



SUMMER 2016

# Table

PIECE BY PIECE FARM

CANOE JOURNEY 2016  
PADDLE TO NISQUALLY

*Recipes for a Summer Supper*



# 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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[www.olympiafood.coop](http://www.olympiafood.coop)

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*Cover photo by Whitney Bard*

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## Save the date!

***Local Eats and Harvest Party  
Sunday, September 18!***

Interested in a sample-filled food party that celebrates  
the incredible bounty of our local harvest and all the  
wonderful local products we sell? Then join the fun at  
the Local Eats and Harvest Party, Sunday, September  
18, from 1-5 pm at the West Side Store.



## *A Note from the Board*

### **By Eric Mapes, Departing Board Member**

Writing the board report is a bittersweet task for me this time. I have taken a job over the mountains in Wenatchee, and will have therefore, reluctantly, stepped down from the Board by the time this goes to press. Life sometimes takes an unexpected turn, confronting us with difficult choices, and this was definitely one of those times for me.

I am truly grateful for having had the opportunity to serve on the Co-op Board over these last several years. I have learned a lot and, I hope, grown as a person. I hope that my path will eventually lead back to Olympia so that I can return to this amazing and unique organization.

Fortunately, the board welcomed four very capable new directors at the beginning of the year: Julianne, David, Vicky, and Marc. Even with the large turnover on the Board this year, I feel confident that the Board can handle the challenges we face.

I would be remiss if I didn't mention our other departing board members: Isabella, Mohammed, Teresa, and Habib. Thank you for your service; it was a pleasure working with all of you, and I'm glad I got to know you.

The Board has considered a number of important matters over the last several months. As you may know, the Co-op is in the process of reviewing the discount system. Our goal is to ensure that the discount program remains financially viable and serves the values articulated in our mission statement. The discount task force has been gathering a tremendous amount of feedback from the membership about the program, which has been very helpful. Stay tuned for further developments.

Another big plate on the Board's table is the expansion project for the Eastside store. Figuring out how to meet members' desires for the new store without a drastic price increase, while avoiding overly risky financial maneuvers, is proving tricky. Rest assured we are carefully considering all options.

While we're on the subject of finances, I'll take the opportunity to remind folks that there's an easy way to make the Co-op more successful that doesn't cost you any money: pay for your purchases with cash. The Co-op saves on the processing fees, keeping money in our community. Don't forget we have no-fee bank machines in both stores (your bank may charge you a fee to use them, however).

The Board also had the very pleasant duty recently of approving the selections of Leonard Peltier paintings for the two murals going up outside the stores. They are attractive additions to the buildings and will hopefully help raise awareness about the struggles of Leonard Peltier and his people. For me, the murals represent what is so special about our Co-op: it is truly a values-based organization, where the bottom line is not measured only in dollars and cents.

Thanks to all for having given me this opportunity. I hope our paths cross again soon.

*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**

### **JUNE**

WEDNESDAY 8TH, 1:30-3PM  
THURSDAY 16TH, 3-5PM  
WEDNESDAY 22ND, 4-6PM

### **JULY**

THURSDAY 7TH, 3-5PM  
TUESDAY 12TH, 1-3PM  
SATURDAY 16TH, 12-2PM

### **AUGUST**

THURSDAY 4TH, 1-3PM  
THURSDAY 11TH, 3-5PM  
SATURDAY 13TH, 9:30-11:30AM

## **EASTSIDE**

### **JUNE**

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

### **JULY**

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

### **AUGUST**

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





*Kelly Battershell & Laura Mosher trellissing tomatoes in the greenhouse*



# PIECE BY PIECE FARM

## *& the Story Behind Produce Prices*

By Desdra Dawning & Kim Langston

Photos by Jenn Kliese

**L**aura Mosher and Kelly Battershell have been devotedly working the land near their home in Northeast Olympia for nine years, or as Laura puts it, “seven seasons.” Piece By Piece Farm has developed into a productive small-diversified vegetable farm. Their produce can be purchased at both Co-op locations, by signing up for their seasonal CSA program, visiting their on-site farm stand Wednesday from 3-6:30 and Saturday 9-4 pm, and starting this spring at their new stall at the Chehalis Farmer’s Market. The one-day a week commitment at the Chehalis Market was too appealing to pass up. For those of you who frequent this market, you are in for a real treat.

**S**itting in an old apple orchard near their fields one afternoon with Laura and Kelly of Piece by Piece Farm and Kim Langston, one of the Coop’s two Local Farm Coordinators, I learned about the joys and struggles of small farmer life. I also came to understand more clearly what the price per pound of a melon in the summer really means. It’s not just about how much is spent at the register, but about what it takes to get that sweet melon—grown just down the road—to the table.

Being surrounded by all of the many details it takes to get our amazingly fresh produce into Co-op coolers, Kim brought with her some of the questions and concerns she struggles with daily. And so I serve here as a reporter to pass on some answered questions and hopefully illuminate our OFC membership about the hidden costs and precious value of the food we so appreciate.

### **Getting to Know Our Farmers**

Laura and Kelly met at a Farmer’s Market in Belfast, Maine, where Laura was apprenticing at a goat dairy. While Laura was enjoying farm life – milking the goats and making the cheese, Kelly too was nearby experiencing full-on farm living and working long hours apprenticing on an organic vegetable farm. At the time, Laura saw her direction as one of a cheese-maker, not realizing that down the road she would find her deeper love and commitment as an organic vegetable farmer.

