



WINTER 2017/2018

# Table

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

*Starting Your  
Garden*

**COZY  
MUGS**

*We had a Birthday!*





# 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-6PM 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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## garden CENTER Hours

### WESTSIDE LOCATION DECEMBER

Sat/Sun, 10am-4pm  
16th-24th, 10am-4pm, every day

**CLOSED DECEMBER 25-FEBRUARY 2**

We reopen **FEBRUARY 3**  
OPEN 10am-6pm, every day

**EASTSIDE LOCATION**  
OPEN 8am-8pm every day

## Editor's Note



This Winter issue marks my final issue as the Editor of The Table (and for most of my 14 years, as the editor of the The Co-op News). During this time I gave birth to two children, transitioned out of a marriage, and completed a Master's Degree in Counseling Psychology while making a career shift from Massage Therapist to Mental Health Therapist. My daughter, Fiona, was 4 months old when I started and is now 14 and a freshman in high school. My co-parent and treasured friend is Staff Member, Patrick Maley. We have been a Co-op family nurtured and supported financially, socially and in health by this ever evolving non-profit grocery business. And we are so deeply grateful for this support.

I have had the pleasure of learning and working with so many creative and fun people! Layout/production artists have been Maryam, Melissa, Rachel, Blake and Jenn. Staff Managers have been Kitty and Mo and Ad Manager and Bookkeeper, Corey. And there have been many dedicated Board members to help drive us towards our goals and round out our visions and voices: Desdra, Julia, Kathy and Joanne. To all of them and to all of you, the Membership, I give my heartfelt thanks for this opportunity to serve.

One of the goals of the Co-op News has been to steer the paper towards a publication that is a mouthpiece for the organization itself. When I started, the paper tended to be inclusive of all community voices, so much so that it often didn't have much focus on the Co-op itself. With a staff of over 80 people, and 40 years behind us, communication tools are more essential than ever for such a large organization to share its mission, news and products with current and prospective members. With my exit, we are meeting yet another goal, which is making The Table an in-house production, without the hiring of contractors to do the roles that Staff can easily do. So in the capable hands of Jenn Kliese and Mo Tobin I leave The Table and close the door on this one chapter and step onto the pages of a new one.

I hope you continue to enjoy The Table's artful and informative pages and to be nurtured by the Olympia Food Co-op as my family has been. Thank you again!

*All the best,  
Ten Shafer*

*We invite you to join us!*

# BECOME A WORKING MEMBER

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

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

## WESTSIDE

### DECEMBER

TUESDAY 5TH, 3-5PM

FRIDAY 8TH, 2-4PM

### JANUARY

FRIDAY 5TH, 3-5PM

MONDAY 8TH, 3:30-5:30PM

THURSDAY 11TH, 1-3PM

FRIDAY 12TH, 3-5PM

### FEBRUARY

THURSDAY 1ST, 1-3PM

TUESDAY 5TH, 3:30-5:30PM

FRIDAY 9TH, 2-4PM

SUNDAY 11TH, 11AM-1PM

### MARCH

FRIDAY 2ND, 2-4PM

MONDAY 5TH, 3:30-5:30PM

THURSDAY 8TH, 4-6PM

SUNDAY 11TH, 11AM-1PM

## EASTSIDE

### DECEMBER

SUNDAY 3RD, 9:30-11:30AM

TUESDAY 5TH, 6:30-8:30PM

### JANUARY

SUNDAY 7TH, 9:30-11:30AM

TUESDAY 9TH, 6:30-8:30PM

### FEBRUARY

SUNDAY 4TH, 9:30-11:30AM

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

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

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

**DECEMBER 16-31 RAFFLE IN STORES**

*Ask a staff person for more information!*



# REPORT ON THE LOCAL FOOD SUMMIT



Zoe staffs the Co-op's table at the South Sound Food Summit.  
Photo credit: Daniel Bernstein

**By Zoe M. Nieman, Staff Member**

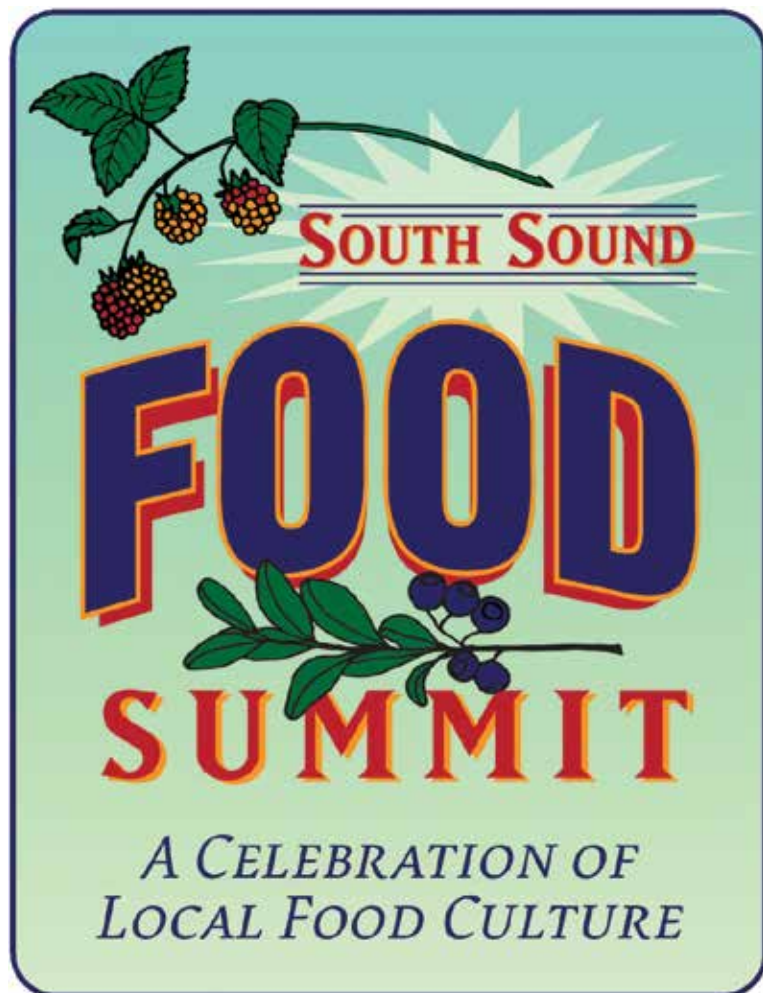
Have you ever thought, “Hey, it really matters to me that people have access to good quality food in my community. What can I do to support that value?” Well, you are not alone! This is—of course—a core part of the mission of your Olympia Food Co-op, but neither do we stand alone in that goal. All across Thurston County and beyond folks from a wide array of organizations have been coming together and working long and hard to strengthen our food system. Last year several such projects (i.e. Thurston Asset Building Coalition’s Food Hub, Thurston Thrives’ Food Action Team, Sustainable Thurston, and the Thurston Food System Council) coalesced into what is now called the South Sound Food System Network (SSFSN).

