

Westside Garden Center: *Officially open for the season*

**Spring is coming:
it's time to get dirty**

By **Kim Langston**, Garden Center Manager

By the time this article reaches you the Westside OFC Garden Center will already be open for the season and ready to help with your gardening needs. We've got big plans for this season. More plants, garden tools, seeds, books, regionally sourced soils, compost, fertilizer, animal supplies, cover crops, food preservation and canning tools and mercantile goods. An expanded classes, workshops and events program are in our future as well. Don't be fooled by the name, we carry lots of non-gardening goods as well.

We're doing our best to utilize every square inch of space in the garden center. We received a lot of great suggestions from the membership last season and are busily working to source all the items you love and desire.

For those of you on the Eastside of town who just can't make the trek west, check out the ever evolving and growing Eastside garden department. Christine and



Garden Center in May.

photo by Fern Moore

Zoe have some very exciting things in store for 2015.

It's time to shake off the cold, kick off those semi-clean work shoes and slip on those dusty ole work boots, crack open the rusty door of the potting shed and start planning this year's garden. It's an age-old ritual many of us engage in year after year. It involves a lot of sorting through old seed packets in search of expiration

dates and quizzically examining old jars of seeds we gathered and promised ourselves we'd label but didn't. To be a gardener is a constant exercise in forgiveness. Gardening is a beautiful act that keeps us engaged with the most intimate transitions in the season. The ebbs and flows of the cold winds, the heat spells, the aphid blooms and the mold spores. You win some you lose some, but one thing we never are is bored.

Just like our gardens we, too, experience the ebbs and flows of the season. We start out so excited about all the possibilities. We work hard. We build structures and experiment with new crops and techniques. We sacrifice trips with friends and family. When everyone else is out eating ice cream and exploring the Sound we're happily, and sometimes begrudgingly, harvesting or weeding our little patches of paradise.

But come October most of us are ready for our gardens to stop giving so we can take a long needed break from all the toiling, weeding, harvesting, processing and putting up we've been doing since April. After five to seven months, we're tired of taking care of our little plant babies and are anxiously awaiting a moment or two to read a book

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Jenn Kliese and Working Member Sharon Zeir in the autumn Westside Garden Center.

photo by Ally Hinkle

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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 seasonal basis and comes out in May, 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 Desdra Dawning

BOARD REPORT

By **Fern Moore**, Staff Member & Board Representative

A new year begins and we turnover and freshen our Board of member-elected Directors. We honor our departing members Erin Genia, Niki Bilodeau, Dani Madrone, and John Regan. We thank them for their years of brilliant service and dedication to enhancing and guiding our Co-operative.

Our 2014 Election ran five open positions, to which we had only five candidates apply. 2014 turnout for candidate applications and overall voter participation was significantly lower than previous years. The Election last year elected the candidates to staggered term lengths, three 3-year terms and two 2-year terms. The term lengths were staggered, to ensure that a majority turnover would not happen as a result of the bylaws change to term lengths in the 2013 Election.

The 2014 Election tallied 121 verified member ballots. Teresa Young received 106 votes, and has accepted her 3-year term. This will be Teresa's second term on the Board. Habib Serhan received 97 votes and accepted his 3-year term. Matthew Schmelzer received 95 votes and has accepted his 3-year term. Max DeJarnatt received 51 votes and has accepted his 2-year term.

Mary Blake received 80 votes and has declined the position. In this situation the Board will determine whether or not to fill the position. The Bylaws state that, 'The Board shall consist of a minimum of six directors and a maximum of ten directors.' The Bylaws also state that, 'In the event of a vacancy on the Board of Directors, the remaining Board members may appoint a new Director. The appointed Director shall serve until the next

Board election. Any Board appointed Director is eligible to run for an elected term at the next election.'

The 2015 Board of Directors is comprised of volunteer members, Isabella Rogol, Micheal Snow, Joshua Simpson, Mohammed El-Sokkary, Teresa Young, Habib Serhan, Matthew Schmelzer, and Max De Jarnatt. The Board of 2015 will also see the return of Staff Representative Jayne from an extended leave. Alejandro Rugarcia has filled in for her over the last year.

The vacating and incoming Board members had the opportunity of meeting together in December. At this retreat they reviewed the 'Co-op Conversations' and 'Strategic Plan' and identified what goals and tasks are in process, complete and which have yet to be addressed. From this they brainstormed and identified possible priorities for 2015. Our Board will distill these ideas in the coming months to result in a revived Strategic Plan that supports our ever-evolving needs.

As ever, the Board continues to find ways to support our organization and address the needs of the membership and community at large. Board Meetings are open to active members and include a Member Comment period. Board Meetings are held the 3rd Thursday of every month from 6:30-9:30 pm at the Downtown Office 610 Columbia ST SW.

The Board of Directors at their January meeting appointed Desdra Dawning and Eric Mapes to the open seats for 2015.

Email - ofcboard@olympiafood.coop

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FINANCE REPORT

By **Grace Cox**, Staff Member

Sometimes dates just don't line up. We are in that moment where the timing of financial statements and newsletter deadlines don't match. By the time this newsletter is in your hands we will be just days away from a full wrap up on the 2014 Financial Statements. Those statements will give us final numbers on revenue, expenses and profit/loss. In the meantime, we do have one set of numbers which we can report, year-to-date Sales Growth. The accompanying spreadsheets show sales by major merchandise category at each store. Although overall sales were below our expectations, there is some good news to be found in them, and some important trends to guide future operations.

Where we fit: Every quarter we compare our financial performance to the performance of co-ops throughout the country. What we are finding is that our sales growth patterns are very closely

aligned with growth patterns among all co-ops. As competition continues to increase, with more and more placement of natural and organic food in conventional grocery stores and aggressive store development on the part of national natural chain grocers, co-ops continue to see stronger growth in "fresh" departments (produce, meat and deli) and slower to no growth in what is referred to as center store (packaged grocery and bulk).

What we've done: You will recall that we spent most of 2014 focusing on improving the Westside store. Sales in the new garden center stayed strong throughout the season (showing here as part of total taxable sales). The interior remodel was well received by the members, and we have seen improved sales growth West since the work was completed. Yay, team! The store desperately needed freshening; opening up the front windows again has brought light and lightness to

the building. We were able to carve out more space for Wellness (HABA) which has been a growth area for several years.

What we haven't done yet: Though sales growth has been sluggish at the Eastside, we recognize that the store is untenably crowded. Raise your hand if you've felt trapped in the produce department, unable to get yourself, much less your shopping cart, past two of the worst bottlenecks in the store. Okay, I can't really see your hands; I'd be raising mine but it's hard to type with one hand in the air. While big changes will take a while to accomplish, the Facilities and Merchandising teams are well aware of the need to make even small adjustments to allow for improved traffic flow inside the store.