Kelly told us that he first discovered his love for fresh veggies by gardening his yard in Olympia, which drew him to enroll in Evergreen’s Sustainable Agriculture program. As fate would have it, he came across a flyer one day for a full-time apprenticeship on an organic farm in Maine. He applied and was accepted and his life was never the same again. It was here that he first met Laura. After two seasons in Maine

he returned to Olympia eager to break his own land. With the help of a friend he secured his first piece of land. They still farm there today. Rather than re-enroll at Evergreen, Kelly opted to dive headfirst into farming and has never looked back. Eventually, Laura realized that she too was ready to dive headfirst into veggie farming, so hung up her cheese-making apron and moved to Olympia. Although they started on two separate paths, they eventually came together to create Piece By Piece Farm. They’ve been farming and growing together ever since.

They now farm about 7 acres of leased land close to their home off Shincke Road in NE Olympia. The land ranges from sandy loam—heavy on the sandy—to blue clay. Laura and Kelly have settled into life as small farmers, passionate about the work they do, committed to producing quality produce for our community, and loving the lifestyle that also gives their table such nutritious food. When asked about their favorite veggies, Laura immediately commented on the variety of peppers she loves to grow, adding that the tomatoes are her favorite to munch on. Kelly had a hard time singling out a favorite, pointing out that whatever is in season is the most appreciated, although both chimed in that melons are a lot of fun once they are ripe and ready for harvest. There always comes that time in the season where you just can’t eat another pea or green bean. Fortunately for them, there’s always another crop right around the corner.

Kim wondered how farming in Olympia compared with the farming experience in Maine. Both Laura and Kelly observed that Maine is a special place when it comes to organic farming. There’s a “strong commitment to sustainable agriculture and an overriding spirit of self sufficiency that isn’t common in most places.” Kelly laughingly admitted that, “even the conservatives buy local produce. Local food is just what you eat there.” They both spoke appreciatively of the Maine Organic Farms and Gardens Association (MOFGA) and the farmer-supportive programs they sponsor. Programs such as a fall fair, much like a county fair, in which even the food vendors are required to use organic and local products; an apprenticeship program that encourages local farms to employ and train new farmers (Laura got her goat farm start with them); and a journeyman program that offers land and equipment to apprentices to give them a final boost toward working their own farms. While Washington has many great programs to offer, it became clear during our conversation that Washington could stand to learn a few things from the state of Maine regarding agricultural support programs. But that conversation is for another day.

The acreage they work close to Olympia keeps them busy and offers a variety of interesting challenges. Like many of their fellow farmers in Olympia, they struggle with soil that isn’t as rich as that which can be found in land along the banks of the Chehalis or Cowlitz River. They have several types of soil on the seven acres they farm. Each one requires them to be mindful of what, how and when they plant each crop. You can’t do the same things with sandy loamy soil that you can

**Continued on page 6**





Mackenzie thinning salad turnips



with hard clay soil. Increased summer temperatures and dry spells have really added to their appreciation for the heavy clay soils. The sandy loam acts like a sieve and requires more water and maintenance to keep up with during the hot months. While the clay may be harder to work, it requires less water. Farming is all about trade offs.

Land in Olympia is also more expensive to lease or buy per acre than it is down south 30-50 miles away. In Olympia it is typical to only find smaller plots of land are available and water rights can be a tricky situation for anyone farming. Laura could think of few other small farmers in their neighborhood who sell to the public. But among those who are working to farm the larger region, she feels comradre and sees a willingness to share information about their trials and successes, knowing that what works for one might not for another. There's a tight community of local farmers who help one another out and who they can go to with questions and solutions.

When asked about what they do to try to make the farm more sustainable they said they, "spend a lot of time thinking about the way we do things and are always working to create a sustainable lifestyle for ourselves." In addition to installing a drip irrigation system, they have partnered with another local farmer on two seed-saving projects this year. They also try

to purchase seeds as often as possible from small seed companies. They are adding a new greenhouse this year, which will help them save water and get crops going earlier and will be raising pigs again to help them deal with all the compost and produce that never makes it off farm. But unlike larger operations that can afford expensive grey-water or solar projects for sustainability, these small farmers are just happy to make it through the day. "I'm lucky," says Laura, "if I can get all of last night's dishes done, lunch made, eat some breakfast, work the farm and get home in time to eat dinner and do it all again the next day, I'm doing pretty good."

## Organic Produce Pricing & Defining Local

Sometimes confronted with member requests for lower produce prices, Kim often finds herself thinking about the organics industry, both regionally and nationally. "It used to be that you could only find organics in really limited places," she says, "and now they can be found in any grocery store in the country, even if only a small selection. Locally sourced produce has been the big new trend for a few years now. Every store out there touts their local/regional organics program. More people are buying organic now than ever before. But acreage for organic farming is not increasing quickly enough on a large scale to meet the

demand. I think locally we have a skewed perception of what a medium or large-scale farm is. In our local program, a farm with 50 acres in production feels huge. But in reality a 50 acre farm is very small, almost a blip on the radar. Most of the farms we work with farm less than 15 acres. If you add them all up they equal quite a lot of acreage, but on their own they are so small."

"It also gets really interesting when you start to research how stores define local. For the Co-op, local is anything that we buy directly from Thurston, Lewis, Mason, Grays Harbor or Pierce County. To be a part of our buy-regional program you must deliver the product directly from the farm to our stores. Two examples of this are Brownfield Orchard in Chelan and the Okanogan Producers Marketing Association (OPMA) in Okanogan County. So when people are shopping in a store they should always stop and ask someone working how their business defines local. I think they might be shocked to learn the answer. Often time's local simply means Northwest grown. I don't personally think of food coming from Oregon as local. I think of it as regional. There's a big difference between the two."

