



# THE Co-op News

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

MAY/JUNE 2015

## A BETTER WAY TO CASH IN ON *the Coconut Craze*

By **Simon Green**, Co-Op Member

Health-conscious consumers are going crazy for coconuts. Pitched by a cast of ageless celebrities, coconut water has exploded into a \$1 billion market. In February, Starbucks started serving coconut milk in its coffee. Other coconut products, such as sugar and oil, are also on the rise globally.



Numerous recent reports have cited the nutrition and beauty benefits of the tropical fruit. And the number of coconut products sold across the world has grown upward of 500% over the past decade, according to the Food and Agriculture Organization (FAO) of the United Nations.

Seeking to add more fizz to its profits, Big Beverage muscled into the market, of course. Coca-Cola purchased Zico in 2012, and Pepsi owns O.N.E., two of the three top-selling coconut water brands in the world.

Vita Coco, a privately held company that just last year sold a big stake to Red Bull China, is the top dog in the space, controlling around 60% of the market and boasting on its web site that it's in "100,000 stores in the U.S. alone, and in 13 other countries around the world."

Brazil was the top coconut-producing country in the world until demand outstripped supply around 2010. Since then nearly 90 percent of the world's coconuts have come from Asia. Indonesia is now the top global producer, growing an estimated 19.8 million tons of coconuts, followed by the Philippines with 17.5 million and India with 11.6 million, according to the FAO.

What's most interesting is that coconuts are primarily grown by small farms, around 95 percent, the FAO reports. Are those farmers benefiting from the spike in coconut demand? Not so much, it appears.

The dominant players in the beverage business predictably have put downward pricing pressure on farmers, emphasizing "high margin" profits over fair trade and sustainable, environmentally friendly practices.

Coconut farmers make around \$7,000 a year at the high end and as little as \$72 on the low, according to a Fair Trade USA report.

continued on page 4

### DID YOU KNOW?

**In the Philippines, a booze called Iambanog is made from coconut flowers**

**150 people worldwide die each year from getting plunked on the head by a coconut falling from a tree. That's way more than shark-attack deaths (just five)**

**Global Coconut Production in 2013 = Approx. 64.3 Billion Nuts**

**Coconut oil accounts for only 2% of the food-based oil market (palm oil is tops at 53%)**

**In some countries, like Sumatra, monkeys are trained to harvest coconuts**

Sources: Asian and Pacific Coconut Community, ListVerse

## MAY 9 IS FAIR TRADE DAY

By **Maureen Tobin**, Staff Member

Supporting the fair trade movement is more important than ever and becomes easier to do every year, as more companies and farmers see the wisdom in incorporating fair trade principles into all that they do. May is a great month to celebrate fair trade as May 9 has been designated World Fair Trade Day and there are lots of events and information to be shared.

The Co-op has an extensive number of fair trade options throughout our stores, from chocolate chips and coffee in bulk to socks and puppets on our mercantile shelves and avocados in produce. Supporting fair wages and sustainable living conditions also contributes to ecological improvements around the world. Small-scale farming emits fewer greenhouse gases than modern conventional agriculture, and

also has the potential to positively impact climate change by sequestering carbon.

There are many brands that have dedicated their product lines to fair trade and small scale farming, including Alaffia, Alter Eco, Dr. Bronner's Magic Soaps, Equal Exchange, Guayaki Yerba Mate, Maggie's Organics, and Runa. But we still have a long way to go, including establishing a domestic fair trade movement.

Farm workers around the world continue to struggle for fair wages, treatment and living conditions. Right here in Washington State, an active boycott has been called against Sakuma Brothers Farms, which the Co-op is supporting. The mainstream press has not covered this issue very well, and many have

never heard that this large berry farm, covering over 1500 acres of land and receiver of millions of dollars in revenue from companies like Driscolls, has been accused of a wide range of abuses, including wage theft, racist and sexist abuse, substandard housing, and retaliation for efforts to improve conditions.

We hope to share more about the ongoing Sakuma Brothers boycott as the next growing season begins and hundreds of farmworkers will be employed by this farm and many others to provide essential labor. What can residents of Washington do to ensure our consumer dollars support the struggle for fairness here and around the globe? Hopefully, Co-op shoppers can help create positive change with the dollars we spend.