The SSFSN is a voluntary coalition of organizations and individuals coming from diverse backgrounds of work rooted in ecological welfare, farmland preservation, economic development, social equity, public health, and more. The stated mission of the network is “to grow a vibrant local food economy, ensure broad access to healthy foods, and steward the environment in the South Sound.” Part of enacting of this mission is to hold space to gather, connect the dots, share stories, and learn from each other. I was fortunate to engage in one such forum this past month. The South Sound Food Summit, held at SPSCC on October 21, was a lively event featuring a day of facilitated breakout sessions, as well as catered meals and snacks—roasted chestnuts! There was also a super fun “Tasting Salon” of local foods and beverages the night before. I found it to be a palatable mix of celebration of the rich local food culture we have around us, as well as in-depth conversations about what issues need to be addressed to sustain our local food resources.

Did you know that when you throw food in the garbage it does not magically compost, but breaks down anaerobically, and is one of the largest producers of the greenhouse gas called methane? The first breakout session I attended was simply titled “Waste Less Food.” Representatives from the WA Dept. of Ecology, Thurston County Food Bank, and Senior Services of South Sound educated us all on the environmental impact of the foods we throw away (water wasted,

landfills filled, fuel used to transport) and the realities of food insecurity in our midst. The statistics were alarming, but they ended on a positive note by telling us about the inspiring work being done by

**Continued on page 16**





**Photos and text by Jenn Kliese,  
Staff Member**

*When I'm not feeling well or the constant rainy days are running me ragged I try to start the morning right. You might think that 15 extra minutes with the snooze button, downing a bowl of cold cereal, and rushing out the door could be good enough for you in the morning. I'd like to challenge that notion. Winter is a time of year we need to put extra intention into self-care. Winter doesn't have to be something you just endure. It can be enjoyed too with a little shift in approach. I often start the morning with a hot broth-y soup. It's simple and quick in the mornings with a tiny bit of forethought. This recipe is designed for one but easily modified for more yawning hungry people or a single person with a big appetite. It's also ripe for creative adaptation based on what's in the fridge. Just make sure you cut your veggies fairly small so your soup can be ready in a snap. Also if you are slow at cutting vegetables you might want to cut everything up before you start so you don't over cook the vegetables. If you are usually hurried in the morning you can even cut up the veggies the night before and store them in an air-tight container in the fridge.*

## PERFECT BREAKFAST SOUP

**2 cups chicken broth (recipe follows)**

**½ carrot**

**1 medium sized baby bok choy**

**1 green onion**

**handful of cilantro leaves**

**1 clove garlic**

**1 inch fresh ginger root (or 2 tsp. ginger juice)**

**½ cup shredded left over roast chicken**

**Dash ume vinegar to taste**

**Salt and pepper to taste**

1. Heat the chicken broth in a saucepan on medium heat. When it starts to simmer turn down to low heat and cover.
2. While the broth is heating up, peel the carrot, cut into ¼ inch dice or Asian julienne\* and add to the simmering broth. Take the head of baby bok choy and separate the green leaves from the stem. Cut stems into small slices and add to the broth. Chiffonade\*\* the leaves into little strips and place in your soup bowl. Thinly slice the green onion. Place the green bits in your soup bowl and throw the white bits in your broth.
3. Peel and mince the garlic clove (use a garlic press if you have one) and add to the broth.
4. Depending how fast you are at cutting up vegetables at this point your veggies are probably done or near it. You want them al dente. At this point add the shredded chicken to the pot. Cook until the chicken is heated through and then take off the heat
5. Peel the ginger with the edge of a spoon. Finely grate with a Microplane or ginger

grater and add to the pot. Let the sauce pan sit for a minute or so, covered to let the ginger infuse and retain its spice.

6. Ladle the finished soup over the fresh bok choy leaves and green onion in your soup bowl. Season with a dash of ume vinegar to brighten the flavor and add sea salt and ground pepper to taste. Garnish with the cilantro leaves.
7. Enjoy seated at a table with a lighted candle. Breathe in the delicious scents of the soup you just made and enjoy.

### VARIATION IDEAS:

- Vegetarian: Replace the chicken broth with vegetable broth and a tablespoon of miso paste. Then swap diced tofu for the chicken. Add to your soup 4 inches of dried wakame seaweed soaked until soft and roughly chopped. Add a dash of toasted sesame oil.
- Swap the shredded chicken and broth for shredded beef and beef broth
- For a heartier soup add half of a small white or Japanese sweet potato, peeled and cut into small ¼ inch dice.

\*Asian julienne: Bias cut (on the diagonal) the carrot thinly—slices should look like long ovals. Spread out the slices flat but overlapping. Cut the slices into thin matchstick strips.

\*\*Chiffonade: Stack leaves and roll them tightly together. Cut into ¼ inch slices creating thin strips from the leaves.

**Continued on page 11**



# COZY MUGS

**Photos and text by Jenn Kliese,  
Staff Member**

What time is it? So often I can't tell. This time of year can be a bit discombobulating for the spirit. It's cold, wet and dark outside. You might leave for work in the dark and come home in the dark. You might rush from your home to a car and then into another building trying to avoid the wet and damp from working its way into your bones. Or maybe you just can't get over that once again summer is a distant memory. Well I suggest you stop gritting your teeth in denial and release yourself into this time of year. We need the quiet inward looking cold dark and damp of winter just as much as the riotous external warmth and sunshine of summer. It's part of the balancing cycle of a year in the northwest. So pull up a seat by the fire, turn the lights down low, light a candle and drink in one of these cozy mugs and feel the quiet sink in.

## **GOLDEN MILK LATTE**

*Serves: 2*

*Turmeric, whose main active constituent is curcumin, is an amazingly healing root perfect for the cold damp winter or really anytime of year. It's high in antioxidants, is anti-inflammatory, helps relieve muscle and joint pain, improves brain function, helps regulate hormones in*

*women, and has antiseptic properties that can help heal wounds, bruises and many skin conditions such as eczema. Golden Milk Lattes are a delicious way to add more turmeric to your day. Enjoy hot in winter and chilled over ice in the warmer months.*

**1 cup water**  
**1 cup full fat coconut milk (preferably Aroy-D because it has no additives but still stays smooth hot or cold)**  
**1 tbsp. coconut oil**  
**1.5 tsp. turmeric powder or 2-inches fresh turmeric root, thinly sliced**  
**4 cardamom pods**  
**1 cinnamon stick**  
**1 inch fresh ginger, grated or minced**  
**¼ tsp. ground black pepper**  
**1 tbsp. honey or more/less to taste, optional**

Combine all ingredients except the honey and ginger into a saucepan and bring to a boil. Cover and reduce to a bare simmer for 10 minutes. Add ginger and simmer for 2 minutes more. Divide the honey between two mugs. Strain the golden milk through a fine mesh sieve into the two mugs. Serve yourself and a friend.