Thanks for reading. As always, the bookkeeping team is ready to answer any questions you might have. (360) 357-1106 ext. 12.

2014 Sales Growth West – Year to date January 1 - December 31 –

	Current YTD	Budgeted Growth	Actual Growth
Sales:			
Sales-West Produce	1,155,267.6	6.00%	8.15%
Sales-West Bulk	845,048.91	3.00%	-2.03%
Sales-West Chill	750,258.23	2.50%	6.70%
Sales-West Frozen	176,276.13	5.00%	3.45%
Sales- West Habasup	380,008.95	7.00%	5.29%
Sales-West Misc. Grocery	1,280,183.74	4.50%	-1.01%
Sales-West Taxable	378,089.25	16.58%	10.30%
Sales-West Deli	67,731.5	15.25%	44.24%
Sales-West Meat	360,229.94	17.79%	22.49%
Sales-West Cheese	218,395.47	3.00%	2.35%
Total Sales Before Discounts:	5,611,489.72	6.02%	4.78%

2014 Sales Growth East – Year to date January 1 - December 31 –

	Current YTD	Budgeted Growth	Actual Growth
Sales:			
Sales-East Produce	2,043,703.44	5.75%	4.83%
Sales-East Bulk	1,396,008.95	5.00%	-0.39%
Sales-East Chill	1,183,078.8	4.00%	0.82%
Sales-East Frozen	370,132.41	2.00%	-1.33%
Sales-East Habasup	746,569.2	12.00%	3.44%
Sales-East Misc. Grocery	2,776,722.49	6.50%	-1.05%
Sales-East Taxable	701,670.98	6.00%	7.09%
Sales-East Deli	510,469.22	7.05%	8.60%
Sales-East Meat	853,396.02	18.00%	10.28%
Sales-East Cheese	321,621.76	4.00%	1.62%
Total Sales Before Discounts:	10,903,373.27	6.86%	2.45%

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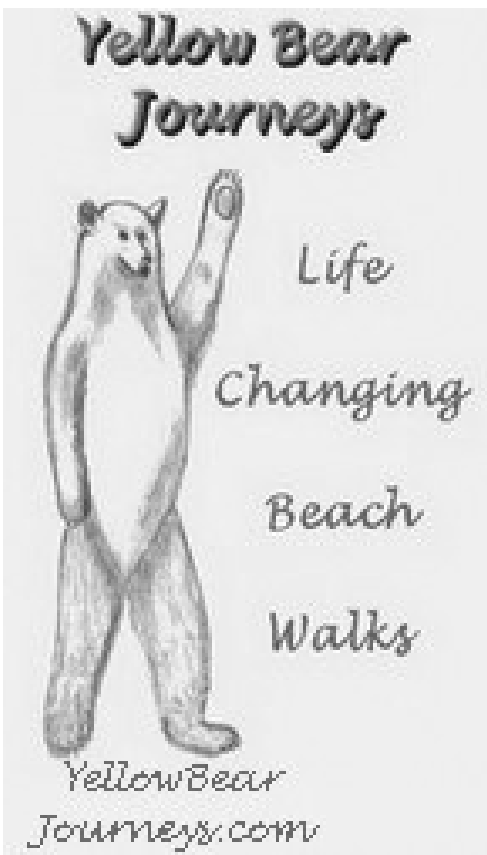
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Come tour the store and learn about Working Member opportunities (including cashiering, stocking, and more) at the Co-op. If you are interested, please attend one of these 2-hour orientations.

Westside Store:

Sunday, February 8	11am-1pm
Sunday, February 15	11am-1pm
Sunday, March 1	11am-1pm
Sunday, March 8	11am-1pm
Sunday, April 5	11am-1pm
Sunday, April 12	11am-1pm

Eastside Store:

Sunday, February 1	2:30-4:30pm
Tuesday, February 3	4:30-6:30pm
Sunday, March 1	2:30-4:30pm
Tuesday, March 3	4:30-6:30pm
Tuesday, April 5	2:30-4:30pm

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.

Garden Center continued from page 1

or go on a weekend excursion without feeling guilty about leaving our gardens. We realize we miss our friends and eating ice cream.

So we take that break we've been long awaiting and it feels great. It actually feels amazing. We don't care that our gardens are mostly dead and slightly hard to look at. We instead chose to spend time with friends, reacquaint ourselves with lost hobbies and sleep in on the weekends. We plow through all the raspberry jam, strange experimental canning concoctions, frozen veggies and fruit, dehydrated herbs and fermented pickles. We wax poetic on the long warm sunny days. We eat and eat and eat and feel so proud of ourselves for all our hard work. We're gardeners after all. This is who we are and what we do.

Then something strange starts to happen. A rumble in our hearts reminds us that while this is all good there's something missing. All those months of rain and cold have taken a toll and we're starting to feel antsy. We miss being out-

side. Then the seed catalogs start to appear in our mailboxes. One by one we start to flip through their colorful pages. We start to see potential in every yard we pass on our daily walks.

We notice that weeks of unpredictable weather patterns have trees and plants budding out early. It's only January yet the desire to start planning is firmly imbedded in our psyches. It's time friends. Like planning a vacation to the Balkans or some far away island, gardening often requires a few months head start to prepare. The time is here...

Now go put on your warm wares, pack up your thermos and head over to your local Westside OFC Garden Center for a little inspiration. We'll be open 10-6 pm seven days a week and will be awaiting your arrival.

We offer more than just a place to buy really cool stuff. We offer a place for members of our community to work and volunteer and share their love and passion of all things gardening. If we don't know the answer to your questions on the spot we'll research the answers and call you back—within reason of course.



Kim and Zoe with Rising River Plants.

photo by Milo Roberti

OFC Receives Human Rights Award

By **Desdra Dawning**, Working Member

Each December, the Thurston Diversity Council presents Human Rights Awards to recognize outstanding contributions in human rights by individuals and organizations.

This year, the Olympia Food Co-op was chosen, along with several others, to be honored with this award. On December 15, 2014, the Thurston Diversity Council presented to the Olympia Food Co-op the Human Rights Award for Lifetime Achievement. A reception was held at the Thurston County Courthouse for award recipients. Alejandro Rugarcia, Staff member, and Theresa Young and Erin Genia, Board members, represented the Co-op at the event, gratefully receiving the award. This award served as recognition of the Co-op's many ongoing efforts to make healthy food available to our community at reasonable prices, while supporting our local food producers. It served to acknowledge the understanding many of us share that access to healthy food is a basic human right.

