



THE Co-op News

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

FEBRUARY / MARCH 2014



Our splendid salad bar! photo by Desdra Dawning

A Brief and Dramatic Story: The Deli

By Shameka Gagnier, Staff Member

Brief and dramatic are two words that have both pleased the minds of many and brought much joy! The Deli was formed many years ago, by some brave souls...a few who still work at the Co-op today. These brave souls, by a stroke of luck and brilliance, acquired a used salad bar for \$25. This investment lasted until about a year and a half ago, when we made a huge leap of faith and purchased a brand new salad bar. Oh – but wait! Let us not get too far ahead of ourselves! This story has many twists and turns...

For instance, I have heard it said that there is a picture of a certain Kitty Koppelman using a small salad spinner to clean and maintain the greenery for the old salad bar! It is also said that the aforementioned small salad spinners would too often come to an untimely end. This, combined with the

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What's New at the Co-op This Year?

By Maureen Tobin, Staff Member

The Staff Collective put a lot of plans on hold in 2013 as we worked to resolve an unbalanced budget and build our cash reserves. Therefore, as 2014 came looming closer and revenues continued to look rosier than at the start of the year, we dusted off our ideas of the past and started planning to do great projects again. So now it's a new year and a new budget and all things are possible, right?

What is the Co-op going to focus on in 2014?



SPACE

Yes, it's still at the top of the list, believe it or not: this organization is hard at work to improve our existing stores and eventually increase shopping space and offerings to the membership that have been long desired and requested.

For this next year, we have many plans for our beloved Westside store, such as replacing aging equipment and making floor plan changes that will help with crowding issues and even give us more space to offer new products and services, such as an amazing Garden Center!

We know that Olympians seem to like chickens and gardens and we think we can offer some great urban farming supplies that are currently hard to find locally. One small change that we think will make lots of folks in the neighborhood happy is

the new offering of hot water for tea, yerba mate, etc., and freshly brewed coffee at the Westside – organic and fair trade – all designed to make your mornings and afternoons that much peppier!

As the improvements and new offerings at the Westside go on throughout the spring and summer, the Expansion staff will also be hard at work doing groundwork for our Eastside plans- to utilize the extra land there to build warehouse, and office and parking space and increase the retail space about 2,000 square feet. Our hopes are to get enough of the planning work done for the Eastside during this next year to break ground in early 2015.

Meanwhile, you'll see lots of other in-store improvements as we work to replace old and outdated fixtures and equipment in preparation for new and remodeled space. Yes, it's been a long time coming, but we feel secure knowing that we're moving forward with finances in place to pursue our dreams in a sustainable way.

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Co-op News

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Westside Store

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

Eastside Store

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

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

The purpose of the Olympia Food
Co-op is to contribute to the health
and well-being of people by provid-
ing wholesome foods and other
goods and services, accessible
to all, through a locally-oriented,
collectively managed, not-for-profit
cooperative organization that relies
on consensus decision-making.
We strive to make human effects
on the earth and its inhabitants
positive and renewing and to
encourage economic and social
justice. Our goals are to:

- Provide information about food
- Make good food accessible
to more people
- Support efforts to increase
democratic process
- Support efforts to foster a
socially and economically
egalitarian society
- Provide information about
collective process and
consensus decision-making
- Support local production
- See to the long-term
health of the business
- Assist in the development of
local community resources.

Opinions expressed in the Co-op
News are those of the authors
and do not necessarily reflect the
views of the Co-op Staff, Board
of Directors, Co-op advertisers or
anyone else. Co-op members are
welcome to respond.

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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, Atten-
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<http://www.olympiafood.coop>

Cover photo by Jennifer Shafer

What's new at the Co-op: Focus on 2014

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OUTREACH

As most of you reading this know, the Co-op's mission statement and goals are broad and varied and we have come up with many ideas over the years to increase the ways we meet goals such as to "assist in the development of local community resources" and "to foster a socially and economically egalitarian society." The local food hub and food justice movement has had a lot of great networking and planning sessions and several Co-op staff members have participated in different events over the last several years. The outreach team is planning to continue to spread the message of what the Co-op has to offer and further our outreach to underserved communities.

Another big project is the rollout of our new Co-op Website early in the year. We have been working with the innovative and creative folks at the Design Action Collective from the Bay area and are really looking forward to providing a site that will not only have a much better look and functionality, but will also be a way to provide great resources and information-sharing in our community, furthering the Co-op's mission and reach.