## **CAROB "MOCHA"**

*Serves 2*

*Trying to shake caffeine? This is a cozy delicious alternative.*

**1½ cups coconut milk**  
**1½ cup water**  
**3 bags or 2 loose tbsp. roasted dandelion tea**  
**1 tbsp. blackstrap molasses**  
**1 tbsp. coconut oil**  
**1 tablespoon maple syrup or honey**  
**½ tsp. cinnamon**  
**pinch sea salt**  
**¼ cup carob powder**  
**whipped coconut cream (optional, recipe follows)**

In a heavy-bottomed saucepan combine all ingredients but the carob powder and bring to a low simmer over a medium low heat. Cover and continue to simmer for 10 minutes. Take off heat and remove the tea bags. If using loose tea, strain the mixture through a tea strainer. Pour the mixture into a blender, add the carob powder and blend on high until well combined and frothy. Serve in mugs with a dollop of whipped coconut cream and dusted with additional ground cinnamon.

**Continued on page 11**





# CELEBRATING



**By Maureen Tobin & Erin Majors,  
Staff Members**

*all photos courtesy olyhillary*

The Co-op celebrated our 40th Anniversary at our Annual Membership Meeting on Saturday, October 28 at the Olympia Center in downtown. If you weren't one of the 300 or so folks who came by to join the fun, I can report that it was a definite success! We're never sure what kind of turnout we'll have for our events, so our party planners were so glad to see all the participation-- even one of our founding members, Gregory Reineimer, made an appearance and got a round of applause. It was obvious how much our community has gratitude and appreciation for what we've cooperatively achieved over the years.



The event began with our business portion, skillfully introduced and emceed by the talented Grace Cox, also our longest-serving collective staff member. Erin Majors, who co-manages the Westside produce department as well as teaching cooking classes through our community classes program, provided the foundation speech for our celebration of 40 years of Co-op Local.

Erin shared some of the things she treasures most about her work and experience at the Co-op, primarily the fantastic local foods and products that are such a big part of what makes the Co-op so special. As most of you probably know, starting a farm or a small business is no easy feat. Many local producers continue to work other full time or part time jobs while pursuing their dreams of starting their own businesses. At the same time, these producers show the care they take in sourcing good quality ingredients, the time and attention they give to packaging and product design, and the love they have for trying out new flavors and products. In the time Erin has worked at the Co-op, she's seen local food businesses flourish! Much thanks must go out to Co-op members for supporting local producers with your shopping dollars- you have played a huge role in helping to strengthen our local food economy.



Interested in learning more about what we mean by Co-op Local? On our website under



# FORTY YEARS!

the “go local” tab, you can find a listing of many of the local vendors we buy from as well as a description of the Co-op’s Local Farms program. You can also find a new section featuring local producer videos. Earlier this summer, Robyn Wagoner, a staff member on our Outreach team, and the 40-year Campaign Coordinator, began working, along with her son Justis, on making short films about the local farmers and producers the Co-op works with. Currently, three of these short films have been completed- one featuring Calliope Farm, one featuring Yoga Way of Life, and one featuring Flying Cow Creamery. The Outreach team has also been working on making posters and small signs that feature our local producers. Look for these hanging in our stores. We hope to add more soon!

Erin also spent some time appreciating other beloved work that makes the Co-op different, such as our significant donations program, and some of the organizations we’ve helped with contributions of food as well as events such as produce drives to benefit the Thurston County Food Bank.

Our Round Up at the Register program was introduced by one of our Board Members, Desdra Dawning, who has acted as a liaison to the Community Sustaining Fund, our long standing register round up that has benefited hundreds of local groups and individuals over the years. Members of the Sustaining Fund board of directors came by to share about the program, as well as Emma, our staff member who serves on a Board committee called Co-Sound, which is sponsoring a current round up campaign for Cecosesola. Our round ups, gathered in bits of change from so many different shoppers since the 80’s, have helped with a number of causes over the years, from ongoing community support to national and international crises. More information about our current round ups are also available on our website.

Alejandro Rugarcia, Working Member Coordinator at the Eastside, next spoke about our program and his time managing that work. You can’t appreciate the Co-op without appreciating our working members! So much care and hard work has been provided over

Continued on page 10



Above: Co-op members listen to staff and board updates. Facing page, clockwise from top left: Co-op button give-aways; staff member Maureen Tobin giving a membership update; celebrants serving up dinner; raffle prizes; Costume contest getting wild! & the intrepid party organizer, staff member, Laura Kaszynski.

## ***Celebrating 40, continued from page 9***

the past 40 years. Not only do our working members play a huge role in supporting our organization to be able to make it more financially feasible to offer local goods at a lower margin, they also play a huge role in creating a sense of community and participation, which is critical to the health of our organization.

Jackie Krykek, another of our fabulous Produce department managers, helped deepen the understanding of our local produce program by sharing data and statistics about what we sell and where it all comes from. Those who love spreadsheets got to see some cool data and we all learned how extensive the offerings of local produce are in the south sound. She also helped share the perspective of how much all grocery stores use "local" as a marketing tool and what the difference is for our stores- when we say Co-op Local, we mean it!

The finance report came next, provided by Max Crabapple, a member of the Finance Coordination Team, who had some good news and some okay news and some great news to offer-- the usual mixed bag of finances. You can read more about our financial picture in the report on page 16. Max also talked about the change to our discount structure and how that has been such a major project of this year and last, with the goal of improving the long term financial stability of the Co-op.

Your author on this piece here had the pleasure of offering this year's staff report, and feeling that so many topics were being covered in other parts of our agenda, I chose to call out a list of our long term staff; the old schoolers, old-timers, the ones who've lasted 20 years or more in our fascinating staff collective. We even have 5 staff members who've been with the Co-op 30 years or more! I think this is a testament to both the committed individuals we have working here and the unique nature of our organization that provides employment to more than 80 collective staff members who work together, without hierarchy, to manage our business.

Our 20 year plus staff includes: Mary Jane Cason, Martha Chubb, Grace Cox, Margaret Culbertson, Gary Galbreath, Ami Greenberg, Kitty Koppelman, Barbara L'Aimont, Eion McReady, Virginia Lange, Harry Levine, Michael Lowsky, Pat Maley, Corey Mayer, Teresa McDowell, Todd Monette, Rebeca Roqueni,

Maria Van Newkirk, and Michelle Weber. Thank you for all your years of dedication to the Co-op!

The candidates for the Board of Directors had a chance to share their reasons for running for the Board this year, and thoughts about the Co-op, and we got to hear from Joanne McCaughan and Benjamin Witten. Many members took the opportunity to vote at the event, and you can see our election results on page 23.