The Thurston Diversity Council was originally formed in 1989 as the Thurston Council on Cultural Diversity and Human Rights, and served in an advisory role to the Thurston County Commissioners and other local governments for 20 years. Following the

County's major budget cuts in 2009, the group was reborn as the Thurston Diversity Council, a local community organization. The Council works to increase understanding between people through community education, often doing outreach at community events. Through their awards programs, the Council works to bring attention to groups and individuals who enhance the quality of life in our community. The other award recipients for 2014 were: Linda Malanchuk-Finnan, recognized for her efforts to combat human trafficking; Amahoro House, a program of Hospice Without Borders that is offering end-of-life care to those without means or a support system to care for them at the end of life; and the Thurston County Food Bank, recognized for providing food to folks facing food insecurity without the means to buy necessary food.



Congratulations to all of this year's award recipients and thank you, Olympia Food Co-op and the OFC Board of Directors, for your undeviating adherence to our Mission Statement!

The Turning of the Seasons Linda Lee Tatro

I do not long for endless azure skies.
The turning of the seasons brings joy to me.
The constant changing
of the lives of plants and animals
in my world
is an endless source of discovery and pleasure.

Even now,
in the middle of winter,
brave green shoots are surfacing in the garden.

Soon,
I will see the first blossoms of
Indian Plum,
and quickly on its heels will be the
Red Currant blossoms.

These lovely delicate blooms
are the first food of the humming birds,
which will arrive from the south
just in time to drink their nectar,
and set up their territories for the warmer months.

The blue skies of summer are a joy,
but perhaps a sweeter treasure
for being so short-lived.

Don't judge a day by the weather.
It is the inner landscape
of thought and emotion
that has meaning and importance.

GIVING BACK: Co-op Values in Action

The Olympia Food Co-op is truly rooted in supporting our community. Every year, we donate to countless community organizations doing important work all around us: organizations like Safeplace, GRuB, Cielo, Stonewall Youth, and many school groups. We donate food for galas, banquets, and auctions in support of critical fundraising efforts and provide delicious refreshments for community meetings, speakers, and more. We sponsor vibrant events such as the Love Our Local Fest, Table for Olympia, and the Olympia Film Festival to name a few. We also host an annual produce drive in conjunction with the Thurston County Food Bank.

Making Good Food Accessible to More People

The Olympia Food Co-op is different from our for-profit competitors in many ways. We place people over profits. We intentionally keep our markups lower than the industry standard to help the food we provide feed as many people as possible. In addition, we offer generous discounts to seniors, members with disabilities, and working members. Our most utilized discount program is our low income discount. Every year our low income discount program helps thousands of families and individuals access local, organic food.

"The low income discount helped my family of four while I was unemployed," says one Co-op member. "Now I can afford full price, so I have a regular membership. It meant so much to give healthy food to my girls."

Environmental and Social Justice

The Olympia Food Co-op works towards environmental and social justice by paying a fair price for organic food grown locally. In fact, we place an even lower markup on local and directly-purchased goods than we do on goods we buy through distributors. This innovative approach puts more money in the pockets of local farmers and producers, while keeping these products affordable for our members. Local producers sell more because our shelf prices stay low, which makes it easier for folks in our local economy to create organic and sustainable products, a win-win for our local economy and environment.

For products that must be grown far away—such as bananas, avocados, chocolate, and coffee—we prioritize those that are fairly traded, organic, and cooperatively-produced, in the hopes of contributing to vibrant, well-supported communities of farmers and producers throughout the world.

You are Vital

The Olympia Food Co-op is able to have these positive impacts in our region and beyond because of you. Every time you purchase food, you contribute to all of this community support.

Cross Sector Cooperation

We are currently collaborating with several important community organizations. For years we have provided space for the Thurston Union of Low Income People TULIP, where a growing number of our members choose to bank, and we will continue to support them in their relocation to downtown Olympia. We also have two round-up programs at the register allowing members to donate the spare change from their purchases to the South Sound Farm Land Trust and the Community Sustaining Fund. These three organizations help so many members in our community through affordable loans, grants, and other forms of long term support.

EASTSIDE GARDEN LANDSCAPE PROJECTS

Creating beautiful and sustainable demonstration garden spaces

By **Sarika Igloi**, Staff Member & Eastside Landscape Coordinator

You may not be aware that the Eastside Olympia Food Co-op landscape garden utilizes mycoremediation, a form of bioremediation, the process of using fungi to degrade or sequester contaminants in the environment. In our landscape garden, the process involves multiple mushroom burlap bags strategically placed to filter erosion water runoff before it enters city drains. This is part of a larger project to utilize mycoremediation at several locations around Olympia. We think our garden space has improved greatly over the last several years and we love that our eco- footprint is reduced as well through this work.

You can see another pilot project that is part of this work along the Olympia Woodland Trail (located off Wheeler St in east Olympia). Here, mycoremediation is being used alongside native plant restoration, where mushroom burlaps are placed along streams & by culverts that drain 5 miles of the I-5 corridor, greatly reducing the toxics in the water running off this area into the beautiful woods.

What's in those bags in the garden?

- Burlap sacks (reused green coffee bags)
- Coffee Chaff (mushrooms love acid ph & the chaff from the coffee roasts make an excellent substrate)
- Hardwood Chips (seasoned for a few weeks is best, if you can avoid cross-contamination)
- Mushroom mycelium (we find elm or oyster mushroom works well)

Mushrooms like to grow in shaded moist environments, making our Pacific Northwest semi-temperate rainforest eco-system the perfect backyard!

Why do we plant mushrooms & flowers in our gardens anyway?

- Flowers, as many of us know, provide seeds, pollen & nectar for our pollinators
- Mushrooms in the garden help bees have healthy places to build hives, such as punky old logs filled with mycelium. Bees need these beneficial organisms to have healthy immune systems.
- Mushrooms offer healthy solutions fortifying the soil to grow vigorous plants.
- Pollinators help us grow our food and are on the decline!

Many thanks to the generous donations from our friends for all the ingredients to begin our remediation project: Jim and Batdorf & Bronson for coffee bags and chaff as well as Jan and South Sound Treescapes for the hardwood chips! And of course Ava & the Olympia Mycelial Network!

Most of our landscape maintenance is made possible by the hard work of many working members throughout the year. Thanks to all of you for the ongoing beautification of our Co-op space!



