



FALL 2016

Table

Dinner Together

DOMESTIC
FAIR TRADE

BUDGET SHOPPING



Table

published by

OLYMPIA FOOD CO-OP

WEST

921 ROGERS ST NW • OLYMPIA, WA 98502

(360) 754-7666

open daily 8AM-9PM

GARDEN CENTER daily 10AM-7PM seasonal (hours/days vary)

EAST

3111 PACIFIC AVE SE • OLYMPIA, WA 98501

(360) 956-3870

open daily 8AM-9PM

Both Co-ops are open every day except for New Years Day due to inventory

BUSINESS OFFICE

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Cover photo by Jenn Kliese

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Editors Note

OLYMPIA FOOD CO-OP

This October, the Olympia Food Co-op (OFC) is joining over 30,000 co-ops and credit unions across the United States in celebrating Co-op Month, recognizing the many ways cooperatives help to build stronger communities and more resilient local economies. For 2016, the National Cooperative Business Association CLUSA International has identified "Cooperatives Build" as the theme for the month, spotlighting the advantages co-ops offer to their members and the communities in which they live and work.

Cooperatives are businesses that are owned and governed by their members, the people who use the products and services they provide. From food co-ops to farmer co-ops, worker co-ops to credit unions, and housing co-ops to energy co-ops, co-operatives make a difference in people's lives every day. Co-ops are also more common than you might think: Here in the United States, 1 in 3 people are members of at least one co-op or credit union. Nationwide, co-operatives create 2.1 million jobs and generate more than \$650 billion in sales and other revenue annually.

Throughout this issue of The Table, you will see how OFC "builds" by supporting local producers and products, supporting our members with affordable shopping options and appreciation events, and encouraging membership participation through classes, the working member system and Board elections. Read about how OFC builds not just in our local community but internationally by participating in the Domestic Fair Trade Movement and in exchanges with other co-ops such as with our friends at Cecosesola in Venezuela.

We encourage you to enjoy the many harvest recipes provided inside this issue, and while doing so, take time to raise a glass in celebration of the Olympia Food Co-op and the many ways it supports us in building healthy lives!

All the best, Jen Shafer

OLYMPIA FOOD CO-OP
12th Annual Harvest Party

Local Eats



CELEBRATION

September 18, 2016, 1-5pm



WESTSIDE CO-OP • 921 ROGERS STREET NW

Sample great food from local producers!

Enjoy local music! • Celebrate the harvest!

We invite you to join us!

BECOME A WORKING MEMBER

Active participation of members is the foundation of any cooperative. At the Olympia Food Co-op, working members have supported the operations of the Co-op since we opened in 1977, and are a valued part of our Co-op community.

As a working member, you can learn about your Co-op from the inside out, meet people, gain new skills, and receive discounts on your groceries. Join a long tradition of working members who have made the Olympia Food Co-op the successful, community-oriented organization it is today!

*Sign up for an introduction tour
at either store today!*

WESTSIDE

SEPTEMBER

TUESDAY 6TH, 3-5PM
TUESDAY 20TH, 3-5PM

OCTOBER

WEDNESDAY 5TH, 1-3PM
THURSDAY 13TH, 1-3PM
TUESDAY 18TH, 3-5PM

EASTSIDE

SEPTEMBER

THURSDAY 1ST, 5:30-7:30PM
SUNDAY 4TH, 9:30-11:30AM

OCTOBER

THURSDAY 6TH, 5:30-7:30PM
SUNDAY 9TH, 9:30-11:30AM

NOVEMBER

THURSDAY 3RD, 5:30-7:30PM
SUNDAY 6TH, 9:30-11:30AM



above: Steffani Powell & Scott Richards enjoying a meal together with friends, left: Harvest Quinoa

Dinner Together

Recipes & Photos by Siobhan Lim
& Jenn Kliese

Introduction by Jen Shafer

Fall should be called “the season of sighs” for it is a time that invokes such deep familiarity and comfort. There is so much goodness in fall, from the colors of falling leaves to the balance of warmth and cool in temperature and the satisfying harvest of hearty root vegetables, squashes and sunflowers. The Danes might refer to fall as a time of “hygge” (pronounced ‘hooga’), which roughly translates to coziness, but is really something more deep and complete. It’s a way of life and of being in life, by creating beauty, celebrating abundance and sharing it with the people around you.

Here in Olympia, harvest is upon us and we express gratitude to the fields and farmers that fill our tables and our jars and storage bins. We’ve compiled some of our favorite recipes to help you celebrate harvest and hopefully experience hygge. Enjoy!

DELICATA HALF MOONS

serves 4

2 medium Delicata squash (about 2lbs.)
halved lengthwise, seeded and cut into ¼
inch thick half moons
3 cloves peeled garlic, smashed and minced
2 sprigs fresh thyme, destemmed
2 Tablespoons olive oil
1 Tablespoon maple syrup
salt and pepper to taste

Preheat oven to 425°F. In a large bowl, combine garlic, thyme, olive oil, maple syrup, salt and pepper with the cut squash. Toss to coat pieces well. Spread the squash evenly on a large baking sheet and roast for 25-30 minutes, stirring halfway through to ensure the squash is slightly browned and tender.

AUTUMNAL BEETS

serves 4

5 medium beets (about 1lb.), sliced and
peeled
1 medium apple, sliced, peeled if desired
½ cup onion, sliced thinly
½ cup apple cider vinegar
½ cup water
3-4 whole cloves
1 Tablespoon fresh ginger, minced
salt to taste

Place all ingredients in a large saucepan and bring to boil. Reduce heat and simmer, uncovered for 20 minutes until beets are tender. Remove beets, apple and onion to serving bowl and reserve any remaining liquid. Reduce cooking liquid until slightly syrupy and drizzle on final dish.

COCONUT MILK ROASTED YAMS

serves 4

3 medium yams (1½ – 2 lbs.), peeled and cut
into ¾ inch pieces
2 Tablespoons coconut oil, melted and
slightly cooled
½ cup coconut milk
½ teaspoon ground cardamom
¼ teaspoon salt
pinch cayenne pepper

Preheat oven to 325°F. Place yams in 9x13in. baking pan. Drizzle coconut oil over yams and coat evenly. Combine remaining ingredients and mix well. Add coconut milk mixture to yams and bake covered with foil for 20 minutes. Uncover and continue to cook for 25-30 minutes until yams are soft and slightly caramelized.

