

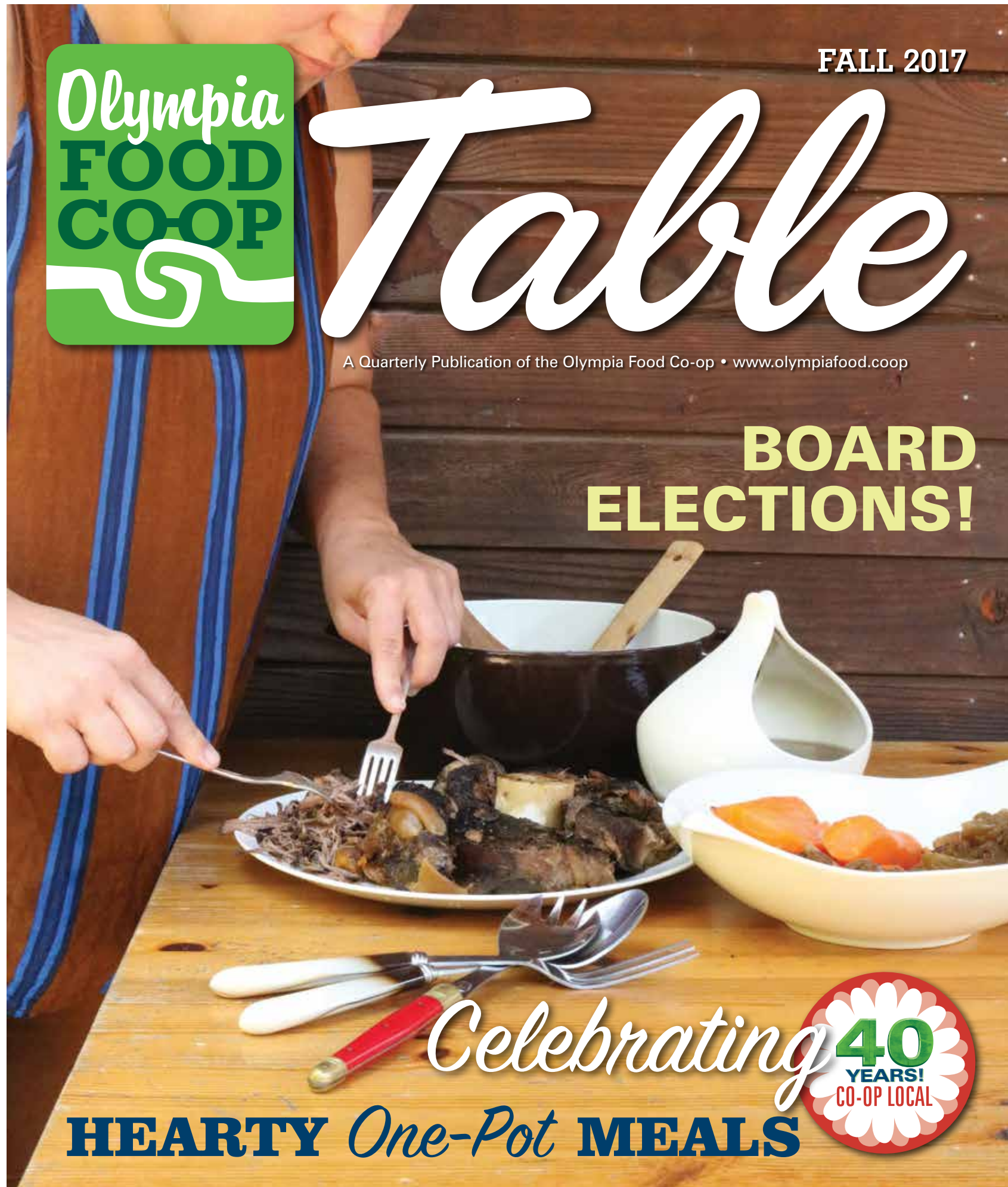


FALL 2017

# Table

A Quarterly Publication of the Olympia Food Co-op • [www.olympiafood.coop](http://www.olympiafood.coop)

**BOARD  
ELECTIONS!**



*Celebrating* **40**  
YEARS!  
CO-OP LOCAL

**HEARTY One-Pot MEALS**



# 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 May 1st*

### BUSINESS OFFICE

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

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*Cover photo by Jenn Kliese,  
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**CO-OP LOCAL** *Happy Anniversary*  
**OLYMPIA FOOD CO-OP!**



*Come Celebrate with Us!*  
**SAVE THE DATE!**

**THE CO-OP IS CELEBRATING OUR 40 YEAR ANNIVERSARY!**

**Annual Membership Meeting & Anniversary Celebration**  
**Saturday, October 28 from 3-8 pm**  
**at the Olympia Community Center, 222 Columbia St.**

The party will include lots of food, music, and helpful information (of course!), but we are also preparing a visual celebration. Help us document the wild, beautiful world of the Olympia Food Co-op's last 40 years! If you have a picture, short video, or just a story you want to share, please send it to [40yearsofc@gmail.com](mailto:40yearsofc@gmail.com). Whether a member for 4 decades or less, we know there are a lot of great times to share, and we'd love to hear from you. And we hope to see you at the best annual membership meeting/party EVER!

*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!

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

## **WESTSIDE**

### **SEPTEMBER**

MONDAY 11TH, 4-6PM

TUESDAY 12TH, 3-5PM

### **OCTOBER**

WEDNESDAY 11TH, 11AM-1PM

FRIDAY 13TH, 3-5PM

MONDAY 16TH, 4-6PM

### **NOVEMBER**

THURSDAY 2ND, 3-5PM

MONDAY 6TH, 4-6PM

SATURDAY 11TH, 11AM-1PM

## **EASTSIDE**

### **OCTOBER**

SUNDAY 8TH, 9:30-11:30AM

TUESDAY 10TH, 6:30-8:30PM

### **NOVEMBER**

SUNDAY 12TH, 9:30-11:30AM

TUESDAY 14TH, 6:30-8:30PM

***Join us for Appreciation events this fall!***

**OCTOBER 22-28 APPRECIATION WEEK IN STORES**  
**OCTOBER 29 MOVIE NIGHT (BEETLEJUICE) DOWNTOWN**  
**DECEMBER 16-31 RAFFLE IN STORES**

***Ask a staff person for more information!***



# GARDEN *Beyond* SUMMIT





# NG / ER

**By Sylvan Rook, Staff Member**

**Photos by Jenn Kliese**

Summer is over- but don't despair! Even though it's beginning to get darker, and probably colder and wetter, you don't need to hole up inside just yet- there is still plenty to do in the garden! Putting energy into your garden now will give you year-round access to delicious homegrown food and set your garden up to be beautiful, healthy, and productive come spring. We've created the list below to give you some ideas and direction. If you are looking for more fall garden inspiration or help, come visit us at the Garden Center! We are an excellent source for the seeds, plants, tools, books, amendments, composts, and canning supplies you need to stay busy in the garden this Fall. Happy Gardening!