MEMBERSHIP SYSTEMS

Early in 2013, we purchased and installed a new Point of Sale system that has been a definite improvement for our register system and pricing programs as well. This new software also includes a way to integrate the membership database into the point of sale database. This could be an improvement for our membership system, which is resting in rather antiquated software and due for modernization. Our membership continues to grow and we love that our community loves being involved in the Co-op! Other changes have been suggested or requested over the years that we want to explore with the membership before we make any movements, so keep your eyes peeled for member engagement events in spring and early summer that will help us explore the different questions that have been raised about memberships as well as discounts. Should we integrate our software? Should we revise how we ask members to carry and show cards? Is our discount system sustainable and meeting the goals for which it was created? We want to know what you think about this stuff and more.

continued on facing page

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The Deli continued from page 1

ever-increasing demand for salad, led to the very large apparatus we now use daily for the cleaning of the greens! There are too many stories to tell in one chapter, I do owe you an apology for leaving you in the throes of excitement about our journey as The Deli Who Could (and Is)... doing really awesome stuff!

Staying in the Vein of
AWESOME:
THE COOKBOOK!

The long-awaited Deli Cookbook will be available at an Olympia Food Co-op near you in the month of February! Yes! We are releasing our first edition of favorite soup recipes (19 of the top desired) for \$9.99! Just when you thought it couldn't get better, we are going to create another cookbook of summer salads, sandwiches, and dressings! Our hopes are to release at least one cookbook edition if not two over the next couple of years. (Now that we have the process and technology to size recipes for the home kitchen, releasing future editions will be much less grueling.) Then we can re-release them as an anthology of deliciousness in their togetherness!

A little insight on how we operate...

The Deli Collective is a small body of folks who work in the much larger entity – the Olympia Food Coop. Every member of the deli



Hot soups at one end, coffee and tea at the other, and a delicious expanse of salad and sandwich fixings and fresh prepared deli delights in between!

collective also holds key management and coordination in the rest of the organization. Let's use me as an example. I, Shameka Louise Gagnier, almost 3 years into my time on the collective at the Olympia Food Coop, work in: The Deli – as a co-manager, merchandiser, cook, and cleaning specialist (aka I am a Virgo); I also have other non-deli responsibilities with Community Classes Co-Coordination, and Outreach and Education Coordination. The reason we interface like this is so we can maintain the bigger picture of the organization in hopes of being better collective members and stewards. The Deli operates using full consensus decision-making, and within the values of our mission statement and membership. We budget to maintain our equipment, keep costs low, buy local whenever

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STAFF COLLECTIVE

Our staff collective is now over 80 people strong and we continue to explore how our staff systems should evolve to meet the changing needs of our organization.

We plan to spend some time in 2014 exploring different consensus models and discussing how our practice of consensus is working for us now and what kind of improvements

we'd like to see. Staff benefits have been a hot topic of discussion over the last year, and that will continue to some extent, as we've worked hard to maintain our excellent health care plan in an environment of higher and higher medical costs handed down to the consumer.

These excellent benefits, as well as a caring and humane work environment, are just some of the things that keep us employees happy at the Co-op, and we find ourselves feeling at least a little optimistic, looking forward to a year full of change and fun projects, and improvements for everyone.

2014...Bring it on!

Volunteer Who's Who

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

I have been writing a column for our OFC Newsletter for a couple of years now. It has been a pleasure to do this for several reasons that I would like to share with you. First, when I began, I found that interviewing a Co-op volunteer allowed me, as a newcomer to Olympia, to get to know my fellow members more intimately. Soon I realized that I was also offering a service to the membership by introducing them more personally to people that they often saw or had interaction with at one of the stores, but didn't really know very well. And eventually I learned, from feedback I was given, that this little article I was offering up with every Newsletter edition was becoming well-received and appreciated. One

day, however, a member asked me how I decided who got to be the "Volunteer of the Month." I was shocked. I had never looked at the article in that way, but then became concerned that others might have the same question-or wonder how one goes about being honored in that way. So I would like to tell you how the people I have so far interviewed and written about came to me. Many were suggested to me by Staff members who felt that they had an interesting story to tell. Sometimes I didn't have anyone in mind, so asked the cashier who was ringing me up if they would be interested in being interviewed. One was a personal long-time friend of mine. I never intended for the article to spotlight anyone as a "Volunteer of the Month," although

I can see how it might be seen in that light. The fact is, sometimes I even have trouble finding someone willing to sit with me for an hour or so and tell me their wonderful story, both personal and Co-op oriented!