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Recipes continued from page 5

HARVEST QUINOA

serves 6

Salad

1 cup quinoa

½ head cauliflower, chopped into small florets

1 large sweet potato, peeled and chopped into ½ inch chunks

1 Tablespoon olive oil

1 teaspoon fresh rosemary, minced finely or ¼ teaspoon dried

2 teaspoons fresh thyme, destemmed or 1 teaspoon dried

salt and pepper to taste

1 large apple

¼ cup golden raisins

¼ cup dried cranberries

Lemon Dressing

1 bunch flat leaf parsley, minced (about 1 cup)

1 large clove garlic, smashed and minced

1 cup olive oil

1 lemon, juiced

1 teaspoon sweetener of choice

½ teaspoon salt

¼ teaspoon pepper

1. Set aside apple, raisins and cranberries.
2. Preheat oven to 400°F. Place sweet potato and cauliflower onto large baking sheet. Drizzle with oil, herbs, salt and pepper. Toss lightly and roast for 30-35 minutes or until veggies are golden and soft, stirring halfway through to ensure even cooking.

3. While veggies roast, cook quinoa. Rinse quinoa and drain well in a fine mesh strainer. Place in medium saucepan and add 1½ cup water. Bring to boil. Reduce heat to low simmer, cover and cook until water is absorbed, about 15-18 minutes. Remove from heat and let quinoa “rest” for 10 minutes before fluffing with a fork.

4. While quinoa cooks, plump raisins and cranberries and make lemon dressing. Place dried fruit in a small bowl and cover with boiling water until covered by a ¼ inch. Let rest for 10-15 minutes then drain off water. Meanwhile, combine all dressing ingredients into a jar with a tight lid and shake well to mix.

5. When roasted cauliflower, sweet potatoes and quinoa are done, toss them together in a large bowl while still warm. Chop apple and add to mixture. Add plumped raisins and

cranberries. Lastly, add dressing to all ingredients and combine well.

SMOKY SHREDDED BRUSSELS SPROUTS

serves 4

1 pound Brussels sprouts

4 slices of bacon

1 small onion, thinly sliced

2 cloves garlic smashed and minced

1 Tablespoon olive oil

2 Tablespoons Worcestershire sauce

**4-5 leaves fresh sage, chopped
salt and pepper to taste**

1. Using a food processor, push Brussels sprouts through the fine slicing attachment until bowl is full. Alternatively, trim, halve and slice them thinly by hand or with a mandoline and set aside.

2. Cook bacon in a large skillet until crisp. Drain on a paper towel but reserve bacon fat in pan. Crumble bacon and set aside. Add onion to pan and cook until lightly transparent over medium heat, stirring occasionally. Add garlic. Cook until onions are lightly caramelized and garlic is soft. Turn up heat to high. Add olive oil and add Brussels sprouts. Sauté for 3-5 minutes until lightly wilted and remove from heat. Add Worcestershire sauce, sage and salt and pepper. Top with crumbled bacon.

adapted from “Slow Fires” by Justin Smillie

SHAVED RAW BUTTERNUT SQUASH SALAD WITH DATES & POMEGRANATE

serves 6

1 ½ pounds young butternut squash, peeled, halved lengthwise and seeded

½ teaspoon fine grated lemon zest (from ½ lemon)

1 Tablespoon lemon juice (from ½ lemon), more as needed

3 Tablespoons extra virgin olive oil

pinch of granulated sugar

salt and pepper to taste

½ cup dates, pitted and roughly chopped

2 Tablespoons toasted pumpkin seeds

2 Tablespoons pomegranate seeds

Cut the squash into 2 inch chunks. Use a

vegetable peeler or mandoline to shave the chunks into thin slivers. Place shavings into a large bowl and add lemon zest and juice, olive oil and sugar. Season with a few pinches of salt and pepper. Toss with dates and season to taste with more salt and lemon juice as desired. Sprinkle pumpkin and pomegranate seeds on top before serving immediately.

Pureed Soups

AUTUMNAL ROASTED BISQUE

makes about 3 quarts

1 Butternut squash, about 2-3 lbs., halved and deseeded

1 Acorn squash, about 2 lbs., halved and deseeded

2-3 medium carrots, peeled and chopped into rough 2 in. pieces

1 small onion, peeled and quartered

1 large Bartlett pear, halved and deseeded

1 large Honeycrisp apple, halved and deseeded

2 teaspoons smoked paprika

1 teaspoon cumin

1 teaspoon cinnamon

2-3 bay leaves

2 teaspoons salt, more or less to taste

1 teaspoon black pepper, more or less to taste

2 quarts vegetable stock

¼ cup olive oil

1 teaspoon apple cider vinegar

Preheat oven to 350°F. Prepare roasting spice mix. Mix smoked paprika, cumin, cinnamon, 2 teaspoons of salt, 1 teaspoon black pepper, and olive oil. Generously rub olive oil spice mixture onto all the vegetables and fruit. Place the fruit and squash cut side down onto a large shallow baking dish. Bake for about an hour or until the squash is soft and fork tender and the remaining vegetables and fruit are slightly caramelized. After vegetables and fruit are done, discard the bay leaves. Working in batches, scoop squashes away from their skins and into a blender with enough vegetable stock to blend smoothly. Work slowly and carefully as the mixture can be very warm. Do the same for the fruits (don't bother peeling them) and remaining vegetables until all of the stock is used. Place batches into a large pot to hold and combine the soup. Be sure to add any remaining roasting

liquids to last batch of the puree along with the apple cider vinegar and more salt and pepper to taste. Add more stock or water to achieve your desired texture. Mix well and heat to warm. Alternately, add squash flesh, carrot, onion, pear, apple, roasting liquid, apple cider vinegar and vegetable stock to a large pot and use an immersion blender to mix well. Adjust seasonings and liquid as desired. Warm and serve.