## **15 THINGS TO DO IN YOUR GARDEN THIS FALL:**

1. Sow tender, leafy greens under a cold frame. You can enjoy home grown salads year long with a simple cold frame and the right vegetable varieties. Try "Rucola" arugula, "Pokey Joe" cilantro, "Green Boy" komatsuna (a Japanese spinach-mustard hybrid), "Grandpa Admire's" looseleaf lettuce, and "Winter Bloomsdale" spinach. For excellent tips on setting up a cold frame or cloche see *Growing Vegetables West of the Cascades*.
2. Plant brassicas under a cloche or in well-drained soil. Winter sprouting broccolis, winter cabbages, and greens like kale and collards are delightfully sweet after they've been through a couple of frosts! Plant them farther apart than you would in the Spring to ensure good air circulation in our humid winters. The indispensable garden book, *The Maritime Northwest Garden Guide*, provides detailed lists of which vegetables can be planted in our climate each month.
3. Harvest tomatoes to preserve for winter months. You can enjoy the flavor of homegrown tomatoes well into the cold months by canning your own tomato sauces, pastes, and juices. Don't despair when it gets too cold for tomatoes to ripen! Green tomato ketchup is a delicious and easy way to use every last tomato from your garden.
4. Plant garlic and shallots. These kitchen essentials are planted in October and November to harvest May-July. Both plants are almost always grown from cloves that multiply to form heads. Cloves can carry viruses that reduce yields and live in soils for many years, so it is important for the health of your garden to buy certified seed garlic which is tested for diseases before being sold.
5. Plant fava beans. There are few things I enjoy sauteed in olive oil more than fresh fava beans. Sown in the fall, they will be one of the first things ready to harvest in the spring. They have the added benefits of serving as a nitrogen-fixing and soil-loosening cover crop and beautifying your garden with their adorable black and white blossoms.
6. Divide perennials. Many perennials that form clumps can be dug up and have their crowns divided up by prying them apart or

*Left: Cabbages are an excellent crop for over-wintering under row cover to protect them from the cold weather. Other brassicas do an exceptional job over-wintering as well.*

**Continued on page 6**



## Gardening, continued from page 5

cutting through them with a sharp shovel. Not only do you get more plants, dividing helps keep plants healthy, beautiful, and contained. Plants that are easy to divide and benefit from the process include hostas, daylilies, lamb's ear, yarrow, bee balm, echinacea, astilbe, phlox, peonies, and coreopsis.

7. Sow cover crops in open beds. The benefits of cover crops are numerous. They protect otherwise bare soil from erosion and weeds, provide food and habitat for beneficial insects, break up compacted soils, and add nutrients to your soil by fixing nitrogen, accumulating minerals, and providing biomass. Good choices for Fall planting are bell beans, crimson clover, and rye/vetch mixes.
8. Plant trees, shrubs and other perennials. Perennials are plants that live for many years and Fall is a great time to get them in the ground. A tree or shrub that has finished producing for the year will have much more energy to devote to establishing itself in a new home, and damp Fall soils will help it adapt. Using mycorrhizal fungi (available as dry granules or powder to mix directly into soil or water) and mulching with cardboard and wood chips or a woody compost like Teufel will help set your new trees up for success. If you are looking for a perennial that takes up less space than a tree or shrub, try planting early-bloomers like heather or hellebore. Establishing them now will set you up for a much-needed burst of color come February.



9. Sow medicinals and other hardy annuals. Planting medicinal herbs and hardy annuals helps create a low-maintenance landscape that provides both useful and beautiful plants, and attracts pollinators and other beneficials. Many of these plants prefer to be seeded in the fall. Try California poppy, echinacea, violets, chamomile, comfrey, nigella, field poppies, lupines, and bachelor buttons. Many of these plants can become weedy if not properly tended to, so be thoughtful in introducing them to your garden or grow them in pots on your patio.



10. Feed your plants phosphorus and potassium (but no nitrogen). Bone meal and kelp are both excellent amendments for your winter garden that can help plants overwinter. You should, however, avoid adding nitrogen containing fertilizers such as those containing fish, blood, or guano. Nitrogen triggers fast, leafy growth which is not desirable in plants who are meant to survive the winter.
11. Lime your soil. The high rainfall of our area tends to make our soils



*Left: Perennials like this heather and stone crop are excellent to plant in fall when the weather is cooler and the soil is wetter. Top: Garlic, shallots, tulips and other bulb crops are best planted in the fall. Above: Bone meal and kelp meal for amending the garden soil for your winter crop. Right: Bring in the fruit harvest to preserve a taste of summer for dark winter days.*



more acid than many plants prefer-especially vegetables. Lime is an amendment which helps to make soil more alkaline. There are two types, agricultural which is mostly calcium carbonate or dolomite/garden lime which is part calcium carbonate part magnesium carbonate. You will need to do a soil test to find out which one you need, and how much lime to apply.

12. Give your tools some TLC. A Summer of hard work can leave our tools worse for wear, as can being stored in a damp or humid shed for the Winter. Take this time to clean, sharpen, and grease your tools. Treating steel and unfinished wood with camelia oil can help prevent rust, rot, and corrosion.
13. Plant bulbs. Tulips, crocuses, snow drops, daffodils, and grape hyacinth create a spectacular show in early spring, and planting them now from bulbs will save you a lot of money.
14. Put Fall leaves to good use. Raking your leaves into a great big pile does more than keep your lawn neat and give kiddos something to jump in; it gives you a great (and free!) mulch for dormant



plants, and makes for excellent compost. A pile of leaves can be allowed to compost to create an amazing soil conditioner known as leaf mold. Leaf mold acts much as peat moss or coconut coir do, but has virtually no environmental footprint.

15. Pick and preserve apples (and other delicious fruits). If climbing a ladder (or a tree) is outside your comfort zone, consider getting an adjustable fruit picker. I love making compotes, jellies, and fruit butters to send as gifts in the Winter. ■



2017 HOURS

### WESTSIDE LOCATION

FEBRUARY: Fri-Mon, 10am-6pm

MARCH: Everyday, 10am-6pm

APRIL-JUNE: Everyday, 10am-7pm

JULY/AUGUST: Everyday, 10am-6pm

SEPTEMBER: Everyday, 10am-4pm

OCTOBER: Fri-Mon, 10am-4pm

NOVEMBER: Sat/Sun, 10am-4pm

DECEMBER: 2-3, 9-10, 16-24, 10am-4pm


### EASTSIDE LOCATION\*

open everyday, 8am-8pm

\*in front of main store



# Hearty



One-Pot  
Meals



**Recipes by Jen Shafer, Jenn Kliese,  
Heather Fink, Maureen Tobin**  
**Photos & Food Styling by Jenn Kliese**

Fall is here and even though the daylight hours are lessening, it seems like our energy expenditures are picking up. With new jobs, school schedules and less vacationing, we mirror the squirrels in our scurry towards winter. But with the decrease of sunshine and increase in colder temperatures, our bodies don't seem to run as well on cold salads and simple raw foods. We begin to need and desire the support of warm nutrient rich foods that nourish our souls and also our immune systems.

In this issue we wanted to take a look at one-pot meals to satisfy both your nutritional needs and need for energy conservation. Whether you are using a soup pot, crock pot, or multi-cooker, hearty soups and stews or even a simple method for cooking a single meat, one pot meals can bring you the heartiness of this season's foods and be time efficient. Offering a few meat based and a few vegetarian ideas, we hope these recipes will satisfy your seasonal needs.