## Co-op News

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

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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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*Cover photo by Desdra Dawning*

# Upcoming Working Member Program Orientations

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

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Tuesday, May 12..... 6-8pm  
Sunday, June 7 .....11am-1pm  
Tuesday, June 9 ..... 6-8pm

## Eastside Store:

Sunday, May 3..... 4-6pm  
Tuesday, May 7..... 5:30-7:30pm  
Thursday, June 4 ..... 5:30-7:30pm  
Sunday, June 7 ..... 4-6pm

*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  
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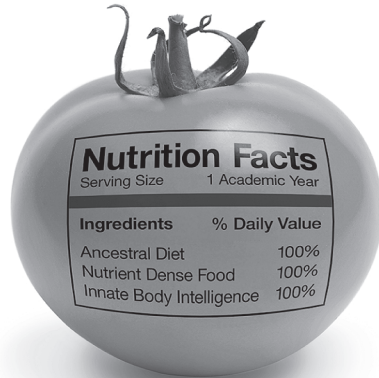
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# Working Member Profile: Eli Cnossen

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

We have in our Co-op midst a young man who has been working and helping out in various capacities at the Eastside OFC market for over half of his life. Now 18, he was only 8 when he first joined his dad Jan (pronounced “Yan”) as a working member in the cheese department. While his dad cut and packaged cheeses, Eli and his brother and sister added the labels and boxed them, so that Jan (who has been in the cheese department ever since then) could take them out to be shelved. It was a family affair--where else but at the Co-op could that happen? And at what other market would you find a growth chart penciled on a wall, with measurements of your height from your first days of service until your current ones, spanning 10 years? (Eli’s most recent measurement--on his 18th birthday!)

About 2 1/2 years ago, Eli moved into a Co-op shift of his own, and by 16 years of age was stocking groceries, a job he has been dedicated to for some time now, admitting to me that he loves being there so much that he rarely misses a shift. “Unless I’m sick,” he told me, “I go there. I was even there on Christmas Eve.” He admitted that at first working at the Co-op was seen as a fun thing to do, gradually growing into a social thing, and now with maturity, he sees it also as very valuable job experience. As a stocker, he has come to know--with the exception of HABA and Bulk--where just about everything is located in the market, and is able to help shoppers find what they are looking for. Jackson (one of his Co-op mentors for many years) sometimes sends new Working-Members-in-training to Eli for help in learning the Co-op ropes.

I had the opportunity to meet with this exceptional young man recently, and learn more about what makes him tick, what he loves about the Co-op and what he envisions for his future. Born in New Zealand, Eli moved with his family to Olympia when he was just three years old. His home sits on 1 1/2 acres in east Olympia, out of town--in Thurston County. This has given Eli the gift of being raised in a rural environment, complete with the family dog and cat, a small clutch of chickens, two horses, a rabbit and a sweet home-schooled lifestyle. He especially appreciates the tasty dark-orange-yoked eggs his family gets to eat from their 6 laying hens.

I asked Eli what he is seeing for his future, now that he is 18. Two things stand out for him.

The first comes from the close proximity of a rural all-volunteer fire department to his home. It is here that he has experienced numerous fire drills among the staff, complete with outbuildings that are set afire and extinguished. At one point, he told me, he had the thought that being a firefighter was a way he could be “of service”--a way of being in the world that obviously attracts this thoughtful young man. “I want to help others and make a difference,” he told me.

The second, and one Jackson pointed out to me one day, is Eli’s admiration for anyone in uniform--and particularly those serving in the capacity of the military, fire or medic professions. Both Eli and Jackson admit that whenever anyone enters the Co-op displaying hints of this work they do in the world, Eli

is right there to engage in conversation. He likes to stop them and thank them for their service. He feels that there is a lot of apathy in the attitudes people hold toward them, especially those serving in the military, pointing out to me that many who have seen combat

“have never heard the words “welcome home” upon their return. He likes to rectify that as often as he can. A lot of people, Eli feels, think of those returning from combat as simply “killers.” He counters that with his own sense of respect and admiration, saying that, “I am finding them to be very kind people. I try to understand what they’re going through, but I can’t.” He then added his concern over a statistic about suicide among returning vets that is very troubling--“we are losing 22 vets a day to suicide,” he told me. His concern further shows up in a Facebook page he maintains in which he encourages supporting our troops.

Seeing his goal to join the Marines, one he refers to as his “calling,” with hopes for firefighter training, it is no wonder that his main focus these days, in addition to his Co-op contributions, is to work on his high school credits (lacking from his home-schooling days) toward a diploma. He expects it will take until 2017 to get his ducks in a row. To this end, Eli currently rides his bike (except in really inclement weather) the 16 miles round trip to his alternative high school, Secondary Option, located on the Black Hills campus.

As for his life at home, I learned that Eli has a unique pet that lives in a cage in his bedroom. That would be Guardian, his 2 year-old, 4 foot-long python. “When I got him 2 years ago,” he told me, “he was the length and width of a pencil.” Over the course of his 30-35 years, he can grow to 6-8 feet in length. When I asked him if his family joins him in his love of reptiles, however, he said, “No, he’s my baby,” adding that they are a little squeamish over the frozen rats he thaws for Guardian’s dinner.

The Co-op’s Working Member Program has been a big part of Eli’s life, one in which both have benefitted. He admitted, “The Co-op has given me a lot of good memories. It’s going to be really hard (someday) to leave that place!” When asked what advice he would give to new young Working Members, he replied, “Ask questions--the way I’ve gotten really good at my job is--I ask lots of questions. Get to know everyone on your shift, and just help out--if you see someone else on your shift struggling--just help them out.”