SILKY ZUCCHINI SOUP

serves 2

1 Tablespoon olive oil
2 Tablespoons butter
1 small onion, chopped finely
1-2 cloves garlic, minced
1½ lbs. zucchini sliced into ¼ in. discs
1 cup vegetable stock
salt and pepper to taste

In a large saucepan, melt butter and oil. Add onion and sauté until slightly caramelized over medium heat, about 8-10 minutes. Lower to moderately low heat and add garlic, salt and pepper to taste. Sauté until garlic softens and onions continue to caramelize, an additional 4-5 minutes. Add zucchini and cook, stirring frequently until softened, about 10 minutes. Add the vegetable stock along with 1-1½ cups of water and bring to a simmer. Cook for an additional 10 minutes or until the zucchini is very soft. Carefully place approximately half of the mixture into a blender and puree until smooth. Add the rest of the mixture and continue blending until silky smooth. Return to saucepan and adjust salt and pepper as desired. Serve warm or chilled.

CURRIED CAULIFLOWER BISQUE

serves 4-6

1 head of cauliflower
2 Tablespoons olive oil
1 medium onion, sliced
1-2 cloves garlic, minced
1 Tablespoon curry powder
1½ cups unsweetened plain almond milk
½ teaspoon freshly grated ginger
2-3 Tablespoons minced cilantro
½ teaspoon salt, more for seasoning
ground black pepper to taste

Bring two quarts of water to a boil. Add ½

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above: Siobhan Lim & Parker Brock in the kitchen, below: roasted vegetables and fruit cooling on the stovetop





Toasting Spices

Spices can add inviting savouriness to any dish. However, storing them for more than a few months can cause them to lose their effectiveness and flavor. Toasting them can intensify their aroma and boost their taste. Whole spices are best candidates for toasting but ground spices can also be toasted with success. When working with multiple spices, they can generally be toasted together in the same pan so long as they are somewhat similar in size.

Start with a small skillet and make certain it is dry. Warm the skillet over medium heat. Once hot, carefully add spice and spread into a single layer. Stir gently and constantly to encourage even heating and prevent sticking. Continue to heat until spices smell fragrant and toasty. This can take place very quickly – in about a minute or two. Color is not always a good indicator of “doneness”. Smell is the best guide. Once the spices smell warm and toasty, immediately remove the pan from heat and place spices in a bowl or container to stop them from further heating. Some recipes call for toasting in oil – take special care when doing so. Use medium-low heat instead.

Grind whole toasted spices in a grinder used only for spices. Use ground toasted spices immediately.

Recipes continued from page 7

teaspoon of salt. Coarsely chop cauliflower florets and stems into approximately 1 inch pieces and gently add to boiling water. Cook for about 10 minutes or until tender. Drain water and set aside. While cauliflower cooks, heat oil in a large, heavy saucepan over medium heat. Add onion and sauté until softened, about 6-8 minutes. Add garlic and curry powder and continue to cook for another 4-5 minutes. Add ½ cup of almond milk and fresh ginger and stir. Place the cooked cauliflower and saucepan contents into a blender and process until smooth. Return the purée to the saucepan. Add the remaining almond milk and bring to a simmer. Season with salt and pepper to taste. (Alternatively, add the cauliflower into the saucepan and use an immersion blender to puree until smooth. Add the remaining almond milk and bring to simmer. Adjust seasoning with salt and pepper.)

Warming Dessert PIE CRUST (AIP*)

1 cup arrowroot starch
½ cup coconut flour
2 tbsp coconut or maple sugar
¼ tsp sea salt
¾ cup coconut oil, leaf lard or palm shortening, cold
½ cup ice cold water

Preheat oven to 350° F. Whisk together all dry ingredients in a large bowl. Cut the coconut oil, lard or shortening into flour mixture. Mix in ice water till just incorporated. Dough will be crumbly. Handle lightly so the crust turns out flakey. Press dough evenly into tart or pie pan with fingers and prick crust bottom with fork. Bake for 15 minutes and then set aside while you make a filling.

**Autoimmune Protocol compliant: meaning Nut-free, grain-free, egg-free, dairy-free, cane sugar-free, additive free*

Adapted from autoimmune-paleo.com

GARAM MASALA PUMPKIN TART

2 tsp. garam masala
4 large eggs (1-2 gelatin eggs for AIP)**
1 15oz. can plain pumpkin purée
½ cup coconut milk
½ cup maple syrup
Juice and zest of 1 lemon

1-inch piece fresh ginger, peeled and finely minced

1 tsp. vanilla extract

½ tsp. sea salt

1 pastry-lined tart pan

Preheat oven to 350° F. Toast spices according to the directions in the sidebar. In a large bowl beat the eggs. Thoroughly whisk in remaining ingredients including the toasted spices.

Fill a pastry-lined tart pan with pumpkin custard mixture. Place on a baking sheet and bake for 45 minutes until done. The center should still jiggle a little. Remove from oven and cool for 40 minutes before lifting the tart from the tart pan. Serve at room temperature accompanied with whipped coconut cream.

****To make 1 gelatin egg** sprinkle 1 Tbsp gelatin over 3 Tbsp cool water in a saucepan. Whisk until completely combined. Sit 2 min. Add low heat until gelatin is melted, continually whisking until frothy. Use immediately. Double for two “eggs”

Adapted from New York Times Cooking



above: Garam Masala Pumpkin Tart, opposing page: Teff Porridge



Spicy Porridge

Start the day right with these two hot cereals made with highly nutritious ancient grains.

TEFF PORRIDGE WITH APRICOTS AND HONEY

Serves 2-3

½ cup teff
1 Tbsp ghee or coconut oil
¼ tsp ground cloves
¼ tsp ground cinnamon
¼ tsp ground allspice
¼ tsp ground cardamom
¼ tsp ground ginger
1 ½ -2 cups boiling water
¼ cup dried Turkish apricots, chopped and/or golden raisins
¼ tsp sea salt
1 Tbsp honey

For serving:

¼ cup chopped nuts or seeds (pistachios, sliced almonds or pepitas)
Cream, yogurt, or milk (dairy or coconut)
Honey for drizzling

1. Heat a heavy bottomed saucepan over medium heat. Toast teff in the dry hot pan; stir

to prevent burning. They will begin to pop, in 3-6 minutes. At this point add water, ghee/oil and spices and stir. When the mixture reaches a soft boil, cover and cook for 10 minutes, stirring occasionally to prevent lumps.