**Also check out Tips for Slow Cooker Meals on page 19!**

## SCALLOPED KALE & POTATOES

*Serves 2 to 3 as a main course*

- 1 lb. fresh kale, about 1 large bunch**
- 5 medium large potatoes, peeled and thinly sliced (use food processor to save time!)**
- 2-4 garlic cloves, minced**
- 1 ½ cups grated Swiss or Gruyere cheese, or try substituting Daiya for a vegan option**
- 3 Tbsp. cold unsalted butter or margarine, cut into bits**
- ½ tsp. salt**
- Fresh ground black pepper**
- 1 ¼ cups milk, or milk alternative**

1. Wash kale and pull the leaves from the stems, discarding the toughest stems. Stuff the kale into a medium pot and add about ½ cup water. Cook until the kale just wilts, about 7 minutes. Drain and cool the kale, squeezing out the remaining water with your hands. Roughly chop the kale and set aside.

2. Preheat the oven to 425 degrees. Butter a 10x10x2 inch baking dish, or other large



*Top: Scalloped Kale & Potatoes, Bottom: Slow Cooker Pot Roast with roasted vegetables and Au jus sauce.*

casserole dish. Spread half the potato slices on the bottom, then spread on all of the kale. Sprinkle on the garlic and half of the cheese with some salt and pepper. Top with the remaining potato slices, cheese, butter, salt and pepper.

3. Carefully pour in the milk and gently shake the dish to distribute. Bake 50 minutes, or until the potatoes are tender and the top is nicely browned.

## SLOW COOKER POT ROAST

*15 minutes prep, total time 6 hours 25 minutes*

- 1 tbsp. cornstarch or arrowroot powder**
- 8 medium carrots, cut into thirds**
- 2 medium onions, quartered**
- Coarse salt and ground pepper**

- 1 beef chuck roast (about 3 lbs.), trimmed of excess fat, such as a Shoulder Roast from Colvin Ranch, which contains a nice bone for bone marrow**
- 2 tbsp Worcestershire sauce**

1. In slow cooker, stir together cornstarch and 2 tbsp. cold water until smooth. Add carrots and onions; season with salt and pepper, and toss.

2. Sprinkle roast with 1 teaspoon salt and ½ tsp. pepper; place on top of vegetables, and drizzle with Worcestershire. Cover; cook on high, 6 hours (or on low, 10 hours).

3. Transfer roast to a cutting board; thinly slice against the grain. Place vegetables in a serving dish; pour pan juices through a

**Continued on page 15**

# ROUND UP *at the Register*

## 1 SUPPORTING THE COOPERATIVE MOVEMENT IN VENEZUELA

**By Emma Carrillo, Staff Member & Cooperative Development Coordinator**

One of the round-ups at Co-op registers happening this fall supports CECOSOLSA, a cooperative network in Venezuela deeply tied to members of OFC. Through the CoSound Network, a committee of the OFC Board of Directors, we have organized two exchanges between CECOSOLSA workers in Barquisimeto, Venezuela and OFC staff, Evergreen students and faculty, and members of other co-ops and organizations in the Olympia area. Through these exchanges, cooperative members from both groups have forged strong bonds with each other, invested in continuing our relationship through small acts of solidarity, mutual aid, and connectivity.

The economic crisis in Venezuela has grown along with our relationship in the past few years, since the death of former President Hugo Chavez shortly after the first exchange in 2012. Members of CoSound know, through talking with our compañer@s at CECOSOLSA regularly, that many are struggling to meet their family's basic needs and continue their work running the cooperatives. Our options for offering support are limited by the increasingly difficult nature of traveling

between countries and the economic crisis, and we are not sure when we can hold another exchange.

In the meantime, we will have an opportunity for OFC members to support our comp@s in Venezuela by rounding up at the register from August to January. We chose the Round-Up program specifically because many of the expansion projects within CECOSOLSA have been funded by donation jars at their registers - thus honoring the creative and effective fundraising strategies CECOSOLSA uses to grow its incredible cooperative infrastructure. We know that every part of our mission statement, from democratic control to promoting accessibility of food and healthcare, is being carried out by CECOSOLSA under one of the most restrictive economic contexts in the world today. By Rounding-Up at the register, funds go directly to CECOSOLSA to continue this shared vision. Let your cashier know that you'd like to Round-Up!

For more information about CECOSOLSA, Venezuela, and the Co-Sound Network, check out our article on the last exchange in the Fall 2016 issue of the Co-op Table:

<http://www.olympiafood.coop/wp-content/uploads/2016/11/Table-Fall-2016.pdf>

And in the Works in Progress December 2016 issue:

<http://olywip.org/poco-poco-cooperative-work-olympia-abroad/>



# 2 ROUND-UP FOR THE CHAPLIN/THOMPSON FAMILY

By Kitty Koppelman, Staff Member

## BACKGROUND

On May 21, 2015, two young black men, Andre Thompson and Bryson Chaplin, who are brothers, were chased and shot by an Olympia Police Officer who suspected them of stealing beer from an Olympia Safeway store. The officer was not injured nor charged with any wrongdoing. The gunshot victims sustained physical, emotional, psychological, and financial harms that are likely to have lasting effects on the remainder of their young lives.

The Police Officer stated that he “feared for his life,” and a law enforcement review board determined that his actions adhered to OPD policies. The officer’s fear and law enforcement policies and practices have been developed and cultivated over centuries, in ways that perpetuate injustices and inequalities that harm black and brown people and effectively promote white supremacy. These social systems continue to bloom as if from the seed of a deadly sickness, planted when the first black lives were kidnapped and forced to labor on these shores. The white officer’s fear, like many white folks’ fear, continues to be cultivated, encouraged, and normalized. White people continue to benefit from these systems as black and brown people struggle, suffer, and are victimized by the police.

## INVISIBLE PRIVILEGE HERE AT HOME

As implicit bias in policing makes headlines, our mostly-white Co-op has an opportunity to examine our own biases, to work toward growing our awareness of what goes on in our own hearts and minds unconsciously and automatically. Part of the framework of oppression – what keeps it strong – is that it makes itself invisible to those of us who benefit from it. We must consciously and deliberately examine our own fears, preconceptions, and positions through a lens that focuses on seeing the unearned advantages and privilege that are at play, while considering the flip side of that privilege and what effect that has on those who live their lives as targets of oppression.

## HOW DOES THIS ISSUE RELATE TO THE CO-OP’S MISSION STATEMENT AND GOALS?

The Co-op’s mission directs us to “encourage economic and social justice,” and one of our goals is to “support efforts to foster a socially and economically egalitarian society.” We follow these directives because we recognize that the lives of our members, and the Cooperative itself, exist in a larger context – a world in which there is injustice and inequality. Demographic trends in the areas of education, income, family wealth, home ownership, health care, and employment, among others, continue to slide favorably for white people and

against black people. And these are only measurable effects. People who experience those disadvantages also face disproportionate physical, emotional, and psychic hardship as a result of the same systems from which white people benefit. At the Co-op, the Round-up option offers a way for our members to help mitigate the financial toll that this ordeal has taken on this one black family in our community. The Co-op is collecting funds for this family to help pay for their legal process (both men were put on trial for assaulting an officer), medical expenses (both men were hospitalized, and Bryson is paralyzed from this event), and other expenses.