Kim goes on to add, "one problem I see for consumers is that demand for organic produce has increased nationally, yet organic prices keep staying the same, often increas-





Bunching & boxing up salad turnips for delivery to the Co-op



ing, and sometimes decreasing depending on crop availability. Why is this happening? Great question. Lack of quality farmland, cost of farmland, lack of federal assistance programs, high cost of running an organics program, expenses that typically never go down for small producers, higher wages for farm workers—the list goes on and on. In fact, most of the farmers in our program have expressed concern about the drastic increases in the cost of seeds, amendments, pest control, equipment, water, and etcetera. Food is priced so artificially low in our country that it's hard to know the real cost of production any more. This puts farmers everywhere in every sector in a hard position. It's our job at the Co-op to try and keep the dialogue real and the best interest of our producers and shoppers in mind at all times."

When asked about how these factors affect them, Laura says, "there's a lot of manual labor on a 5 to 10 acre farm. Our costs are high. Unlike larger operations that benefit from bulk supply purchases and expensive technology and equipment, small farmers don't have a lot of money to invest in ways that can lower prices. Small farmers just don't make a lot of money. The cost of what we buy to grow vegetables doesn't decrease, even though more people are buying organic. There's really nowhere to go as far as lowering prices—you can't go down from just getting by. So—why

do we do this? Because we love what we do!"

## How the Co-op Helps our Local Farmers

So how do our produce managers at the Co-op deal with this disparity? "We ask the local farmers what they need to live, to pay their crew and then we do our best to try to match it," Kim says. "We don't always succeed, but we try, considering also what our customers can afford and expect—then we educate so that our members understand exactly what their money is paying for. It's important for our members to know that for every \$1.45/pound they pay for locally grown yellow onions they buy the farmer is getting paid \$1. The farmer makes \$1 and the Co-op makes 45 cents. In most circumstances the opposite would be true.

The Co-op has a unique way of supporting our local producers directly by offering them a higher wholesale price than other grocery stores will pay and using a lower mark-up to keep it as affordable as possible. While other grocery stores lower the price of their organic options by increasing the price of their conventional options to make them more competitive, the Co-op chooses to use a higher mark-up on non-local produce purchases to make up some of the difference.

The Co-op Mission and values are present in

everything the produce department tries to do. "We strive to make good food accessible to more people, support efforts to foster a socially and economically egalitarian society, and support local production."

## In Retrospect

"Did you ever doubt your choice to pursue farming?" Kim asks Laura. "Every day in August—I get tired," Laura answers with a laugh. "Sure I doubt it sometimes, but I love being self-employed, and have learned how valuable my time is." When asked what advice would she give others wanting to pursue farming as an occupation she says "occasionally I regret coming to farming later in life." Laura admits that, "if I had realized that this is what I wanted to do with my life ten years earlier—it would be amazing." And so her advice would be to "fully immerse yourself—don't dabble—in farming. Work on several farms and in an area where you might want to farm—then dive right in and farm for yourself."

For more information about Piece by Piece Farm you can visit their Facebook page or drive out to the farm during their open farm stand hours on Wednesday from 3-6:30 and Saturday 9-4 pm. The farm is located at 4141 Shincke Road, NE. You can also find their gorgeous produce on display in both Co-op locations as available. ■



# Recipes for a Summer

Recipes & Photos by Whitney Bard

## CHIMICHURRI POTATO SALAD

*This bright green potato salad is super simple to prepare and full of flavor, perfect for a hot summer day's barbecue or a day at the water. The flavor improves with time, so this is a great recipe to prepare ahead of time.*

**5 medium sized Yukon Gold Potatoes, cut into 1/2 inch cubes**  
**1/4 cup white wine vinegar**  
**1 tbs black pepper**  
**1.5 tbs salt**  
**1 bunch flat leaf parsley**  
**3 cloves garlic, peeled**  
**1-3 jalapeños (more or less for spice)**  
**3/4 cup olive oil**  
**1/4 cup lime juice**

Preheat the oven to 350. Combine the cut potatoes in a large bowl with 1/4 cup olive oil and 1/4 cup white wine vinegar, 1 tsp salt and 1 tbs black pepper, tossing the potatoes until they are evenly dressed. Spread the potatoes evenly on a baking sheet, bake at 350 until golden brown, between 30-40 minutes. Meanwhile, roughly chop the parsley, jalapeño and garlic and combine in a food processor, blender, or use an immersion blender. Add the 1/2 tsp salt, lime juice and remaining olive oil and process until all the vegetal parts are blended and the mixture is fairly smooth. While the potatoes are still warm, but not hot, pour the Chimichurri sauce over them and mix. Mash some of the potatoes with your fingers or the back of a spoon until the sauce is thoroughly integrated. If the sauce is added when the potatoes are too hot, the flavor of the lime juice will cook off and be diminished, whereas if they are too cool, the cell walls will close and not be receptive to soaking in the flavor. Allow the flavors to marry as the potatoes to cool, and serve when cold.

## HERB GARDEN LAMB SLIDERS

*These succulent sliders make use of any common aromatic leaf herbs growing in your garden. Choose your own combination of fresh mint, tarragon, dill, oregano, marjoram, thyme, sage, rosemary, etc., each bite is a garden party!*

**1 package ground lamb (about 1.5 lbs)**  
**1/2 cup chopped herbs of your choosing**  
**1/2 bunch parsley**  
**2 cloves chopped garlic**  
**1/2 tsp salt**  
**1/2 tsp ground black pepper**  
**1 egg**  
**1 tbs butter (optional)**

Combine all ingredients in a large bowl and mix using your hands. Form patties using about an ice cream scoop's worth of the mixture. Grill over a fire, barbecue or fry them up in a pan. Serve with any condiments/buns; challah bread knot buns and chèvre goat cheese and tender mustard greens are especially complimentary.