So, as you can see once you peruse this issue, I have not written a Volunteer Profile this time. In order to make my offering more egalitarian, I would like to request that any volunteer who is interested in being the subject of this column please throw their name into the hat. I will then do a random draw and give you a call to see if the timing is right for an in-



Desdra Dawning

terview and article. If not, I will draw again, and your name can shift to the following issue. Keep in mind that there are only 6 or so issues a year. I would be delighted if I got a flood of volunteers responding to this request. I want to meet with you, chat about life and the Co-op for an hour or so, and write up a little something for our membership!

So, if you have any inclination in this direction, please send me your name, phone number and email address to: desdradawning@yahoo.com and/or give me a call at: 928-707-1738.

Thanks so much!
– Desdra Dawning

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Upcoming Volunteer Program Orientations

Be a weekly Volunteer in the store!

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

Eastside Store:

Sunday, February 2.....5:30-7:30pm
Thursday, February 6.....5:30-7:30pm
Sunday, March 2.....5:30-7:30pm
Thursday, March 6.....5:30-7:30pm

Westside Store:

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

For more information about volunteering 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, fill out a volunteer application, or sign up for an upcoming event.

No Elevated Levels of Radiation Found in North Pacific Salmon Samples

Press Release by **Loki Fish Co.**

Loki Fish Company, based in Seattle, has supplied the Co-op with several types of salmon for more than 15 years. In January, they were happy to announce that laboratory analysis of five salmon species harvested by its fishermen in Puget Sound and Southeast Alaska during 2013 show no indications of elevated radiation levels.

In response to customer concerns over radiation releases into the Pacific Ocean from Fukushima, fisherman-owned Loki Fish Company contracted with internationally accredited Eurofins Analytical Laboratories of Metairie, Louisiana to conduct radiation testing on seven stocks of wild salmon.

Loki harvests and direct-markets wild salmon through King County Farmers' Markets and through national wholesale distribution. Tests were conducted on Pink, Keta, Coho, Sockeye and King salmon from southeast Alaska, and



Pink Salmon

photo courtesy lokipix

Pink and Keta salmon from Puget Sound.

Although the FDA contends that there is no evidence that radionuclides from Fukushima are present in Alaskan and Pacific Northwest seafood at a level that would be harmful to human health, it has not published results. Meanwhile unsubstantiated internet rumors regarding the safety of North Pacific seafood have become widespread.

"As fishing families who put salmon on the table of consumers, we are as concerned as anyone about the health of our marine ecology," said Pete Knutson, fisherman and co-owner of Loki. "We have long been active in environmental issues which affect salmon stocks and believe that environmental defense needs to be driven by science, not fear."

All seven stocks of salmon were tested for the radionuclides associated with the nuclear plant failures in Japan: Cesium 134, Cesium 137, and Iodine 131. Of the seven samples, five did not register detectable levels of radionuclides. Two of the samples registered at trace levels – Alaskan Keta at 1.4Bq/kg for Cesium 137, and Alaskan Pink at 1.2Bq/kg for Cesium 134. There were no detectable levels of Iodine 131 in any samples.

To put those numbers



photo by Mark Johansen

Bringing in the Pinks!

in perspective, the critical limit set by the FDA for either Cesium 134 or Cesium 137 is 370 Bq/kg, far above the amount found in Loki's Alaskan Keta and Pink salmon.

Copies of the Eurofin sampling results can be obtained from loki-fish.com.

Note: Becquerel per kilogram -Bq/kg-is a standard scientific measure. It is "the number of particles decaying per second in each kilogram of a sample." (UC Berkeley Dept. of Nuclear Engineering). Radionuclides are present in many everyday foods – bananas commonly test at levels around 130Bq/kg for potassium-40.