Harry Levine, our other longest-serving staff member (Harry and Grace may be neck and neck in seniority, but I've always heard his sabbatical in the 90's gave Grace the bigger number, so I'm going with that), finished up the meeting section of our time with some



*Above: Grace Cox and Harry Levine yucking it up. But who is who???*

fascinating stories and reminiscences about his years with the Co-op. I can't do any of the stories justice here, but if you get a chance to ask Harry about his favorites, you'll get a chance to laugh with him and that's so worth it. Harry and Grace also led us in a rousing chorus of the "Co-op Song"

The Member Relations Committee, made up of members-at-large Pat Kolstad, Linda Meyer, Mary Watt, Anita Langston; board members Casey Hook and Desdra Dawning; and staff members Tamara Urich-Rintz and Keziah Apuzen, spent months planning the food offerings for this party and also were invaluable in making all the logistics of the party and meeting work. Much thanks to them for making our celebration a success!

Participants were treated to a lovely meal including Kenyan vegetarian dishes (beans and vegetable greens) from the Mazigazi Group (new owner of former Ben Moore's restaurant); Venezuelan food (arepas, sweet and green plantains, chicken and chicken salad, black beans) from Arepa's Food Truck; and desserts from Traditional N Exquisite baklavas, Smiling Mo's gluten-free cookies, and Cobb's vegan and gluten-free pumpkin cheesecake and maple mocha cheesecake. We also got some help from Old School Pizzeria when we ran out of food for the hungry crowd!

Luckily, we were also treated to some munchies from several local producers who took the time to come out on a Saturday night to help make our party a success. Many thanks go to Andre from the Bread Peddler, Elaine from Peace Love Raw, Habib from Exquisite Traditional, Bob from Skokomish Mushrooms and Jen from 8 Arms Bakery.

Once people found some food, we were treated to a full-on Co-op movie, called "Selling Co-operative." This effort, created by Robyn and Justin Wagoner and Max Gordon was a fantastic documentary compilation of interviews, clips, photos and even included a music video about the Free Store. This was an amazing archival offering that really honors all the people who made the last 40 years happen. We don't have permissions to publish all the pieces of the movie yet, so you can't find it on YouTube, but as soon as we have a version that we can publish we will let you know. Many thanks again to all who participated in the movie and helped tell our complicated Co-op story.

And finally, the evening ended with some drinks and music provided by Magellan, some raffle fun, and since we were so close to Halloween, a little costume contest for those who showed up in spirit. Many thanks to Laura Love, staff member and Representative to the Board of Directors, who spent a good part of the year organizing this party and carrying forward all the fun and complexity that is our Co-op community.

The Olympia Food Co-op is a fundamental part of so many people's experience in our local community. We are fortunate to have amazing local producers, a vibrant working member program, a skilled staff collective, and you, our incredible and dedicated membership. We thank each of you for being a part of that and for celebrating 40 Years of Co-op Local. ■



*Cozy Mugs, continued from page 6*

## DRINKING CHOCOLATE

*Serves 4*

**2 cups whole milk or non-dairy alternative**  
**1 tsp. honey**  
**4 oz. dark chocolate, chopped**  
**¼ tsp. ground cinnamon**  
**Pinch chili powder, optional**  
**1 tbsp. orange zest**

Add all of the ingredients to a saucepan and heat on low. Stir with a whisk until the chocolate has completely melted. Note: Be careful not to boil or even simmer the mixture, but continue to stir and heat until the mixture has turned dark brown. Strain and pour equally into 4 cups and dust with cinnamon. Serve immediately.

## EGGNOG FOR 2

*Serves 2*

*This is a simple festive recipe that can be divided or multiplied for number of servings needed. If serving more than 2, use a deep metal bowl and an immersion blender to combine ingredients. Based on a recipe from food52.com*

**4 oz. brandy, rum or bourbon**  
**1 ½ oz. dairy cream or Aroy-D coconut cream**  
**1 ½ oz. maple simple syrup (1:1 maple syrup:water by volume)**  
**2 egg yolks**  
**Ice**  
**Nutmeg**  
**Cinnamon**

Combine the first four ingredients in a cocktail shaker and dry shake it vigorously together for ten seconds. Add ice to shaker and shake again, then strain, and grate nutmeg and cinnamon over the top.

## GINGER TEA

*Serves 2*

*A simple spicy pick-me-up I like to carry in a large insulated hot beverage flask to the office or on winter outdoor adventures*

**1 quart water, approx.**  
**2 inch nub fresh ginger, thinly sliced**  
**1 lemon, juiced**  
**Honey to taste, optional**

Combine the water and ginger in a saucepan and simmer covered for 20-30 minutes. Strain the ginger tea into a large insulated flask. Add lemon juice and honey to taste. Enjoy!

## WHIPPED COCONUT CREAM

**1 standard sized can coconut cream**  
**1 tsp. sugar or runny honey (more or less to taste)**  
**½ tsp. vanilla extract**

Chill the can of coconut cream in the fridge overnight. When ready to make the whipped cream, remove the can from the fridge. Gently flip it over and use a can opener to open the can. Pour off any collected water and discard. Spoon the coconut cream into a large mixing bowl. Use a hand mixer or stand mixer to whip air into the coconut cream. With the mixer on medium drizzle honey and vanilla into the cream. Whip until fluffy. Enjoy as a topping for sweet beverages or deserts. ■



*Above: Preparing a Golden Milk Latte for two.*

*Perfect Breakfast, continued from page 5*

## SHREDDED CHICKEN & BROTH

*Roasted chicken is delicious, but if you want loads of broth and super moist chicken meat, boiling a chicken is an excellent and simple option. Boiled chicken is often overlooked, but it is so delicious! One chicken makes enough shredded chicken and broth for about a week of breakfast soup for 1-2 people depending on their appetite. I like to cook my chicken on the weekend to prep for the week ahead. It makes breakfast soup a snap to prepare on weekday mornings.*

**1 whole chicken (approx. 4 lbs.)**  
**2 onions**  
**4 celery stalks**  
**2 carrots**  
**2 bay leaves**  
**2 tbsp. sea salt**  
**1 tbsp. apple cider vinegar**

1. Roughly chop 1 onion, 2 stalks celery, and 1 carrot. Place all these veggies in a large soup pot with a bay leaf and 1 tbsp. of sea salt. Place the whole chicken in the pot and fill with water to within 2 inches of the top of the pot. Don't overfill or you will be dealing with water boiling over onto the surface of your stove making a mess.
2. Place the soup pot on medium high heat until it comes to a boil. Turn the burner down to low and cover to maintain a gentle simmer for one hour. After one hour check the internal temp of the chicken. When the meat thermometer reads at least 165°F take the soup pot off the heat. Lift the chicken out of the soup pot and onto a large plate. It can be a little awkward depending on your kitchen tools available. I like to use a large sturdy wooden spoon or spatula and insert it into the cavity of the chicken while also steadying with a large pair of kitchen tongs. The meat will be really tender and falling off the bone so do the best you can. A slotted spoon makes easy work of retrieving the rest of the meat from the pot. Let the chicken cool a bit until you are able to handle it without burning your fingers. Pull the meat off the bones

**Continued on page 21**

# It's cold and We've got so

Let us help you get through the winter with these little supportive buddies!