## SUPER SIMPLE PORTOBELLO BURGERS

**2 portobello mushrooms**  
**1/2 lemon**  
**3 tbs olive oil**  
**2 tbs chopped parsley**  
**2 tsp oregano or thyme (fresh if available)**  
**1 tsp black pepper**  
**1/2 tsp salt**

Remove the stems from the mushrooms and lay them gill side up on a plate. In a small bowl, combine the remaining ingredients, stirring until integrated. Pour the marinade over the mushrooms, allowing it to soak in for 5 minutes before throwing them on the grill, flipping them over after a few minutes and cooking until their color deepens. They can also be baked or fried in a pan.





# Summer Supper

## REFRESHING WATERMELON JICAMA SALAD

*This pretty salad has it all: crunchy, sweet, spicy, salty, tangy. It really hits the spot on a hot summer day and pairs wonderfully with the smoky flavors of grilled meats and veggies.*

**1 large jicama (between 1-2 lbs)**  
**1/2 baby watermelon**  
**3 tsp lime juice**  
**2 tsp salt**  
**2 tsp chili pepper**  
**pinch of cayenne (optional)**

Peel the jicama using a vegetable peeler, chop into thin sticks. Chop the watermelon similarly. Combine in a serving bowl and sprinkle the lime juice, salt, chili pepper and cayenne (if you choose), and toss until evenly dressed. Chill in the fridge until ready to serve.

## SHOBHAN'S SIMPLE SUMMER SLAW

### Slaw

**1 medium head cabbage**  
**2 medium carrots**  
**1 large mango**  
**4-5 stems of parsley**  
**Dressing**  
**1 cup mayonnaise**  
**1/4 cup cider vinegar**  
**1/2 teaspoon sugar**  
**1/2 teaspoon salt**

In a small bowl mix mayonnaise, cider vinegar, sugar and salt. Adjust to taste and let ingredients marry while prepping salad.

Carefully cut cabbage in half, then quarters and remove the core. Thinly slice or use food processor to shred cabbage. Place cabbage in a large bowl. Carrots can be shredded (again, using food processor or a box grater) or cut into matchsticks, as we have, roughly 3 inches long and added to cabbage. Slicing a mango can be tricky but it doesn't have to be difficult. Choose a good sharp paring knife and start by holding the mango upright on a cutting board. Cut around the large flat seed in the middle by starting at the top, on either side of the stem and cut downwards, slightly mimicking the curve of the mango. Do the same on the other side. With the flesh side up on the cutting board, carefully slice parallel lines into the flesh, being careful to not to cut into the skin. Next, hold the cut mango half in your palm and run a spoon along the edge of the skin and then slowly inwards to release the slices. Repeat for other half. For slivers or matchsticks for the slaw, cut slices again lengthwise until similar to carrots and add to slaw. Chop parsley and add. Add dressing to slaw and combine thoroughly. Let the slaw rest in the fridge for 15 minutes or until ready to serve. Enjoy!

## PNW GLUTEN-FREE TART CHERRY CLAFOUTIS

*This simple cast-iron cake makes use of the special Northwest bounty of tart cherries, which come to harvest around June or July. The Co-op sells frozen tart cherries, as well, for all-year clafoutis. With such striking colors, it's a summery showstopper at any outdoor spread, but it's also yummy for breakfast and transports easily in slices for a fancy hiking snack.*

**1.5 cup pitted tart cherries (fresh or frozen)**  
**5 large eggs, separated**  
**1 cup milk**  
**1/4 cup sugar**  
**1 tbs brandy**  
**1/2 cup gluten free flour (such as Pamela's)**  
**1 tbs unsalted butter**

Preheat the oven to 350. Butter a 9-inch cast iron pan and place in it the cherries so there is a small gap between each fruit. Using a whisk or an electric mixer, whip the egg whites until they form soft peaks. In a large bowl, mix the egg yolks, sugar, milk and brandy. While mixing, sift in the gluten free flour. Fold in the egg whites and pour the batter over the cherries, allowing the fruits to peek over the batter. Bake until risen, golden brown and a toothpick comes out clean, about 25-30 minutes. Serve when cool.





# Lummi Island Wild Cooperative

## *Sustainable Fishing on the Salish Sea* by Desdra Dawning

The Olympia Food Co-op in the last year has added a new vendor to our already-outstanding list of local producers. Lummi Island Wild ([lummi-islandwild.com](http://lummi-islandwild.com)) is a cooperative group of like-minded Northwest fisherman who value and honor the fish gathered from the sea and strive in every way to develop and preserve sustainable and green fishing methods. Located near Bellingham, Washington, this group of fisher-people (many more than the usual number are women), take care of the entire process, from fishing to processing and delivering their catch. (See their website for videos on how they do things.) As a cooperative, they are able to move away from the competitive market and, with one collective catch, actually support and help each other as they do their work.

Some of their products, such as the Albacore Tuna Medallions the Co-op carries, come from the Paul Hill family, fishing the WA coast and freezing them at sea within 30 min of landing on deck for true sashimi-grade tuna. Another example is the Salish Sea Halibut—caught by a small group of quality-focused Lummi tribal fishermen—delivered bel-

ly-iced and rushed to town on a tender so they can get frozen fresh.

The primary focus of the cooperative, however, is the Sockeye and King Salmon. These are gathered beginning in late July by a process called Reefnet fishing; a technique developed by the Lummi and Salish tribes a thousand years ago. Now modernized with solar power (the only solar powered commercial fishery in the world) little else about the practice has changed. Fishers still stand on tall towers watching for the salmon and then signal to those below to pull in the nets. This type of fishing has been moving toward extinction in the fishing industry until recently. Now on the rise, it allows fishers to keep their by-catch (other fish not meaning to be caught but losing their lives nonetheless)—compared to the metric tons that the fishing industry wastes—to almost 0% as they are immediately and gently released from the nets.