2. Stir in dried fruit, salt and honey. Cover and continue to cook 5-10 more minutes until teff grains are soft and creamy. Add more boiling water if the mixture becomes too thick before the teff is done cooking. Once done, sit covered off heat for 5 minutes. Serve in bowls and top with nuts/seeds and milk, yogurt or cream. Drizzle with honey.

Adapted from Bob's Red Mill

SPICED CREAMY AMARANTH PORRIDGE

Serves 2-3

Ingredients:

¾ cup amaranth
1 cup water
1 cup milk (vegan milk okay)
6 cardamom pods
2 whole star anise
½ tsp cinnamon
1 tsp orange zest
1 Tbsp solid fat (ghee, butter or coconut oil)

For serving:

½ cup heavy cream, coconut cream or nut milk
4 medjool pitted dates chopped
½ cup large coconut flakes, toasted
Maple syrup for drizzling
Pinch of sea salt

1. The day before you plan to make porridge soak the amaranth in a bowl of water. (8 hours minimum, but 24 hours is ideal)

2. In the morning, drain and rinse amaranth in a fine sieve. Combine amaranth, water, milk, spices and solid fat in a medium-sized saucepan over high heat.

3. Bring to a boil then cover and reduce to a simmer on low heat for about 15 minutes. Keep an eye on the cooking grains, stirring occasionally and checking that the porridge doesn't get too thick before the grains have cooked through. If so, add a little water or milk to the mixture. When the grains have cooked through, turn heat off and let sit covered for an additional 10 minutes.

4. Remove Cardamom pods and anise. Divide mixture between 2-3 bowls. Stir in cream, dates, toasted coconut, maple syrup, pinch salt and any other additions to your liking. ■



Building a DOMESTIC FAIR TRADE MOVEMENT

By Erika A. Inwald, National Coordinator of the DFTA

As members and shoppers of the Olympia Food Co-op, many of you are probably already aware that this grocery store is not just any ordinary supermarket.

Sure, Olympia Food Co-op (OFC) is a cooperative, which already sets it apart from the large multinational chains that have crept into pretty much every city, town, and county across the United States, but what further distinguishes OFC is its staunch commitment to social justice. Not only does OFC support agricultural cooperatives in developing countries and show solidarity with the Fight for \$15 movement, but the Co-op has also been able to connect their local work with national movements by being a strong supporter and member of the Domestic Fair Trade Association since 2007.

The DFTA

The Domestic Fair Trade Association (DFTA) is a national membership-based organization in the United States and Canada representing

five sectors of the agricultural supply chain—farmers, farmworkers, retailers, intermediaries (processors, manufacturers, and distributors), and other NGOs.

Fair Trade, a term you might often see on coffee packages and chocolate bars at OFC, was a concept created to empower and build capacity for small-scale farmers, artisans, and agricultural workers in the Global South. If fair trade businesses can provide equitable trading relationships and access to social justice minded consumers in the Global North, then these communities in the Global South can thrive on their own terms.

About 11 years ago, the founding members of the DFTA began to take the idea of fair trade one step further. They began to realize that small-scale farmers and farmworkers in the United States and Canada also face many of the same hardships as their counterparts in the Global South. Our members imagined a future where consumers would be willing to pay just a little bit more to support a living wage, a fair price for farmers, and basic labor rights for the farmers and workers who produce the food we all eat. It was with this realization

and hope that the concept of Domestic Fair Trade was born.

OUR PRINCIPLES

Our stakeholder members collectively decided on a definition of Domestic Fair Trade that included sixteen core principles:

- Family-Scale Farming
- Sustainable Agriculture
- Rights of Labor
- Direct Trade
- Equality and Opportunity
- Animal Welfare
- Transparency and Accountability
- Advocacy and Education
- Indigenous Peoples Rights
- Capacity Building for Producers and Workers
- Democratic and Participatory Ownership and Control
- Long Term Trade Relationships
- Fair and Stable Pricing
- Affordable Credit and Shared Risk
- Responsible Certification and Marketing
- Appropriate Technology

Since the inception of the DFTA, we have used these principles to guide our work of improving the food and agriculture system so that it is more environmentally sustainable and fairer for workers and small/mid-size producers.

HOW WE'RE BUILDING THE MOVEMENT

In addition to our principles, DFTA members unwaveringly believe that we are all stronger when we are united together. The DFTA is unique in that it is one of the only organizations that meaningfully includes all sectors of the agricultural supply chain. Whether its farmers against farmworkers or retailers against farmers, different sectors of the food system are often pitted against each other. The DFTA is a safe space where all of the sectors can have discussions about how to elevate the social justice bar in society and hold certification labels accountable. The DFTA's model demonstrates that sector isolation does not have to be the norm and that there is considerable value in working together toward the goal of improved agricultural production.

The DFTA is currently involved in three specific initiatives that aim to build the movement for a better food and agricultural system.

1. We are working with the HEAL Food Alliance, which consists of organizations focused on Health, Environment, Agriculture, and Labor as it relates to food. This alliance unites these groups under one voice in order to create the political power we need to change

national food policy. The DFTA has been working alongside organizations from all across the country to craft a platform for this alliance that expresses the comprehensive reform efforts we envision for our food and agricultural system.

2. Our members help to shape and influence the standards of fair trade and social justice certification labels in order to ensure that they meet domestic fair trade principles. We have completed comprehensive evaluations of many of these labels and are continuing to provide comments and feedback to these certifications as they revise their standards.

3. We are currently planning the first-ever national conference on Domestic Fair Trade. In an effort to connect stakeholders throughout the agricultural supply chain, the DFTA has had an annual meeting every year since the birth of the organization. This year on December 9-11th, we are taking our annual meeting to the next level and planning a full conference in Portland, OR filled with local tours, keynote speakers, panels, workshops, and even the presentation of a domestic fair trade award.

This upcoming conference (open to all) and our other initiatives help our members and all other advocates and activists to find and share concrete solutions to fixing our agricultural production system. The DFTA creates the opportunity for our members to link their vital work on the ground to the larger goal of a world with more fair trade. All of these initiatives are made possible by the committed support of our long-term members like the Olympia Food Co-op. We must continue to work together to achieve the goal of a more just and sustainable food and agriculture system. ■



BUDGET SHOPPING AT THE CO-OP

by Desdra Dawning, Board Member

Is your dollar not stretching as far as it used to? Do you struggle to make ends meet? Do you value healthy food for yourself and your family but wonder how on earth you can pay for it? Well, you are not alone! The fact is, most of us grapple with how to stay within a budget when money is tight.