Erin's Easy Frittata

olive oil

1/2 onion, chopped

2 cloves garlic, minced

1 yellow potato, chopped into small dice

1 red bell pepper, chopped

1/2 bunch of greens,

chopped into ribbons

1/2 tsp salt

1tsp cumin powder

1tsp chili powder

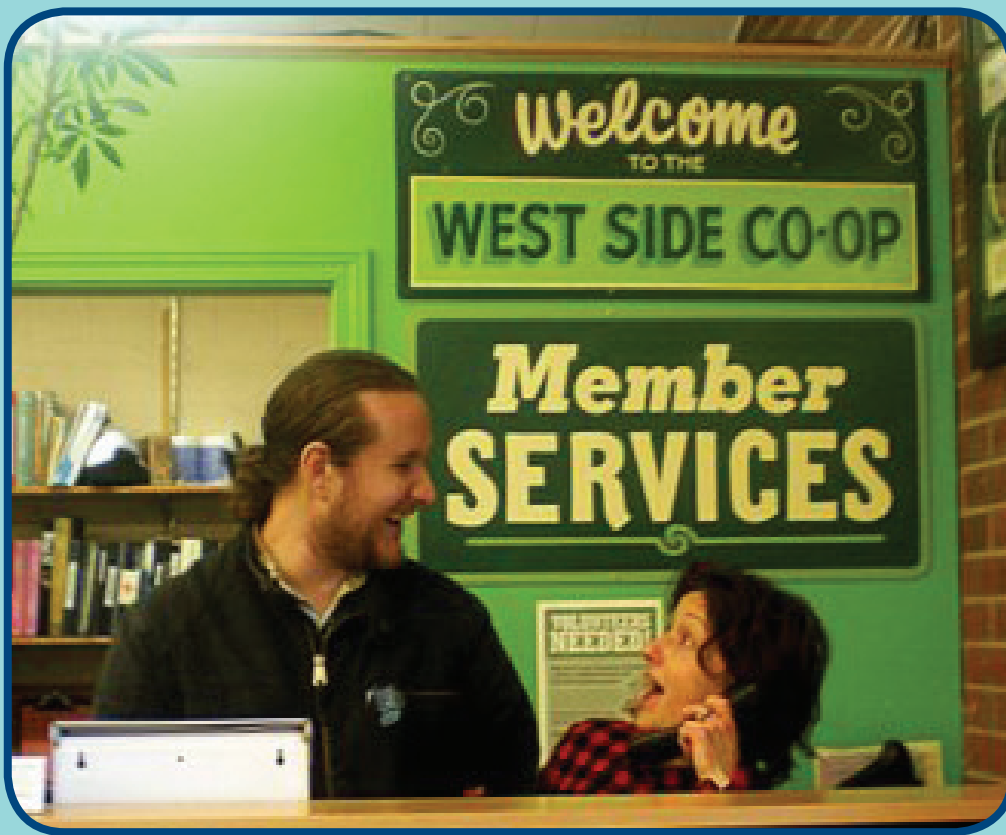
1 tsp smoked paprika

1/2 cup grated or crumbled cheese

8 eggs, whisked

Heat oven to 400F. Saute onions and garlic in a bit of olive oil in a cast iron skillet (or other pan that is stove top and oven safe). When they have softened, add potatoes, spices, and salt. Stir well and cook until potatoes are almost soft, stirring occasionally. You will probably need to add a little water periodically to help the potatoes get soft and to keep them from sticking. Once the potatoes are nearly soft, add the red peppers. Stir and continue cooking, Once the red peppers are soft, add the kale. Stir and continue cooking until kale is wilted and soft. Sprinkle the cheese on top of the vegetable saute. Pour the whisked eggs over the top, and tilt the skillet as needed to make sure everything is covered. Allow to cook on the stovetop for a few minutes. Place frittata in heated oven and cook for 8-12 minutes. Remember that a cast iron pan gets really hot, so the frittata will continue cooking a little even after you remove it from the oven. You want the top of the frittata to be set but not overcooked. When the frittata is done, remove from oven and allow to cool for about 10minutes. Cut into slices and serve.

New Signs!



With the Co-op's ongoing branding project of both of our stores and products, new aisle signs were created and hung recently. The recognizable lettering will assist shoppers in knowing where to look for what they need. The signs add cohesion and aesthetics to both stores. *We hope you like them!*



Greens: A Basic Primer

By Erin Majors, Staff Member


As people move along the path towards healthier eating, one of the most common questions they ask is how to incorporate more greens into their diets. For those of us who did not grow up eating greens, it can be a little intimidating to try to figure out which green is which, which greens you like, and how to prepare greens in a way that is easy and tasty. Greens aren't difficult to incorporate into your diet- once you learn the basics, you will see just how easy it is to add them to existing recipes and how much they enhance the flavor and texture of your meals. Greens are a really special food, however. They are a great source of many nutrients including: Vitamins A & C, Potassium, Folate, Calcium, Magnesium, Fiber, and in some cases Vitamin K. The primer below covers the basic bunched greens the Co-op carries. We also carry other greens including bok choy, mustard greens, watercress, and dandelion greens. For more information on greens, check out the article "A Visual Guide to Cooking Greens" at epicurious.com.

Kale

There are three varieties of Kale that the Co-op carries on a regular basis: Lacinato Kale, Green Curly Kale, and Purple/Red Kale. Lacinato Kale (also known as Italian Kale or Dinosaur Kale) is a dark blue-green variety that has long bumpy leaves. One of our best-selling greens, it is a sturdy variety and performs very well in cooked recipes. Lacinato Kale is very easy to remove from its stems- simply grasp the stem end with one hand, and run the fingers of your other hand up while grasping firmly. The leaves will come right off. All kale can be eaten raw or cooked, but Italian Kale is especially well suited to dressed salads. Curly Kale is a sweeter, lighter green variety with tightly curled leaves that have a wonderfully chewy texture when cooked. Curly Kale makes fantastic kale chips. Red or Purple Kale has a purple tinge to the leaves and stems and is similar in texture and taste to Curly Kale. The Co-op also sometimes carries a softer, sweeter variety of Red Kale known as Red Russian that is best eaten raw. This type of kale is also often found in salad mixes. Kales store well in the refrigerator. All of the kales we sell are delicious paired with vinegar (Ume Plum and Balsamic are my favorites) or tamari.

Arugula

Arugula is a very soft, delicate, spicy green. It is delicious in salads, and provides a crispy base for a variety of toppings. Sautéed Arugula is also wonderful with pasta- just sauté some garlic in olive oil, add clean arugula and cook for a few minutes- mix in with pasta, some toasted walnuts, and a bit of parmesan, and you have a simple, tasty supper. Arugula also makes a nice addition to stir fry. Generally both the leaves and stems of Arugula are delicate enough to eat. Arugula should be eaten soon after it is purchased as it does not store especially well.