The Co-op thanks you, Eli, for your dedication to being of service, and wishes you well as you prepare to offer up your unique values and talents to the larger world out there.




**Eli Cnossen**

*photo by Desdra Dawning*

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Coconut water is a new favorite to the world of healthy hydration.

photo by Jennifer Shafer

COCONUT continued from page 1

In some cases, small farmers in Asia are selling off their land or switching to more profitable crops like palm oil.

It doesn't need to be this way, though. Harmless Harvest, a coconut water producer, refuses to go the short-term greed route. It pays farms a decent wage following fair trade practices established by an organization called Fair for Life (FFL). FFL partners with companies that are interested in social responsibility and environmental sustainability, designing third-party inspection of farm production, manufacturing and trading. "It combines strict social and fair trade standards with adaptability to local conditions," the FFL web site says.

In an interview with the Olympia Food Co-op, Harmless Harvest co-founder Justin Guilbert said "we build relationships with all of the agents in our supply chain, including our farming community, and require farms to abide by FFL standards and become certified within 12 months."

The effects of profit-first companies on farmers are apparent to Guilbert -- low-quality products, impoverished communities, trashed environment. It's definitely not an approach built for the long term.

"Caring for each part of the supply chain is the only way to have a truly sustainable business," the Harmless Harvest founder said. "The only way we, as consumers, can change the trend is to purchase only from companies that integrate the welfare and sustainability of their source into their business model. Until we change this, food companies following the conventional model will have no incentive to change."

Along with lowball wages, another concern for coconut farmers is the health of their trees. Coconut trees reach their peak production, about 400 coconuts per tree, between the ages of 10 and 30 years.

Planted shortly after World War II, many of the trees in Asia are aging. It takes a tree between six to eight years to start producing. The FAO has warned of the coming coconut shortage. Massive replanting efforts are underway. Improving environmental conditions will be an important part of establishing farms that families can continue to pass down through the generations.

"Organic certification is, of course, the first step to promoting a healthy, sustainable farming environment," Guilbert said. "Without this certification there is no guarantee of what types of chemical pesticides or herbicides are being used. These pollutants remain in the air, ground and surrounding water long after the next harvest."

Working with its farmer partners in Thailand, Harmless Harvest collaborated with organic and sustainability experts to develop effective methods for planting, growing and harvesting coconuts. One idea they used was to cut canals that lay between the trees. This not only supports better irrigation during the dry season, it also results in outflow of water during the rainy period.

Another coconut product company, GloryBee, also gets hands-on with its farmer partners, this one in Butan City in the Northern Philippines. Coconuts are huge business in the Philippines, a top-10 export with nearly \$1 billion shipped annually.

"(The) livelihoods of one in every five Filipinos are directly or indirectly dependent on the coconut sector," said Romulo Arancon, executive director of the Asian and Pacific Coconut Community, in an FAO statement.

GloryBee, the seller of Aunt Patty's Organic Fair Trade Virgin Coconut Oil (also on Co-op shelves), helped its small farmer partners in the Philippines drill a new well in 2013 that will provide fresh, safe drink-

ing water in an area where safe water can be a matter of life and death.

"The simple hand-operated well alleviates some of the hardships in the lives of 200 people and may save many young lives," the company said in a press release. "GloryBee looks forward to being able to make a difference in the lives of these small farmers."

Additionally, GloryBee promotes fair trade and environmental practices. Dr. Bronner's Magic Soaps is perhaps the highest-profile company to deploy fair trade practices with its coconut suppliers.

The actions of companies like Harmless Harvest, GloryBee and Dr. Bronner's, though small, provide a blueprint for the larger companies -- pay the farmers a fair price, take care of the land, think beyond the next quarterly earnings report.

This path, though less traveled, does lead to success, Guilbert says. Even better, it leads to success that will last for a lot longer.

The factory Harmless Harvest built in a coconut grove in Thailand has created over 100 jobs since opening. And it's growing every year, more farms are implementing organic methods and thriving, and the workers in the communities are getting paid decent wages.

Imagine if the big companies did the same, the dramatic effect it'd have on the millions of small farmers, their families, and communities.

"If every company sought results like these, the consequences of coconut production and its rise in popularity would be a boom for the communities," Guilbert said. "We look forward to others demonstrating such desires and welcome our competition to go beyond their brand story and integrate the source of their business (the farmers) into their strategic business decisions."





# Coconut Brown Rice With Peas, Arugula, Mint, Basil & Cashews

From [www.thekitchykitchen.com](http://www.thekitchykitchen.com)

## INGREDIENTS

- |  |                             |
|--|-----------------------------|
| 1 ½ cups brown jasmine or basmati rice | 1 14-ounce can coconut milk |
| 2 cups water                           | ½ teaspoon salt             |
| 2 tablespoons white sugar              | 1 tablespoon vegetable oil  |

## DIRECTIONS

Rub the oil over the bottom of a regular-sized pot (you will also need a tight-fitting lid). Add the rest of the ingredients. Stir and set over high heat, bring it to a boil. Immediately reduce heat to low and cover with a lid. Simmer for 60 minutes, or until the liquid has been absorbed by the rice.