From its humble beginnings, our Co-op has had a mission to “make good food accessible to more people.” And yet, I sometimes hear folks lament that they cannot afford OFC prices. And for sure, you can find some pricey items on our shelves. But if you know how to shop, you can also find ways to feed your family, eat delicious healthy meals, and stay within your food budget.

Here's How to Stay on Budget!

Cook

Yes, life has gotten busier and busier. And the aftermath of this war on our time has been a perceived loss of time to cook for ourselves. The result? Fast already-cooked “food” and quick-to-cook packaged “food.” Then there is the further hazard of living this way: poor health!

Do you tell yourself you don't know how to cook? Don't believe it! Healthy nutritious meals can be and usually are very simple to make. Chopping up veggies for a soup, salad or stir-fry takes little time and know-how. If you really want guidance and inspiration, Co-op classes are an excellent way to get into the cooking swing of things—learning how to cook with herbs and spices (a sauce can turn a pile of veggies into a scrumptious meal!), cooking with greens, making your own cheeses, and so much more! And classes only cost \$7, a fee that can be waived for financial hardship—just ask at Customer Service.

PLAN

Find an amount you are comfortable spending on food over a given time period and try to stay with that figure. Try doing a little meal planning ahead of time, looking up recipes (I Google for recipes!) and making a list of just what you need. Avoid impulse buys. Stop throwing away produce that's gone bad by shopping more often for smaller amounts. It may seem like a hassle, but if you can develop it as a habit, you will find yourself saving money over time.

Know Where to Find Bargains!

MEATS

Good quality meats are expensive. Look for the orange discount tags in the freezer or fridge for meats that are still good but need to be eaten soon. Freeze them at home for use later (often they are already frozen). Check the price per pound on fresh meats. They vary and some are more than others.

PRODUCE

Check out the bruised, broken or needing-to-be-sold-soon items in the 4000 PLU bins in the produce aisle. They are located right before the produce coolers at the Westside store and at the left-hand back corner at the Eastside store. Everything is \$.75 per lb. Fresh herbs that are on their way out can be dried at home. Greens can be steamed, freezer-bagged and frozen for use later in soups. Potatoes can be cooked and frozen. Tonight's dinner might be right there waiting. Be creative.

COUPONS

Look for the coupon pamphlet at the door entrance. Many items offered are packaged goods, but you might find some things that you cook with regularly.

SPECIAL ORDERS

Is there something you use quite often? Do you have a friend who does too? A big bag of rice, canned beans or tomato products, soy-milk? Share the cost and order a case or bulk bag of it and you'll get a 10% discount!

Which brings us to one of the most important ways to save \$ at the Co-op:

Buy Bulk!

The absolute BEST way to save at the Co-op is to BUY BULK!

Bring your recycled containers with you, pre-weigh them on the scale in the Bulk Department for their tare weight (even if they are not quite empty yet), and fill them with the staples on your list. If you don't have containers with you, you can find clean jars (under bulk liquids Westside and at one end of the Deli salad bar Eastside). Write down the PLU numbers on your grocery list or on the twist ties provided if you use plastic bags (our cashiers have amazing memories, but they need our help!).

Bulk purchases help support a healthy diet on a low income. Many of the foods available in the Bulk Department can also be found pre-packaged on the aisles—with name brands and individually wrapped. Compare the prices and you will discover what a wonderful savings you will receive if you are willing to take a few extra minutes to scoop, pour, bag and label your own purchases—not to mention the contribution you will give to our land-fill-overwhelmed environment!

Buying bulk makes it possible to try out new foods without having to purchase a large amount. If you are curious about a product, simply try out a small amount of it first, test it in a recipe and see if it works for you.

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BUYING IN BULK

OFC Staff member Barbara L'Aimont loves her work buying for the Eastside Bulk Department. Here are a few things she would like OFC members to know about shopping in bulk:

"Consumers can eat well on a budget. Purchasing products from the Bulk Department will support a healthful diet on a low income. Knowing the products available and how to use them truly is a first step on the journey of eating well & paying less. Many of our products are cross-cultural—from all over the world. We support the rice terraces of the Philippines as well as the Native Harvest Wild Rice that is hand harvested in Minnesota. And as often as possible, we purchase Fair Trade products to support cooperative agriculture globally."

So before you drop that packaged item in your shopping cart, check out the Bulk Department!

Here is what you can find in bulk:

- *Teas and Coffees*
- *Spices*
- *Sugars and Sweeteners*
- *Flours and Whole Grains*
- *Nuts, Seeds and Nut Butters*
- *Pastas*
- *Dried Fruits*
- *Sea Veggies*
- *Chilled miso*
- **NEW!** *Kombucha & sparkling kefir water on tap at the westside!*

The majority of products in bulk are organic. Buyers also try to source local products like the organic soldier beans from Helsing Junction Farm.

Salsa Working Member Celebration

By Desdra Dawning, Board Member
Summer 2016

This year the Olympia Food Co-op held their 40th Annual Working Member Appreciation party at the waterfront by Percival Landing. In what turned out to be an absolutely perfect temperature-wise day, many of OFC's valued Working Members came to play--of the 180 members, perhaps 60 attended. Staff Collective Members, Alejandro Rugarcia, Jenni O'Connor, and Jonathan DeBorst, created a wonderful event to offer their appreciation to all of those Co-op Members who share their time and talents with us as important and valued players in the smooth running of both Co-op stores.

Two venues were available for the celebration: the Harvest House (next to the children's playground by the Boardwalk) and a short distance away, a pavilion, which sheltered the band --SOI Music Studio and Productions--who serenaded us with various Latin music Rhythms.

Donated food came in the form of delicious pasta dishes from Basilico Ristorante, fantastic flavors from Great Cuisine of India and treats from Old School Pizzeria. Along with offerings from our own amazing Co-op Deli, this delightful spread from local restaurants filled the tables of the Harvest House.

The liveliest part of the afternoon came when Alejandro did what he does best. With a wireless ear-mic, facing away from us, and with the banter of a true comedian, Alejandro took us through the steps to learn to dance Salsa. It was a blast!