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Collard Greens

Collards have smooth, thick, silvery blue-green leaves which may have flat or curled edges, depending on the variety. Collard leaves tend to be chewy with a distinctive, sweet, slightly smoky flavor. They're delicious cooked, and are easy to prepare quickly due to their uniform shape. Some recipes call for Collards to be barely cooked, while others recommend 'cooking them down' until they are extremely soft. Raw collard leaves can also be used as "wraps" to hold a variety of fillings. The central ribs are tough and are usually not eaten. Collards store very well in the refrigerator.





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Spinach

Spinach is a green that is familiar to most people, even those who have had little exposure to cooking with fresh greens. Spinach is one of the sweeter greens, although the texture and flavor of spinach can vary somewhat depending on the variety and the conditions under which it is grown. Spinach is an excellent salad green, and is also commonly eaten raw in smoothies, as it pairs well with fruits due to its sweet, mild flavor and crisp, juicy texture. Spinach also works well in soups, and can simply be stirred into at the end, with virtually no cooking required. Spinach does not last as long in the refrigerator as kale or collards.

Chard

Chard is a versatile green; not as delicate as arugula, not as chewy as kale. Chard has a unique flavor that some describe as being like salty spinach. Both the leaves and the stems of chard can be eaten. The stems take longer to cook than the leaves, so they should be added first if both are being cooked together in a recipe. If you want to use the leaves in a recipe and aren't sure what to do with the stems, try chopping them up into



small pieces and dress them with olive oil, lemon juice, and pepper—this a simple, refreshing salad and a great way to use up extra chard stems. Chard comes in a variety of colors—red, white, and golden are the most common. The Co-op usually carries bunches of red chard and 'rainbow' chard which is a mixture of the colors. Chard stores fairly well in the refrigerator, but won't hold up as long as kale or collards.



Braised Chard with Currants and Feta

- 1 (1-pound) bunch Swiss chard**
- 1 large garlic clove, finely chopped**
- 2 tablespoons olive oil**
- 1/2 tsp salt**
- 1/4 tsp black pepper**
- 3 tablespoons dried currants**
- 1/3 cup water**
- 1 1/2 ounces feta, crumbled (1/3 cup)**

Cut stems and center ribs from chard, discarding any tough parts near base, then cut stems and ribs crosswise into 3/4-inch-thick slices. Coarsely chop leaves. Cook garlic in oil in a 4-quart heavy pot over moderately low heat, stirring occasionally, until pale golden, 1 to 2 minutes. Add chard stems and ribs, salt, and pepper and cook, stirring occasionally, 4 minutes. Add currants and cook, stirring, until plump, about 1 minute. Add chard leaves and water and increase heat to moderate, then cook, covered, stirring occasionally, until leaves are tender, about 5 minutes. Remove from heat and stir in feta.

Garlic Dill Kale Chips

- 1 large bunch of green curly kale**
washed, dried in a salad spinner,
and torn into small pieces
- 1/3 cup tahini**
- juice of 1 lemon**
- 2 tbs apple cider vinegar**
- 2 tbs tamari**
- 2tbs nutritional yeast**
- 2 cloves garlic, very finely chopped**
- 1 tsp garlic powder**
- 1 tsp dill**

Preheat oven to 350F. Whisk together all ingredients besides kale in the largest bowl you have. Add torn up kale pieces, and toss to coat, using hands to massage the mixture into the kale. Lightly oil a large cookie sheet and spread the dressed kale into a single layer (use more than 1 cookie sheet if needed). Bake in the oven for approximately 45 minutes, turning the kale over every 10-15 minutes to prevent it from burning and help it cook evenly. You'll be amazed at how quickly you can eat a whole bunch of kale!

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Bicycling is Good for Your Heart!

By **Duncan Green**, 30-year OFC Member

As an Olympia Food Coop member, shopper or staffer, you are likely interested in enhancing your own health and well-being as well as that of our community and planet. Choosing locally produced and organic foods is a healthy choice. Another great way we can benefit our personal and community well-being is to make the same kind of healthy choices about how we get around as we do about what we eat! Studies show that people who choose to bike or walk to work, school or on errands are happier, healthier and live longer! 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. The annual Bicycle Commuter Contest is a fun community event that encourages Thurston County residents of all ages and abilities to try bicycling as a means of transportation. 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.bccblog.com 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 health benefits to "practical cycling". Biking is a great way to combine daily exercise with getting where you need to go. Biking improves the livability of our communities by reducing traffic and parking congestion. Biking instead of driving pro-

tests 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 harm 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!

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

"I've been bicycle commuting year-round for 6.5 years now. I love it!!! I love the fact that I'm out in nature every day and I love that I don't have to find time to exercise."

"I commute 7 miles each way, and since I don't have to deal with parking or traffic, it actually takes just about as much time as driving would. But even if it took longer, I wouldn't trade my bicycle commute for a car. Add the extra time you'd have to schedule for exercise, the money saved on gas and car maintenance, and just the sheer joy of daily fresh air, and you come out ahead anyway."

"Participating in the BCC has been a life style change for me! I enjoy being out in the environment, seeing the sights, sounds and 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!"



photo by Duncan Green

Olympia's bike lanes makes commuting with other vehicle traffic safe.

"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!"

**Earth Day Market Ride
on Saturday, April 18**

**Wrenchers' Ball on Friday, May 1
with mechanics providing
free bicycle safety checks**

**National Bike-to-Work and School Day
on Friday, May 15 with
"Bike Stations" around town.**

**Info on all events
at bccblog.com**



photo by Duncan Green

Biking affords you beautiful moments

New Year's Black Eyed Peas and Greens

½ lb. dried black-eyed peas (1 ¼ cups)

1 bay leaf

2 Tbs. red wine vinegar

1 ¾ tsp. salt, divided

1 bunch kale, stems removed, leaves torn into pieces

2 Tbs. lemon juice, divided

2 large tomatoes, seeded and diced (1 ½ cups)

2 Tbs. olive oil

4 green onions, sliced (½ cup)

¼ cup finely chopped fresh parsley

1 tsp dried oregano

1. Set peas in saucepan, and cover with boiling water; let sit 1 hour. Drain, return peas to saucepan, cover with fresh water, and add bay leaf. Bring to a boil, and cook 20 minutes. Add vinegar and 1 tsp. salt, and cook 10 to 25 minutes longer, or until peas are tender but keep their shape.
2. Steam kale for approximately 7 minutes (or until it is tender but not too soft) and then toss with 1 tsp. lemon juice.
3. Toss tomatoes with ¼ tsp. salt in colander. Let sit, shaking occasionally, to drain juices.
4. Combine remaining ½ tsp. salt, remaining 5 tsp. lemon juice, oil, green onions, parsley, and oregano in large bowl.
5. Drain peas, and remove bay leaf.