## 1. Golden Milk by Gaia Herbs

A delicious blend of Turmeric, Dates & Herbs. Made with organic Turmeric known for it's antioxidant properties and Ashwagandha, an adaptogen that helps the body cope with stress.

## 2. Tonics by Urban Moonshine

**Joy Tonic:** Don't let rainy days or Mondays get you down! Bring a little joy in with this aromatic blend of herbs traditionally used to promote a joyful spirit and positive mental attitude.

**Love Tonic:** Olivia, wellness manager at our westside location calls Love Tonic a big hug that gladdens the heart. A delicious chocolate-y botanical blend used to support vitality—something we need more of on these short dark and cloudy days. Both tonics are certified organic & gluten free.

## 3. CuraMed by Terry Naturally

The only patented curcumin with turmeric essential oil containing turmerones. Superior support for a healthy inflammation response. Supports liver, brain, heart, and immune health & protects cells from oxidative stress and free radicals. High antioxidant ORAC value >1,500,000

## 4. Organic Teas by Organic India & Numi

**Tulsi Turmeric Ginger:** A robust blend offers a boost to the body's natural immune system, while stimulating natural detoxification

**Immunity Tea:** An invigorating organic blend of peppermint and tulsi complemented by heat resistant probiotic cultures that deliver immune support.

**Golden Tonic Tea:** An uplifting blend of turmeric, lemon verbena and dried lime come together for an exhilarating dance of flavor.





# wet outside. me answers.



6



7



9



8



## 5. Organic Internal Aromatherapy Capsules by Pranarom

**MandarinCapsules, Aromastress:** Therapeutic grade Mandarin essential oil naturally supports the central nervous system from daily stressors and promote relaxation. Sunshine on the inside!

**Immunessence, Immune Defense:** Therapeutic essential oil blend of Ravintsara, Clove, & Moroccan Thyme provides immunity support during acute immune system challenges.

## 6. Dr. Singhas Mustard Bath

The most uplifting and restorative bath on the market! Mustard is renowned for its stimulating & cleansing qualities. It's warmth gently opens pores and assists in the elimination of impurities. Produced with certified organic mustard seed powder.

## 7. Long handle natural bristle brush by Yerba Prima

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## 8. Mineral Baths by Aura Cacia

Enjoy a rejuvenating soak with these lovely mineral baths!

**Relaxing Sweet Orange:** evokes a calming atmosphere to unwind and reconnect.

**Meditating Cedarwood:** conjures a sense of calm and centering on a quiet rainy day.

**Warming Balsam Fir:** evokes a warm winter cabin, nestled in a gorgeous green forest.

## 9. Veriditas Diffusion Blends

Three incredibly delicious organic essential oil aromatherapy blends to choose from: Pomander, Royal 3, & Winter Trees. Truly uplifting and fresh scents.

# COLVIN RANCH

## "Meat" our Quality Suppliers

by **Bridget Parent**  
**Meat Department Manager**

The Olympia Food Co-op's Meat Department would like to introduce you to the four food groups of Winter 2018 – chicken, beef, fish, and buffalo! Ok, there are other food groups, but we're biased in the Meat Department. Our membership counts on us to research and support individuals who are good stewards of their animals and the environment. We're proud to present four Co-op vendors whose missions and visions align with ours.

**Colvin Ranch** is a fourth-generation family ranch dedicated to raising high quality, grass fed beef. Located near Tenino, the ranch is protected with an agricultural conservation easement through the USDA which means it will always be used for farming, never developed. Fred and Katherine use sustainable grazing practices that allow native and endangered plants to thrive on their prairie. Their cows have ample room to roam and Fred explained to me that they keep their cattle's stress level down by designing corral areas that follow the animal's instinctual movements. Taking advice from Temple Grandin, Fred says he gets down to their level to see what they see. We sell their ground beef, round steak, sirloin tip, top sirloin, and soup bones. You can also find them at the Proctor Market in Tacoma and order from them directly.

**Golden Catch** is owned and operated by Gene Maltzeff. He fishes for our salmon in Bristol Bay and the fish are processed in Naknek, Alaska. Gene sets his standards high and it shows in the quality of our salmon. Gene

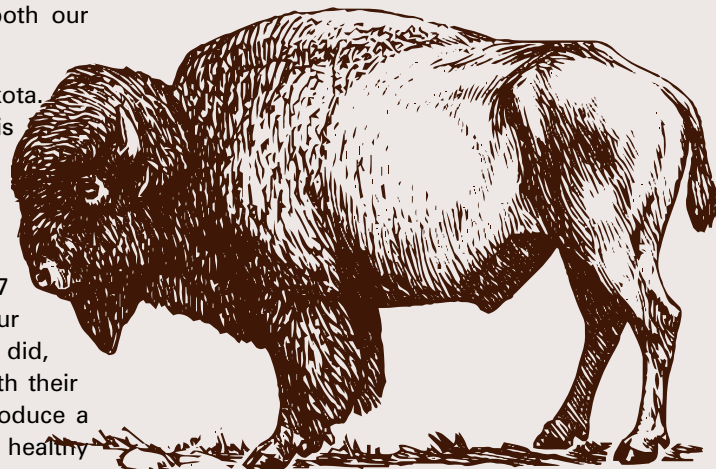
believes the most important part of his job is respecting the fish. He adheres to best practices when catching and handling the salmon. They're not thrown about, they're bled right away and cooled quickly. It's a pleasure doing business with Gene and he's always excited to talk about salmon. You'll find frozen salmon, sockeye fillets and cod portions in our stores. For more information, email [Beringsssea@yahoo.com](mailto:Beringsssea@yahoo.com)

**The Chehalis Valley Farm** started in 2013 in Elma, Washington. John Hagara raises chickens and pigs with the help of paid interns, Hanna and Chris. Their first year, John raised 50 birds; this year they processed 2,000 birds, in their own WSDA certified facility, and they have 40 pigs they will sell this November. They sell to the Co-op and Spuds Market and at The Olympia and Proctor Farmer's Markets. Their pigs and chickens are well cared for and fed non-GMO grain grown here in Washington. John believes in the importance of local; his products will never travel further than 200 miles. You'll find whole birds, livers and hearts in both our stores.

**Wild Idea** is located in South Dakota. Not local, no, but this company is outstanding. The Cheyenne River ranch is just west of the Badlands national Park and north of the Pine Ridge Indian Reservation. Dan and Jill O'Brian started Wild Idea in 1997 with preservation in mind. "Our bison graze like their ancestors did, eating nothing but the grass beneath their feet. The nutrient dense grasses produce a delicious healthy red meat rich in healthy

omega-3 fatty acids. Unlike most buffalo on the market today, Wild Idea buffalo are never feedlot confined or finished on GMO corn. Additionally, our buffalo restore the wildlands to a greater level of biodiversity." Dan has been a rancher and wildlife biologist for more than 30 years. He's also a falconer and writer, with several books published, including *Buffalo For The Broken Heart*, which explores the history of the ranch and their conversion from beef to buffalo. Jill has owned several restaurants and a catering business and creates recipes for the Wild Idea test kitchen. She takes the photos and operates an eco-tourism business. You can find ground buffalo, stew meat, and soup bones in our stores.