For several weeks, Working Members have been dropping tickets into a jar for the Co-op Raffle, hoping to have their name drawn for some very special prizes, among them several hand-woven shopping baskets from Africa. Working Member Daniel Perry, won the big basket, and Isa Bella's daughter, Artemis, took home the smaller one.

All in all, it was an excellent afternoon, one where all the dedicated Working Members at the Olympia Food Co-op were celebrated! ■



top: staff member Alejandro gives a salsa lesson, middle: volunteers enjoy a delicious spread, bottom: under the pavilion, photos by olyhillary



Member Participation

By Maureen Tobin, Staff Member

When you join the Co-op, you become an important part of our unique, independent, community-owned and values-driven business with many thousands of other members. Member involvement builds equity and participation on many levels and helps us stay on solid financial ground. How many members do we have in our co-op, exactly? Well, that's been a good question for many years: can we get an accurate count of our members based on mailing addresses alone? This question, and the desire to improve our membership system in many other ways, is what first prompted us to begin the process of moving our membership data base into the computers integrated with our cash registers. We gave ourselves a year to have everyone moved over.

Many of our regular shoppers did not get into the new system only because their address was out-dated. In this process of moving folks over, we have uncovered hundreds of inaccuracies, and it has been great to have the opportunity to fix them. Our old database has over 76,000 records, and now we are down to 33,000! Of those 33,000, almost 17,000 have converted their old paper-tracked membership to a new bar-coded record that can also be looked up by name or phone number.

How is the new system going? Our cashiers love it! And the vast majority of frequent shoppers are happily using it. We have found that applying discounts and processing returns or overcharges is far easier than it once was, and the ability to email receipts to our members has also been a popular feature. A simplified membership system benefits everyone and saves us money, providing more capital to prosper our business in other ways.

Some members have expressed concern about the privacy of their information in the new system. The Co-op Staff and Board are also very aware of the need for confidentiality and privacy in all that we do with our membership, sales, and marketing systems. We have committed as an organization to value member privacy and consider ethical questions and our mission with every step we take. A new, updated privacy policy is in the works, which you can find online at olympiafood.coop as soon as it is complete.

How do I get a Green membership card and make sure I'm in the system?

- Fill out a membership form
- Give it to the cashier who will send it to the Membership Office
- Within two weeks, you will be in the new system
- Go through cashier lane, they will find your file and give you a new card!
- Or, email customerservice@olympiafood.coop and a staff person will help you update your record

Why do I need to do this?

We will no longer be accepting the paper membership cards as proof of membership, and the old database computers will be removed from the cashier stands. Our bylaws require that we verify membership status to offer shelf prices for purchases over \$10 (non members pay 10% more).

How does this benefit me and the Co-op?

Improved register experience

- No longer a need to bring in a receipt for returns or price corrections
- Inventory accuracy creates savings in staff labor
- Greater financial accuracy in dues tracking, refunds and/or discounts
- Simplified cashier procedures make it easier and more equitable for working members, staff and shoppers

Voting for the Board of Directors

- With accurate addresses and emails, more members will receive information and be eligible to vote
- Voting is an essential participation step that helps us to grow and remain unique

Expansion

- By having an accurate database of our membership, we can more easily obtain loans to develop the kind of Co-op folks are asking for
- With accurate addresses, more members can take part in surveys

Electronic Receipts, Newsletter and Promotions

- Members have been enjoying opting out of a printed receipt
- Enables us to move further away from using paper ■

COOPERATIVES AND *Crucial for Survival*

by Emily Van Kley & Whitney Bard,
Staff Members

This July and August, several cooperative workers from Olympia are visiting CECOSOLSA, a huge network of cooperatives in Barquisimeto, Venezuela, marking the second exchange with our friends in the cooperative movement there. As many of you may know, recent months and years have seen Venezuela going through a grinding economic crisis, precipitated, in part, by the worldwide drop in oil prices. Growing political unrest has added to an already tense situation. It has been both an honor and an eye-opening experience for representatives from the Olympia Food Co-op, The Northwest Construction Co-op, and the Flaming Eggplant Cafe to spend time with their fellow cooperative workers to the South during this especially trying time. Recently, I was able to catch up via email with Whitney Bard, your OFC delegate on this exchange, and she shared some thoughts about the essential nature of the co-op economy during extremely difficult times.

Increasingly, for many in Venezuela, sourcing basic staples such as food, medicines, and body care products has become difficult, and sometimes impossible. In her time in Barquisimeto so far, Bard has witnessed people waiting in line starting at 3 a.m. to buy basic subsistence items—many times only to have those items run out, or the stores fail to open, with fights sometimes breaking out among those waiting when they are unable to get in. A week ago, she says, a shipment of sugar arrived for the first time in two months to one of CECOSOLSA's ferias (large, costco-sized cooperative food markets) and there was nearly a riot outside. In many areas of the city, buildings are crumbling for lack of access to building supplies, and infrastructure—such as garbage pickup—is being acutely affected by slashed budgets. And yet, despite the extreme challenges throughout the economy,

the difficulty in sourcing products, and the effects of scarcity showing even more strongly in the low-income communities CECOSOLSA serves, the co-op is still functioning, providing an essential, life sustaining service. As long as the farmers who are part of CECOSOLSA's cooperative network can still buy seeds, fruits and vegetables, at least, will remain in strong supply. And so long as supply levels remain strong, the co-op is able to keep costs low enough that members of the local community (including co-op workers) can afford to buy food.

CECOSOLSA is facing a strong potential challenge to their survival—recently the cash-strapped government has moved to change a part of the cooperative law that exempts co-ops from certain types of income tax, because, unlike traditional businesses, they are required to share a similar amount of their profits with their local communities. If co-ops like CECOSOLSA lose their income tax exemption, the result will be extremely high tax rates, which could force them into bankruptcy. The co-op has therefore sent a team of workers to Caracas to lobby the government and lead demonstrations in the streets opposing this change. If the new law—dubbed *doble tributación* by CECOSOLSA and their supporters—goes into effect, the co-op will have to spend precious resources fighting it in court, not to mention the catastrophic effects it could have on them and other co-ops if it comes to pass.