So if you hunger for some healthy, sustainably caught seafood, please check out the meat coolers at both Eastside and Westside markets. There you will find Albacore Medallions, Smoked Sockeye and King Salmon, and Sockeye fillets, and soon—Sockeye Lox. You can be assured that the fish you are purchasing is brought to you by producers who work diligently to honor and protect the sea creatures that nourish us. ■





photos courtesy of Lummi Island Wild Cooperative





# DON'T FORGET THE WATER

## *Paddle to Nisqually*

### CANOE JOURNEY 2016

**by Whitney Bard, Staff Member**

The Olympia Food Co-op is honored to be counted among the sponsors of the 2016 Canoe Journey, hosted by the Nisqually Tribe, taking place this summer from July 30th through August 6th. The event is an inter-tribal celebration reviving the practice of traveling by canoe and maintaining relationships between the tribes of the Pacific Northwest Coast, with over 10,000 people expected to attend throughout event. The Journey began in 1989 with the Paddle to Seattle, with over 20 Journeys taking place in the subsequent years. The event seeks to maintain relationships and establish cultural exchange between the tribes, and to restore knowledge of canoe making and pulling, "bringing together natives and non-natives with a common goal of providing a drug and alcohol free event and offering pullers a personal journey towards healing and recovery of culture, traditional knowledge and spirituality," according to the Journey's website, [paddletonisqually.com](http://paddletonisqually.com).

A wide variety of tribes and nations from the Pacific Northwest region will join in the Journey, pulling carved and painted canoes hundreds of miles, stopping at tribal lands along the way to participate in landing ceremonies and exchanges of food, dance, and storytelling. During the Journey, "canoe families travel great distances as their ancestors did and participating in the journey requires physical and spiritual discipline. At each stop, canoe families follow certain protocols. They ask for permission to come ashore, often in their native languages. At night in longhouses there is gifting, honoring and the sharing of traditional prayers, drumming, songs and dances. Meals including evening dinners of traditional foods are provided by the host nations," according to the site. The Journey continues through the Salish Sea to the final landing destination where they will be welcomed by the host tribe. As a Nisqually Community Garden Steward describes, "there is singing and dancing that takes place. Usually the canoe family of the furthest nation gets to sing and dance first, but each host tribe does things differently...these decisions are run from respect for their visitors, [since they] need to rest".

Since 1994, the Nisqually Tribe has participated in the yearly Canoe Journey, and is the host tribe for this year's Journey, *Paddle to Nisqually*, with boats landing at the Port of Olympia on July 30th. The host tribe provides food for the guest nations, and closes the Journey with a weeklong potlatch,

South Salish Sea at sunset, photo by Jenn Kiese

a feast during which gifts are exchanged among the tribes. The theme of the 2016 Canoe Journey is “Don’t Forget the Water,” from the Nisqually Mountain Story which tells the story of the Pacific Northwest Cascade Range, including the highest mountain, Mt. Rainier, and how the water of the rivers come from the mountain. The story, as told by Billy Frank, Sr., can be read on the [paddletonisqually.com](http://paddletonisqually.com) site. Billy Frank, Sr., a Nisqually tribal member and recipient of the Presidential Medal of Honor, dedicated his life to the treaty fishing rights cause, seeking to hold the U.S. government accountable to the Medicine Creek Treaty of 1854, which reserves the right of members of tribal nations in western Washington to fish without impunity in the waters of the area, such as the Nisqually River. He passed away on May 5th, 2014 and his life and legacy will be celebrated in a ceremony during the Canoe Journey.

The Olympia Food Co-op, in collaboration with the Nisqually Community Garden, featured a class on making Herbal First Aid Kits for the Canoe Journey on May 22nd. Carlin Briner, the Production Supervisor of the garden, explained, “the Nisqually Community Garden exists as an extension of tribal sovereignty and supports community, family, and individual health. Our guiding values are rooted in the traditional and cultural values of the Nisqually Tribe. These values also guide the Tribe’s participation in the Canoe Journey”. Participants in the Herbal First Aid Kit class learned to make herbal remedies from plants harvested from the Nisqually Community Garden, which will be useful in the upcoming season of outdoor time, and made something to bring home as well as a gift to be shared with the participants of the Canoe Journey. The plants in the Nisqually Community Garden are “gathered with prayer [and] love right here in Nisqually. Some of the skills came from Elders who have walked on into the next life. The knowledge is passed on in our community,” explained a Steward of the garden, “this is Nisqually Culture to give away items, it is very important to us as a People to Honor and Thank those who have traveled to our lands.”

The Olympia Food Co-op, in addition to offering the Herbal First Aid Kit Class and sponsoring the Journey, will be engaging our volunteer base of Working Members to help out on Landing Day. If you are interested in volunteering during Canoe Journey, please visit the [paddletonisqually.com](http://paddletonisqually.com) site and fill out a volunteer form, or sign up at the customer service desk at the Olympia Food Co-op.

Thanks to Grace Ann Byrd, Janell Blacketer, Caitlin Krenn, and Carlin Briner for contributing information about the Canoe Journey for this article. ■



## Introducing the Co-op Explorers!

**By Maureen Tobin, Staff member**

Starting June 1st, kids ages 12 and under are invited to become an Olympia Food Co-op Explorer and be eligible to receive one free piece of fruit per visit! We know some of you miss the kids “What Is It?” game, and we hope you and your friends will try out the explorers program that can reach more little people with organic fruit fun.