To contact Loki Fish Co:

Dylan Knutson, Operations Manager:
dylan@lokifish.com
Pete Knutson, Co-owner:
pete@lokifish.com
Office phone – (206)937-1048

Related sources:

The FDA discusses food safety questions in relation to the Fukushima incident:

<http://www.fda.gov/newsevents/publichealthfocus/ucm247403.htm>

The homepage of the internationally credentialed laboratory which tested Loki salmon from Puget Sound and Southeast Alaska:

<http://www.eurofins.com/en/about-us/eurofins-fact-sheet.aspx>

Web page of the Department of Nuclear Engineering at UC Berkeley. This links to their post Fukushima measurements of radionuclides in Bay Area soil, foods and Pacific Northwest salmon:

<http://www.nuc.berkeley.edu/UCBAirSampling/FoodChain>

Radiation test results on North Pacific seafood and discussion from an Anacortes-based fish retailer, Vital Choice:

<http://www.vitalchoice.com/shop/pc/articlesView.asp?id=2083>



Round Up for Philippine Typhoon Relief

By **Keziah Apuzen**, Staff Member, and **Desdra Dawning**, Volunteer Working Member

This November 2013, super typhoon or tropical cyclone Haiyan (local term Yolanda) struck the central Philippine islands, leaving behind flattened cities and towns, affecting over 10 million people – with over 850,000 displaced, 18,000 injured and over 5,000 killed. So far, it is the strongest storm in recorded history. Climate justice advocates caution that warming oceans fuel super typhoons such as this one. As we (“we” meaning all of us humans who share space on this planet) begin to experience more of these devastating storms globally, our connections with each other become even more glaringly obvious. We are all in this together!

In December 2013, the Olympia Food Co-op Board of Directors and Staff Collective upheld its mission to “make human effects on the earth and its inhabitants positive and renewing” and its international cooperative principles of “concern for community, solidarity, social responsibility, caring for others, and cooperation among cooperatives,” by voting to help raise funds for typhoon relief through our Round Up program. All agreed that the devastation being experienced by our brothers and sisters in the Philippines appeals to our common humanity, calling us to respond globally as residents of this planet.

The OFC Round Up Program offers members the opportunity, at the register, to ask the cashier to “Round Up” on their receipt whatever amount they feel comfortable with, even if simply change, to be donated to a worthy cause. Monies generated from this Round Up will be donated to two Philippine-based groups that are fund-raising for typhoon relief:



COOP-NATCCO (National Confederation of Cooperatives)

COOP-NATCCO is a network of grassroots cooperatives that also serves as a voice for cooperatives in the Philippine congress. Over 350,000 cooperative members were affected by the typhoon. The cooperative members are diverse in profession and background, ranging from fisher-folks, teachers, and farmers or agrarian reform beneficiaries, to electricity co-ops, credit union members, and others.

Formed in 1977 by credit union pioneers who believed in self-help and in the idea that people in poverty need to create opportunities for themselves to improve their economic well-being, these early leaders in the cooperative movement in the Philippines were aware that in order to succeed they could not rely on government alone.

Today, NATCCO is the biggest federation of co-ops in the Philippines, in terms of geographical reach, membership, financial capacity and array of services. Now reaching around 2.17 million individual members coming from 612 rural and urban-based co-ops, it is currently working on fund-raising to aid in the relief efforts.

For more info: <http://www.natcco.coop/index.php/home-2/171-natcco-network-mobilizes-funds-for-co-ops-hit-by-yolanda>



Gabriela

Gabriela is a grassroots-based national and international alliance of women doing advocacy work around women’s rights, gender discrimination, violence against women, women’s health and reproductive rights, and economic and political issues affecting women. This alliance of Filipino women, established in 1984, is at the forefront of their struggle for freedom and democracy.

With more than 200 women’s organizations that cut across many sectors and regions in the Philippines, Gabriela is currently organizing relief and rehabilitation efforts in coordination with its local party chapters. Their call has gone out for donations of essentials such as bottled water, ready-to-eat food, rice, canned goods, mats and blankets, clothes, diapers, medicines and cash donations.

For more info: <http://www.gabrielaph.com/2013/11/14/the-victims-of-typhoon-yolandaph-need-our-help/>

This Round Up effort began on January 2, 2014 and ends the end of March. Thank you for joining us in this gesture of caring and giving.



Purple Biko topped with *latik*

Purple Biko

This vegan Filipino sweet rice dessert is traditionally served as a *merienda* (mid-afternoon snack) and during festivities. The color of biko depends on the variety of sweet glutinous rice used. This recipe suggests the heirloom purple sticky rice from Eighth Wonder, available at the Eastside Bulk section.

2 cups sweet sticky rice

(The heirloom purple sticky rice from Eighth Wonder available at the Eastside Bulk section is a delicious – and pretty! – choice)

4 cups organic coconut milk

1 cup organic sucanat sugar

pinch of sea salt

latik (coconut milk curdle) optional – see note at bottom

Heat the coconut milk in a medium pot over medium heat for about 5 minutes.