These, and other fine companies we support may carry products we don't stock at our stores, but are available for special order. Please contact [meateast@olympiafood.coop](mailto:meateast@olympiafood.coop) or [meatwest@olympiafood.coop](mailto:meatwest@olympiafood.coop). We'd love to hear from you with questions, concerns, or ideas. ■





# Let's Get This Garden Started!

## **Sylvan Rook, Garden Co-Manager**

Maybe it sounds crazy, but in our climate, a vegetable garden can get going as early as February, and the dark, wet days of January are a perfect time for dreaming up your next year's garden. Here's what to do:

### **DEVELOP A PLAN**

**GET SMART—** Making a plan for your garden before it gets going allows you to get the most out of it. For guidance, I recommend strongly that you get the following two publications: Martime Northwest Garden Guide (produced by Seattle Tilth and available for sale at both Co-ops) and Home Vegetable Growing in Washington (produced by WSU and available at <http://cru.cahe.wsu.edu/CEPublications/EM057E/EM057E.pdf>). I also encourage you to register for the Garden Center's Garden Planning Workshop on February 3, 2018.

**DRAW A MAP—** You can get your plan going by drawing a map of your site. Make sure to include the size of your plots, their orientation, what was last planted in them and anything near them that may impact the light and heat they get like trees or concrete. You should also make a list of what you want to plant. Save yourself money and hardship by choosing plants that you actually want to eat, that your garden has adequate light, heat, and irrigation to support, and that you have the time and skills to successfully care for.

**WHERE TO PLANT—** Once you've got your map and your list, you can decide when and where to plant things. Use a planting guide from one of the resources I mentioned above for planning timing. In deciding where to plant things, take into account the space a plant will take up and how much heat and light it needs. Also, think about trying to rotate crops- especially if you grow heavy feeders like tomatoes or have soil diseases present on your site.

### **PREPARE YOUR SITE**

**BE PATIENT—** Trying to work soil while it is still very wet can seriously damage soil. Lots of people have a hard time waiting until their soils are properly dry (which can be as late as May some years), but

it really isn't worth it- I tilled in early March once and the soil turned into impenetrable clods of clay. You can make the waiting easier on yourself by using plastic or glass propped up over your garden beds (air circulation is important!) to keep the rain off your garden beds. I've made absurdly simple set ups involving sawed-in-half hula hoops with old shower curtains zip-tied over the tops of them, but you can also order hoop houses if you're feeling fancy.

**WEEDING—** Get a head start on weeds! In wet times it's also important not to step too much in your garden, so traipsing up and down it with a hoe may be unwise, but if you have raised beds setting down some boards to stand on around the edges of your beds will allow you to do a good hand-weeding. My preference, though, is to lay down cardboard over my empty beds- blocking the weeds while still allowing the soil to breathe. Others use mulch for this purpose, but I like cardboard better. If it hasn't dissolved by the time you need the bed, you can just pick it up and put it in the compost; it is much easier than moving mulch, and while mulch is a beautiful thing, it can be better to leave it out in the early months of spring so that the soil has a chance to soak up any rays of sun it can get.

### **PLANT SEEDS**

**SELECTING SEEDS—** Start seeds! The Garden Center will be opening up in February and we will have our usual wide variety of organic seeds and super cool seed-starting supplies. It may be wise to come in with your list of plants so you don't totally cave to impulse buying. Making a few impulse purchases, however, when something jumps out at you that you never considered before (like loofa or sweet violets) is sometimes half the fun. Just make sure you have the right growing conditions, time, and skill needed for whatever you choose. If you think you only want 2 or 3 of a plant, I recommend getting a couple of folks to split a seed packet with, or foregoing seeds and waiting until we have transplants available.

**WHEN TO DIRECT SOW—** There are a few things you can start planting directly in the ground in February if your soil is dry enough. Peas and fava beans can go directly in the ground without cover as soon as the soil can be worked. If you have a cloche or a cold frame you can begin sowing some cool season vegetables under it like spinach, cilantro, arugula, bok choy, radishes and lettuce.

**TRANSPLANTS—** Many of the most exciting vegetables need a longer growing season than our climate can offer, these include tomatoes, peppers, eggplants, celery, and onions. Northwest gardeners almost always sow these seeds indoors now to transplant once the weather is warm enough for them to survive and the soil can be worked. In other cases, there are crops like broccoli and cabbage (and kale and collards if you aren't using a cloche) that can be started indoors now, too, to give them a head start and possibly allow you to do multiple planting throughout the year. If you are new to indoor seed starting, keep your eyes peeled for a seed-starting workshop the Garden Center will be hosting the first weekend in March, and/or get yourself a copy of Growing Vegetables West of the Cascades (indispensable and available at both Co-ops) or get this other great, free publication from WSU called Propagating Plants from Seed (<http://cru.cahe.wsu.edu/CEPublications/pnw0170/pnw0170.pdf>). ■

# 3<sup>rd</sup> Quarter 2017 Finance Report

By Corey Mayer, Staff Bookkeeper

*Greetings to all, and now for the numbers!*

Let us now look at how our finances fared through the hot, dry summer some of us may now have already forgotten we had.

The table below shows our Co-op's actual revenue and expenses through the end of September, relative to what we budgeted. To date, we are posting a profit of nearly \$220,000, which is \$113,000 more than we had set as a goal in the budget we crafted last year. This puts us in a much stronger cash position as we look at an Eastside store remodel planned for next summer.

As mentioned in the last issue, as with many other food co-ops around the country, our sales growth is not as strong as it used to be. Many other grocery retailers are competing with us for a share of the organic and local food market, even though their definitions may not be as

Continued on page 19

## 2017 3Q Year to Date Budget Report

For 9 Months Ending 9/30/17

	2017 ACTUALS	2017 BUDGET	\$ OVER BUDGET
Revenue:			
Sales	12,876,403	13,489,928	(613,526)
Cost of Goods Sold	8,446,012	8,774,681	(328,669)
Gross Sales Revenue:	4,430,390	4,715,247	(284,857)
Other Revenue:	30,494	19,677	10,817
Total Net Revenue:	4,460,884	4,734,924	(274,040)
Expenses:			
Community & Marketing	81,197	121,752	(40,555)
Staffing	3,014,287	3,232,081	(217,794)
Member Discounts	490,131	587,997	(97,866)
Operations	613,035	615,595	(2,560)
Depreciation	61,941	62,013	(72)
Interest	6,379	10,340	(3,961)
Total Expenses:	4,266,969	4,629,777	(362,809)
Other income & expenses:	(24,536)	0	(24,536)
Total Net Income:	218,451	105,146	113,305

Local Food Summit, continued from page 3



Zoe & Monica having fun at the Co-op's table at the South Sound Food Summit. Photo credit: Daniel Bernstein

Thurston Food Rescue to save would-be wasted food from restaurants and businesses and safely transform them into nutritious meals for folks who need them via the Food Bank and Senior Services. Amazing! We also discussed ways we all can reduce food waste in our household and workplaces.