## YOUR CHANGE CHANGES THE WORLD

The Black Lives Matter movement calls particular attention to the fact that in our world, black lives are systematically and intentionally targeted for demise. Black lives have not been treated as if they matter. The BLM Movement is not an organization that provides a service, but instead it aims to rebuild black liberation through grassroots organizing. While we support the work of the BLM movement, we also recognize the gunshot victims’ critical need for financial assistance even two years after the fateful night of their shooting.

Co-op members share an incredible variety of riches and benefits, ranging from access to healthy foods to the option to participate in the governance of the organization. As we enjoy these benefits, we’re offering members an opportunity to help respond to the inequities faced by one family in our community in contending with the systemic bias carried out by law enforcement against black people throughout the country. The Co-op’s Roundup option provides a method for you to take a small direct action to repair the harms and injustices endured by those two young black men. Funds will be disbursed directly to them. ■







Olympia Food Co-op



NEWS

921 N. Rogers • Olympia, WA 98502 • Free • Fall 1987

## Vote for the Co-op's Future

November 3rd is Election Day, and that is when this Fall's Co-op election begins as well. So read up in advance on the upcoming ballot measures, and get all your voting done in one day! The election runs from November 3rd through November 21st.

### Sugar policy

The present policy on sugars in the Co-op was developed to support local, the eating habits and global food policy. This is outlined in the past and current statements following the ballot question, which reads:

"Should the Co-op be allowed to carry refined sugars and products containing refined sugars for their members that choose to buy them?"

### Long range goals

The Co-op's Board of Directors, The Long Range Planning Committee and the Co-op staff have put a lot of effort, over the past year, into setting long goals for our long term success, vision, and mission. We've developed the following proposals as part of the plan for meeting these goals:

### By-laws

The Board of Directors

Olympia FOOD COOP

West Side

Everybody Welcome

40 YEARS!  
CO-OP LOCAL

Co-op News  
Inch by Inch, Row by Row



The Birth of A New Store

Olympia FOOD FAMILY



## **By Robyn Wagoner, Staff Member**

At the Olympia Food Co-op, we're celebrating our fourth decade of bringing healthy food to more people by supporting local farmers and producers who strive to use sustainable methods and ethical business practices. In this article, we'll revisit the Co-op legend, which emerged as an artifact of largely oral histories and herstories. We invite you to contribute to this legend with your corrections, stories, photos, home movies, and memorabilia to be included in our 40th anniversary documentary. Please contact us at 40yearsofco@gmail.com.

Now with a burgeoning membership of 30,000 shoppers, two bustling stores, and a dedicated Garden Center, the Olympia Food Co-op has come a long way. It all began when founding members began sharing bulk goods and veggies in the basement of the ABC House and formed a food-buying club called "The 4 oz. Okeydokey." This club joined 5 other food buying clubs which included Foote St, McFee, and the Evergreen Dorm.

As legend has it, December 1976 saw the Co-op's articles of incorporation formalized, as a member-owned, collectively managed, not-for-profit organization, with a mission statement that reflected our collective values, in part:

...to provide 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...

According to the Co-op legend, our first commercial space was in downtown Olympia, situated on Columbia in the block between 4th Ave and State. We opened in 1977, and after three short years of renting downtown, the infant collective was able to purchase a bright and cozy storefront in a residential neighborhood on Rogers, and the Westside Co-op was born.

Asked about the Co-op culture in the early days, Pat, the Westside Olympia Food Co-op Cashier Coordinator remembers, "It used to be you could only play the instrumental music in the store. There were cassettes with special color-codings on them so you knew which you could play during business hours.

The music policy was changed in 1987." Today, music at the stores spans the vast tastes and moods of the entire staff. On any day you could walk in at different hours and shop to freeform Jazz, 70's funk, rhumba, Olympia Riot Grrls, lounge, electronica, twee, Black Sabbath, or even sweet silence.

The community response was overwhelming, and by the early 90's, we were feeling growing pains and wanted to get more good food to more hungry people. The collective began working on the process for opening a second location. Olympia Food Co-op Staff members Harry and Susan took the lead on the expansion coordination, and Harry made certain that members could give input at each stage of the process. A majority of members asked for a new store on the Eastside, and the collective agreed on renovating an RV dealership they discovered nestled on a hill overlooking Pacific Avenue. The store opened officially on April Fool's Day, 1994. Larger than the Westside store, the staff of 13 was doubled to accommodate.

Years went by and the Co-op developed a strong presence in the Olympia community. We became not only a hub of social activity, but also of activism. The Olympia Food Co-op mission statement has guided our interactions between our democratically elected Board of Directors, our staff collective, our membership and our greater community. In solidarity with our global community, the Co-op has supported social justice movements through sponsorships, donations, register round-ups, information campaigns, policies, and our keystone programs: the Local Farms Program, Working Member Program, and Community Access Program.

## **SPONSORSHIPS**

We've sponsored activities such as the Olympia Film Festival, Olympia Pride, Love Our Local, Olympia Bicycle Commuter Contest, KAOS Radio presentation of Democracy Now, Domestic Fair Trade Association annual conferences, and Nisqually Tribe Canoe Journey 2016 to name just a few.

## **DONATIONS**

We've contributed to various local public schools and libraries, childcare programs, local organizations that support low-income and unhoused people, the arts, youth

empowerment, the LGBTQ community, the struggle to end racism, food justice, farmworkers and laborers, and legal defense. We've also donated to activist training programs such as Backbone Campaign, Street Medic Training, and to the Americorps workers' MLK Day programs.

## **REGISTER ROUND-UPS**

We've offered our members the opportunity to contribute their own money to selected humanitarian campaigns by rounding up from the cost of their total purchase at the register. The Community Sustaining Fund was our very first round up program (still active today!), and was followed by (in no particular order) relief for local farms damaged by floods; Musicians Village New Orleans (after Hurricane Katrina, in conjunction with Traditions Fair Trade and members of the local jazz community); Gabriela and Co-op NATTCO for typhoon relief in the Philippines; the campaign to free indigenous activist Leonard Peltier; support for Standing Rock oil pipeline resisters; and disaster relief for Magic Kombucha after their facility fire.

## **INFORMATION**

We've promoted issues by sharing information through tabling, posting flyers, newsletter articles, our website and member emails, and community classes, as well as by networking with local community groups.

## **POLICIES**

Our board has ensured that we abide by operating policies, which allow us to use social criteria to select appropriate products for our stores, and to participate in boycotts such as the Boycott Divestment and Sanctions campaign against the Israeli occupation of Palestine.

## **KEYSTONE PROGRAMS**

### **LOCAL FARMS PROGRAM**

While large chain stores tout "local" produce from sprawling industrial farms as far away as Oregon and California, "Co-op Local" means the food is grown on farms ranging from ½ an acre to 50 acres in size. It then travels from no further than Thurston, Mason, Lewis, Pierce, and Gray's Harbor counties. This

**Continued on page 14**

## **40Years, continued from page 13**

arrangement ensures the freshest possible food on our plates, while saving resources, protecting the environment, strengthening local economies, and building community networks.

Our Local Farms Program is an example of successful cooperative negotiations between suppliers and buyers. The program encourages local farmers to work together, rather than competing with one another. Produce managers at the time, Patrice and Samantha, created the program in order to streamline the process of purchasing produce from local farms, to improve year-round consistency and diversity of produce, and to satisfy the farmers' desires for a dependable living wage. We now meet with our farmers annually, and agree upon an average market price prior to each season. This allows farmers to apportion their planting time and seed money more effectively, ensuring our shoppers have plenty of fresh fruits and vegetables year-round, glistening on our shelves and featured in our deli and salad bar preparations.

