



SUMMER 2017

# Table

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

SUMMER  
*salads*

**QUICK** *Picnics*

HIGH ENERGY TREATS



# 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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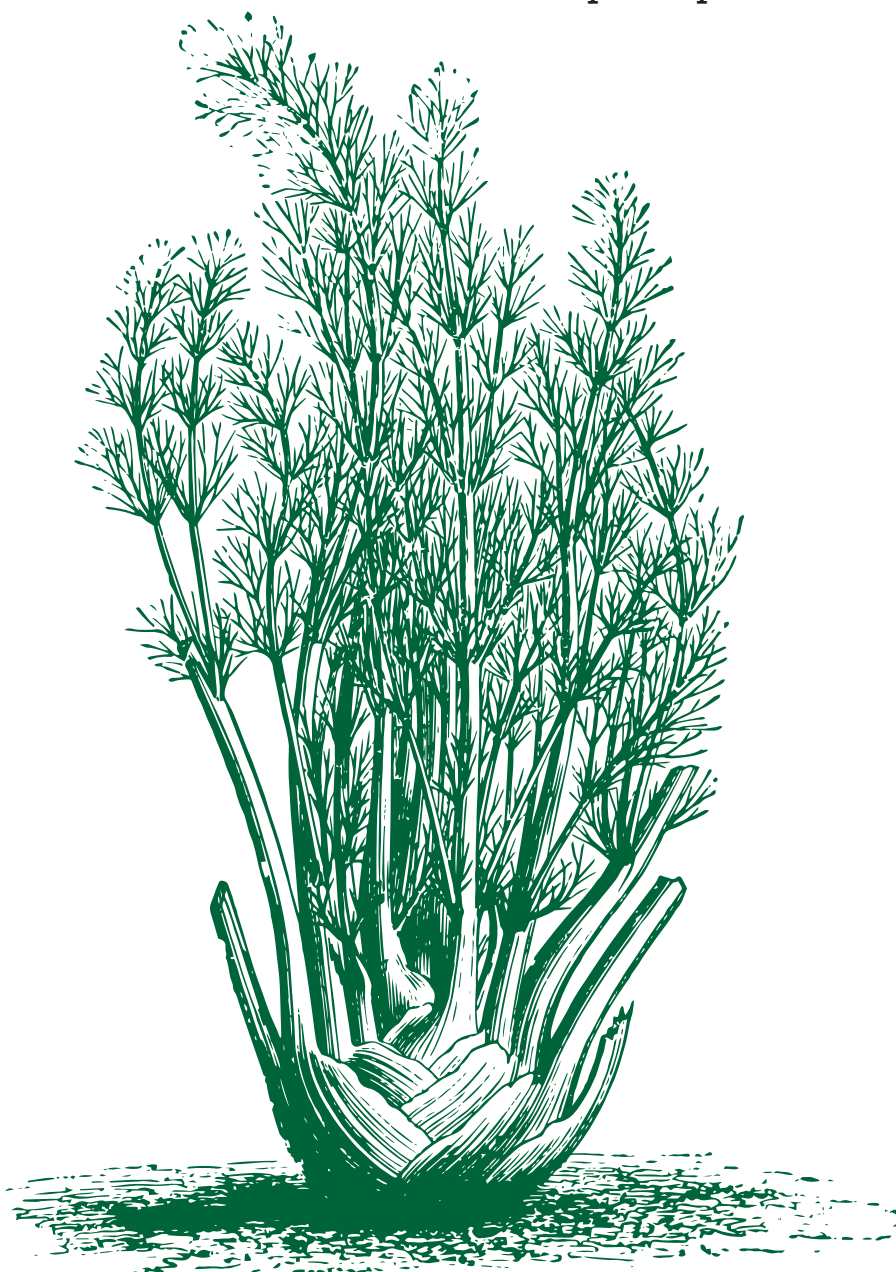
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 *Happy Anniversary*  
**OLYMPIA FOOD CO-OP!**



*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!



 *loves*  
**our  
working members**

*Join us for Appreciation events this summer!*

**JULY 1-15 IN-STORE RAFFLES**

**JULY 23 SUMMER BBQ AT PRIEST POINT PARK**

**AUGUST 27 MOVIE NIGHT DOWNTOWN**

*Ask a staff person for more information!*

# QUICK

**By Desdra Dawning, Board Member**

**Photos and Food Styling by Jenn Kliese**

Our short but oh-so-sweet summer has arrived at last! Dinners are no longer in the dark. We can sit in the grass and not sink into mud! Layers of clothing have been shed and we are now free to pack up ourselves, maybe our kids and dogs, a basket of goodies, and joyfully head up the mountain, to the beach or the park, or into our lush green woods!



*Bulk snacks clockwise from the top: dried apples, dried mango, Turkish figs, roasted almonds, roasted salted pistachios, and Peace, Love & Raw Chocolate Hazelnut Granola made in Olympia!*

gluten-free granolas, some cashews, almonds or pistachios (keep the kids busy on car rides), maybe some dried fruits (try mango or apple slices) you picked up in the Bulk department. (Good for you! You remembered that you can buy just the amount you want with no waste and less packaging!)

But that just whetted your appetite. Now you are really hungry! And you are prepared! Let's see what else you might have brought along with you from your Co-op shelves.

You sit down on a log, throw down a blanket on the grass or a cover on the picnic table, reach into your backpack or basket, and start to unload your culinary feast.

Out comes a colorful display of veggies--ready for easy dipping--baby carrots, mini cukes and sugar snap peas, straight from local farms. You have with you some crackers and chips, even some gluten-free (Jalisco tortilla chips are great with more than salsa!). Maybe a bag of Barbara's Cheese Puffs for the kids. Can't do crackers? What about plantain chips from Inka Chips? These work really well for those who can't do grains. Try them with a little Chop or Olli salami, some sliced cuke and nut-butter spread for a dairy and grain-free delight!

And what for dipping or spreading? Here come Cobb's

Picnic season has come once again--that glorious time of year when we can actually eat outside! The sun is shining and we are anxious to get out the door! We check the pantry and the fridge, but find nothing we can throw together quickly--we are not prepared for a Quick Picnic!

Here's how to remedy that. A little trip to the Co-op can fill that picnic basket with delightful delicacies to please the palate and the tummy. Want some ideas on what might quickly turn an ordinary lunch into a picnic feast?