Add to bowl with lemon juice and herbs, and mix well. Add tomatoes, and mix again. Divide kale among three plates and top with black-eyed pea mixture.

Erin's Green Overnight Oats

3 bananas

3 cups milk

(I used almond milk, but use whatever kind you like)

juice and zest of one large orange

2 cups frozen pineapple

2 tsp vanilla extract

1 large bunch of spinach, washed

4 Tbs chia seeds

2 cups rolled oats

Combine bananas, milk, juice and zest, and vanilla extract in a blender and blend. Add pineapple and spinach and blend until smooth (You may want to do this in two batches depending on the capacity of your blender. Also, a blender works slightly better than a food processor for this, but I've used both with fine results). Put 1 Tbs chia seeds and ½ cup of oats in each jar (or use cereal bowls) and pour approximately one cup of the mixture from the blender into each jar. Stir each jar until the oats and the liquid are well-combined. Cover and refrigerate overnight (will also keep in the refrigerator for a few days with no problem). In the morning, top with a small handful of nuts and any fresh fruit you desire and enjoy! For variations, and enhanced flavor try adding: frozen berries, ginger or turmeric, tahini, cinnamon, etc.

Spicy Arugula Spread Wrapped in Collard Greens

1/3 cup olive oil

1 1/2 cups cooked garbanzo beans

4 cups (packed) arugula

3 cloves garlic, sliced

1/2 cup grated sharp cheddar or parmesan

1/2 cup walnuts, toasted

juice of 1/2 lemon

1/8 tsp salt

– to assemble the wraps –

1 bunch Collard Greens

Sliced red pepper

Shredded carrots

Shredded red cabbage

Puree all of the filling ingredients except ½ cup of garbanzo beans and ¼ cup of walnuts in a food processor and puree until smooth. Chop remaining ¼ cup of walnuts and stir into spread. Stir in remaining ½ cup of garbanzo beans. Cut the stems off the collard greens and rinse. Lay flat and spoon on filling. Top with vegetables and roll up. Serve.

Erin's Simple
Rainy Day Soup

- olive oil
- 1 large onion, chopped
- 4 cloves garlic, chopped
- 2 stalks celery, chopped
- 2 carrots, finely chopped
- 2 potatoes, chopped into small pieces
- 3 bouillon cubes, dissolved in a little hot water
- 8 cups water
- 2 cans white beans, drained and rinsed
- 1 bunch spinach, sliced into ribbons
- 2 Tbs. fresh flat-leaf parsley, finely chopped
- fresh black pepper

Pour a little olive oil into a soup pot and heat over medium-high. Add the onions and saute until almost translucent. Next add the garlic. Saute briefly, then add the celery, and saute until celery is nearly soft. Add carrots and saute a few minutes more. Add the potatoes, dissolved bouillon, and the 8 cups of water. Bring to a boil and then reduce heat to medium-low. Simmer for 15 minutes or until all vegetables are soft enough to pierce with a fork. Add the beans, spinach, and parsley. Cook for 3 more minutes. Serve with lots of fresh-ground black pepper.

Soup: A Weighty Issue
Deli Scientists' Latest Soup Findings

By Rafa Ruiz, Staff Member

If you love our salad bar as much as I do, you may have noticed that our belly warming and nourishing soups come in all different consistencies and textures. The difference between meat or vegan, beans or potatoes may mean a slight difference in price as well when ringing up your soup at the register. The deli currently charges \$6.99/lb. for all items on our salad bar, including hot soup. This price reflects our high quality and organic ingredients and also pays a fair wage for Co-op Staff labor. The uncertainty of how much soup weighs and costs at the register can create a little bit of a "sticker shock" when one sees the price. This may be especially confusing to a big time soup eater like me who sees my 8 oz. cup change in price every week.

The deli laboratory crew wanted to really dig in and problem solve this issue with me in order to figure out how each one of our soup prices compares. For a two month period, Sept/Oct, we took the time to weigh out a full 8 oz/ small cup of soup and record the price at the register with .04 tare taken out for the weight of the small cup, a standard practice that all of our cashiers are trained to do.

We listed each soup to include certain criteria such as if the soup contained meat, beans or potatoes, or the general texture as "brothy", creamy or blended. The findings of our kitchen

research yielded an average price of \$3.71 with most of our small soups at a price between \$3.63 - \$3.84. Soups that I thought were very heavy and more expensive, such as our classics, Pinto Apassionato and Chili Italiano, were less than the average price. Soups with a larger price tag, such as our delicious Sweet Potato Turkey Chili and Creamy Tomato (\$3.98 and \$4.30 respectively), brought that average price up. I had thought that I was paying a lot for inexpensive ingredients like beans and potatoes that made my soup heavier but I was wrong. These ingredients were in many of the low priced soups. On the other hand, soups with meat and milk ingredients turned out to be heavier.

Our accredited team of deli scientists has put out this report in an effort to help OFC members make a more informed choice when it comes to soup budgeting. Every 8 oz of soup will likely be under \$4 without tax so keep that in mind when purchasing 16-32oz of soup as well. Remember too that soup by weight means that we can bring in our own containers and save on one time use resources. The deli team will be looking into having container discounts for those that bring in their own, so look for that in the future.


Rafa Ruiz is a lead scientist at the OFC's Deli Research Institute (Making good food accessible to more people)

Soups	Price per 8oz.
Pinto Apassionato	\$3.63
Chili Italiano	\$3.70
Sweet Potato Turkey Chili	\$3.98
Creamy Tomato	\$4.30

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Soup for the Homeless

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

I feel blessed to be a member of the Olympia Food Co-op, not only for the good food and other products I can purchase for myself, but also because of the integrity demonstrated almost daily by how it operates in our community. This past year I have personally experienced and observed the way OFC continues to be motivated by and uphold its Mission Statement. Our founders made clear from the beginning that the purpose of the Co-op is to “contribute to the health and well-being of people,” to “strive to make human effects on the earth and its inhabitants positive and renewing and to encourage economic and social justice.” These values are just as strongly upheld now as they were when the Co-op was first formed, perhaps even more so as our strength in the community has grown.

In the winter of 2013, along with my friend and fellow Co-op member Julia, I was gifted with the opportunity to volunteer several nights at the Interfaith Works Women’s Emergency Overflow Shelter housed at the First Christian Church in downtown Olympia. We asked for and received funds several times from Grace Cox through the donations program that the Co-op sets aside for just such purposes, and with them created several good hot meals for the women who were housed there.

