing committees include Finance, Personnel, Hiring, Co-op Development, the Local Committee (farms, foods and products), and Member Relations. Temporary committees may be formed to deal with specific short-term projects (Expansion, International Year of the Co-op, etc.).

● **To be eligible to run for the Board you must be a member of the Co-op with a current address on file, and you must be willing to make a 3-year commitment.**

Board members are elected for three-year terms and may serve for a maximum of two consecutive terms. This year the Board has four positions to fill. The newly elected Board members will receive an in-depth training on consensus decision-making, anti-oppression, the Co-op's finances, policies and general procedures, and a history of the organization.

● **The election will be held from October 15 to November 15.**

New Board members will be asked to attend the November and December Board meetings to begin their training and meet the current Board members, and they will officially begin their term in January.

● **If you are interested in running for the Board, you must fill out the application (available at www.olympiafood.coop), and submit it, along with a current digital photo of yourself, to boardapplication@olympiafood.coop by 9pm on September 1.**

● **This information will be printed in the October/November Co-op News and ballot.**

Take this opportunity to be an active participant in your Co-op's future and the future of our community!

For more information contact Fern at boardapplication@olympiafood.coop

Naturopathic Medicine
Thomas Griffith, ND
Katie Shaff, ND

Chiropractic & Physical Medicine
Michael Neely, DC

East Asian Medicine & Acupuncture
Jessica Martens, MSA, EAMP



Sound
Healing Arts
Center

Massage Therapy
Haley Sanders, LMP
Audrey Marshall, LMP

Clinical Nutrition
Hannah Epstein, MS, CNN
Kory DeAngelo, MS, RD


2411 Pacific Ave SE, Floor 1 Olympia, WA 98501

www.soundhealingartscenter.com

www.facebook.com/SoundHealingArtsCenter

BROWSERS' BOOK SHOP

Used & New Books Book Searches



Jenifer Stewart
OWNER

bbshop@qwestoffice.net

107 N. CAPITOL WAY • OLYMPIA, WA 98501 • 360-357-7462

Hirsch
Center for
Integrative
Medicine



Now accepting new patients!

Anne Rhody, PA-C
Integrative Primary Care

Pediatrics

Allergies

Autism Spectrum

Autoimmune Diseases

Pain Management

Fatigue

Fibromyalgia

Breastfeeding Support

Metabolic Syndrome

Diabetes

Weight Loss

Cancer

Thyroid Disorders

Chronic Infections

Longevity Medicine

3525 Ensign Rd NE, Suite N, Olympia, WA 98506
Phone: 360.464.9965 Email: admin@doctorevan.com

TheHirschCenter.com

Good for You,
the Community,
and the Planet!

Public Transportation:

✓ Supports Local Economic Activities

✓ Reduces Carbon Footprint

✓ Reduces Fuel Consumption

✓ Reduces Reliance on Foreign Oil

✓ Enhances Personal Independence

✓ Saves Money

Transit • Vanpool • Carpool • Bike • Walk

Drive Less. Use Sustainable Transportation More!

360.786.1881
intercitytransit.com

INTERcity
TRANSIT



photo by ??

Our Co-op community lost a much loved and appreciated member recently. Suzanne, your presence among us will be greatly missed. (Be looking for a more in-depth reflection on her life with OFC in the next newsletter.)


ALWAYS SAFE & LOCK, inc.
www.alwayssecurity.com
SECURITY TECHNOLOGY SPECIALISTS
 Card Access • Video Surveillance • Intrusion Alarms
 Handicapped Operators • Safes • Locks • Keys
Auto Chip Keys & Remotes
 (360) 357-8500
 815 4th Ave. E. Fax: (360) 754-8331
 Olympia, WA 98506 mail@alwayssecurity.com