Picture this! You have arrived at your destination. Some of you hiked there. Others biked or drove your energy-efficient car. Along the way, some snacking has been happening--on Grizzlies (Westside) or Back Roads (Eastside)

*Chop Herb De Provence Salami served with Cobb's Balsamic & Tomato Cashew Cream Cheese, fresh goat Chevre, mini cucumber slices*



# Picnics



*Clockwise from top: Lummi Island Wild Smoked Wild Sockeye Salmon, Exquisite N Traditional Stuffed Grape Leaves, sliced mini cucumbers, Plantain chips from Inka Chips*

*What better way to quench your thirst on a hot day than mini watermelons? Also super high in vitamin C!*



amazing assortment of local and imported cheeses, it is hard to decide! Maybe you have selected a package of our own local Steamboat Goat Farm Halloumi or Aged Cheddar. Or could it be you got some Karamage—made in Seattle with goat cheese, peppermint, and garlic—and great for dipping with pretzels, cucumber, or those little baby carrots? Or perhaps some Goat Chevre from Lost Peacock Creamery or pop-into-your mouth Cheese Curds from Beecher's or Tunawerth?

So reader, are you drooling yet?

While we are on the protein train, let's see what you found in the meat department. Most of these don't even require a cooler to bring them along as a safe picnic snack. Organic Prairie Summer Sausage comes in both a log and slices, is mild enough for kids, and works by itself or added to a sandwich. Olli salami pairs deliciously with bread and fruit. Smoked salmon--the northwest snack classic--is good on about everything and travels really well. If a backpack is carrying your picnic fare, you may have found several varieties of dried jerky, along with enough energy bar choices to satisfy even the pickiest eater, at the Eastside store on the "candy wall." And oh! I see you found the Loki Salmon Jerky! Thanks for supporting northwest sustainable fisheries on your hike!

How about your quick sandwich makings? Breads from local bakers like 8 Arms or the Blue Heron abound at the Co-op, and sliced meats from Organic Prairie, Diestel, or Applegate. The chunks of Niman Ranch Ham can be sliced for a crowd too. Or all the different tuna options from great companies, including shelf-stable tuna pouches from Wild Planet.

Or if you were looking for something even quicker, you might have tossed some ready-to-eat sandwiches or salads, such as those made in the Co-op Deli, into your yummy collection. The selection varies from day-to-day, but I am sure you found several salad and sandwich options

vegan cashew cream cheeses! Green Onion, Balsamic and Tomato, and Garlic and Truffle for those veggies or crackers. Or maybe you brought some of Kite Hill or Miyoko's yummy vegan nut-cheese spreads also in little packable containers. So creamy and tasty! Or for that Middle Eastern flavor, perhaps you picked up some Exquisite and Traditional Hummus, Pesto, or Babaghan-nouj. Organic paté (look for it at the Eastside), makes a great picnic snack with fresh fruits like berries and apples, and is another spreadable for bread or crackers.

You may even have gotten some Greek Mix olives you found in bulk or some handy packages of kalamata and green olives from Mediterranean Organic to top those crackers.

And then your protein-craving kicks in and out come the cheeses! You might have gone for a few of the hard cheeses from the dairy case like Manchego, Gruyere, Drunken Goat, or a lesser known one like Comte "le saut de doub's", which is made with summer milk, and goes well with the pears or apples you have packed with you. Then there may be some fresh sheep cheese from Black Sheep Creamery, for your bread or perhaps for the local 8 Arms crackers or Livin' Spoonful sprouted crackers you have slipped into your stash. The Co-op carries such an

**Continued on page 13**



# SUMMER

# sakara

A wheel of different  
suit any mood or c  
of the Forest Jade  
Quinoa, Turmeric C



## **Recipes by Staff Member Whitney Bard**

**Intro by Table Editor, Jen Shafer**

**Photos & Food Styling by Jenn Kliese**

Summer is the time of year when we can eat food cold or at room temperature and feel refreshed instead of frozen. Outdoor eating and picnicking can reinvent your worn out winter recipes, widen your culinary choices and invigorate your soul; summer salads are not just about green leaf or potatoes! For this issue, we've selected a variety of creative and yet still simple to make salad recipes to add variety to your summer dining experience.

### **KALE MIGNONETTE**

- 1 bunch lacinato kale**
- 1/2 sweet onion, diced**
- 1/4 cup olive oil**
- 3 tbs red wine vinegar**
- 1 tbs salt**
- 1 tbs black pepper**
- 1/4 tsp cloves**

Remove the stale ends of the kale, and, retaining the stem, chop into 1/4 inch horizontal strips. Place in a large serving bowl. Add the diced onion to a small mixing bowl and cover with the remaining ingredients. Stir to combine and allow the dressing to marinate into the onions for about 3-5 minutes. Pour over the kale. Massage the salad with your hands until all the surfaces of the kale are covered and begin to deepen in color.

### **CRANBERRY SERRANO QUINOA**

- 2 cups dry quinoa**
- 4 cups water**
- 3 tbs whole cumin seed**
- 1 tbs powdered cumin**
- 2 tsp allspice**
- 1/3 cup olive oil**
- 2-4 Serrano chilies**
- 1/4 cup lime juice**
- 2 tbs salt**
- 1/2 red onion, diced**
- Handful Italian parsley, chopped**
- 1 cup dried cranberries**

Using a fine mesh strainer, rinse quinoa thoroughly, shifting it and agitating it with your fingers, until the water runs clear. Add to a

heavy, medium sized saucepan and cover with four cups of water, allow to soak for 10-15 minutes. Turn to a medium high heat and bring to a rolling boil, then lower the heat to medium low and allow to simmer, uncovered, for fifteen minutes. Turn heat to low, cover and continue to cook for another fifteen to twenty minutes until the water has evaporated and the grains begin to open. While the quinoa is cooking, combine all spices in a lightweight skillet and toast until the color just begins to change and the aromas mature. Turn off the heat and stir in the olive oil to cool down and infuse with the spices; pour the mixture into a bowl. Grate the Serrano (pepper spiciness varies and some of the spiciness will be absorbed by the heat of the quinoa. Use as much as tastes good to you) into the bowl over the spice and oil mixture. Add the lime juice and salt; whisk until the dressing is emulsified. Add the cooked quinoa to a serving bowl, pour the dressing over (it is important the quinoa is still hot when dressed to absorb maximum flavor), add the onion, parsley and cranberries and toss the salad together until well combined. Salt to taste, serve hot or cold.