By decreasing our profit margin, the Olympia Food Co-op can offer our local farmers good prices for their crops without substantially increasing the amount our shoppers pay. We can do this because we're a not-for-profit enterprise, and making surplus money is not our guiding motivation.

## **WORKING MEMBER PROGRAM**

It has been said that the Olympia Food Co-op wrote the book on working member systems. Our working member discounts are larger than anywhere else in the country, and our volunteer participation continues to grow. Thousands of volunteers have worked with the Co-op over the last four decades. Eastside Olympia Food Co-op Working Member Coordinator Alejandro joined the organization in 2005. He reflects on the program:

"We have people coming from different aspects of our society all gathering together to learn to socialize with respect, in a cooperative effort to accomplish a paradigm shift that relies on the ideal of living in a community which provides sustainable food for everybody."

Members who volunteer to work in the stores help control operating costs and create lower prices for everyone. Working Members can choose from positions such as Cashier,

Courtesy Clerk, Grocery and Produce Stocker, Store Closer or Opener, as well as engaging in administrative tasks and special projects.

Four generations of working members have now grown up with the Co-op as a hub of their social activities, and have formed friendships, and even love after coming together for volunteer service in our stores. Alejandro elaborates:

"Through the years I've been able to see the transformation of people's lives, in their health, in their self-acceptance within our society, and their skills and ability to perform. The Olympia Food Co-op would not be what it is without the volunteer spirit of people to make this happen. We are proud of our volunteer working members."

## **COOPERATIVE ACCESS PROGRAM**

Our regular membership fee is one of the lowest in the country, and our Cooperative Access Program (CAP) allows low-income members to join free of charge. They also receive a discount on every purchase. Seniors and individuals with disabilities receive free lifetime memberships and member prices, while non-members pay a surcharge to help offset our costs.

Our commitment to social justice does not only extend outward. Hundreds of staff members have left their mark on the organization since its inception in 1977, and the Olympia Food Co-op has remained true to our vision of collective empowerment and human dignity by supporting our 88 individual staff members with a living wage, a self-structured work schedule, generous health insurance, compassionate family leave policies, on-going anti-oppression training, and financial support for continuing education and professional development.

Meanwhile, our stores themselves have continued to grow and change. Through extensive collaboration with the membership and staff in 2012, three directives were determined: to open a garden center, to remodel the Westside, and to explore Eastside store expansion. In 2014, both the Westside remodel and the opening of the Garden Center, located next door, were completed. Sylvan, a Co-op staff member, explains that the Garden Center location furthers the Co-op Mission by providing the community, "reasonably priced, high-quality, socially

and environmentally-responsible supplies for growing and preserving food and medicine, and creating beautiful, inspiring, and environmentally renewing landscapes." Even the eastside plans are taking shape. Just this year, we built a more accessible Customer Service Desk at our largest location, creating more space for shopping and reducing crowded spots in our store. We also removed a wall revealing windows that flooded the front of the store with light. Members and staff are anxious to see how the shopping experience will be changing.

That brings us to 2017, and the future now being written by our membership. We hope you've enjoyed these few anecdotes from our long and colorful past. It was impossible to include every story told over the last four decades, but we'd love to share your memories as we fill in the details of the evolving Legend of the Olympia Food Co-op. Again, please write to [40yearsofc@gmail.com](mailto:40yearsofc@gmail.com) with your submission to our documentary. Then join the 40th Anniversary Celebration and Annual Member Meeting on October 28th from 3-8 PM at the Olympia Center 222 Columbia St. NW in beautiful downtown Olympia. Enjoy food, prizes, entertainment, and our documentary screening.

We at the Olympia Food Co-op would like to take this opportunity to say thank you to all of our shoppers of the past 40 years, for dropping in for a carrot or a wedge of cheese; thank you to all of our working members – it is your time and dedication which allows us to succeed in our mission. Thank you to our membership, for participating in this grand experiment, giving feedback on the collective trajectory, bringing new ideas, shaping our cooperative identity, and consistently electing a conscientious Board of Directors that remains focused on our original mission. Finally, thank you to our local partners for allowing us to share your wares on our humble shelves, whether lovingly baked, brewed, fermented, crafted, steeped, aged, tintured, or grown. We look forward to another 40 years of gratitude. ■







Top: Prepping vegetable for Fast Chicken Curry, Bottom: Browning meat onions and spices in the multi-cooker before adding the rest of the ingredients and cooking under pressure for 15 minutes.

### One Pot Meals, continued from page 9

fine-mesh sieve, if desired. Serve roast with vegetables and pan juices.

## FAST CHICKEN CURRY (NIGHTSHADE FREE)

*This recipe is super easy to make in a slow cooker, multi cooker, or dutch oven on the stove top. Its especially easy in the ever popular Instant Pot multi-cooker. A recipe inspired by Bethany Tapp of the blog "Adventures in Partaking."*

**3 Tbsp. olive or avocado oil**  
**2 lbs. boneless skinless chicken thighs**  
**4 cloves garlic, minced**

**1 large onion, thinly sliced**  
**2 inch piece fresh ginger, finely minced**  
**4 tsp. turmeric**  
**1 tsp. dried thyme**  
**2 tsp. salt**  
**3 cups water or chicken broth**  
**4 carrots, peeled and diced in large pieces**  
**1 medium head cauliflower, cut in large pieces**  
**1 large white sweet potato, peeled and cubed**  
**1 bunch chard deribbed; ribs and leaves both chopped seperately**  
**1 bunch cilantro, finely chopped**  
**1/3 cup golden raisins or roughly chopped turkish apricots**  
**2 cups coconut milk**  
**Juice of one lemon**

**1.** Heat the oil in a heavy bottomed dutch oven or with the sauté function in a multi-cooker. Cut the chicken thighs into bite-sized pieces directly into the pot using a pair of chicken shears. Add the onion, garlic, ginger, turmeric, thyme, and salt. Sauté until the chicken is browned,

**2. DUTCHOVEN:** Add the water/broth, carrots, cauliflower, sweet potato, raisins, and diced chard ribs. Turn the burner down to low and cook until veggies are tender. Stir occasionally to avoid sticking to the bottom.

**SLOW COOKER:** Add the browned meat mixture and all other ingredients minus the chard leaves, cilantro, coconut milk, and lemon juice into the slow cooker. Put the lid on and turn the slow cooker on high for 4 hours or low for 8 hours. **MULTI-COOKER:** Add all other ingredients minus coconut milk, chard leaves, cilantro, and lemon juice to chicken mixture in the multi-cooker. Close lid and set the pressure cooker function on high for 15 minutes. Follow the directions for your cooker.

**3.** When veggies are tender, turn off heat and stir in chard leaves and cilantro. Add coconut milk, lemon juice and adjust salt to taste.