Add the rice and mix well. Add a pinch of salt. Lower down the heat.

Stir frequently to make sure the rice on the bottom will not burn. Do this for about 20 minutes or until the coconut milk is fully absorbed and the rice is soft.

Add the sugar. Mix well. Let it cook over low heat for about 3 minutes. Turn off the heat.

Transfer to a pan. Option: Flatten the top surface and top with coconut caramel or *latik*.

Let cool for about 2-3 hours.

To make latik: Over medium heat, simmer about 2 cups of pure coconut milk. Simmer and mix occasionally until the milk solidifies into crumbles. Turn off the heat and serve latik on top of biko.

Filipino Adobo

This favorite dish throughout the country inherited its colonial name adobo, which means sauce or marinade, from the Spanish. It is actually an indigenous way of cooking that involves stewing meat or fish with vinegar.

4 organic or free range chicken breasts, + 4 drumsticks, skin removed (may substitute pork, beef, fish, shrimp, or tofu)

1/3 cup organic tamari or low sodium soy sauce

1/3 cup organic vinegar (coconut vinegar, apple cider vinegar, or rice vinegar)

1/4 cup water

1 small head of organic garlic, crushed

6 ground organic peppercorns

4 bay leaves

optional additions:

crushed organic ginger or one jalapeño, chopped

Combine all ingredients in a large pot. Cover and marinate chicken for at least 1 hour. Bring to boil, then lower heat. Cover and let simmer for 30 minutes, stirring occasionally. Uncover and simmer until sauce is reduced and thickened, and chicken is tender, about 20 more minutes. Serve with steamed rice.



Regional variations also include adding coconut milk (South) or turmeric* (North). May add some crushed pineapple pieces or sliced plantain or banana for extra sweetness.



*Hint: check the Co-op's produce department for fresh turmeric root (pictured, far left) – a key ingredient in many Filipino recipes, it is often available this time of year! If not, turmeric powder is available in the bulk spice section.

Co-op Community Classes

Spotlight on Learning: all classes are \$5!

All Community Kitchen Classes require pre-registration and there is a non-refundable \$5 fee for each class. To register, go to www.olympiafood.coop and click on Classes, or visit one of our stores between the hours of 11-6 to register in person.

GRuB: 2016 Elliot Ave NW, Olympia
(off Division St, on the Westside)

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

Creating Delicious Flavor Profiles

Saturday, February 8, 2-4:30pm

Facilitator: Maeanna Welti — Location: GRuB — Limit: 20

Much of making cooking special lies in seasoning. In this class we will look at how to create unique and well-rounded flavor profiles by learning about herbs, spices, vinegars and other ingredients that add flavor to a dish. We will sample different seasonings, cover basics of how and when to add flavoring ingredients, taste prepared dishes, and come up with our own creation together. My goal is to help cooks leave with increased confidence in their own creativity and a solid foundation in seasoning basics from which they can explore.

Cooking Grains for Maximum Nutrition

Sunday, February 9, 2:30-4:30pm

Facilitator: Jeannine Godfrey — Location: GRuB — Limit: 20

Whole grains contain many beneficial vitamins and minerals but unless they are properly prepared your body may not be able to use those nutrients. In this class we will learn to prepare grains in traditional ways by soaking, sprouting, and fermenting to make all those valuable nutrients available to nourish you and your family.



Erin Majors shares her expertise at the GRuB farmhouse kitchen

photos by Max Crabapple



Urban Foraging Class

Saturday, February 22, 1-5pm

Facilitator: Melany Vorass Herrera — Location: GRuB — Limit: 20

What separates my classes from all other classes is my focus on yard and garden weeds. Roughly 9 out of 10 of these weeds are delicious, nutritious and fun to cook with. My class can be strictly a plant i.d. class with a discussion on cooking, or it can include a hands-on cooking segment.

Flower Essence Basics for You & Your Family

Monday, February 24, 6-8pm

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

Flower Essences are a method for taking care of ourselves that is readily available to all. Essences can help us to be more present and healthy. This basic introduction will talk about the history, making, use and identification of the characteristics of flowers for personal use.

Introduction to Greens

Sunday, March 9, 2-4:30pm

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

Adding hearty greens to your diet is one of the simplest (and cheapest) ways to improve your nutrition. Once you get the hang of cooking with greens, it is easy to add them to your everyday meals, and you may even find yourself looking for recipes that feature them. Come join Erin in this fun and accessible introduction to cooking with greens. We will go over basic selection and preparation tips and make four dishes that feature hearty greens including kale, collard greens, and chard.