### **PHILAUTIA BEET SALAD**

- 2-3 large beets**
- 1/2 tsp. cardamom**
- 1/2 red onion, sliced**
- 1/2 cup red wine vinegar**
- 3 tbsp. agave nectar**
- 3 tsp. salt**
- Golden raisins (available at Eastside)**
- 1/4 cup toasted or sprouted pepitas (pumpkin seeds)**
- Dandelion greens or arugula, chopped**
- 3 tbsp. olive oil**

Scrub beets clean, place in a large pot and cover with water; boil until a fork can slide easily into the beets, about 45 minutes. If the water evaporates, add more so the beets remain evenly covered. Meanwhile, add the sliced onions to a medium sized bowl. Combine together in a medium sized saucepan the cardamom, red wine vinegar, agave nectar and salt; bring to a boil and pour over the onions. When the beets are cooked, strain them and place in the refrigerator or freezer until they are cool to the touch. Slice off the tops and tails, and, using your hands, slide

**Continued on page 11**

at colors, flavors and textures! Salads are infinitely diverse to occasion. Clockwise from the top: Barbecue Chickpeas, Child Rice, Philautia Beet Salad, Kale Mignonette, Cranberry Serrano Quinoa, Ginger Slaw. Photo and food styling, Jenn Kliese



# *An Interview with Sarika Igloi*

**STAFF MEMBER & EASTSIDE  
FAERIE GARDENER COORDINATOR**

**Sarika Igloi, Olympia Food Co-op Staff Member  
Eastside Faerie Gardener Coordinator**

**Interview & Photo by Whitney Bard, Staff Member**

**WB: How long have you worked at the Co-op and what positions do you hold?**

SI: I've worked as a staff member for a decade, and was a working member while I was in college. I work a variety of positions, but you'll often see me up front cashiering and seeing to the needs of our membership. I also work in the Deli, Wellness and Produce departments, and on the Facilities Team, helping keep the physical space of the stores in working order, and I teach garden oriented classes.

**WB: How long have you been a gardener?**

SI: I've been gardening my whole life. I learned gardening from my grandmother, Maria, who was from Czechoslovakia and was really affected by WWII. She was able to find sanctuary in the peace of the garden and it was through plants that she and I found a connection. My first job was doing yard maintenance for neighbors to earn enough money to buy a leather jacket I'd seen in the window of a pawn shop. In all the different professions I have enjoyed, I have always incorporated plants and gardening...I feel really driven to cultivate and share that relationship to the natural world with my community.

**WB: Tell us about your involvement in the gardening at the East Side.**

SI: The Co-op moved into the East Side location 1994 and had hired my company at the time, Green Gaia Landscaping, to complete the installation of the landscaping in exchange for Working Member credits. In 1997, I was hired as a staff member and continued working on the project.

**WB: It's called the Faerie Gardener Project, what does that mean? Who is a Faerie Gardener?**

SI: Faerie Gardeners are people who are interested in land and water conservation, for the future of wildflowers, pollinators—we are committed to preserving spaces that maintain healthy ecosystems. We are a very diverse group, we have people of all ages and abilities, including citizen scientists, local arborists and gardeners, students, people of color, queers, women, men...all of whom participate in keeping our Co-op safe and accessible to all. We also receive help from time to time from AmeriCorps students. We were inspired by the Highlander Research and Education Center and the Short Mountain Sanctuary in Tennessee and the work they do around Restorative Justice, community building and FUN! Basically, anyone can be a Faerie Gardener; everyone is welcome!

**WB: Where did the idea come from?**

SI: We were encouraged by members and staff who requested a Bird and Butterfly Garden. As humans taking up space on the planet, it is really important to be stewards of the land and care for pollinators by nurturing the native plants they love to visit. We wanted to dedicate space to growing these native species of plants, and there was a lot of excitement from Working Members to participate; it's a really nice opportunity to include different abilities in our community because folks can donate any amount of time they have to weeding, building,

developing systems like water filtration and mycoremediation, and they can even also donate materials such as bird feeders, paint, untreated lumber, and native plants.

**WB: What is a memory from the early days of the project?**

SI: I have a vivid memory of learning the power of cooperative projects and community building after Alejandro (another staff member) and I visited to the Highlander Research and Education Center in Tennessee. We attended skill share workshops where folks had been in New Orleans after Katrina and were telling stories of bioremediation, which is using plants, such as sunflowers and grasses, to clean toxins and waste products from the soil. I remember understanding really profoundly how important people volunteering their time to tend the land in this way is. We were reading this really great book, Toolbox for Sustainable City Living and I was inspired to collaborate with the Working Members on a project of mycoremediation along the gutter of the main garden between Pacific and the Co-op's building. Following the natural lay line of the storm water drainage system, we lay down mushroom teabags—burlap sacks filled with mushroom mycelium, coffee chaff and wood chips—and during high periods of rain the mycelium is active and denatures gasoline which means the large, toxic molecule is broken into smaller hydrogen bonds which the mycelium consumes and renders inert, thereby cleansing the land. I have had samples of our water tested throughout the years and it shows that this system is effectively cleaning the water of petrochemicals.

**WB: How are Working Members involved?**

SI: The Co-op is a really special place; the members have ownership and are able to become involved to contribute their labor in a variety of ways to help the Co-op run, from stocking produce to cashiering. Not to mention, since I volunteered my time before being hired, basically the whole reason I am working at the Co-op is the Working Member program! The Working Member program is a really wonderful way to be come engaged in our community, I encourage anyone who wants to be involved to jump in! I've been blessed to have worked with some really talented people in the Faerie Gardener Project over the years... without their help, the garden wouldn't keep growing. I really want to honor them, they work so hard and I appreciate them so much. We have a lot of fun, every year we do Seed Swaps to share hybrids we have created which are most apt to succeed in our region

**WB: Tell us about a memory of a project or skill that a Working Member brought to the garden**

SI: Last summer, we fed our beautiful Golden Rain Crabapple trees Bokashi compost, a process we were taught by Aida and Amina Namukasa, a really cool mother/daughter team of Working Members. Aida is an amazing horticulturist, teacher, writer and friend. From her we learned the Bokashi process of sealing compost in a bucket with layers of a specific blend of high fermentation rate microorganisms. It feels really cool to participate in the full cycle: we use compost produced by our Deli and about 45 days after sealing the bucket, we have super nutritious compost to feed the plants around the store!

**Continued on page 10**

*Interview, continued from page 9*

**WB: How has the program grown since it's inception? How has the land changed?**

SI: We've really come a long way. Twenty years ago, when I was working on it through my landscaping business, I had no idea one day I would be in charge of facilitating this ambitious project. When we first started, it was a raw canvas. Each season we have continued to build on a cohesive design. In collaboration with my coworkers on the Facilities Team we have been able to realize our dreams of a tended space which cleanses the land and is filled with an abundance of thriving native plants which attract important pollinators and creates an opportunity for community building and skill sharing amongst Working Members who are able to trade their precious time for discounts at the store. We are proud to say that we are now certified through the Audubon Society, using the guidelines of the National Wildlife Federation, as a Wildlife Habitat and as an official Bird and Butterfly Garden.