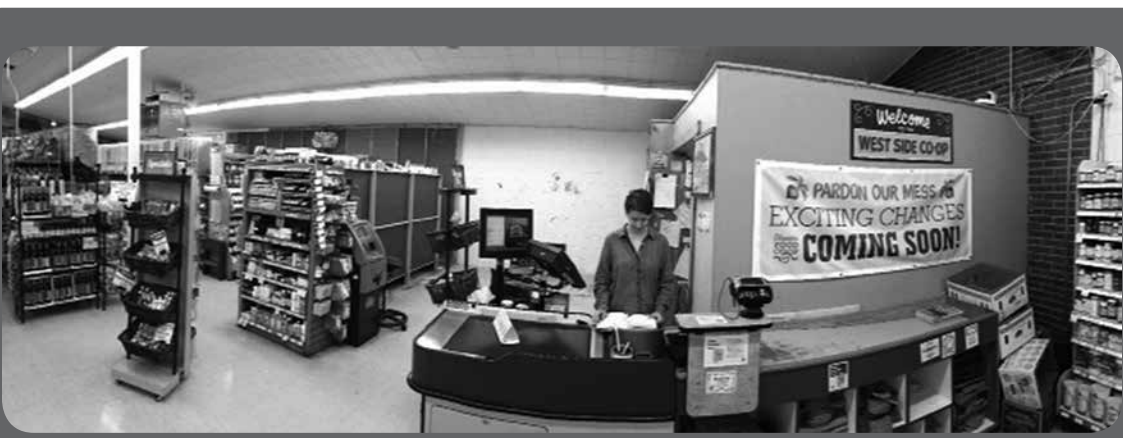
Dr. Karen Feeley, D.C.
 Network Spinal Analysis
 Somato-Respiratory Integration
 360-561-4238 kfeeleydc@gmail.com

SAN FRANCISCO STREET BAKERY
 Open For Dinner
 Thurs-Sun
 5:30-9:00 pm
 1320 San Francisco NE
 Olympia, WA 98506
 360-753-8553
 We Also Make
 Pizza To Go

We've Got Your Back.
 prevention/wellness . work/auto injury . chronic cases
Andy Rosser, D.C.
ROSSER CHIROPRACTIC
 705 4th Ave, East • Olympia, WA 98506
 360.754.6499 andy@rosserchiro.com
 www.rosserchiro.com

OLYKRAUT
 ★ RawTradition ★
 We make raw fermented sauerkraut and kimchi right here in Olympia with as much local produce as possible. We support our farmers and so should you.
 Eat your (fermented) vegetables!
 PO Box 1234
 Olympia, WA 98507
 www.olykraut.com
 probiotic cultures

What is Good Nutrition?

The Nutritional Therapist Training Program
NTA 800.918.9798
 www.nutritionaltherapy.com



CAPTION? photo by Pat Maley

Remodeling Work at the Westside Store in August

By **Maureen Tobin**, Staff Member

Renovation of the front part of our Westside store began in late July and will continue through the month of August. This work will include installing new shelving and moving products to different parts of the store to create a more cohesive and intuitive way to find what we carry, as well as all new signs for the aisles and along the walls. We will also be replacing the floors, which is an exciting improvement that has not been attempted in many years. The overall remodel is intended to drastically improve traffic flow in our small space, which may be cramped but is clearly beloved by many shoppers. You will also notice improvements to the front cashier area, including more natural light, a computer desk to help customers and working members look up information, and a new placement for the kids area that will offer up some of that space for retail sales and keeping kids a bit closer to where parents are checking out.

As much of this work will happen before and after store hours as we can manage, but replacing our floors will require us to close early for several nights, which should have already happened as you read this article. Please pardon our various messes as we complete this project, and feel free to contact us with any questions or concerns at customerservice@olympiafood.coop or 360-754-7666. Some of the work will continue into August, culminating in a great big September party at the Westside to celebrate all that we've accomplished, as well as our annual Harvest Party to celebrate the local harvest and all the great local businesses our community supports. If you are a regular Eastside shopper and don't make it to the Westside often, come check the property out once we're done remodeling!

Say Hello to a Winner!



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.

Summer Jams
Saturday, August 9, 12-2:30pm
Facilitator: Valarie Burson — Location: The GRuB Farmhouse

Dehydrating Fruits and Vegetables
Sunday, September 7, 2-4pm
Facilitator: Jeanine Godfrey — Location: The GRuB Farmhouse

Kale in the Kitchen
Tuesday, August 12, 5:30-7:30pm
Facilitator: GRuB staff or volunteer
Location: St. Mark Lutheran Church — 2109 Alpha St SE, Olympia

Digestion: Untying the Knot
Monday, September 8, 6-8pm
Facilitator: Rylee Uhrich — Location: Eco House at Fertile Ground