Basic Sauces

Sunday, March 23, 2-4:30pm

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

A sauce can be the crowning glory of any dish. There are hundreds of variations of sauce that are used to dress, compliment, enhance and bring out the flavor of the food it is served with. Come and learn to make a few basic sauces and make them your own. They will add a new dynamic to your kitchen repertoire! We will make Roasted Garlic Aioli, Béchamel, Classic Cocktail, Cheddar Mustard and Spicy Jamaican Jerk Dipping Sauce.

Top: Participants receive useful handouts with most classes
Bottom: Expand your Kitchen knowledge with a cooking class!



It's still (scrumptious) Soup Season!



photo courtesy strongertogether.coop

Chipotle Corn Chowder

[from strongertogether.coop/recipes]

- 1/4 pound unsalted butter
- 1 yellow onion, diced
- 2 carrots, diced
- 2 celery ribs, diced
- 2 cloves fresh garlic, minced
- 1 poblano pepper, diced
- 2 cups button mushrooms, quartered
- 1/4 cup all-purpose flour
- 1 quart chicken or vegetable stock
- 2 russet potatoes, diced in 1/2" cubes
- 3 cups fresh roasted or cooked corn kernels
- 2 tablespoons fresh thyme, minced
- 1 tablespoon chipotle chili pepper
- Pinch of cayenne pepper
- Pinch of ground cumin
- Pinch of salt
- Pinch of pepper
- 2 cups heavy cream

In a large sauce pot on medium high heat, melt the butter. Add the onion and sauté for 2 minutes. Add carrots, celery and poblano pepper and sauté for 3-5 minutes until the vegetables begin to soften. Add in garlic and mushrooms and sauté briefly, then add the flour and stir well. Add the stock and simmer for 2-3 minutes. Add in potatoes and simmer for an additional 7-10 minutes. Add corn, herbs and spices and stir well. Add heavy cream, bring to a boil and then reduce heat and simmer for about 5 minutes. Garnish and serve hot.

Serving Suggestion: Garnish with fresh chopped cilantro or extra chipotle peppers. Serve with sides of sour cream, corn kernels, Cojita cheese, pico de gallo, crusty bread or tortilla chips.

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The Deli continued from page 3

possible, and make good food accessible. We strive to maintain an organic, GMO-free salad bar. The reason why we sell our food by the pound is to ensure that members can buy as little or as much as they would like. We also make sure that people who rely on EBT can access our cold items. The Deli also frequently provides some of the food for The Annual Harvest Party/ Volunteer Appreciation and caters The Annual Membership Meeting. Some of

our Deli Cooks teach in our Community Classes Program \$5 Classes, and are this year beginning to interface with other community organizations such as Community Youth Services Foster Care transitional skill building classes, and Lincoln Elementary.

In Closing...

Thank you for joining us on this epic adventure through deli past and deli present! Keep your eye out for future installments; they may include reports on the number of rice cook-

ers we have burned out, the recipes that have never made it, and just for good measure possibly some pictures from the beginning.



Soup's On!

photo by Desdra Dawning

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Community Sustaining Fund: Twenty-five Dollars for 25 Years!

By Keith Dublanica, Co-op Member

The Community Sustaining Fund (CSF) is celebrating its 25th year of supporting local groups engaged in social justice, environmental education and community activism, through innovative means and creative collaborations. In these past 25 years, over 250 groups and individuals have collectively received greater than \$70,000 in small grant awards. The majority of funds the CSF has had the pleasure and honor to distribute comes from shoppers "rounding-up" at the Olympia Food Co-ops.

The most recent cycle of submitted proposals, interviews, and subsequent awards in autumn of 2013 found the CSF supporting the Peace Scouts, Thurston County Food Bank, Deschutes Estuary Restoration Team, People for Public Power, Oly Star Courier, and Inter-Faith Works. Recent past recipients have included the Olympia Free Clinic, Pizza Klatch, the Olympia Estuarium, Fertile Ground, Works in Progress, and SPEECH, among many, many others.

There has been a regular and consistent solicitation for proposals twice a year, in the spring and fall, during the bi-annual CSF grant cycles for the past two and a half decades. While a fair number of proposals are submitted for consideration for funding, there are ALWAYS more requests for support than the CSF has funds for.