To become a card-carrying Co-op Explorer, kids simply need to bring a parent or supervising adult to the customer service counter and ask to become a Co-op Explorer. Each child will be issued their very own super official Co-op Explorers card!

**Then, once kids are signed up, here’s how it works:**

- 1.** Kids and parents stop by the customer service counter, where we keep the designated Co-op Explorers basket. Next to the basket, you’ll find Co-op Explorers stickers. Take a sticker and put it on your child’s shirt or jacket (that’s so staff will know your child or children are fruit-eating Co-op Explorers, and they can account for it at the checkout counter). Then, each child is eligible to take one and enjoy eating it while you shop.
- 2.** What should you do with leftover bits? Peels can be thrown away in the compost bins by produce. If you don’t see it, just ask a staff person.
- 3.** When you check out, please remind the cashier that your child or children ate a free piece of fruit as part of Co-op Explorers so that we can track participation in the program.

**That’s all there is to it! If you have any questions, please ask any staff member.**





by Jen Shafer, editor

As the season turns from spring to summer, and our collective amnesia of consecutive rainy days takes hold, living moves to the outdoors. In the Pacific Northwest, we are immensely blessed to have so many places in which to play and explore; and with this abundance, the opportunities for exposure, injury and illness can also increase. Among our blessings of place, however, are also the remedies. Creating an herbal first aid kit is easier than you think and the ingredients are abundant, too, whether you find them in your backyard or at the Olympia Food Co-op (or Radiance). I asked some of Olympia's most learned herbalists to share their personal kits from their own travels and outdoor activities.

With summer, road and air travel can pick up. Tracy Heron Moore, herbalist and massage therapist, brings along Kava and/or Skullcap tincture on her travels; both acting as a mild sedative to calm anxious nerves for those of us more comfortable on terra firma. All of the herbalists I spoke with like to include the flower essence blend, Rescue Remedy, which aids in calming overall stress, anxiety and/or trauma. To dissuade the multitude of germs in recirculated air from entering our nasal passages, Tracy and Carol Trassato (Radiance's primary herbalist and educator) recommend anti-microbial essential oils such as eucalyptus or lemon. Tracy especially likes Veriditas essential oil blends and says their Immunity Boost Blend is great for air travel, "Just open the bottle and sniff it up, or place one drop on a scarf and bury your face in the delicious smell!" Both Tracy and Carol concur that activated charcoal for overseas travel especially is an essential ingredient to your kit as it helps counter food poisoning or digestive upset.

Joyce Netishen, crone witch, plant spirit medicine practitioner and owner/producer of Fire-rose Herbs, gave me her ideas in a quick but succinct email, seemingly leaving no stone unturned! Tracy, Carol, and Elise all gave a thumbs up to Joyce's suggestions:

"I like plastic pet bottles and tin for first aid bags; I have dropped and broken too many glass ones along the way. Because it is hard when on the road or trails to make tea, I carry tinctures. I like skullcap, passionflower and milky oats for anxiety and stress. I like candied ginger for digestive upset and travel sickness because it tastes good to many of us

Continued on page 21



# Helpful Herbal First Aid Remedies

## Victoria Wild Roots 2015

**Arnica Homeopathic** – Take internally for trauma, bruising, muscle soreness, to recover from surgery, etc. When using homeopathics, put the tablets directly in your mouth and avoid eating or drinking anything but water 15 minutes before or after taking them.

**Black Tea** – Black tea bags are useful for treating sunburn. Place the bag in a small amount of warm water for a couple minutes, then dab the tea on sunburned skin. Let the tea dry and reapply several times a day. Black tea is also a useful stimulant.

**Bug Spray** - You can make your own bug repellent by adding essential oils to water with 10-15% alcohol as a preservative. Essential oils that repel insects include cedar, lavender, vanilla, lemon, lemongrass, citronella, catnip, eucalyptus and rose geranium. You can make a weak alcohol extract by steeping catnip, vanilla or dried vanilla leaf in rubbing alcohol and then adding essential oils. Place in a spritzer bottle for easy use.

**Chamomile tea bags** – Use chamomile internally for indigestion, anxiety or restlessness. Chamomile tea bags can be used topically as a poultice for skin inflammation, sore eyes or irritated skin. Place them in a small amount of hot water and let cool before applying.

**Clay** – Bentonite or other drawing clays can be used to make a mud-like poultice for bites, stings, rashes and irritated tissue. It can be mixed with Echinacea tincture for venomous bites and stings. Plantain leaf can also be used as a drawing poultice.

**Echinacea tincture** – Purchase a strong extract to use as an immune stimulant and anti-viral for the onset of colds and flu. Mix a couple

droppers with a heaping teaspoon of clay and a little water, then use this “mud” topically as a poultice for bites and stings.

**Emer’gen-C packets** – Electrolytes dissolve in water and are used for fatigue, dehydration and as an immune stimulant when you feel like you are getting sick. You can also eat young fir, spruce or hemlock tree tips for vitamin C and electrolytes.

**Ginger Capsules** – Ginger is used for nausea, including upset stomach and motion sickness. Try taking one to two capsules at the first signs of nausea. Ginger may also be helpful for indigestion and general inflammation including sore muscles. It is safe to try 1-2 capsules during pregnancy for morning sickness.

**Healing Salve** – Herbs in healing salve help speed up tissue regeneration, prevent infection and reduce inflammation. Examples include calendula, chamomile, cedar, comfrey, echinacea, lavender, yarrow and plantain. Use for cuts, scrapes, bruises, burns, irritated skin, eczema, chapped lips, etc.