For now, however, because of their integrated networks of producers, workers, and consumers, the co-op is remaining relatively stable as infrastructure relating to the mainstream economy crumbles. For OFC staff member Bard, in addition to illustrating the need for solidarity with our fellow cooperative workers, this reality has implications for Olympia and beyond. Sometimes, she says, the cooperative and local economy movement in Olympia can seem like a nice alternative rather than an essential one. Perhaps, at times, it can even seem a little self-important; but not anymore. The economic crisis folks are living through in Venezuela has shown

THE LOCAL



her how fickle the security of a country is—the bottom could drop out based on changes to the world economy among other factors, and only systems that aren't dependent on the mainstream economy will be left standing. For Bard this means that the Olympia Food Co-op and our relationships with local vendors is far more important than we may realize. Says Bard, "It has been so amazing and humbling to spend time with people who are surviving despite this crisis, and I feel pride to be involved in the cooperative movement, which may be our only chance of making it in this unpredictable world." ■



photos by Whitney Bard

ECONOMY:



Stéfanie, Emma, Whitney & Herlinda



Darwin and others traveling to meet CECOSOL producers in the mountains



A meeting with CECOSOL producers



The feria with large empty bins

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Community Classes

FALL 2016 SCHEDULE

Pre-registration is required for all Co-op classes. Register online at www.olympiafood.coop anytime or in person at either store between the hours of 11am-6pm. Registration is not available over the phone. There is a \$7 non-refundable registration fee per class/per person unless otherwise noted.

Homemade Mozzarella

Sunday, September 4, 10am-noon
Facilitator: Julie Kamin-Martin
Location: GRuB Farmhouse
Enrollment: 15

Wild Fermented Sauerkraut

Sunday, September 11, 10am-noon
Facilitator: Meghan Hintz
Location: GRuB Farmhouse
Enrollment: 15

Edible Weeds

Sunday, September 11, 1-3pm
Facilitator: Kate Tossey
Location: GRuB Farmhouse
Enrollment: 20

Farm Tour: Burnt Ridge Nursery

Monday, September 12, 1-3pm (12-4pm with transportation from Eastside OFC)
Facilitator: Michael Dolan
Location: Burnt Ridge Nursery, Onalaska
Enrollment: 20

Homemade Ricotta

Sunday, September 18, 10am-noon
Facilitator: Julie Kamin-Martin
Location: GRuB Farmhouse
Enrollment: 15

Favorites from the Co-op Deli

Sunday, September 18, 1:30-3:30pm
Facilitator: Emily Van Kley
Location: GRuB Farmhouse
Enrollment: 15

Cover Crops & Green Manure

Sunday, September 25, 11am-1pm
Facilitator: Danielle Lazarus
Location: Garden Center, OFC Westside
Enrollment: 15
FREE!

Homemade Shampoo & Conditioner

Sunday, September 25, 2-4pm
Facilitator: Vanessa Charles
Location: Little House, OFC Westside
Enrollment: 8

Buying Organic Produce on a Budget

Tuesday, September 27
Facilitator: Kate Himes
Location: Little House at OFC Westside
Enrollment: 10

Natural Immune Support

Sunday, October 9, 10am-noon
Facilitator: Meghan Hintz
Location: GRuB Farmhouse
Enrollment: 20

Dividing Perennials

Saturday, October 15, 10am-noon
Facilitator: Allegra Hinkle
Location: 1515 5th Ave SW
Enrollment: TBA

Fall Soups

Sunday, October 16, 1-3:30pm
Facilitator: Erin Majors
Location: GRuB Farmhouse
Enrollment: 15

Make Your Own Kombucha

Sunday, October 23, 10am-noon
Facilitator: Julie Martin-Kamin
Location: GRuB Farmhouse
Enrollment: 20

Classic Korean Dishes

Sunday, October 23, 1-3pm
Facilitator: Siobhan Lim
Location: GRuB Farmhouse
Enrollment: 15

Homemade Soap

Sunday, November 6, 2-4pm
Facilitator: Vanessa Charles
Location: Little House at OFC Westside
Enrollment: 7

Learning from Plants

Thursday, November 10, 6-8pm
Facilitator: Peter Brown
Location: OFC Community Classroom
Enrollment: 16

Natural Fruit Facials

Saturday, November 12, 10am-noon
Facilitator: Bharti Nagal
Location: GRuB Farmhouse
Enrollment: 12

Herbal Medicinal Salves

Saturday, November 12, 1-3pm
Facilitator: Kate Tossey
Location: GRuB Farmhouse
Enrollment: 15

Bitters

Sunday, November 13, 10am-noon
Facilitator: Meghan Hintz
Location: GRuB Farmhouse
Enrollment: 20

Classic Pie Crust

Sunday, November 13, 2-5:30pm
Facilitator: Martha Chubb
Location: GRuB Farmhouse
Enrollment: 12

Water Kefir

Saturday, November 19, 10am-noon
Facilitator: Julie Kamin-Martin
Location: GRuB Farmhouse
Enrollment: 16

Homemade Soap

Sunday, November 20, 2-4pm
Facilitator: Vanessa Charles
Location: Little House at OFC Westside
Enrollment: 7

What are class participants saying?

"My favorite part was all of it"

"I'd like to thank the instructor, because that class actually changed my life"

"Watching Kate make the salves & listening to her wisdom was inspiring"

"I like meeting people with diverse backgrounds and ideas"

"Now I make the best pie crust!"

"This was an awesome class to begin my own adventure."

"Awesome - lots of fun!!"

"Thank you for offering such a variety of classes and keeping the price affordable"

"I will take any class Julie teaches"

"Erin was fantastic! I had no idea of kale's versatility."

"Now I'm not afraid to make sauerkraut"

"Great cooking tips, friendly, organized"

Budget Shopping Continued from page 13

Become a Working Member!

Every month, the Co-op holds Working Member (WM) Orientations for those who wish to serve the Co-op and lower their food costs with the Working Member Discount. There are many benefits to sharing your time with the Co-op in this way. We are a large family here, and helping with the smooth running of the stores, sharing time with Staff members and other Working Members, brings us all closer to each other. Experience received in this process can be used on resumes for future employment. And the financial benefits can't be beat! Working Members receive a substantial additional discount at the register, based on hours worked. Working Members participate in all aspects of running the store, from stocking shelves or serving as a courtesy clerk bagging groceries, to cashiering, running the Westside Free Store or a variety of special projects. It's a real win-win situation for everyone!