**WB: Why is it important for our business to be stewards of the land on which our store is located?**

SI: In our abundant ecosystem in the Pacific Northwest, it is very easy for opportunistic invasive species such as blackberry, morning glory, etc., to overpower the native species which live in balance with one another. Human beings are responsible for so much environmental



destruction— by introducing invasive plants, polluting toxic chemicals, and viewing the land as a vessel from which to extract resources. At the Co-op, we're going to be taking up some space on whatever land our store is located on, and as long as we're here we want to be healing the land and encouraging the growth of native plants. We're the only company that I know of in the country that has taken the responsibility of creating a storm water filtration system through

mycoremediation. Having an edible landscape with native flora gives people a place to come and enjoy a delicious lunch from our Deli and enjoy the herbs and wildflowers which are native to our region.

**WB: Does having access to the Garden Center help the work?**

SI: Yes, absolutely! We have a high acid soil in the Pacific Northwest, so we use some of the wonderful soil amendments from Black Lake Organics. They add volcanic ash, clays and kelo which the plants just love. The bokashi compost starter is also available right in the Garden



Center. Many of the plants now growing around the store or in the garden come from starts and seeds sold in the Garden Center. Being in such close proximity to the Garden Center, we get to test out all the cool new tools and plants.

**WB: Are there any other goals or dreams for the future of the Fairy Gardener Program?**

SI: We're excited to develop the wheelchair accessibility ramp so that folks can wheel into the garden from the walkway. We're putting in a humming bird feeder and some kestrel boxes this season, and we're hoping for a birdbath as well.

**WB: Anything else you want to let our Co-op community know about the Fairy Gardener Program?**

SI: I want to say thanks to my coworkers Ami, for all of her collaboration with the Board so that we meet the needs and values of the Co-op. I'm really grateful for the opportunity to be able to work with my community to integrate art and science into our every day lives. I have met so many wonderful people and learned so much from them over the years so I just want to take this space to say thank you! I am so grateful to nature and its guidance, and to my family: my Mom and

**Continued on page 18**



*Child of the Forest Jade Rice*  
*Photo and food styling, Jenn Kliese*

### Summer Salads, continued from page 7

the peels off and discard. Slice the whole beets into rounds, sticks or cubes, depending on your preference, and place in a large serving bowl. Add in the pickled onions, golden raisins, pepitas and dandelion greens. Drizzle with olive oil, salt to taste, toss and serve.

## BARBECUE CHICKPEAS

4 cups (two 16 oz cans) cooked chickpeas  
 1/2 cup brown sugar  
 3 tbs GMO-free canola oil or olive oil  
 2 tbs salt  
 2 tbs Hungarian paprika  
 2 tsp onion powder  
 1 tsp chili powder  
 1 tsp garlic powder  
 1/4 tsp cayenne

Preheat oven to 350 and line a baking sheet with parchment paper. Combine all ingredients except for chickpeas in a large bowl and mix thoroughly. Strain the chickpeas and add to the spice mixture, using your hands to thoroughly coat the chickpeas. Evenly distribute the chickpeas over the baking sheet and place in the hot oven. Check on them after about fifteen minutes, shaking the baking sheet to redistribute. Roast until the chickpeas begin to darken and reach the desired crunchiness, around 30 minutes. Salt to taste. Serve hot or cold.

## CHILD OF THE FOREST JADE RICE

2 cups jade rice  
 3 cups water  
 1/2 cup toasted sesame oil  
 1/2 cup brown rice vinegar  
 3 tbs salt  
 1 package beech, maitake or enoki mushrooms  
 2 cups sliced shiitake mushrooms  
 3 tbs sherry vinegar  
 2 tbs olive oil  
 1 tsp black pepper  
 1/2 cup black sesame seeds  
 1 bunch green onions, sliced

Combine water and jade rice in a heavy, medium saucepan. Turn on high for 2 minutes, then lower the heat to medium low and cook until water is evaporated and rice is cooked, about 20 minutes. While the rice is cooking, heat a large frying pan to medium high before adding the olive oil, then the mushrooms, searing them for about 30 seconds before adding a pinch of salt, the black pepper and sherry vinegar and covering the pan, allowing the steam to cook the mushrooms. Transfer the mushrooms to a large serving bowl. Toast the sesame seeds in a pan on medium heat, tossing frequently. In a small bowl, whisk together the toasted sesame oil, brown rice vinegar and salt. When the rice is cooked, transfer to the bowl with the mushrooms and immediately cover with the

dressing. Add the toasted sesame seeds and green onions, and, using salad tongs or two wooden spoons, toss together vigorously so the dressing and other ingredients are thoroughly distributed. Salt to taste. Serve hot or cold.

## TURMERIC GINGER SLAW

1 small head of green cabbage, shredded  
 1/2 cup fresh ginger, grated  
 2 tbs brown mustard seeds  
 2 tbs turmeric  
 1 tsp coriander  
 1/2 cup olive oil  
 1/2 cup white wine vinegar  
 1/4 cup agave nectar  
 2 tbs salt

Place the cabbage and ginger in a large bowl and toss together. Heat a saucepan to medium and add the mustard seeds when the pan is hot, swishing them around a few times. Then add the turmeric and coriander. Toast them evenly by flipping and agitating the mixture until the color begins to darken and the aromas release. When the mustard seeds begin to crackle, add the olive oil and stir until fully incorporated. Add the vinegar, agave and salt. Stir slowly and allow it to heat until just boiling. Immediately pour the liquid over the cabbage and ginger. Wait until it is cool enough to touch and, using your hands, massage the dressing into the cabbage. The turmeric will stain skin, so wear gloves or produce bags on your hands. Serve immediately or chill and enjoy. ■

# 2017 YTD Finance Report

By Max Crabapple, Staff Member

On a recent escape from our glorious and notorious rainy season (a.k.a. fall, winter, and the lion's share of spring), I had the good fortune to visit The Desert Museum in Tucson, Arizona. Stopping by the gift shop and coffee bar, a pleasant conversation about tipping turned serious when I asked how much the counter staff make. Being a seasoned service-industry worker accustomed to the modest wages found at counters across this land, I assumed this piece of information – a worker's hourly wage – was within the range of acceptable chit chat, considering we were discussing the tangled relationship of tipping as a social custom and the financial reality of making money. But lo, was I mistaken! The counter worker leaned and whispered, "We can't discuss how much we make." The barista placed my coffee in front of me and joined, "we're not allowed to talk to each other about it." My mind flashed to the opening scene of Dorothy Parker and the Vicious Circle, wherein the writers for Vanity Fair, disallowed from discussing their wages with each other, have written their respective pay on placards they wear around their necks. The visual reveals what employers sought to hide: wage discrimination against women. That was in the late 1910s.