Over the past year, Interfaith Works, a consortium of faith organizations in the area, has been working diligently to create an expanded year-round home for some of the men and women of our homeless population. Opening in November of 2014, they were able to serve the most vulnerable part of our community in a remodeled shelter in the basement of the First Christian Church in Olympia. While it is not yet what was originally planned, it is now serving some 30+ of our community’s most vulnerable homeless members with a warm bed every night (their name right on the bed), a place to store their most valuable possessions, trained staff to field any difficulties and direct them to community resources, and a volunteer staff of kind-hearted folks who stay at the shelter evenings from 5-10 PM to help facilitate the smooth running of the shelter. There are no shower facilities, and no cooking kitchen, but volunteers are occasionally bringing in what food they can round up for the shelter, using hot plates and crock pots to keep it hot until it is consumed. And it all is, quite gratefully, by the men and women who are fortunate enough to be housed there.

Julia and I, who love cooking soup together, have joined that wonderful volunteer staff on several occasions in the evening, bringing with us more hot soup to feed the residents. Once again, Grace has helped us with funds from the Co-op donations program to make these soups, further completing the Co-op mission to “support efforts to foster a socially and economically egalitarian society,” and “assist in the development of local community resources.” See what I mean?

Then recently, I thought to ask Kim Langston, Erin Majors and Tina Schubert at the Westside produce department

if we could have some of their culled produce that was headed for the 4,000 PLU bin. Over the past couple of months, Julia and I have received from them two large contributions of these veggies, which we have used to create some very tasty and nutritious soups for the shelter.

Excitement for our adventure has caught on in the produce departments of both Eastside and Westside stores, with several good ideas coming forth that could enable Co-op Members to join in the effort to bring at least one hot meal a day to the shelter’s residents. One idea is to encourage members to purchase a gift card, with whatever amount they would like to offer, to be taken to the Shelter Director, Meg Martin, and be distributed to volunteers who are signed up to cook a meal.

Currently, hot food comes to the shelter with irregularity and no guarantee of being available on any given evening. At the time of this writing, the organization and coordination of a soup-making project with shelter volunteers is still germinating, supported by the held vision of a more regular and dependable flow of good nutritious



Desdra Dawning and Julia Moore with turkey vegetable soup for the shelter.

photo by Brady Anderson

food for our less-fortunate community members.

If you are interested in helping out with food at the shelter, or would like more information on Co-op gift cards, please contact Desdra Dawning at Desdradawning@yahoo.com.

There are many ways that we are all able to support the shelter. Cooking for it is one way. Volunteering to share a few hours of your evening with them is another, or donating food, clothing, blankets, first aid and other items. (Look for their Wish List at IWShelter.org) Along with the Co-op, many generous folks have already given of their time and resources to help the shelter. They are shining examples of what can be accomplished in a community when people come together in cooperation.

Of course, none of this puts an immediate end to homelessness, but in the meantime, hearts and minds open, a deeper conversation about the growing situation ensues, and at least some people will make it through winter in Olympia with a little better sense of well being.

Co-op Community Classes

Pie Workshop

Saturday, February 7, 1-3pm

Mary Beth Ricks and Andrea Ballard of the Olympia Pie Bakers Guild

GRuB Farmhouse — Enrollment: 15

Intimidated by pie? Fear no more. Join Olympia Pie Guild members as they demonstrate and discuss the science and art of making the perfect flaky and tender crust and delicious filling for homemade pie. The instructors will walk you step-by-step through the entire process of pie making and you will leave with the skills and confidence to make your own, and some tasty pie samples.

The Trouble with Truffles

Sunday, February 8, 2-4pm

Virginia Lange — GRuB Farmhouse — Enrollment: 15

Virginia Lange, chocolate devotee and Co-op Staff, will guide you through vegan and dairy truffles, chocolate ganache, and chocolate mousse. Learn about why Fair Trade chocolate is important and so delicious. Leave class with recipes and a big chocolate smile.

Food Allergies, Sensitivities, & Intolerances

Thursday, February 12 7-8:30pm

Doug Walsh — Olympia Food Co-op Community Classroom — Enrollment: 30

The number of food allergies, sensitivities, and intolerances in the population has grown exponentially in the last 25 years. In this class, we will discuss the differences between these conditions, common symptoms and causes, ways to identify food allergies/sensitivities, and why and how to begin to address these issues.

Bokashi Composting

Saturday, February 14 2-4pm

Meg Gooding & Jackson Daniels — OFC Westside Garden Center — Enrollment: 15

Bokashi is Japanese for “fermented organic matter.” Bokashi composting is a safe, quick, convenient way to compost in your kitchen, using specific micro-organisms to anaerobically ferment food waste (including meat and dairy). Since the process takes place in a closed system, insects and smell are controlled, making it ideal for urban or business settings. This is a very fast process, with compost usually ready to be integrated into your soil or garden in around two weeks.

Pruning Fruit Trees

Sunday, February 15 1-3pm

Zach Techner — OFC Westside Garden Center — Enrollment: 15

Have a wayward apple tree that you don’t know what to do with? An Italian plum that is totally out of control? Join Zach to get an introduction to successful fruit tree pruning. This class is for beginners and those interested in managing what they’ve got. Get ready for a long, fruitful relationship with your trees!

Crespelle – Italian Crepes

Saturday, February 21 1-3pm

Christine Ciancetta — GRuB Farmhouse — Enrollment: 20

Crespelle - Italian crepes are a great addition to your menu. Add slices to soups, or fill with savory leftovers, vegetables and meats of all kinds. Sample variations in class, including dairy/wheat; non-dairy & gluten-free with buckwheat. Tips for making and storing, as well as recipes for dinner and dessert crespelle, are included in class.

Make Your Own Toothpaste

Sunday, February 22 11-1pm

Vanessa Charles — GRuB Farmhouse — Enrollment: 10

Learn about what is in most conventional toothpastes and how to pick the best one for your health. Then, learn how to make your own inexpensive, natural, and effective toothpaste.

Rendering Lard

Sunday, February 22 2-4pm

Valarie Burson — GRuB Farmhouse — Enrollment: 10

The use of lard has made a comeback and for good reason. Come and learn why and how to render your own. When making your own from high quality, pasture-raised pork, you’ll create a delicious, healthfully processed product for any cooking or baking. This class is hands on - please bring a clean tempered glass jar to take your lard home in.

Book Discussion: *High on the Hog: A Culinary Journey from Africa to America*, by Jessica B. Harris

Thursday, February 26 6-8pm

Max Crabapple — Little House at the West side Olympia Food Co-op — Enrollment: 10

Acclaimed cookbook author Jessica B. Harris has spent much of her life researching the food and foodways of the African Diaspora. High on the Hog is the result, an engaging history of African American cuisine. From chitlins and ham hocks to fried chicken and vegan soul, Harris celebrates the delicious and restorative foods of the African American experience.