**Lavender essential oil** – Lavender essential oil can be used for many things including soothing nerves during trauma, easing headaches, healing burns, fighting topical infections and speeding up the healing process. It can be applied directly to wounds or 1st and 2nd degree burns. Rub a drop into your temples and the back of your neck, then take a deep inhalation for headaches insomnia, irritability and hyperactivity.

**Licorice sticks** – Licorice is one of those wonder herbs that can treat many ailments simultaneously. Suck on the sticks for sore throats and coughing. It speeds the healing of canker sores or other mouth sores. Licorice is anti-inflammatory and may help upset stomach and

ulcers.

**Rescue Remedy** – This is a flower essence that is used for anxiety, depression and trauma. Take 3 drops diluted in water or straight. It has a small amount of alcohol, but can be used topically as a spritzer with lavender for people with alcohol issues.

**Sinus and Headache Oil** – Essential oils lavender, rosemary, mint and birch or wintergreen diluted in castor oil (about 20 drops per ounce). Rub on the temples and above the sinuses, along with inhaling the scent several times an hour. This can also be good for congestion from colds or allergies.

**Sunburn Soother** – Equal parts each: aloe vera juice, rosewater and witch hazel. Also add a small amount of lavender essential oil (about 10 drops per ounce). You can make the witch hazel even more medicinal by infusing it with herbs like yarrow, rose petal, calendula or plantain. Place dried herbs in a glass jar and cover completely with witch hazel. If the herbs soak up all the fluid add more so it is covered. Cover with a tight fitting lid and let sit 1-2 weeks before straining. Shake sunburn soother before applying.

**Trauma Balm** – A combination of infused oils and essential oils to ease the pain and inflammation of sore muscles, arthritis and skeletal muscle injuries. Infused oil possibilities – cottonwood bud, willow, arnica, St. John’s wort, dandelion flower, devil’s club, cayenne (do not use more than 25%), willow bark, ginger. Essential oil possibilities – peppermint, rosemary, wintergreen, helichrysum.

**Yarrow Powder** – Fresh flower and leaf of yarrow and the dried powder are excellent for stopping bleeding topically. Yarrow tea is

Continued on page 21





Scenes from the Leonard Peltier mural painting project at the eastside Co-op, photos by Whitney Bard



# Leonard Peltier Murals

During the weekend of April 16-17, the East Side Olympia Food Co-op undertook a mural painting project based on paintings by imprisoned Native American activist and artist, Leonard Peltier. This new mural joins the already completed Leonard Peltier mural at our West Side location.

This project is in itself an action to raise awareness to Leonard's innocence and his case for freedom, while also helping build momentum for a re-awakened movement to pressure President Obama to grant Peltier executive clemency in this last year of his presidency. If you haven't already, please sign the petition to request his clemency:

<https://www.change.org/p/barack-obama-executive-clemency-for-leonard-peltier-2>

We are linking up with a world wide movement for his freedom and at the same time we will be creating a beautiful piece of artwork. Leonard is 71 years old and has been in prison for almost 40 years for a crime he did not commit. This year is maybe our last good chance to do something to help get him free.



Volunteers were welcomed to participate in the painting of the murals. Come by both Co-op locations to welcome this wonderful artwork to the Co-op and learn more about Leonard Peltier!

<https://www.change.org/p/barack-obama-executive-clemency-for-leonard-peltier-2> ■

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# Community Classes

## SUMMER 2016 SCHEDULE

Pre-registration is required for all Co-op classes. Register online at [www.OlympiaFood.coop](http://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.

### **Hemp Hemp Hooray!**

#### **Cooking with Hemp**

Sunday, June 5 10am-noon  
Facilitator: Pat Rasmussen  
Location: GRuB Farmhouse

### **Make Your Own Kombucha**

Sunday, June 5 3-5pm  
Facilitator: Julie Martin  
Location: GRuB Farmhouse

### **How to Buy Organic Produce on a Budget**

Tuesday, June 7 6-8pm  
Facilitator: Kate Himes  
Location: OFC Westside, Little House

### **Garden Pickles**

Saturday, June 11 10am-noon  
Facilitator: Meghan Hintz  
Location: GRuB Farmhouse

### **Edible Weeds**

Saturday, June 11 4-6pm  
Facilitator: Kate Tossey  
Location: GRuB Farmhouse

### **The Myths & Magic of Juicing and Fasting**

Sunday, June 19 10-noon  
Facilitator: Joanne Lee  
Location: GRuB Farmhouse

### **Read 'Em & Eat Book Club**

#### **Theme: Pacific Northwest**

Monday, June 20 3-5pm  
Facilitators: Kelsey Smith & Max Crabapple  
Location: Lacey Timberland Library

### **Caring for Milking Goats**

Sunday, June 26 10am-noon  
Facilitator: Melinda Dauley  
Location: GRuB Farmhouse

### **Canning Basics - Part I**

Sunday, June 26 1-3pm  
Facilitator: Jeannine Godfrey  
Location: GRuB Farmhouse

### **Milk Kefir**

Sunday, July 10 10am-noon  
Facilitator: Julie Martin  
Location: GRuB Farmhouse

### **Read 'Em & Eat Book Club**

#### **Theme: Italy**

Monday, July 18 3-5pm  
Facilitators: Kelsey Smith & Max Crabapple  
Location: Lacey Timberland Library

### **Raw Desserts**

Saturday, July 30 10am-noon  
Facilitator: Joanne Lee  
Location: GRuB Farmhouse

### **Herbal Medicinal Salves**

Saturday, July 30 4-6pm  
Facilitator: Kate Tossey  
Location: GRuB Farmhouse

### **Canning Basics - Part II**

Sunday, July 31 1-3pm  
Facilitator: Jeannine Godfrey  
Location: GRuB Farmhouse

### **Daily Detox for Everybody**

Sunday, July 31 4-6pm  
Facilitators: John Farinelli & Nicole Warren  
Location: GRuB Farmhouse