Nonetheless, pay secrecy policies, which breed wage discrimination, are far from relegated to the past. Workplaces from coffee shops

to law firms frequently utilize pay secrecy policies, some implicitly through verbal warnings ("It just creates tension, and you wouldn't be doing yourself any favors"), some explicitly in employee handbooks. The National Labor Relations Act, enacted in 1935, protects employee's rights to engage in "activities for the purpose of collective bargaining or other mutual aid or protection." The National Labor Relations Board has long held that discussing wages is protected, and pay secrecy policies are often illegal. Three contributors to this lingering injustice are the lack of substantial consequences for employers, cultural pressure on oppressed groups to not push for higher wages, and the widespread lack of awareness of laws protecting the open discussion of wages. Here at the Olympia Food Co-op, we've long employed a radical model that standardizes starting wages and pay raises that ensures protection from wage discrimination, allows for long-term financial planning with no surprises, and promotes open-book management, accessible by all employees. Every new hire receives the same wage, and every employee receives their set annual pay raise upon submitting their written annual self-evaluation. In addition to our standardized pay scale based strictly on seniority as a guarantee of wage equity, we employ complete transparency in all our financials, including wages.

Below you'll find our 1st Quarter Expense and Sales Reports. Sales are down, and expenses are being kept down to meet our financial needs. What's missing from these reports to give a complete picture is the Cost of Goods Sold, which would be taken out of the Sales totals to give us Actual Revenue, the money that then must pay for

## 2017 Year to Date Expense Report

For The Year Ending 3/31/17

	2017 ACTUALS	2017 BUDGET	\$ OVER BUDGET
Expenses:			
Advertising	5408.61	7430.52	(2021.91)
Credit Debit Charges	48,023.68	47,919.25	104.43
Depreciation Expense	20,671.09	20,671.09	0
Dues & Subscriptions	4,950.76	7,095.00	(2144.24)
Interest Expense	2,201.28	2,194.00	7.28
Inventory Service	3,997.20	3,900.00	97.20
Mileage	808.14	900.00	(91.86)
Misc. Expenses	1,332.53	800.00	532.53
Newsletter	6,806.81	7,631.00	(824.19)
Organizational Programs*	9,396.60	14,566.00	(5169.40)
Physical Operations**	120,602.42	126,328.89	(5726.47)
Taxes & Licenses	25,783.77	25,812.23	(28.46)
Unpaid Debts	0	100.00	(100.00)
Wages & Benefits	898,260.64	991,389.52	(93,128.88)
Total Expenses:	1,148,243.53	4,214,543.91	(108,493.97)

\* Organizational Programs include Outreach & Education, Conferences & Training, Anti-Oppression, BOD Expenses, Working Member Recognition and Insurance, Donations

## 2017 Year to Date Revenue Report\*\*\*

For The Year Ending 3/31/17

	2017 ACTUALS	2017 BUDGET	\$ OVER BUDGET
Revenue:			
Sales Produce	814,447.63	836,609.70	(22162.07)
Sales Bulk	499,027.79	532,883.90	(33,856.11)
Sales Chill	567,199.34	599,739.36	(57,459.98)
Sales Frozen	147,148.55	155,186.27	(8,037.72)
Sales HABA/SUPP	360,164.15	361,814.17	(1,650.02)
Sales Misc. Grocery	1,030,333.21	1,084,143.10	(53,809.89)
Sales Taxable	161,146.24	174,352.48	(13,206.24)
Sales Deli	180,615.87	202,028.95	(21,413.08)
Sales Meat	321,927.29	333,433.70	(11,506.41)
Sales Cheese	134,672.43	136,720.12	(5169.40)
Sales Garden	47,093.32	65,239.91	(69,432.52)
Total sales before discount	4,263,775.82	4,482,151.66	(21,8375.84)
Total membership discount	(253,824.94)	(267,607.75)	(13,782.81)
Total sales after discount	4,009,950.88	4,214,543.91	(204,593.03)

\*\* Physical Operations include Maintenance & Repair, Point of Sales, Recycling, Rent, Store Insurance, Supplies, Tech, and Utilities

\*\*\*Both stores combined

## Finance Report, continued from page 12

everything else, from wages to the electricity bill.

If you have a financial question about the Co-op, or about grocery stores, or business in general, that you'd like answered, tell us about it! We are starting a new column in the fall based on readers' questions and curiosities. From the money matters involved in buying or leasing a new property to the financial life of one bunch of kale, no question is too big or small for us to consider. Submit both your questions and suggestions for the column name to: [max@olympiafood.coop](mailto:max@olympiafood.coop) ■

# QUICK Picnics

## Continued from page 5

to help your adventure take off. Whatever you got, it was made fresh that day, with only the best ingredients and special diets in mind. Rawk Star raw sandwiches and wraps, made locally with simple ingredients are another good option to explore!

And last, but certainly not least,—I know, I know, for many these came out of your basket or backpack well before your savory treats!—comes dessert!

Fruit from the produce aisle tops the healthy list—some like pears and apples have already been pairing with your cheeses. And then there are those grapes! Everyone agrees grapes go well with lots of different meats and cheeses, and buying organic at the Co-op means you avoid harmful pesticide residues, and did you notice? Sometimes there are even fair trade options. Cherries, if in season, well—we all know it doesn't get any better than these! And watermelon—what could be better for a summer picnic (OK, not so much for backpacking, huh?)? Hope you remembered to bring a wet towel for the hands!

But wait! Do I see you bringing out even more yummy sweet treats? If they were not already munched before lunch, here come the Chocolate Cups (peanut, sunflower, walnut and pecan) and the Half-Baked Cashew Cream Cheesecakes (all plant-based and grain-less) from the Cobb's kitchen. Or are those Naimo Bars or German Cacao Cakes from Peace, Love and Raw that I see? Might be some sweet fruity bars made right in the local 8 Arms Bakery kitchen. Can't tell. I'm in a swoon!

And lest we forget—which is hardly possible--somewhere in that amazing store of Quick Picnic stores is the chocolate! Did you know that Salazon chocolates have several varieties that benefit trails such as the PCT? I see some amazing looking dark chocolate in that backpack, along with some Theo peanut butter cups. And those Honey Mama's chocolates—I know you know--don't last long out of refrigeration, but rarely make it past the car ride without being devoured anyway! So for your next exquisite picnic in our beloved PNW I say, "Bon Appetite!" ■

*Dip in to some  
Exquisite N Traditional  
Babaghannouj with baby  
carrots!*



*Apple slices, fresh  
summer strawberries,  
and super sweet red  
grapes add a juicy natural  
sweetness to your picnic*



*Who wants a chocolate  
fix? I do! So many to  
choose from! Clockwise  
from top left: Salazon  
organic salted chocolate,  
Theo black rice quinoa  
crunch, Equal Exchange  
Panama extra dark,  
Cobb's Peanut Butter Cup  
made here in Olympia,  
Honey Mama's honey  
sweetened chocolates  
made in Portland, Cobb's  
Walnut Crunch Cup, &  
Peace Love and Raw's  
Raw Naimo Bar made in  
Olympia.*

*Photos and food styling by  
Jenn Kliese*





# *HIGH ENERGY* **TREATS**

TREE NUT-FREE • GRAIN-FREE • DAIRY-FREE • SOY-FREE

*for Your Next Outdoor Adventure*



## Recipes & Photos by Jenn Kliese, Staff Member

Energy Bars and Treats are an awesome addition to your summer outdoor adventures. For folks that have dietary limitations most protein & energy bars are off limits. Here are some easy and super tasty recipes to make yourself. All but the Fruity Gelatin Gummies are best stored in a sealed container in the freezer until use. Make sure on your hike to store your bars & treats deep in your pack on warm days (ideally next to your hydration bladder) to keep them cool since they are prone to melt.