When all (or nearly all) of the coconut-water is gone, turn off the heat, but leave the pot on the burner (covered). Allow the rice to sit for another 5-10 minutes, or until you're ready to eat. Your coconut rice will stay warm in this way for 1 hour or more (a great make-ahead tip if you're expecting company!).

## INGREDIENTS (FINISHED DISH)

- |                                     |                                    |
|-------------------------------------|------------------------------------|
| 1 recipe brown coconut rice         | ⅔ cup toasted cashews              |
| 1 cup peas (fresh or frozen)        | 2 tablespoons mint, finely chopped |
| 2 tablespoons basil, finely chopped | ¼ cup coconut flakes, packed       |
| 1 handful arugula                   | salt and pepper to taste           |

## DIRECTIONS

In a small pot of salted, boiling water, blanch the peas by cooking them for 2 minutes (until bright green) and then dunking in ice water. Combine all of the ingredients together, and season to taste.

The Co-op carries lots of coconut products! Our buyers work hard to provide quality products from companies we can feel good about. Please ask a staff person if you have trouble finding something! The list includes:

- |  |  |  |
|--|--|--|
| Coconut water and juices                       | Coconut chips for snacking                   | Coconut butter or manna                          |
| Coconut flour in bulk and packaged             | Potato chips made with coconut oil           | Coconut milk                                     |
| Shredded coconut and flakes, bulk and packaged | Coconut macaroons, local bakery and packaged | Coconut milk beverages                           |
| Fresh probiotic coconut water                  | Chocolates including coconut-sweetened       | Coconut creamer                                  |
| Fresh coconuts in produce, when available      | Raw local treats                             | Cultured coconut "yogurt"                        |
| Coconut sugar and nectar                       | Coconut date rolls in bulk                   | Coconut cream                                    |
| Coconut oils                                   | Baobab Coconut Granola, packaged and bulk    | Vegan cheese made with coconut oil               |
| Coconut vinegar and amino acid                 |  | Many body care items, including soap and lotions |



# Local Eats




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**June 13 at the Westside Store**  
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# Pigman's

## ORGANIC PRODUCE PATCH

Article and all photos by **Desdra Dawning**, Co-op Member



**Dean and Jan holding their home-grown sign at their organic farm.**

Dean and Jan Pigman have been working the loamy, fertile earth of their 10-acre farm in the Nisqually area for about 26 years. Over those years, they have nurtured not only their soil and the plants they have grown, but also their community. Since the beginning, back in 1989 when they first settled there, they have been a constant and dependable presence at Olympia's Farmer's Market. And as time passed, their CSA Farm Share program developed, allowing them, for 22 weeks of harvest time, to share their many nutritious and Certified (in 1994) Organic offerings of fruit and veggies with their CSA members. In the early 90's, as their farm grew in its ability to produce larger and more dependable crops, the Pigmans began offering their produce for sale at the Olympia Food Co-op. Throughout the harvest season, Co-op members can purchase a variety of wonderful veggies grown on the Pigman's Farm, including Jerusalem artichokes, asparagus, cylindrical beets, Brussels sprouts and onions. Nearly 150 varieties of vegetables and fruits are also produced on the farm. Most of these go to their CSA members or can be found at their Olympia Farmer's Market stall. Their strawberries, raspberries and pumpkins are also offered up as You Pick--one of their favorite venues.

It was back in 1989 when the Pigmans first went on a quest to find the place where they could fulfill Jan's life-long dream of being a farmer. One of the main qualities they looked for was land with a close proximity to

a well-traveled road, so that they could sell their wares roadside. Once they found the perfect spot, their invitation to the community to come and pick their own succulent goodies directly from the farm was sent. You Pick was born on the Pigman Farm.

Spreading over the entire harvest season, and depending on the weather and what is ripe and ready for picking, folks from all over the area can come and pick their own raspberries, strawberries and pumpkins. It is a perfect venue for family outings!

My own recent visit to the farm gave me the opportunity to see, firsthand, the labor-of-love that the Pigmans have created over these 26 years of farming. Jan shared with me her story of how they came to settle here.

"I grew up on a little city lot in Southern California," she told me, "and I always just wanted to grow things. My parents grew shrubs and a few flowers--and I wanted to grow something to eat! We had a vacant lot across the street and my dad, bless his heart, got permission for me to have a little garden there." She was just ten then. "I would take vegetables around the neighborhood and sell them. It was safe back then to do that." She was saving her money to go to horse camp. "I always really wanted to have a farm of my own," she added. On family vacations, when driving through farm country, Jan told me that she would ride along, looking out the window at passing farms, wondering and trying to decide what they were growing. Then one



**Springtime in the berry patch.**

time they drove past a farm stand with a sign that read, "From tree and vine, to thee and thine." That phrase further inspired her, and stuck in with her until she was able to use it for her own farm.