### **Water Kefir**

Sunday, August 7 10-noon  
Facilitator: Julie Martin  
Location: GRuB Farmhouse

### **Elimination Diets**

Sunday, August 7 4-6pm  
Facilitator: John Farinelli  
Location: GRuB Farmhouse

### **Raw Recipes**

Sunday, August 14 10am-noon  
Facilitator: Joanne Lee  
Location: GRuB Farmhouse

### **Read 'Em & Eat Book Club**

#### **Theme: African Continent**

Monday, August 22 3-5pm  
Facilitators: Kelsey Smith & Max Crabapple  
Location: Lacey Timberland Library

### **Canning Basics - Part III**

Sunday, August 28 1-3pm  
Facilitator: Jeannine Godfrey  
Location: GRuB Farmhouse

### **All About Dietary Fat**

Sunday, August 28 4-6pm  
Facilitator: John Farinelli  
Location: GRuB Farmhouse

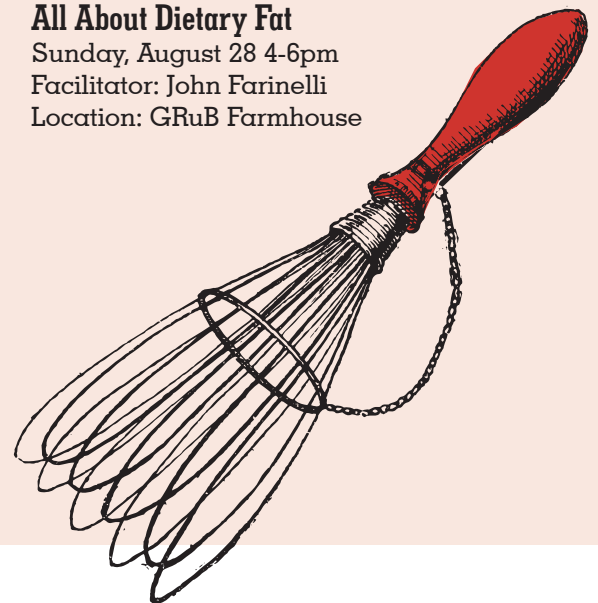






photo by Whitney Bard

## Herbal First Aid continued from page 14

and can be eaten all along the way, plus it also wakes us up and helps us be present. I like miso powder for electrolytes and exhaustion, and I keep a packet of salt for the same purpose and also to create a disinfectant wash.

Because visiting family and others can sometimes make us vulnerable and close our hearts, I include rose elixir to open and soften the heart on our own terms; and in the back woods, it is a beautiful thing to create ceremony and celebration with, plus it's good for just about everything. Rose water works well, too, for sunburn, skin stuff, heart, emotions, spirit...yeah, I never leave home without it. Aspirin, Tylenol, or something like these are good for immediate help.

I keep a knife, tweezers, some string, a few nails, needle and thread, one of those tin-foil like space blankets for warmth, rain, and sun protection, and a bandana or two for a compress, a bandage, sun shield or to wet and wear to cool oneself in hot extremes. I also include matches and/or lighter, a couple of candles and a few plastic bags.

Lastly, I keep a small bar of soap, because it is good to wash hands and or wounds, cuts and abrasions. I keep a bottle of bitters for gurgley and upset digestion and also to bring

one present and put them back, grounded. I love bitters. I also have a pair of work gloves for briars, wood gathering and other activities. And don't forget some cash, because if you need some in an unexpected place, my gosh, it is a relief to have a little money in your bag! And I would definitely put a beer in there if it wasn't so heavy and wouldn't get warm...."

Many of these products and supplies can be found locally at the Olympia Food Co-op, as well as Radiance and Oly Supply for the non-medicinal supplies. May you be prepared and have a safe, yet adventurous summer! ■

## Helpful Remedies continued from page 14

used to stop excessive menstrual bleeding. It also helps to induce sweating and break a fever.

## Supplies and Miscellaneous handy stuff

- Bandages, gauze pads, ace wrap, medical tape, scissors, good tweezers, moleskin, anti-septic wipes or betadine as an antiseptic, the usual stuff...
- Bulb syringe for sinus infections, to irrigate wounds and for enemas with herb tea, salt and sugar in severe dehydrations.
- Drugs including aspirin, antihistamines, de-

congestants, needed prescriptions.

- Eye wash cup for eye infections, irritation or removing debris.
- Natural insect repellent with essential oils.
- Moist towelettes with antiseptic herbs like tea tree to wash hands and face.
- Muslin bags to make tea.
- Salt – to make a saline solution to irrigate wounds, as eyewash and to add to water in dehydration.
- Tiny bottle of bubbles is a nice way to distract kids or adults who are injured.
- Tongue depressor to use as a finger splint or to stir poultices.

Elise Krohn, 2007, revised 2014





# OFC Board of Directors



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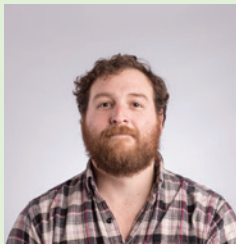
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## *Attend a Board Meeting!*

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](mailto: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.





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## RUN FOR THE *Board of Directors*



Applications will be available beginning August 15 at  
[www.olympiafood.coop](http://www.olympiafood.coop) & accepted through Sept 15.

For questions or to request a paper application,  
email [ofcboard@olympiafood.coop](mailto:ofcboard@olympiafood.coop)

Elections begin October 15 and run through Nov 15

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