### CHOCOLATE DIPPED FRUITY COLLAGEN PROTEIN BARS

*Makes 16 protein bars*

**2 cups dried figs with stems removed**  
**1 ½ cups dried sour fruit (apricot, cherry, or cranberry)**  
**½ cup pitted dates or raisins**  
**1 cup NuNaturals Collagen Peptides**  
**¼ cup coconut oil**  
**1 tablespoon citrus zest**  
**¾ tsp sea salt**  
**Unsweetened chocolate**  
**Honey to taste (optional)**

1. Pulse the dried fruit until finely chopped in a food processor. The mixture should be very sticky and fine but not chopped so much it turns to a paste.

2. Add the other ingredients to the fruit mixture and pulse until thoroughly combined (15-30 seconds).

3. Divide mixture in half. Transfer one half of the protein bar mixture to a cookie sheet lined with parchment paper. Use your hands to press into a rectangle shape 1/3-inch thick.

4. Transfer the cookie sheet to the freezer and chill for 30 minutes.

5. Repeat with the other half of the protein bar mixture and a second lined cookie sheet, then freeze.

6. Remove the first cookie sheet from the freezer and transfer the bars and parchment to a cutting board. Use a sharp knife to cut the rectangle into 8 bars. Repeat with the second sheet of protein bars.

7. Melt chocolate in a double boiler on low. Add honey to taste and stir to combine. Dip one side of each bar in the chocolate and return to parchment on cookie sheet. Return to freezer until chocolate is set.

8. Remove from freezer and enjoy! Store remaining bars in the freezer or fridge in a sealed container.

### CHOCO COCONUT PROTEIN BARS

*Makes 16 protein bars*

*A great addition to these bars is a flour made from tiger-nuts. The tiger-nut is actually not a nut but a small root tuber and is extremely high*

*in prebiotic fiber that resists digestion and fuels our probiotic bacteria.*

#### Protein Bar

**½ cup coconut butter**  
**1 tbsp. coconut oil**  
**8 tbsp. NuNaturals unflavored grass-fed gelatin**  
**1 cup Organic Gemini tiger-nut flour**  
**1 ⅓ cups pitted Medjool dates**  
**½ cup carob or cocoa powder**  
**3 tbsp. maple syrup**  
**1 cup desiccated coconut**

#### Topping (optional)

**2 Tbsp. coconut butter & 1 tbsp. maple syrup for white frosting stripes and/or**  
**3 oz Super dark (80%+) or unsweetened chocolate for dark stripes**

1. Melt coconut butter and coconut oil for the protein bars on low in a heavy bottoms sauce pan

2. Combine all the other protein bar ingredients in a food processor. With the processor running pour in the melted coconut oil & butter mixture through the feed opening. Run the processor until a dough is formed.

3. Transfer the dough to a parchment paper lined cookie sheet. Press the dough into a rectangle about ⅓-½ inch thick.

4. Place the cookie sheet into the freezer for 15 minutes to set.

5. While bars are setting in the freezer melt optional topping ingredients in a double boiler with the burner on low.

**Continued on page 16**

*On the left facing page  
clockwise from the top  
left: Super Energy Cups,  
Choco Coconut Protein Bar,  
Chocolate Dipped Fruity  
Collagen Bar, Fruity Gelatin  
Gummy Bears*

*To the right:  
Fruity Gelatin Gummies  
made in a pie dish and cut  
into cubes.  
Photos & food styling:  
Jenn Kliese*



### **High Energy Treats, continued from page 15**

6. Pull sheet out of the freezer and cut rectangle into 16 evenly sized bars.
7. Drizzle with melted topping and return to the freezer to set.
8. Remove from freezer and enjoy! Store remaining bars in the freezer or fridge in a sealed container.

## **FRUITY GELATIN GUMMIES**

*A great source of Protein great for healing your gut. Store in fridge and never freeze.*

- 1 ½ cup fruit juice\***
- 3 Tbsp. lemon juice**
- ½ cup NuNatural unflavored grass-fed gelatin**
- ¼ raw honey**

1. Place honey in a bowl.
2. Stir the fruit juice together in a heavy-bottom sauce pan and sprinkle with the gelatin. Wait 10 minutes for the gelatin to absorb the liquid.
3. Heat juice/gelatin on low heat whisking constantly until gelatin is completely dissolved. Be sure not to simmer the liquid.
4. Pour juice/gelatin over bowl with honey and whisk until combined.
5. Use a pipette to fill silicone gummy molds with the gelatin mixture or pour into a clean unlined Pyrex 8"X8" or pie pan.
6. Chill in the fridge for 8 hours until set.
7. Pop gummies out of molds or cut pan of gummies into 1" cubes
8. Store gummies in a sealed container in the fridge for up to a week or so if they even last that long!

\*Use any juice but pineapple because the enzymes won't let the gelatin set. Bold tart flavors taste best but any combination works.

## **HONEY SWEETENED CHOCOLATE FRUIT CUPS**

*Approximately 24 mini cups*

- ½ cup cocoa butter, finely chopped**
- ½ cup virgin coconut oil**
- ½ cup raw cocoa powder or carob powder**
- ¼ raw honey**
- 2 cups chopped dried fruit, berries &/or seeds**

1. Place cocoa butter and coconut oil in a heat proof bowl sitting in a shallow pan containing hot water almost (but not quite) at a simmer. Stir the butter and oil until melted.
2. Add cocoa powder to the butter/oil mixture and stir until smooth.
3. Pull chocolate off heat and stir in honey until fully combined.
4. Prepare a mini muffin tin with mini parchment liners and divide chopped dried fruit/berries/seeds between all the cups.
5. Evenly divide the melted chocolate between the mini cups.
6. Place the mini cupcake tin in the freezer for 30 minutes to set the chocolate.
7. Enjoy! Store remaining cups in a sealed

container in the fridge or freezer.