Herbs for Digestion

Saturday, February 28 11am-1pm

Meghan Hintz — Little House at the West side Olympia Food Co-op — Enrollment: 10

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.

Composting Toilets!

Sunday, March 1 2-4pm

Zach Techner — OFC Westside Garden Center — Enrollment: 15

Just what is a composting toilet? Why should everyone have one? Does it smell? What’s the benefit? Composting toilets can use no water, no chemicals — they can be completely natural and organic. The toilet is a mini-eco-system that separates the liquids and the solids, converting the solids into humus (not hummus, the dip made from chickpeas). Great everywhere, they are especially perfect for boats, RVs, and tiny houses. Join Zach for this fun and inspiring introductory class.

Class Locations:

GRuB:

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

Fertile Ground Guesthouse:

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

Little House Westside OFC:

921 Rogers St N, Olympia

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.

Delicious & Nutritious: Inexpensive and Healthy Foods for Families With Young Children

Saturday, March 7 2-4pm

Erin Majors — GRuB Farmhouse — Enrollment: 20

From toddlers to teenagers, this is a parents’ cooking class dream come true. Join Erin and get set for success with the picky eaters, eternal snackers, and vegi-phobics you feed on a daily basis. You’ll leave with recipes for fast and easy healthful snacks and meals that will be gobbled up by the kids without gobbling up your pocketbook.

Scythe Class, Part 1

Saturday, March 14 1-3pm

Zach Techner — OFC Westside Garden Center — Enrollment: 10

Mow tall grass and weeds with ease. This elegant peasant tool is an alternative to heavy, loud, polluting machinery so often used to work land. No fuel, no noise, no pollution! Ideal for small-scale farmers and homesteaders, this talk is an introduction to scything. Part 2, with a hands-on workshop, comes later this year with the warm weather (and tall grass). Bring your questions, everyone welcome.

Make Your Own Deodorant

Sunday, March 15 1-3pm

Vanessa Charles — GRuB Farmhouse — Enrollment: 10

Learn how conventional deodorant is made and how to pick the best one for your health. Then, learn how to make your own inexpensive, natural, and effective deodorant.

Miso 101

Sunday, March 15 4-6pm

Meghan Hintz — GRuB Farmhouse — Enrollment: 20

Miso is a delicious healing food that is easy to make when you have access to the right starter culture. Join Meghan in this action-packed hands-on miso-making demo and lecture explaining the health benefits of miso fermentation. Miso samples will be provided. You will leave with recipes for making soy miso, other bean misos and recipes for cooking with miso as well.

Edible Weeds

Saturday, March 21 2-4pm

Kate Tossey — GRuB Farmhouse — Enrollment: 20

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.

Superfood Fruit & Nut Snack Bites

Sunday, March 22 1-3pm

Ciel Lininger — Little House at the West side Olympia Food Co-op — Enrollment: 10
Learn how to make your own delicious energizing snack bites out of raw nuts, dried fruits and other superfoods with a food processor. You will try some tasty treats, see how these morsels are created, learn about their nutrition content and receive some creative recipes, as well as a basic formula to create your own personalized snack bars. Great for on-the-go! Kids love them!

Book Discussion: *Eating Animals*, by Jonathan Safran Foer

Thursday, March 26 6-8pm

Max Crabapple — Little House at the West side Olympia Food Co-op — Enrollment: 10
Jonathan Safran Foer spent much of his teenage and college years oscillating between carnivore and vegetarian. He kept returning to two questions: Why do we eat animals? And would we eat them if we knew how they got on our dinner plates? Eating Animals explores the many fictions we use to justify our eating habits-from folklore to pop culture to family traditions and national myth. Marked by Foer’s profound moral ferocity and unvarying generosity, as well as the vibrant style and creativity that made his previous books, Everything is Illuminated and Extremely Loud and Incredibly Close, huge bestsellers, Eating Animals is a celebration and a reckoning.

Hugelbed Workshop

Saturday, March 28 noon-2pm

Pat Rasmussen — OFC Westside Garden Center — Enrollment: 15

Hugelbeds (pronounced hoo-gull-beds) are no-dig raised beds that hold moisture, build fertility, maximize surface volume. They are fantastic for growing fruit, vegetables and herbs in relatively small spaces. Come ready to work and learn by doing in this truly hands-on workshop. Bring your work boots, work gloves — we’ll provide copious snacks and beverages. We will install a hugelbed, start to finish. You’ll gain knowledge and experience, just in time to build your own!

Super-Easy Super-Salads

Sunday, March 29 2-4pm

Erin Majors — GRuB Farmhouse — Enrollment: 20

Want to learn to make a few easy and fabulous salads for healthy eating and entertaining? Come join Erin and learn 5 simple and delicious salad recipes. We will focus on using seasonal produce and will also cover basic vinaigrette preparation and variations.

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We are looking for a dynamic practitioner to join us! One upstairs room at Vibrant Health is available Stop by 1910 Black Lake Blvd SW during office hours to look at the available room and leave us your resume.

Also, on March 20th we will be welcoming in spring by having a Vibrant Health event! Stay tuned at www.vibranthealtholympia.com in the next few weeks

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(360) 866-2253 (BAKE)


7 am to 6 pm
Seven days a week

Why choose Blue Heron?
• No artificial colors, preservatives, or flavors.
• Handmade locally.
• Sustainably produced ingredients preferred.
• Natural food leader for 28 years.

You can find our products on Mud Bay, at the Olympia Farmers Market, and in quality food stores throughout the South Sound.




FEBRUARY/MARCH/APRIL 2015




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

Address Service Requested

STANDARD
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SERVICES INC

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KID'S CORNER

Last "What is it?" was: **Satsumas**

Congrats to last issue's winners:
Annika, 5; Ayla, 10; Blueberry, 4; Ella, 10; Elle, 8; Isha, 10; Jasper, 7; Helen, 10; Liam, 8; Meloki, 9; Numi, 9; Orin, 10; Rowan, 9; Serean, 8; Tobin, 6

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: November 1st, 2014

Name _____

Age _____

Guess _____

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

NEW MEMBERSHIP SYSTEM

On March 20, the Co-op will be implementing a few new procedures around membership at the registers.

Watch for signs in stores and more information on our website as we begin transitioning to new membership cards and easier lookups!

Coming to a register near you!



photo by Desdra Dawning

Get Ready, Set,
GROW!

Garden Center Re-opens
Getting Into Greens
Soups and the Co-op