## SIMPLE ROAST CHICKEN

*By Robin Asbell from strongertogether.coop*

*Total Time: 1 hour 15 minutes; 10 minutes active*  
*Servings: 5*

*A roasted 4-pound chicken yields about 2 1/2 cups of pulled meat. If you want more, look for a bigger chicken, or roast two. Salting the skin makes it crisp and tasty, and stuffing fresh herbs in the cavity perfumes the flesh.*

**1 roasting chicken (4 lbs.)**  
**1 Tbsp. kosher salt**  
**1 handful fresh thyme and rosemary**  
**5 celery ribs (if you don't have a roasting rack for your pan)**

**Equipment: kitchen string & roasting rack**

**1.** Preheat the oven to 450°F. Place a rack or five celery ribs in the bottom of a large roasting pan, to hold the chicken above the bottom of the pan and allow it to brown.

**2.** Pat the chicken dry, inside and out, with paper towels. The drier the skin, the more crisp it will become. Place the thyme and rosemary into the cavity, tie the drumsticks together across the bottom of the breast with

**Continued on page 16**

# 2<sup>nd</sup> Quarter 2017 Finance Report

By **Corey Mayer, Staff Bookkeeper**

Greetings to all, and now for the numbers!

The table below shows our Co-op's actual revenue and expenses through the end of June, relative to what we budgeted. To date, we are posting a profit of nearly \$105,000, which is \$40,500 more than we had set as a goal in the budget we crafted last year. This put us in a much stronger position as we entered the slow summer months when our sales regularly slump a bit while expenses remain steady.

As with many other food co-ops around the country, our sales growth is not as strong as it used to be. The double-digit growth of the '90's and early '00's was great while it lasted, but now many other grocery retailers are competing with us for a share of the organic and local food market. So, while we budgeted for sales growth of a bit over 3% for all of 2017, our current growth is -2.35%. That adds up to the rather large shortfall of \$484,000 shown on the first line of the report below.

Continued on page 18

## 2017 2Q Year to Date Budget Report

For 6 Months Ending 6/30/17

	2017 ACTUALS	2017 BUDGET	\$ OVER BUDGET
Revenue:			
Sales	8,682,971.04	9,167,390	(484,419)
Cost of Goods Sold	5,691,860	5,965,925	(274,065)
Gross Sales Revenue:	2,991,111	3,201,464	(210,353)
Other Revenue:	12,676	12,941	(265)
Total Net Revenue:	3,003,787	3,214,405	(210,618)
Expenses:			
Community & Marketing	58,485	73,520	(15,035)
Staffing	1,988,071	2,212,963	(224,893)
Member Discounts	378,162	399,612	(21,450)
Operations	428,663	418,344	10,319
Depreciation	41,342	41,342	0
Interest	4,336	4,327	9
Total Expenses:	2,899,059	3,150,108	(251,050)
Other income & expenses:	(77)	0	(77)
Total Net Income:	104,806	64,297	40,509

*One-Pot Meals, continued from page 15*

kitchen string, and fold the wing tips under the body. Sprinkle with salt and roast for an hour to an hour and 15 minutes. Use an instant-read thermometer to test the meat of the thigh at the thickest part; it should be at 160°F when fully cooked. (Cook larger birds for longer—a 5 pound chicken should roast for an hour and a half.)

**3.** Transfer the chicken to a cutting board to rest for at least 20 minutes before carving. To deglaze the roasting pan, pour in a half cup of chicken stock and place the warm pan over a burner on the stove, scraping the pan to lift up all the browned bits. There may only be a small amount of concentrated pan drippings, but this can be the basis of a delicious sauce.

## VEGETARIAN SLOW COOKER SPLIT PEA SOUP

*Serves 6-8, yield 8 cups*

**16 ounces split peas**  
**4 medium carrots, peeled and diced**  
**1 -1½ cup white onion, chopped**  
**2 garlic cloves, smashed**  
**1 bay leaf**  
**1 Tbsp. salt**  
**½ tsp. pepper**  
**6 cups hot water**

**1.** Layer ingredients in order listed above. Do not stir

**2.** Cover and cook until peas are soft High: 4-5 hours or Low: 8-10 hours

**3.** Remove bay leaf and garlic (if it has held together) before serving. ■





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**Finance Report, continued from page 16**

After the wholesale cost of the goods we sold is subtracted, the gross sales revenue (or gross margin) is about \$210,000 less than our goal. When other revenue sources, such as newsletter ads, memberships, and interest, are included, we have a net revenue total of a little over \$3 million with which to pay for all of our expenses.

These expenses have been sorted into 4 major, and 2-3 minor, categories. 'Community and Marketing' expenses include donations to local organizations and events, outreach projects, our 'Table' news-magazine and advertising. 'Staffing' expenses include not just payroll wages, but also payroll taxes, medical benefits, and labor-based discounts. 'Member Discounts' are our entitlement discounts of 10% for senior, disabled and low-income members as well as for local non-profit organizations and trade businesses (those whose products we sell). 'Operations' expenses are for covering the costs of doing business in our stores – maintenance and repairs, supplies, utilities, etc.

Even though our net revenue was much less than expected, our expenses were also less. Overall, our total expenses are about \$250,000 under budget, primarily due to much lower than expected payroll and medical benefits costs. The result? A bottom line profit of about \$105,000! The strong bump that contributed to our cash on hand will help us to easily cover the costs of the front end remodel at our east side store. ■

**FRESH! LOCAL!**



# Tips for Slow Cooker Meals

*Courtesy the Food network kitchen*

**CHOOSE THE RIGHT CUT:** If you're cooking meat, Chuck roasts, short ribs, pork shoulders and lamb shanks (think fatty and tougher meats) become meltingly tender with the moist, low heat of a slow cooker. Leaner cuts like pork tenderloin tend to dry out. Likewise, dark meat chicken — thighs, drumsticks, etc. — will remain juicier than white meat breasts.

**KEEP THE LID CLOSED:** Each peek you take during the cooking process will add an additional 15 to 20 minutes of cooking time. And curb the urge to stir; it's usually not necessary and tends to slow down the cooking.

**CARE FOR YOUR CROCK:** The ceramic insert in a slow cooker can crack if exposed to abrupt temperature shifts. In other words, don't place a hot ceramic insert directly on a cold counter; put down a dishtowel first. The same goes for using a filled insert you've stowed overnight in the refrigerator: Let it come to room temperature before putting it in a preheated base.

**BROWNING BOOSTS FLAVOR:** You can certainly just pile food into the slow cooker, turn it on and get tasty results. But when you take a couple of minutes to brown your meat and saute your vegetables before adding them to the crock, you're rewarded with an additional layer of deep, caramelized flavor. (This is doubly true with ground meat.) Want a thicker sauce? Dredge the meat in flour before browning.

**DON'T USE FROZEN FOOD:** Loading a slow cooker with icy ingredients will keep food in the danger zone where bacteria can flourish (40 to 140 degrees F). So make sure your meat and vegetables are fully thawed before turning the cooker on. The exception: Prepackaged slow-cooker meals sold in the freezer case are fine to use as long as you follow the package's directions.

**AVOID OVERCROWDING:** For the best

results, fill a slow cooker between one-half and two-thirds full. Go ahead and cook big roasts and whole chickens; just make sure you use a large crock and that the lid fits snugly on top.

**TRIM FAT:** For silky sauces and gravies, take a minute or two and cut the excess fat from the meat. Skip this step and you risk ending up with oily, greasy cooking liquid. When possible, remove chicken skin too.