## **SUPER ENERGY CUPS**

*Makes 12 cups*

*These little bites are a great high fat snack to fuel up before an intense workout or long day of hiking in the mountains.*

- ¾ cup coconut oil, melted**
- ⅓ cup coconut flour**
- ¾ cup dried fruit, chopped**

1. Thoroughly mix all ingredients in a bowl. Pour into a parchment cup lined mini muffin tin. Put in freezer for 30 minutes to set.
2. Enjoy! Store extra cups in a sealed container in the fridge for several days or in the freezer for much longer. ■



*Jenn making the Honey Sweetened Chocolate Fruit Cups, left to right, top to bottom: chopping an array of fruit, coconut, and seeds; spicing the melted chocolate; distributing the chopped additions; pouring the chocolate.*

*Food styling by Jenn Klieese; photos by Whitney Bard*



# 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\*

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\*in front of main store

# FRESH! LOCAL!



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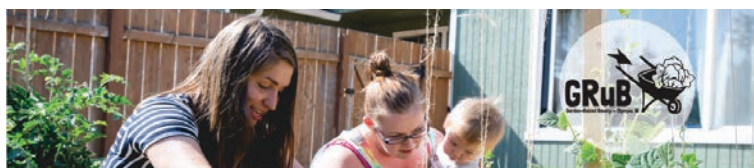
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*Interview, continued from page 10*

Dad for being volunteer rangers and taking me out on hikes, Grandma and Grandpa for their love for wildlife habitat and teaching me to garden, and my sister and brother for all the encouragement to study local flora and fauna. I am thankful to my partner, Jonsey, for her delight in nature and marine sciences, and for my friends who are naturalists and arborists: Jan and Eli, Flaco, Crieghton, Jenny, Paris, Billy, Kari, and Ava with all her tremendous dedication to teaching mycoremediation skills. Thanks to my coworkers, Ben and Ale for supporting water justice, Laura, Jackson for his encouragement to formally teach classes at the Co-op, and my facilities crew (especially Gary) for tending to the critters on our land and having such dedication to our Co-op stores staying safe and welcoming. And finally, I want to thank all the volunteers at the Co-op over the years...Just a few of the friends and families who inspire me, thank you!

**WB: Finally...what is your favorite flower?**

SI: That would have to be red flowering currant! I love the scent, it's earthy and sappy and attracts hummingbirds, which are one of my very favorite birds. I also love dogwoods, it's hard to choose! Wait, actually, huckleberry is probably my number one favorite. It's impossible to choose, I love them all! ■



*Photo credit: Jenn Kliese*

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# Community Classes

## SUMMER 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.

### Learn How to make Sauerkraut & the Nutrition Behind Fermented Foods

Sunday, June 4 noon-2  
Facilitator: Nicole Warren  
Location: GRuB Farmhouse  
Enrollment: 12

### Your First Home

Sunday, June 4 3-5pm  
Facilitator: Erin McCready  
Location: GRuB Farmhouse  
Enrollment: 20  
FREE EVENT

### Vermicomposting

Sunday, June 4 4-6 pm  
Facilitator: Alex Weisser  
Location: Westside OFC Garden Center  
Enrollment: 12

### You Are Essential: An Intro to Essential Oils

Saturday, June 10 10am-noon  
Facilitator: Sheree Murray  
Location: Westside OFC Little House  
Enrollment: 8

### Edibles and Invasives: Wild Harvest Stewardship

Wednesday, June 21 4-7pm  
Facilitator: Sarika Igloi  
Location: Meet at Eastside Co-op and carpool to our TBA park location.  
Enrollment: 8

### FARM TOUR: Helsing Junction

Friday, June 23 1-3pm  
Organizer: Dan  
Location: 12013 Independence Rd SW, Rochester, WA 98579  
Enrollment: 20

### You Are Essential: Essential Oils for Caretakers

Saturday, June 24 10am-noon  
Facilitator: Sheree Murray  
Location: Westside OFC Little House  
Enrollment: 8

### FARM TOUR: Calliope Farm

Sunday, June 25, 1-3pm  
Organizer: Jennifer Post  
Location: 1335 Overhulse Road NW, Olympia WA  
Parking: available at farm  
Enrollment: 15

### Communicating with Plants

Tuesday July, 11, 6-7:30pm  
Facilitator: Peter Brown  
Location: At private residence in NE Olympia. Address will be sent to registrants; not bus accessible.  
Enrollment: 8

### Library Resources for Sustainable Living

Saturday, July 15, 12-3pm  
Facilitator: Kelsey Smith  
Location: Lacey Timberland Library  
Enrollment: 15  
FREE EVENT

### FARM TOUR: Newaukum Valley Farm

Saturday, July 15, 11:30am-1pm  
Location: 482 Spooner Rd., Chehalis, WA 98532  
Contact: 360-269-6102  
Enrollment: 30

### Garden Pickles

Sunday July 16, 10am-12pm  
Facilitator: Meghan Hintz  
Location: GRuB Farmhouse  
Enrollment: 12

### Your First Home

Sunday, July 16, 2-4pm  
Facilitator: Erin McCready  
Location: GRuB Farmhouse  
Enrollment: 20  
FREE EVENT

### Defined by STRESS!

Sunday, July 16, 5-6:30pm  
Facilitators: Dr. Ari Anthony & Dr. Amy Markhoff  
Location: GRuB Farmhouse  
Enrollment: 20  
FREE EVENT

### YOUTH CLASS: Top Bar Bee Stewardship Part 1

Sunday, July 23, 1-4pm  
Facilitator: Oso Faulkner  
Location: TBA  
Enrollment: 8 (ages 10 and up)  
Each youth must be accompanied by 1 adult (1:1, youth to adult).

### Let's talk about the GAPS diet

Sunday, July 23, noon-2  
Facilitator: Nicole Warren  
Location: GRuB Farmhouse  
Enrollment: 15

### Let's Make it up: An Intro to Mineral Make-up

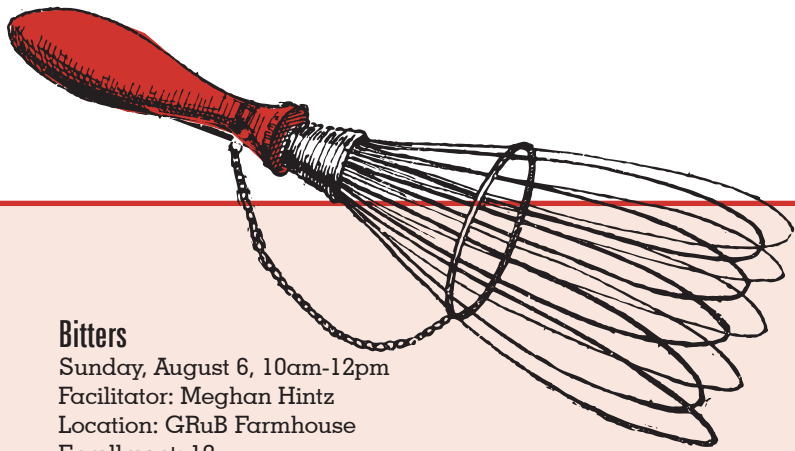
Friday, July 28, 5:30-7:30pm  
Facilitator: Vanessa Nixon Klein  
Location: Westside OFC Little House  
Enrollment: 8

### YOUTH CLASS: Top Bar Bee Stewardship Part 2

Sunday, July 23, 1-4pm  
Facilitator: Oso Faulkner  
Location: TBA  
Enrollment: 8 (ages 10 and up)  
Each youth must be accompanied by 1 adult (1:1, youth to adult).