If this topic interests you, you should definitely check out the film *Wasted: The Story of Food Waste*. Or maybe you already saw the screening at the Olympia Film Society this past November, which was also sponsored by your very own Co-op!

I also attended a session called *Empowerment Through Local Gardening*, led by a panel including GRuB and other community garden projects. The panel talked about working to provide opportunities for folks to grow their own food, yielding a direct connection to their food, environment, and communities. Did you know that the Health Department has included community gardens in their comprehensive plan? Sustainable South Sound is working on a resolution to have every City of Olympia resident have walking access to a community garden (within ½ mile). This project is currently being presented to the City Council and will include a partnership with the Olympia Parks Department to set up the infrastructure and help manifest this vision.

In a workshop entitled 'Confronting Food Injustices,' participants looked at hard truths around embedded racism and inequities in the

Continued on page 19



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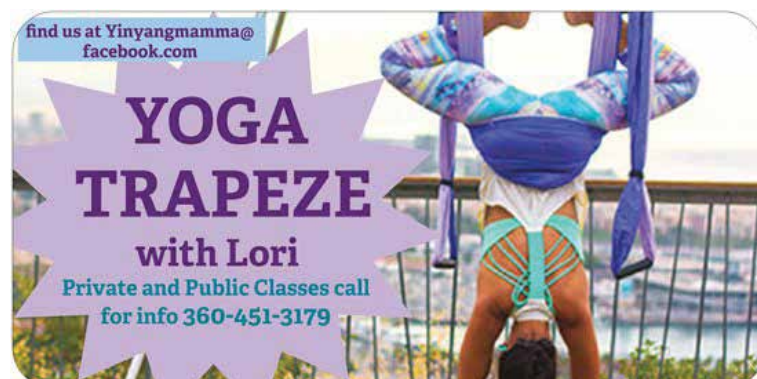
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### Finance Report, continued from page 16

stringent as ours, especially with what items they regard as 'local.' So, while we budgeted for sales growth of a bit over 3% for all of 2017, our current growth is -1.6%. That adds up to the rather large shortfall of \$613,500 shown on the first line of the report below. After the wholesale cost of the goods we sold is subtracted, the gross sales revenue (or gross margin) is about \$285,000 less than our goal. When other revenue sources, such as newsletter ads, memberships, and interest, are included, we have a net revenue total of about \$4.5 million with which to pay all of our expenses. ■

### Local Food Summit, continued from page 16

foundations of our food system. The group teased out some practical tactics for working to shift these deficits. This session alone could have been its own weekend-long summit.

After an awesome lunch, I landed my day in a soft and nurturing space with "Tend, Gather, and Grow," where local herbal educator, Charlene Koutchak, led us through stories and sensory experiences of local plants. She talked about experiential learning programs that connect youth to nature through wild

foods and medicines. The dandelion root tea and so-simple rosehip jam we shared were a hit!

The day concluded with a "where do we go from here" full group debrief, where folks had an opportunity to share what they would take away from the days' events and any particular insights discovered. With the whole of the summit reconvened, everyone was able to get a sense of the other 15 sessions they weren't able to attend. There was such a wealth of valuable learning to be had throughout this day, from soil science to fermenting skills, food business development to chocolate tasting. I was really impressed. Considering these breakout sessions were



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gathered through a "call" put out to the community, the summit spoke to the wealth of knowledge and resources we hold here. I could feel the importance of my place in the conversation and the value brought by each person's presence. It took a lot to make this event happen. There was much organizational effort, many hours volunteered, and most importantly, the passion that people have for creating an equitable, inter-connected, and vibrant food system for all of us here in the South Sound.

If you as a person with a stake in our food system would like to get involved with this work, I feel certain that you are welcome in the already existing community. You can check out [ssfoodsystemnetwork.org](http://ssfoodsystemnetwork.org) for more info. The South Sound Food System Network meets on the first Wednesdays, from 9:30-11:30am, at the Thurston Regional Planning Council. And do look out for this event in the future. It was a day well spent! ■



# Community Classes

## WINTER 2018 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.

### Medicinal Kombucha: FIRE CIDER

Sunday, January 7 10-12

Facilitator: Julie Kamin-Martin of Oly-Cultures

Location: GRuB

Enrollment: Min 8 Max 25

Fire cider is a medicinal fermented drink. You take a small amount daily or when you feel a cold coming on. Come learn how to make and use this fantastic and amazing medicinal kombucha!

### Winter Detox

Sunday, January 7 1-3pm

Facilitator: Meghan Hintz

Location: GRuB

Enrollment: 20

January is a great time to give your body a fresh start, but what's the best way to cleanse during the winter months? Join Health Coach Meghan Hintz to learn how to hit the reset button without feeling cold and depleted. We'll cover gentle daily practices, tools for diving deeper into a focused cleanse, useful supplements and lifestyle practices to leave you invigorated and energized moving into the New Year.

### Ghee

Sunday, January 14 10-12pm

Facilitator: Bradley Naragon

Location: GRuB

Enrollment: 20

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.

### Nutritarian G-BOMBS

Sunday, January 14 1-3pm

Facilitator: Joanne Lee

Location: GRuB

Enrollment: 20

Eating for health and longevity is simple and easy for nutritarians - those following the protocol researched and proven by Dr. Joel Fuhrman. G-BOMBS are the key to getting and staying healthy (off all meds), and having energy to live a

full, rich life. G-BOMBS are Greens, Beans, Onions, Mushrooms, Berries and Seeds. Come experience how delicious and satisfying these foods can be. We will cook together, eat together and learn together.

### Tincture Making

Sunday, January 21 10-12pm

Facilitator: Meghan Hintz

Location: GRuB

Enrollment: 20

Learn to make your own high quality herbal tinctures! This hands-on class will walk you through the process from start to finish. We'll also discuss alcohol-free alternatives and review plants suitable for general use with a focus on respiratory and immune support. You'll have a chance to sample tinctures, receive instructional handouts, and take home your own bottle of tincture.

### Braises To Warm Up Your Winter

Sunday, January 21 1-3pm

Facilitator: Brian Johnson

Location: GRuB

Enrollment: 20

Braising is a great way to take a lesser cut of meat and have it turn out succulent and juicy. We will learn how to give a Chinese red braise treatment to some pork belly, turn some chicken parts into Mexican style chicken tinga for tacos or nachos that might be the hit of your Super Bowl party and finish off with a quick vegetable braise.

### Cold Process Soap Making

Sunday, February 4 1-4pm

Facilitator: Nicole Warren, NTP

Location: GRuB

Enrollment: Min 6 Max 20

Want to learn how to make soap? This class will cover the basics for how to make cold processed soap and how to design your own recipes. We cover the process and resources and answer questions along the way. You will go home empowered to make your first batch of soap. Come for the info and the fun! Nicole Warren is a certified nutritional therapist in Olympia who has a passion for teaching and soapmaking.