**LAYER WISELY:** For even cooking, cut food into uniform-size pieces. Place firm, slow-cooking root vegetables like potatoes and carrots at the bottom of the crock and pile the meat on top.

**SET THE HEAT LEVEL:** A general rule of thumb is that cooking on the low setting (170 degrees F for most models) takes about twice as long as cooking on high (280 degrees F on most models). Keep in mind that some cuts of meat and recipes are better suited to one setting over the other. (See tips on choosing the right cut, above.)

**ADD DAIRY LAST:** Sour cream, milk and yogurt tend to break down in the slow cooker, so stir them in during the last 15 minutes of cooking.

**WATCH THE WINE:** Because the cooker is sealed, the alcohol in wine doesn't evaporate out as it would in a regular pot or skillet. Just a splash goes a long way.

**END ON A FRESH NOTE:** A sprinkle of fresh herbs or squeeze of lemon juice at the end of simmering can brighten flavors and cut through the richness of long-cooked recipes. Other excellent finishing touches: hot sauce, citrus zest, grated Parmesan, good-quality olive oil or even sauteed garlic.

**ADJUST FOR HIGH ALTITUDE:** For high-altitude cooking, add an additional 30 minutes for each hour of time specified in the recipe. Legumes take about twice as long as they would at sea level.

**UNPLUGGED MEANS UNUSABLE:** Forgot to turn on your cooker (or accidentally tried to "cook" your meal on warm)? Any

food that sits between the temperatures of 40 and 140 degrees F can harbor bacteria. Toss the contents and start again. ■

## What is Good Nutrition?

**Nutrition Facts**  
Serving Size 1 Academic Year

Ingredients	% Daily Value
Ancestral Diet	100%
Nutrient Dense Food	100%
Innate Body Intelligence	100%

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# Community Classes

## FALL 2017 SCHEDULE

Preregistration is required for all Co-op classes. Register on-line 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.

### Caring for Dairy Goats

Sunday, September 10 10-1pm

Facilitator: Melinda Bratsch

Location: GRuB

Enrollment: 35

Learn the very basics of dairy goat and general goat care. I will demonstrate proper hoof care, talk about basic needs of goats and answer any goat questions asked. There will be goats to pet! Area veterinary referrals will be provided. Dress to be outdoors.

### The Foundations of Health

Sunday, September 10 2-5pm

Facilitator: John Farinelli

Location: GRuB

Enrollment: 20

Are you struggling with health issues? Are you generally healthy but looking for ways to optimize your health? Are you confused about all the conflicting information in the media about health? If so, then this class is for you. In this class, we will address the foundations of health from a holistic approach and explore how each aspect of your lifestyle influences and impacts each other. With this knowledge, you can figure out what you want to focus on in your own life. No matter where you are on your journey to living a healthier life, you will walk away with information and actionable steps that you can begin to implement right away.

### Tincture Making

Saturday, September 16 10-12noon

Facilitator: Meghan Hintz

Location: Meghan's Office 209 4th Ave E,  
#209 - Olympia, 98501

Enrollment: 6

Learn to make your own high quality herbal tinctures! This hands-on class will walk you through the entire tincture making process. We'll also discuss alcohol-free alternatives and review plants suitable for general use. You'll have a chance to sample finished tinctures and receive instructional handouts including recipes.

### Fermentation on Wheels

Sunday, September 24 2:30-5pm

Facilitator: Tara Whitsitt

Location: Browsers Bookshop 107 Capitol  
Way N, Olympia WA 98501

FREE EVENT

Fermentation on Wheels is a grassroots project that brings fermentation education to communities of all ages and backgrounds and inspires with a school bus that has been converted into a fermentation lab, library, and workshop space. The project's founder, Tara Whitsitt, organizes events nationwide to bridge communities and restore a genuine fascination in local, traditionally-preserved foods. By traveling the country, connecting consumers to local farmers, and teaching fermentation, she hopes to emphasize the importance of strong, sustainable food practices and values. Learn more at [www.fermentationonwheels.com](http://www.fermentationonwheels.com).

### Your First Home

Sunday, September 24 3-5pm

Facilitator: Erin McCready

Location: Westside Olympia Food Co-op

Little House

Enrollment: 12

FREE EVENT

This informative talk series is specific for women, LGBTQ, POC, low income folks who are interested in learning about how to purchase their very first house. There will be Q&A session, handouts and information to take home with you. Erin is a local real estate broker building allship in the Olympia area by breaking down the language and intimidating factors for more vulnerable communities

### Wild Fermented Sauerkraut

Sunday, October 1 10-12noon

Facilitator: Meghan Hintz

Location: GRuB

Enrollment: 12

Learn to make your own raw fermented sauerkraut teeming with probiotics known to improve digestion, boost immune function, and increase energy levels. This class is for all experience levels, whether you're new to fermentation or just need a refresher. Meghan will review the history and science of fermentation, discuss equipment and ingredients options, and demonstrate how to make sauerkraut from start to finish. Questions are highly encouraged! OlyKraut samples provided - yum!

### Korean BBQ

Sunday, October 1 2-5pm

Facilitator: Brian Johnson

Location: GRuB

Enrollment: 16

Korean food is hot right now and the nice thing is that with a few unique ingredients you can often make it at home without a wok or other special tools. In this class we will discuss common Korean ingredients and where to find them, as well as blogs that focus on Korean flavors and techniques. We will make BBQ Korean style beef and chicken (the chicken will be spicy, the beef won't), as well as short grain rice, sautéed tofu, quick cucumber pickles, quick daikon and carrot pickles (spicy and non-spicy varieties) and seasoned bean sprouts. Meats will be grilled over charcoal to add to the flavor. We will discuss options for those who prefer/need gluten free but some of the items prepared will not be gluten free as prepared.

### Making Ghee

Sunday, October 8 10-12noon

Facilitator: Bradley Naragon

Location: GRuB

Enrollment: 18

Ghee, aka clarified butter, is super simple to make. Rising in popularity as knowledge of Ayurvedic traditions spread, making ghee routinely at home and using daily can improve health for a variety of reasons. We will make several batches of ghee and you will get an article introducing the health benefits of ghee and review of how to make it.

### The Skinny On Fat

Sunday, October 8 2-5pm

Facilitator: John Farinelli

Location: GRuB

Enrollment: 20

"Fat makes you fat and is going to kill you." This is the message we've been hearing for decades, but is this true? Well, kind of, but probably not for the reasons you think. In this class you will learn all about fat in foods and fat for cooking. You will learn how not all fat is the same and how/why different fats affect your body differently. Even if you are familiar with the topic, I'm sure you will walk away with new information. You will be presented with the data necessary to MAKE UP YOUR OWN MIND about whether or not you should limit your fat intake and which kinds of fats you want to include in your diet.

### Squashed Tacos

Sunday, October 15 10-12noon

Facilitator: Shanda Luthy

Location: GRuB

Enrollment: 12

Do you know how to eat spaghetti squash the fun way? Are you looking for a vegan or vegetarian option that isn't out of a package? Are you looking to get more veggies into your body in the tastiest way? Come and learn how to make your very own SECRET dry taco/burrito season mix. Then learn how to prepare spaghetti squash into tacos/burritos with all the fixings! There will be sampling and a take home season mix.