### Let's Get Dirty: An Intro to Soil Amendments

Saturday, August 5, 5-7pm  
Facilitators: Black Lake Organic staff  
Location: Westside OFC Garden Center  
ENROLLMENT: 12



### Bitters

Sunday, August 6, 10am-12pm  
Facilitator: Meghan Hintz  
Location: GRuB Farmhouse  
Enrollment: 12

### Let's Talk About Digestion

Sunday, August 13, 12-2pm  
Facilitator: Nicole Warren  
Location: GRuB Farmhouse  
Enrollment: 15

### SQUASHED TACOS!

Sunday, August 20, 10am-12pm  
Facilitator: Shanda Luthy  
Location: GRuB Farmhouse  
Enrollment: 12

### Your First Home

Sunday, August 20, 2-4pm  
Facilitator: Erin McCreedy  
Location: GRuB Farmhouse  
Enrollment: 20  
FREE EVENT

### Learn How to make Sauerkraut & the Nutrition Behind Fermented Foods

Sunday, August 27 noon-2  
Facilitator: Nicole Warren  
Location: GRuB Farmhouse  
Enrollment: 12

*What class participants are saying:*

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

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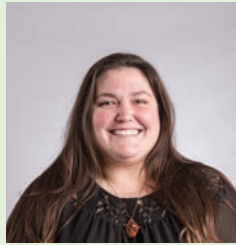
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# OFC Board of Directors



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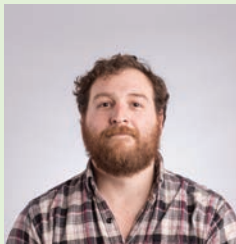
**Laura Kaszynski**  
Staff Representative



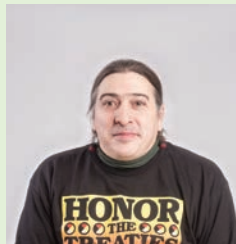
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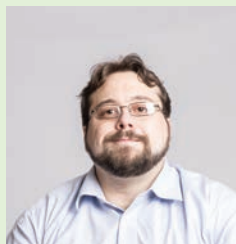
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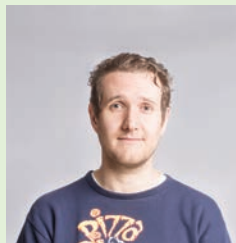
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**Jim Hutcheon**  
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Board photos by OlyHilary Photography olyhilary.smugmug.com

## *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 Desdra Dawning, Board Member

The Olympia Food Co-op(OFC) Board has been busy on committee work in a number of areas of concern for the past few months. Here is a short, but not complete, summary of what we have been up to. If you have a deeper interest in what your Board of Directors does to serve the OFC, please join us at one of our meetings, the 3rd Thursday of every month, at the downtown offices, 610 Columbia St SW.

## DISCOUNT TASK FORCE

Since 2015, the Co-op has been working to streamline our discount system, in the hopes of improving cash flow and insuring that those most in need of financial help will be able to receive it. By the time this goes to print, we will have new membership applications that will reflect this. The Cooperative Access Program (CAP) will serve those members with a financial hardship by allowing them to determine their own self-sufficiency status through a Washington state calculator system. It is a very simple, easy-to-use, very generous on-line system that asks very little of those using it. Once status is determined, members (both new and established) can choose to apply for the 10% discount at their own discretion. No proof is necessary, only an honest request for financial help from the Co-op, based on the CAP results. This will be a yearly application, not for membership, just for the extra discount beyond shelf prices. June 7 (6-8 pm, Room 100) will see a Mini Co-op Conversation on the subject at the Olympia Center downtown on Columbia. If you have any questions or concerns, please plan to attend. July 3 will be the date that final discount changes take affect for all members. Any member who has been receiving a 10% disability or senior discount will need to have changed their membership to the Cooperative Access Program in order to continue to receive the discount. Please ask a cashier to apply for the CAP or contact customerservice@olympiafood.coop for help with your membership.

## BYLAWS TASK FORCE

A Bylaws Task Force has been created that will be working to determine, before the next Annual Meeting, what OFC Bylaws may need updating or revising. Member input is welcome. You can find these on our website, [www.olympiafood.coop](http://www.olympiafood.coop).

## NEW COMMITTEE

A new Committee has formed--the Advocacy Committee--and their charter has been clarified. Openings are available for members-at-large to apply. Their work will be to research and consider endorsement of local, regional, national and international social and political causes relevant to the Co-op's Mission. All decisions will be by consensus, with final decisions made by the BOD.

## ECO-PLANNING COMMITTEE

This committee has been on hold for several years, but now has new life! Two BOD members have been joined by two energetic Staff members and one new member-at-large, Thad Curtz, a long-time OFC member and excellent resource for researching all aspects of the ecological sustainability of our two facilities. Openings are now available for members-at-large for this committee, also.

## EXPANSION COMMITTEE

A subject that has been of interest to many, if not most, OFC members for many years! Now that it has been determined that the plan to build a brand new building on the existing Eastside site is too costly and has been scrapped, ideas have turned to remodel for the existing Eastside facility. A remodeling bid has been reviewed and a reworked Eastside Remodel Proposal (ERP) has been created, based on that bid. The Expansion Committee is continuing to look at overall design, and have created a subcommittee to look for a possible new location

## MEMBER RELATIONS COMMITTEE

We are already working on our next Annual Meeting! It will be a big celebration this year, because the Olympia Food Cooperative will be throwing a bash for our 40th Anniversary, along with the usual informative annual reports. Food! Music! Dance! Plans are just beginning, and we are delighted to have been recently joined by three new

members-at-large to help us prepare for this wonderful party: Pat Kolstad, Mary Watt, Anita Langston, and Linda Myers. The meeting and celebration will be held at The Olympia Center, in downtown Olympia, on October 28 from 3-9 pm. ■

**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!**





## Olympia Food Co-op

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*Sharing a meal outside in the cool shade of a tree is  
one of the joys of summer*