Dean, on the other hand, grew up with a father who raised commercial carnations in Colorado and spent much of his childhood living around greenhouses. So as a young person, he wanted nothing to do with farming. "Oh no! I don't ever want to do anything like this!" he told himself at the time — but now? "And now, here I am!" he says, apparently quite pleased with his farmer life.

Upon his retirement from 21 years of service in the Army, serving in Vietnam, Korea, Germany and the US, Dean kept a promise he had made to Jan early in their marriage. "He agreed," Jan said, "that we would do his career for 20 years then my career for 20 years, and here we are 26 years later, still farming!" Having been stationed in the Pacific Northwest, it was only natural that they begin their search for farmland here. "We drove the realtors crazy," Jan laughingly admitted, "I took a little shovel with us when we were looking for property and I



**Foundation for berries to come!**



would check the soil. I didn't want to farm on clay or rocks." That sandy loam they discovered in Nisqually, while only pastureland, an irrigation well, and a barn at the time, has become, with much tender loving care, an amazing farm with a home they built themselves, greenhouses, and rich organic soil. Working with a friend, they are adding trace minerals and beneficial soil microbes in order to create a balanced environment for the things they grow. "We are consistently adding them to the soil," Jan said. "The theory is, you feed the soil, that feeds the microbes, that feeds the plants, that feeds us."

June is Strawberry Month, and the Pigmans produce two ever-bearing varieties of strawberries that offer sweet succulent fruit for us from June to sometimes as late as October. The Tristar is a smaller berry, but has a more intense wild-berry flavor, while the Seascapes is a much larger berry with a little less intensity of flavor, but fills the basket more quickly and is more like the strawberries customarily found at the market.

I walked with Jan through the early-spring beginnings of the strawberry patch, its plants still mostly dormant, lined by an outdoor fabric covering the walkways that will help folks avoid stepping on the plants and mud during the You Pick this summer. The plants produce for two seasons, and then are replaced by 1,500 new ones on a revolving schedule, so that berries are always available for picking. Slugs, moles, voles and robins are the major pests to the strawberries and raspberries--but there is always plenty of fruit available for You Pick as their season of harvest arrives. The blueberries even have a netting to cover and protect them from the robins during this abundant time of year.

The Pigmans also host a You Pick Pumpkin Patch the whole month of October. With 15 varieties of organic pumpkins, weighing in from a few ounces to three hundred pounds, you'll have no problem finding your perfect pumpkin!

Anyone interested in joining their CSA or visiting their farm for You Pick can find out what is available by calling them at 360-491-3276 or checking their website at [www.PigmansProduce.com](http://www.PigmansProduce.com). You can also follow them on Facebook for updates and more current photos.



Jan and Dean with their early plant starts in one of two large greenhouses.

# ROUNDING UP PAYS DIVIDENDS TO YOUR COMMUNITY

The Community Sustaining Fund provides grant support for progressive, community-oriented projects in Thurston County aimed at creating and sustaining a democratic, just, nonviolent, and ecologically sound society. CSF supports groups and individuals who are actively working to educate and involve this community in challenging and correcting the social, environmental and economic inequities around us. CSF is a completely volunteer-run organization. Our leadership group is committed to the principles of consensus-based decision-making, cultural diversity and sustainability.



**PLEASE GO TO OUR WEBSITE FOR MORE INFORMATION ABOUT SPRING 2015's GRANT CYCLE**  
Interviews and Award Decisions Made MAY 9

Please remember to "round-up" at ANY CO-OP cash register when you shop. Be part of an innovative and unique community investment process that has lasted more than a generation – Now THAT is what sustainability is all about! PLEASE consider rounding up AND engaging in the process of consensus-based resource distribution twice a year. **THANK YOU!**

The Community Sustaining Fund (CSF) graciously appreciated the Olympia Food Co-op for providing an additional \$1500 to the program to support the autumn 2014 grants awards. The CSF interviewed five applicants and subsequently funded four awards totaling \$2700.

## THE AWARDEES WERE:

Port Mobilization Resistance	\$400	Funds to support the printing of 3200 pages for a legal "brief filing" for the Port "action"
Placemakers	\$900	Funds for mapping opportunities - 10 sessions for "Teach the Teacher" community activities and CSF awards mapped as graphics
Olympia Ecosystems	\$1000	Funds for split rail fencing and signage for the west side heron conservation area on Dickinson
West Central Park	\$400	Funds for material for a pollination garden including plants, wood chips and Mason bee educational materials

In addition, the CSF also graciously appreciates Dick Meyer and Traditions for hosting a "Shop Your Heart Out" this past Valentines Day. Dick generously donated 10% of Traditions' sales from February 14. These proceeds will go towards the spring 2015 funding cycle.