Basic Pickled Beets
Saturday, August 16, 1-3:30pm
Facilitator: Valarie Burson — Location: The GRuB Farmhouse

Homemade Miso
Sunday, September 14, 10-12pm
Facilitator: Meghan Hintz, LMP — Location: The GRuB Farmhouse
Enrollment: 20

Alternatives to Flour
Sunday, August 17, 2-5pm
Facilitator: Vanessa Charles — Location: The GRuB Farmhouse

Edible Weeds
Sunday, September 21, 10-noon
Facilitator: Kate Tossey — Location: The GRuB Farmhouse

Composting 101
Sunday, August 24, 12:30-2:30pm
Facilitator: GRuB staff or volunteer — Location: GRuB

Read and Eat Series:
The Book of Jewish Food: An Odyssey from Samarkand to New York, by Claudia Roden
Book Discussion and Potluck (Free!)
Thursday, September 25, 6-8pm
Facilitators: Max Crabapple — Location: The Commons at Fertile Ground

Creative Baking with Vegetables
Tuesday, August 26, 5:30-7:30pm
Facilitator: GRuB staff or volunteer — Location: The GRuB Farmhouse

Google Apps for Organizers
Monday, September 29 6:30-8:30pm
Facilitator: Gail O'Sullivan — Location: Eco House at Fertile Ground

Intro to Seed Saving
Wednesday, August 27, 6-8pm
Facilitator: Aaron Varadi — Location: OFC Garden Shop - Westside

Thinking About Beekeeping? — Date TBA
Facilitator: Kelli Schinke — Location: OFC Garden Shop - Westside

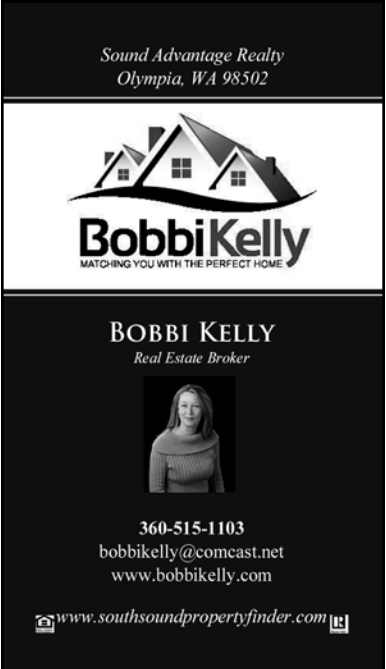
Read and Eat Series:
A Homemade Life, by Molly Wizenberg
Book Discussion and Potluck (Free!)
Thursday, August 28, 6-8pm
Facilitators: Max Crabapple — Location: The Commons at Fertile Ground

Make Your Own Kombucha at Home — Date TBA
Facilitator: Julie Kamin — Location: The GRuB Farmhouse

DIY Non-Dairy Yoghurt — Date TBA
Facilitator: Cara Applestein — Location: The GRuB Farmhouse


Class Locations:

- 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
- OFC Garden Center West:**
921 N. Rogers, Olympia





AUGUST / SEPTEMBER 2014



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

Address Service Requested

PRSRT STD
US POSTAGE
PAID
OLYMPIA, WA
PERMIT #477

Printed on recycled paper using soy-based inks



What is it?

KID'S CORNER

Last "What is it?" was: **Avocado**
Congrats to last issue's winners:
Aalyna, 9; Alyssa, 7; Aurora, 10; Ayia, 9; Brent, 5; Brenton, 5; Devon, 9; Elle, 7; Helen, 9; Isha, 9; Kase, 9; Liam, 7; Maria, 9; Mia, 10; Narya, 7; Numi, 8; River, 9; Robert, 8; Rowan, 8; Ruby, 10; Thaylo, 10; Violet, 8

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: September 1st, 2014

Name _____

Age _____

Guess _____

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

Celebrate Local Foods at the Co-op!



Harvest Party in September
Board Election coming soon!

Jalisco: Mexican flavors, Locally produced, Family-made

Are you interested in doing more with your co-op?

Want to get more involved?

Seeking applicants for the
Board of Directors
[3 year term starting 2015]

Applications available at www.olympiafood.coop and accepted through Sept 1. See page 9 of this issue for details!

Elections begin October 15