ALWAYS...in fact the CSF frequently asks if the potential recipients would accept less than the full amount requested. We have never had a lesser-than full award declined as all CSF contributions have been respectively accepted.

The volunteer leadership group of the CSF finds it quite humbling to interview and make decisions on a weekend morning that can provide minimal seed money to groups that need a helping hand. The CSF does not, and cannot, support ongoing operations and maintenance. But CSF will consider support of other projects and ideas that meet the CSF criteria of sustainable concepts.

As the CSF investigates how best to continue a presence for the next twenty five years, the regular and consistent process of Co-op shoppers "rounding-up" their Co-op purchases to the next whole dollar is our primary support. An additional solicitation can be to celebrate CSF's twenty-five years by donating \$25 dollars...a dollar for each year!

Twenty-five for 25!

The CSF will be undertaking additional ways to leverage its funding support in the coming months. One taking place in February will be a Valentines' weekend house party and fund-raising on Sunday February 15 from 3- 6pm. Light refreshments, music and testimonials from CSF and grant recipients will be provided.

If interested please go to: <http://www.oly-wa.us/CSF/> for more info.

Co-op Classes: Building Community and Sharing Skills

By **Maureen Tobin**, Staff Member



In the G RuB farmhouse kitchen, OFC Staff Member Erin Majors preps produce for her specialty: soups.

photos by Max Crabapple

Our class program began about 12 years ago, and we love the way it has grown and evolved. For a very small investment, you can join in sharing skills in our community and learn about all sorts of things, from how to approach cutting up a rutabaga to improving everyday nutrition to learning about anti-oppression. The Co-op would not have been able to provide all these classes without two very important partnerships with the wonderful community resources of G RuB and Fertile Ground Guesthouse.

Fertile Ground hosted our very first cooking class all those years ago, and although it is a small kitchen, a lot of magic has happened in that space! If you haven't checked out the improvements and community building going on around 9th Avenue downtown, you should make time to explore The Commons at the corner behind the downtown library, and visit their website at fertileground.org.

The amazing community nonprofit G RuB has also been invaluable to the recent success of our class program. Many years ago, when G RuB started breaking ground for their new farmhouse, they knew that a good kitchen space would benefit all the youth and volunteers at G RuB, but they were also hoping to help out the larger community as well. And the Co-op has sure been a part of that community, as we've been able to hold many cooking classes each year with more people than would have been possible in any other space. Check out all their great work and ways to support G RuB at goodgrub.org.

We are grateful for the opportunity to use these spaces for our class program and we look forward to more community building in the future.



Erin in instructor mode

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Do You Have a Green Thumb?

By **Desdra Dawning** and **Margaret Culbertson**, Co-op Members

Winter may have its grip on us for a while longer, but hints of that next luscious season are showing up in all sorts of places--with slightly longer minutes of sunlight each day, more of those moments of healing sunlight on the face, green shoots of bulbs pushing through the soil, and tiny buds plumping up on bushes and trees.