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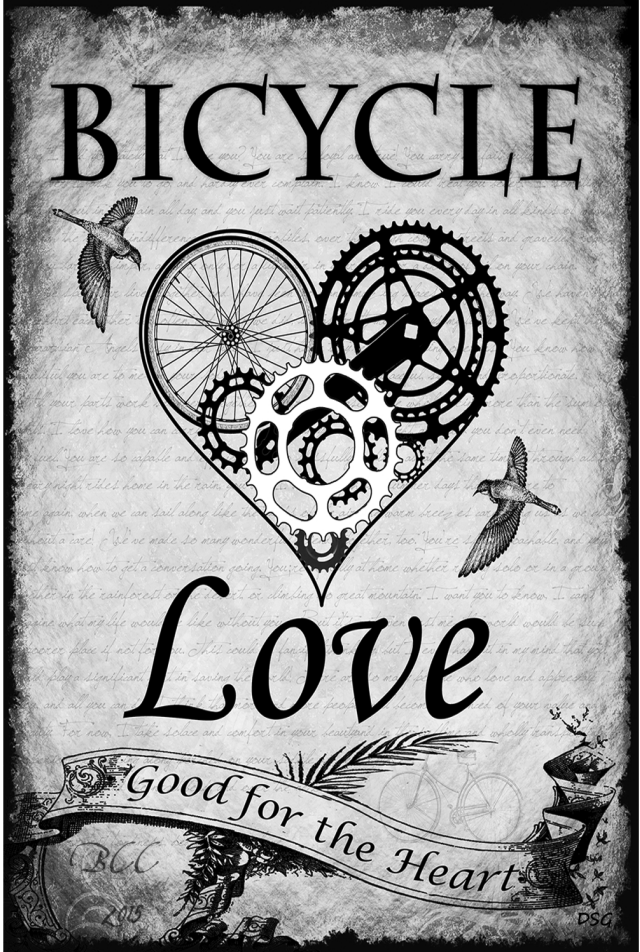


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# ON PACE WITH LOCAL BUSINESS DEVELOPMENT: Cobb's Treats

By **Stephen Cobb**, Co-op Member

2014 was an amazing year-we made a lot of peanut butter cups! We love making treats and are excited at the prospect of supporting the local economy, so much so that we've both decided to leave our day jobs and take Cobb's to full time. Rebecca left her's in January and has spent her time expanding sales from Olympia to Tacoma as well as deepening her personal counseling practice. I will have left my job of eight years by the time you're reading this. So, this is a beautiful transition time for us, and we really wouldn't have been able to take this leap without the amazing support of the Co-op, both staff and members. We were recently able to take over the lease on a great downtown commercial kitchen, and so now we're gearing up to expand all the way up to Seattle and down to Portland. We'll also have a booth at the Northwest Chocolate Festival in October, which should be great for exposure and networking.

Another expansion is in the way of new products. In case you haven't seen them already, we just starting making cultured cashew spreads, a dairy-free cream cheese alternative. Most vegan options that we've tried hardly taste like cheese and are packed full of stretchy starches and gums. Oddly enough, and just like a lot of gluten-free options, it's not exactly nutritious. Culturing nuts with probiotics essentially begins the digestion process, making them a lot easier on your belly. It also adds that familiar cheesy tartness. Currently, we're doing Green Onion and Spicy Strawberry, the latter in which we use some jam from Johnson's Berry Farm.

Also on the horizon are the non-dairy 'cheesecakes' that we've served at our dessert cafes. These are more like a cheesecake layer over a fudgy cake. I've been excited about these cakes for years, and we plan to have a very unique rendition in the fridges soon, at least in Olympia if not beyond. They're richly delicious, surprisingly nutritious, and don't leave us feeling stuffed. Keep an eye out for these!

That's about all from us. Check in at [www.facebook.com/cobbstreats](http://www.facebook.com/cobbstreats) for updates. We are so grateful for the support we've received and look forward to a sweet, spicy, salty, herby, smoky, bitter and tart flavor blast of a year for 2015!



New and healthy spreads from Cobb's Treats.

photo by Stephen Cobb



# Woodstock, The Olympia Food Co-op and You: Learn, Share, Grow TEAM NON-GMO!

In the United States, 80% of processed food is likely to be genetically modified, and not everyone is sure how to identify which foods are genetically modified organisms (GMOs) and which are not. It's up to us to LEARN the facts, SHARE information, and help GROW Non-GMO!

This May, our Co-op is teaming up with Woodstock to help raise awareness about GMOs. Stop in anytime this month and enter to win a Woodstock wagon and receive a dollar off coupon for any Woodstock product. You can also visit Woodstock's website: [www.Woodstock-Foods.com/TeamNonGMO](http://www.Woodstock-Foods.com/TeamNonGMO), to win additional prizes, LEARN about GMOs, SHARE information, and help GROW Team Non-GMO!