### Apple & Pear Tasting

Tuesday, October 17 6-7:30pm

Facilitator: Erin Majors

Location: Westside Olympia Food Co-op

Little house

FREE EVENT

Enrollment: 8

Come join Produce Manager Erin Majors for a fun tasting of apples and pears. We will try each variety that the Co-op is currently offering and will also try some cheese and nut pairings.

### Easy Weeknight Dinners

Sunday, October 22 2-5pm

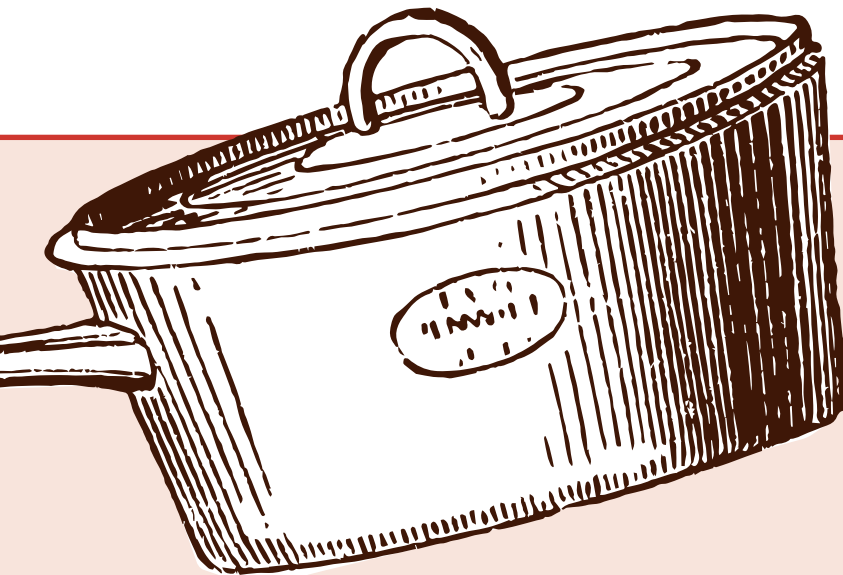
Facilitator: Erin Majors

Location: GRuB

Enrollment: 15

Join Erin to learn 5 easy, healthy dinners that can be prepared quickly on those nights when you don't have a lot of time or energy. Meals will focus on using seasonal vegetables and may also contain nuts, whole grains, beans, eggs, dairy products, or fish. This class will be mostly demonstration, but participants can help with a little prep work if they desire.





### Healthy Side Dishes For Holiday Parties

Sunday, November 12 2-5pm

Facilitator: Erin Majors

Location: GRuB

Enrollment: 15

Want some ideas for beautiful side dishes that use the best seasonal produce? Come join Erin for an afternoon of delicious fall foods that you can impress your friends and family with! Dishes will focus on using seasonal vegetables and fruits and may also contain nuts and dairy products. This class will be mostly demonstration, but participants can help with a little prep work if they desire.

### Herbal Oils & Salves

Sunday, November 19 12-2pm

Facilitator: Meghan Hintz

Location: 209 4th Ave E, #209, Olympia, 98501

Enrollment: 6

In this hands-on class, you'll learn to make herb infused oils and salves for topical first aid, massage, and body care. We'll discuss selecting herbs for your formula, learn to make a plant infused oil, and work together to create a salve for you to take home. This class uses beeswax and is not vegan.

*What class participants are saying:*

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

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Director

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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.



# Board Report

Written by Casey Hook, Board Member

## ECO-PLANNING COMMITTEE

Back by popular demand! We've been up and running now for about four months and we have great news. Our team consists of Jackson and Sophia from the Staff Collective, Casey and Desdra from the Board, and our two members-at-large, Jace and Thad. After years of bothering the Board to get our committee going again, Thad is happily now serving as our head researcher and doing a fantastic job.

When we first met, we had a brain-storming session where we threw out all sorts of ideas, big and small. We knew we would be limited in what we would be able to achieve, but we wanted to open up the doors of possibility. Here were a few: mass transit, bike paths, plastic recycling, store waste water treatment, connecting with national Cooperative Grocers (NCG) to learn how to measure and manage our sustainability performance, motion lights on timers, calcium deposits in water pipes, rain barrels, providing bus passes to members in need, installing LED bulbs, zero-waste classes in Co-op classes.

While we have a wide range of ideas for improvements, we're focusing on ones that have a low startup cost, like our recent proposal for more energy-efficient toilets that cost a few hundred dollars and should pay for themselves in just 2 years. Thad did some serious research to bring this project together. We are sending our proposal to Facilities to get the ball rolling on this energy-saving idea.

We recently had a representative from PSE out to look around both of our stores with an eye to improving the energy efficiency of our lighting. His recommendations will be part of another proposal. In the near future we will have a similar representative from PSE out to look at our coolers, so we can determine ways to cut costs and help our Co-op to become a truly shining example of sustainability. ■

## TURN IN YOUR BOARD APPLICATION BY SEPTEMBER 15!

By Laura Love, Staff member

It's that time of year again-election season! We have three Board positions opening up, and we're searching for applicants that can help guide the Co-op through the opportunities and growing pains we face while expanding, improving food security regionally, supporting our local vendors, running an amazing working member program, and all the ins and outs of collective management and consensus decision making.

As a Board member, you will work with nine other Board members, 80+ staff members, roughly 300 working members, and thousands of members and shoppers. You'll be shepherding the overall trajectory and vision of the entire organization, and working in-depth with committees.

Each Board member attends a monthly Board meeting (currently on the third Thursday of each month 6:30-9:30p.m.) and joins two to three committees in areas of their interest. Committees are made up of Board, staff, and members-at-large and include: Advocacy, Co-Sound, Eco-planning, Expansion, Finance, Local, Member Relations, and Personnel.

We also have temporary committees/task forces that form to deal with specific issues, for instance: The Elections Task Force is working towards online voting! Committees are where you roll up your sleeves and get your hands dirty, collaborating with staff and working members to create policies and plans.

Board members are most successful when they have a passion for our Co-op, a willingness to learn, good interpersonal and communication skills, and the ability to dedicate at least ten hours per month to Co-op shenanigans.

Exceptional skills and experience are always welcome, especially in areas of financial and business expertise, farming and food and co-operatives.

However, anyone with passion, time, and willingness to learn can be a great Board

# Round UP!

to support  
Community  
Sustaining  
Fund of  
Thurston  
County

*pocket change  
makes real  
change*



Your support enables the CSF to invest in local environmental and social justice projects.

**Tell your Co-op cashier you'd like to round up!**



member, and we welcome and encourage applications from all people of all backgrounds.

Applications are due by 9 p.m. on September 15, and elections run from October 15 through November 15.

For more information please go to our website [www.olympiafood.coop](http://www.olympiafood.coop). You can download an application, or pick one up at either store. Contact Fern and Laura at [boardapplication@olympiafood.coop](mailto:boardapplication@olympiafood.coop) with any additional questions, to request an accommodation, or just to turn in your application.

From all of us on the Board and at the Co-op, we look forward to working with you! ■



**Olympia Food Co-op**

3111 Pacific Ave SE  
Olympia, WA 98501

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# VOTE

## BOARD ELECTIONS

### OCT 15- NOV 15

Ballots are available in stores. For more info on elections  
& candidate statements, see [www.olympiafood.coop](http://www.olympiafood.coop)