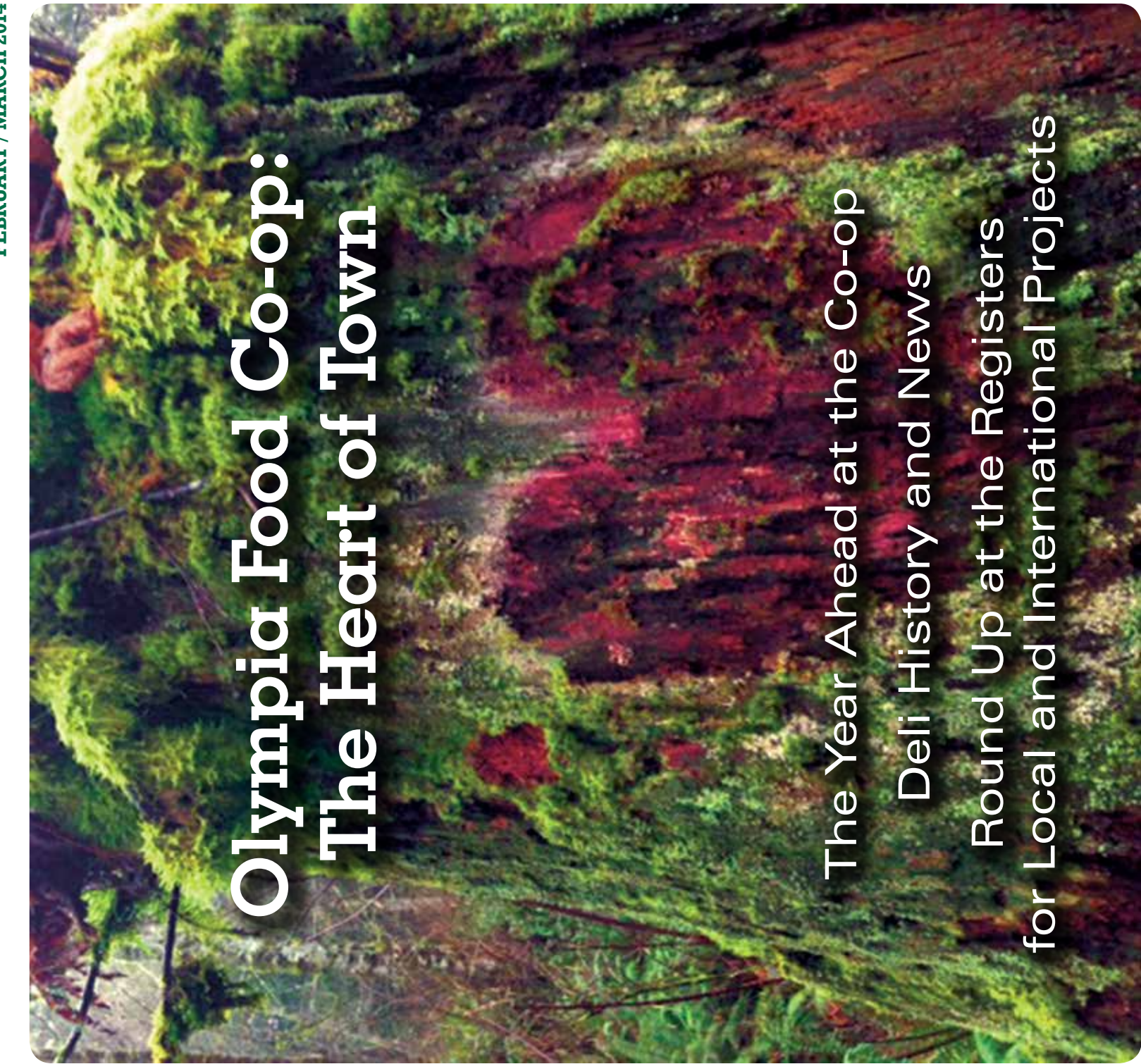
For all of you gardeners, reminders that spring is right around the corner are popping up everywhere. Some of you have been gardening here in the Pacific Northwest for so long now that you know just what you need to do to get ready for the next chapter of tilling, planting, growing and harvesting. And some of you, if you are like me, are new to growing things in this wet and wild climate.

The OFC Newsletter would love, in the April/May edition, to offer some great gardening suggestions, gleaned by our members from years of working to bring forth edible life from local garden beds. So--if you have any Pacific Northwest Gardening Wisdom to offer us, any tricks of the trade, any lessons learned by failure and success, any funny or heart-touching tales to tell, PLEASE SEND US YOUR OFFERINGS! We will pass them on in the hopes that, by summer's end, our members will find themselves blessed with an abundance of lovely organic food from their very own gardens!

Whatever tidbits you have to offer, please send them to:


desdradawning@yahoo.com or
margaretculbertson@gmail.com

Thanks!
Desdra and Margaret




Olympia Food Co-op: The Heart of Town


The Year Ahead at the Co-op Deli History and News Round Up at the Registers for Local and International Projects



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KID'S CORNER



What is it?

Last "What is it?" was: **Pinto Beans**

Congrats to last issue's winners:
Sadie 8, Denali 10, Liam 6, Sage 7, Kade, Naiah, Finn 9, Isha 9, Ella 7, River 5, Ayra 9, Lydia 6, Ben 10, Rowan 8, Liam 6, Fiona 10, Stella 7, Zachary 10

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

What is it?

Deadline: March 1st, 2014

Name _____

Age _____

Guess _____

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

Join Us at CO-OPATOPIA

A free event celebrating cooperative businesses and all they contribute to our communities and the local economy. Games, live music, food, great prizes and information.

Saturday, March 15
1 pm to 5 pm

St. Martin's Pavilion

Celebrate the community of co-ops – Help current co-op members identify other co-ops in the area – Educate non co-op users about the benefits of co-ops and how they can get involved!



CO-OPATOPIA