### Rat Proof Composting

Sunday, February 11 10-12pm

Facilitator: Joanne Lee

Location: Westside OFC Little House

Enrollment: 12

Rats! They're a fact of life in Olympia (or maybe any port town). You can still safely compost your kitchen waste outdoors in a rodent proof compost system. It's simple. It's elegant. It was developed by Seattle Tilth. Come help build a sample system in this fun, informative class. The instructor has been composting rodent-free for 10 years in west Olympia.

### How To Make Sauerkraut & The Nutrition Behind Fermented Foods

Sunday, February 11 1-3pm

Facilitator: Nicole Warren, NTP

Location: GRuB

Enrollment: Min 6 Max 20

Description: Have you ever wanted to make your own sauerkraut at home? Come learn the skills to feel confident making sauerkraut at home. You will learn the ins and outs of making sauerkraut and walk away with recipes. We will make a batch! We will taste locally made sauerkraut from OlyKraut! There will be plenty of time for questions and troubleshooting.

Have you ever wondered what the benefits are to your health and to your digestion? We will also talk a little nutrition to answer the "WHY" this is important question. We will talk about what role fermented foods play in digestion and immune system function. Bring your questions or just come with a curious mind and some salivating taste buds!

### Make Your Own Miso

Sunday, February 18 10-12pm

Facilitator: Meghan Hintz

Location: GRuB

Enrollment: 20

Miso is a delicious healing food that is easy to make with a few simple ingredients. Join Meghan Hintz, Certified Fermentationist and Health Coach, to learn the history, health benefits, and how-to of miso fermentation. This class includes a demonstration, instructions for making miso from soy and other beans, and recipes for cooking with miso. Samples provided.



and place in a large glass refrigerator storage container. Use two forks to shred the meat. Leave on the counter to cool for 30 minutes uncovered and then place uncovered in the fridge until completely cool before covering.

## MEAT BROTH AND BONE BROTH

1. Cool the cooking water—which has magically turned into a delicious meat broth—on the counter and then strain into containers. I reuse pint sized plastic yogurt containers because they are plentiful, free and easy to freeze. They are also a great size for a single serving of breakfast soup. Quart sizes are great for feeding you and a friend. I freeze all my broth but a couple of containers. It takes all the pressure off of consuming it all before it goes bad in the fridge. It's easy to defrost a frozen serving of broth in a saucepan while preparing the veggies for your breakfast soup.
2. To make the bone broth, place the chicken carcass and skin into a slow cooker, pressure cooker, or back into the soup pot.\*\*\* Roughly chop another onion, 2 stalks celery, and a carrot. Place in your cooker with the carcass. Add bay leaf, 1 tbsp. sea salt and the apple cider vinegar.
3. Cooking times vary based on your cooker, but generally a pressure cooker should cook for at least an hour at pressure; a slow cooker should simmer anywhere from 12-24 hours to make a rich broth; and on the stovetop the broth should simmer for at least 5 hours. When the broth is ready, cool it and then strain it into storage containers.

\*\*\* I have a preference for using an electric pressure cooker because I can cook the carcass for a few hours at pressure without steaming up my kitchen. It makes a delicious broth without any fuss. Before I had a pressure cooker though I accomplished the job in a couple of other ways. With a slow cooker I recommend plugging it in on a covered back porch to prevent steaming up the house. I've also been known to simmer my soup pot on a propane camp stove outside under cover. ■

*What class participants  
are saying:*

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# OFC Board of Directors

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SEAT TO BE  
APPOINTED BY  
THE BOARD FOR  
THE REMAINDER  
OF DESDRA  
DAWNING'S TERM

**Empty Seat**  
Director



**Laura Love**  
Staff Representative



**David Copley**  
Secretary



**Peter Brown**  
Director



**Sam Green**  
Director



**Brian Frisina**  
Director



**Benjamin Witten**  
Director



**Jaime Rossman**  
Treasurer



**Jim Hutcheon**  
Vice President



**Joanne McCaughan**  
Director

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

Olympia Food Co-op Board of Directors

## RESOLUTION

The Board of Directors of the Olympia Food Cooperative finds that:

1. The lawsuit Davis V. Cox was filed without the approval of the Co-op or its Board.
2. The plaintiffs in the suit are not acting under any authority delegated by the Board, past or present.
3. The plaintiffs chose to litigate their concerns rather than pursuing redress through the channels outlined in Co-op's bylaws, including the member-initiated ballot process.
4. The ongoing litigation initiated and maintained by the plaintiffs has imposed significant burdens upon the Co-op, to the Co-op's detriment. These burdens include the expenditure of staff time to respond to voluminous discovery requests, difficulty in recruiting volunteers to serve on the Board due to active litigation, and a chilling effect on the Co-op's ability to engage with related issues and move forward in a spirit of reconciliation.

### THEREFORE, THE BOARD RESOLVES THAT:

1. The Board rejects the claim that the plaintiffs are acting in a derivative capacity on behalf of the Co-op.
2. The Board believes the lawsuit should be dismissed.
3. The Board authorizes one or more Directors to submit declarations to the court or otherwise testify to this resolution in support of the lawsuit's dismissal. ■



Desdra Dawning



Casey Hook



Julianne Panagacos



Michael Snow

A big *Thank You!* to our exiting board members Micheal, Julianne, and Casey as well as Board President Desdra Dawning who is stepping down before the end of her term.

## BOARD ELECTION RESULTS

☒ **Joanne McCaughan (143)**

☒ **Peter Brown (98)**

☒ **Benjamin Witten (82)**

We had 163 members vote in our election this year. Of those votes 151 were verified and counted. (12 uncounted due to incorrect info on envelope/voted for too many people/blank ballot)

Special thanks to Mo for verifying ballots and to the ballot counters Jayne, Jaime (BOD Member), Jackson, Fern & Laura.

Also thank you to the voting Members for participating in the process of Co-op democracy. Democratic Member Control is the second of seven Cooperative Principles and is crucial to the life of the Cooperative movement.

**Welcome to our new  
Olympia Food Co-op  
Board Members!**

*Dear members of the Olympia Food Co-op,*

I am so grateful for being allowed the past few years to serve as a Director on your Board. During this time I have gained many new insights into the workings (and not workings) of this amazing organization we call a Cooperative. Due to health problems, I must resign before my term is over. But I leave knowing that I have planted a few seeds that may be helpful. I plan to continue serving on committees and it is my hope that you all become more involved in what is truly "your store." We have a jewel here that needs our love and support!

*Sincerely,  
Desdra Dawning*

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THE OLYMPIA FOOD CO-OP WILL BE OPEN JANUARY 1, 2018

*Happy New Year!*



*The Olympia Food Co-op staff collective at their staff retreat in September.  
photo by Joel Kluger*