## Concerned about GMOs?

- Choose organic - USDA organic products may not contain GMOs
- Look for third party verifications such as the Non-GMO Project verified logo
- Visit [www.justlabelit.org](http://www.justlabelit.org)
- Contact your federal legislators and ask them to support mandatory national labeling of GMOs

## About Woodstock – Eat Because it's Good!®

Woodstock is dedicated to providing consumers with high-quality, delectable foods farmed from sources you can trust. For 25 years, they've been committed to providing foods that are both good for you and the land. They are proud supporters of the American Farmland Trust & the Non-GMO Project. Over 70% of Woodstock products are domestically sourced and over 145 products are verified by the Non-GMO Project with the rest on their way. To learn more about Woodstock, go to [www.woodstock-foods.com](http://www.woodstock-foods.com) or visit them on Facebook, Twitter and Instagram.

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# Co-op Community Classes



A Co-op shopper decides which starts to purchase.

photo by Jennifer Shafer

## Backyard Birds

Wednesday, May 6, 6-8pm

Janet Partlow – OFC Westside, Garden Center – Enrollment: 10

*This workshop will cover our commonly found backyard birds, and some special cameo appearances you might find in our neighborhoods. Learn how to create a wildlife sanctuary and encourage birds to hang out in your yard. Janet will go over birdhouses, feeders, and what sorts of feed you may find. You can check out Janet's blog, Bees, Birds, & Butterflies.*

## What's the Buzz? Native Bees!

Wednesday, May 13, 6-8pm

Glen Buschmann – OFC Westside, Garden Center – Enrollment: 10

*Walk around this spring, and you'll see bees are everywhere. But not all stripes are the same! In addition to our array bumblebees and Italian import honeybees, there is an impressive diversity of solitary native bees in the Northwest. Join Bees, Birds, & Butterflies blogger Glen Buschmann in this fascinating and inspiring workshop on our native bees.*

## Bokashi – Part 2

Saturday, May 16, 11am-1pm

Meg Gooding & Jackson Daniels – OFC Westside, Garden Center  
Enrollment: 10

*This class on Bokashi composting is for those who have taken Bokashi – Part 1 and are ready for more. Bokashi is Japanese for "fermented organic matter." Bokashi composting is a safe, quick, convenient way to compost in your kitchen, using specific microorganisms 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-four weeks. In this workshop, past Bokashi students are encouraged to bring in their buckets of Bokashi compost as part of the class.*

## Nepalese Cooking I: Samosas and Achar

Saturday, May 16, 2-5pm

Catherine Alice Michaelis and Swasthani Thapa – GRuB Farmhouse  
Enrollment: 12

*The food of Nepal is flavorful, distinct, and varied. In these classes we will share the simple spices that flavor each dish and variations within each recipe. In this first class, we will make samosas and achar, a Nepali style sauce for dipping.*

## Homemade Seitan

Sunday, May 17, 11am-1pm

Cara Applestein – GRuB Farmhouse – Enrollment: 15

*Seitan is a mock meat believed to have been developed by vegetarian Buddhist monks in China. It can easily be made at home using wheat gluten. This class will teach you how to make your own seitan and a variation for vegan sausages. We will also discover recipes in which seitan can be used and how to substitute it in for meat.*

## Gluten-Free Bread

Sunday, May 17, 3-5pm

Jenn Kliese – GRuB Farmhouse – Enrollment: 15

*Bread is supposed to be the staff of life, but what do you do when you are gluten intolerant or allergic to wheat? Make Gluten-free bread of course! You can enjoy again the smells, taste, and texture of fresh bread from the oven. Toast in the morning, sliced up for sandwiches at lunch, and a hunk with your soup at dinner. It's totally possible and totally delicious. Come empower yourself and learn the simple, but unusual techniques to master gluten-free yeasted bread.*

*\*all gluten free with options for dairy-free and egg-free too!*

## Nepalese Cooking II: Dinner is Served

Saturday, May 23, 2-5pm

Catherine Alice Michaelis and Swasthani Thapa – GRuB Farmhouse  
Enrollment: 12

*Join our two cooks, for the continuation of our Nepali feast. We will again feature standards and variations, with plenty of time for questions and discussion. We will create and sample Nepali-style dal (lentil soup) and a curry dish. Our Nepali cooking classes may be taken as a series, or as stand-alone workshops. Everyone welcome!*

## Making & Cooking with Bone Broth

Saturday, May 30, 3-5pm

Rylee Uhrich – GRuB Farmhouse – Enrollment: 20

*In this class, we will discuss some bone broth basics. You will learn how to make it, and try different recipes incorporating broth, including a variety of seasonings. We will also discuss some of the history of broth in the American food system and how it got pushed out of our diet. There will be delicious samples, and time for your questions.*

## 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 \$7 fee for each class. To register, go to [www.olympiafood.coop](http://www.olympiafood.coop) and click on Classes, or visit one of our stores between the hours of 11-6 to register in person.*