Become a Member of the Board!

One Working Member position at the Co-op is to serve on the Board of Directors. Not only do you earn discount credits at the register, you also have the amazing experience of learning first-hand the more inner workings of our Co-op, with the opportunity to support the staff collective and help ensure the health and vitality of the Co-op into the future.

*Ask about the Low Income Membership**

If you are at a place in your life where you're reading this with keen interest, you may want to consider applying for the Co-op's Low Income Membership. The Olympia Food Co-op offers a one-year free membership and 10% discount to members who identify themselves as low-income. We do this to help us meet the Co-op's Mission to make membership and merchandise more accessible to anyone who believes they meet the criteria.

You qualify for a low-income membership if you are:

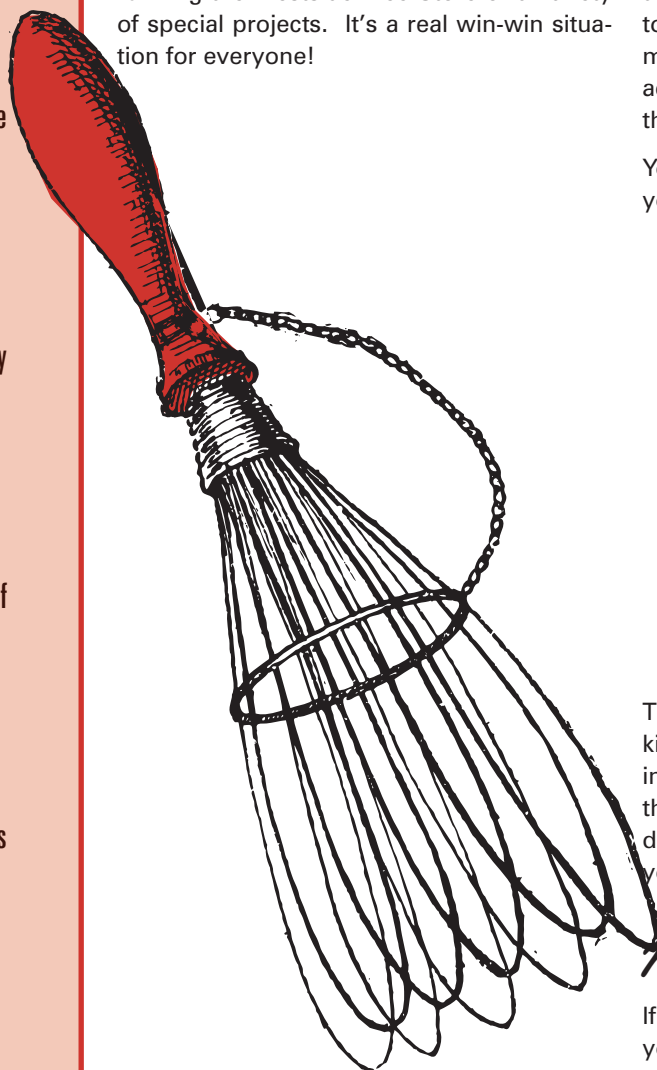
- Homeless
- Unemployed (not by choice) and without familial support and/or other financial resources
- Underemployed (hours or pay are too low to make a reasonable living, not by choice)
- Temporarily unable to make a reasonable living due to physical or mental challenges
- Supporting dependants without adequate resources

The only requirement around the use of this kind of membership is that only the qualifying individual and their dependents must use the items bought. Your status is held confidential, indicated to the cashier by scanning your Member ID card.

Never Shop Hungry!

If at all possible, make it a habit to shop when you are not hungry. We all know how easy it is to give in to impulse buys or to over-purchase when shopping with a hungry belly! ■

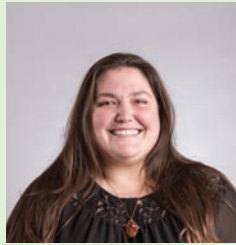
*This section was taken from a prior article written for the OFC Newsletter by Eric Bowman and Julia Sokoloff.



OFC Board of Directors



Desdra Dawning
President



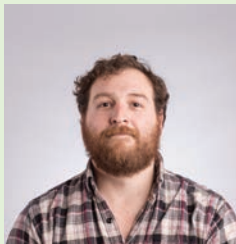
Laura Kaszynski
Staff Representative



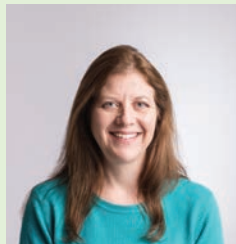
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Sam Green
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Julianne Panagacos
Director



This could be you!
Director



This could be you!
Director



This could be you!
Director

Attend a Board Meeting!

Board of Directors meetings are held on the 3rd Thursday of every month from 6:30-9:30 pm at the Co-op's downtown business office, 610 Columbia Street SW Olympia, WA 98501 (unless otherwise noted). The Olympia Food Co-op Board of Directors welcomes the attendance of active Co-op members at Board meetings. Board meetings may include an executive session, which is closed to members in order to discuss matters requiring confidentiality. For more information contact the Board of Directors at ofcboard@olympiafood.coop

Olympia Food Co-op Mission Statement

The purpose of the cooperative 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

Seven Cooperative Principles

1. Voluntary, Open Membership

Open to all without gender, social, racial, political, or religious discrimination.

2. Democratic Member Control

One member, one vote.

3. Member Economic Participation

Members contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a cooperative operation are returned to the members, reinvested in the co-op, or used to provide member services.

4. Autonomy And Independence

Cooperatives are autonomous, self-help organizations controlled by their members.

5. Education, Training And Information

Cooperatives provide education and training for members so they can contribute effectively to the development of their cooperatives. They inform the general public about the nature and benefits of cooperation.

6. Cooperation Among Cooperatives

Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, regional, national and international structures.

7. Concern For The Community

While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.



David Lerner
L.Ac., MTCM

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Applications will be available beginning August 15 at
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For questions or to request a paper application,
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Elections begin October 15 and run through Nov 15

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Address Service Requested



Jami Heinricher and Ella Richards share a toast to community and good times