## Make Your Own Kombucha

Sunday, May 31, 11am-1pm

Julie Kamin – GRuB Farmhouse – Enrollment: 20

*Since around 70% of the human immune system is found in the gut, healthy bacteria and probiotics are essential for optimal health. Kombucha, a traditional fermented drink, has an abundance of both! Join the founder of Oly-Cultures when she demonstrates how to make effervescent kombucha at home for pennies on the dollar. After exploring which teas and sugars lend themselves to kombucha, students will create their first batch for fermentation. As the brew develops and the second fermentation begins, Julie will discuss the best bottles for fermented kombucha, how to store the Symbiotic Colony of Bacteria and Yeast (SCOBY), offer tips for customizing kombucha with natural flavors, and share a number of different blends with students.*

## Herbs for Digestion

Sunday, May 31, 3-5pm

Meghan Hintz – GRuB Farmhouse – Enrollment: 20

*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.*

## Dehydrating, Fruits & Veggies

Sunday, June 7, 2-4pm

Jeannine Godfrey – GRuB Farmhouse – Enrollment: 15

*Get ready for the summer and fall bounty - come learn to preserve our abundant harvests by dehydrating fruits and vegetables. You will try out preserving local fruits and vegetables as well as many tropical favorites - dehydrated watermelon? Delicious! This class can inform you of the best dehydrator options and set you up for exciting, delicious snacks and ingredients, as well as how to best use dehydrated foods in your cooking.*

## Build a Composting Toilet

Wednesday, June 10, 6-8pm

Joanne Lee – OFC Westside Garden Center – Enrollment: 10

*Learn how to build a Hutter Waterless Loo (composting toilet) to add to your property or home. A composting toilet can be used on property without septic or sewer service, it can take the pressure off your existing septic or sewer system, and it will keep valuable nutrients on your property for use in your garden or landscape.*

*We will build a very simple toilet out of plywood, some plastic buckets and a toilet seat. You can use your composting toilet for all waste or liquid waste only. Pros and cons of each will be discussed. You will leave with plans for your own toilet and the confidence to build one.*

## Make Your Own Mozzarella

Sunday, June 14, 11am-1pm

Julie Kamin – GRuB Farmhouse – Enrollment: 20

*In this two hour class, participants will learn how to create soft, creamy, and delicious mozzarella. Julie L. Martin (founder of Oly-Cultures) will demonstrate the process from start to finish. Guests will learn about the acidification of the milk proteins, creation of the curds and whey, the proper method for kneading, how to store fresh mozzarella and a variety of recipes and ideas for serving your homemade mozzarella.*

## Herbal Balms & Salves

Sunday, June 14, 2-4pm

Kate Tossey – GRuB Farmhouse – Enrollment: 15

*Learn the properties of healing herbs – comfrey, St. John's wort, arnica, calendula, mullein, myrrh, black walnut, and feverfew. Participants will make infusions to take home in this hands-on class. The class will cover the infusion process, straining, adding beeswax, and bottling. Please bring a 4oz or 8oz glass jar with a lid.*

## Milk Kefir

Saturday, June 28, 11am-1pm

Julie Kamin – GRuB Farmhouse – Enrollment: 20

*Join Julie Kamin (founder of Oly-Cultures) in this two hour informative class on how to create your own milk kefir. Kefir is an age-old probiotic beverage hailing from Asia, that is a charming and light health tonic. The class will include step by step demonstration on how to ferment and store your milk kefir. Julie will also lead discussion on some of the numerous ways milk kefir can be used in the home, such as in baking, desserts. Participants will also be invited to sample milk kefir products.*

## Fermented Pickles

Sunday, June 28, 3-5pm

Meghan Hintz – GRuB Farmhouse – Enrollment: 20

*Learn to make live fermented pickles from your garden harvest - cukes, carrots, beans and more! These delicious pickles are easy to make and packed with live probiotics that improve digestion and boost immune function. Plus, they aren't heat canned so you can say goodbye to sweaty summer days canning in a hot kitchen! What's not to love? This class includes the basics of fermentation science and safety, a demonstration, and pickle tasting. You'll leave with instructions and recipes for making these delicious pickles on your own.*



Irina and Sam are happy to be shopping Co-op!

photo by Jennifer Shafer

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# KID'S CORNER

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

Congrats to last issue's winners:  
**Annika, 5; Ayla, 10; Elle, 8; Helen, 10; Freya, 7; Isha, 10; Joel, 8; Kaya, 10; Kiran, 9; Liam, 8; Lydia, 7; Melodi, 9; Naima, 5; Numi, 9; Orin, 10; Robert, 7, Ruby, 10; Sadie, 11; Serean, 8; Taydee, 7; Tobin, 8, Xyoa, 9**

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

## What is it?

Deadline: June 1st, 2015

Name \_\_\_\_\_

Age \_\_\_\_\_

Guess \_\_\_\_\_

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



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