



SPRING 2018

# Table

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

NOW WHO WILL GROW  
THE FOOD?

*Spring  
Recipes*

VEGETABLE FERMENTS

*Easy Herb Gardens*





# 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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Cover photo by Jenn Kliese,  
Back cover photo by Jenn Kliese

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## CO-OPATOPIA

### Saturday, April 28th 2018, 2-7PM

At the Corner of 5th & Adams, Olympia  
in The PetWorks Parking Lot

Join us for the 6th annual CO-OPatopia, a free event during Spring Arts Walk uniquely created to showcase cooperatives and their amazing products and services! CO-OPatopia celebrates the talent and value of cooperative businesses and all that they contribute to our community and local economy. Enjoy food from local vendors, games, live entertainment, and meeting the faces of your regional cooperatives.

## Editors' Note

OLYMPIA FOOD CO-OP

Planning our Spring issue has a certain excitement to it. Looking towards the longer days and blooming gardens of May is a welcome activity in January, and you can feel that new-growth joy reading from our contributors. I found so many reminders of how much our community appreciates good food and the need to support its production, as locally and sustainably as possible, as I read through our articles, classes, and news of the Co-op. I hope you all find some of that excitement too in the coming months, and as always we would love to hear any feedback or questions you have about The Table and its content. Happy spring!

*Maureen Tobin & Jenn Kliese*



## NEWS! *Eastside Store Improvements*

You may have noticed our freshened up seating area at the Eastside store recently. We hope you like it! We've been able to add several seats and hopefully accommodate more shoppers enjoying delicious food especially from our wonderful deli. As part of an effort to help our often crowded store 'flow' better, we've been in a process of moving some things around, such as the customer service area and our pastry case full of delicious local baked goods. And of course anyone looking around in the bulk section has noticed that many items were relocated as part of our shuffling process.

We have more plans for 2018 to freshen and rework the Eastside store, so keep your eyes peeled for improvements. These might include some cooler replacements in the front (what we often call the "grab and go") as well as new shelving and redesign of product placement in our health and wellness department. As always, we'll work to keep you updated and have the changes affect shopping access as little as possible. If you're having trouble finding things, please find someone to ask! We're happy to help explore you our new spaces.

*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

### EASTSIDE

#### MARCH

FRIDAY 2ND, 2-4PM  
MONDAY 5TH, 3:30-5:30PM  
THURSDAY 8TH, 4-6PM  
SUNDAY 11TH, 11AM-1PM

#### APRIL

SUNDAY 8TH, 2-4PM  
WEDNESDAY 11TH, 1-3PM  
TUESDAY 17TH, 3-5PM

#### MAY

FRIDAY 4TH, 3-5PM  
TUESDAY 8TH, 1-3PM  
TUESDAY 15TH, 2:30-4:30PM

#### MARCH

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

#### APRIL

THURSDAY 5TH, 5:30-7:30PM  
SUNDAY 8TH, 9:30-11:30AM

#### MAY

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

#### JUNE

THURSDAY 7TH, 5:30-7:30PM  
SUNDAY 10TH, 9:30-11:30AM



by **Desdra Dawning**, *Co-op Working Member Volunteer*

## A LITTLE HISTORY

The oil pressed from olives has been a part of the human diet since ancient times. There are olive trees in the middle east, wide-trunked and gnarled, that date back many hundreds of years and are still producing their fruit today. In some countries, the method for obtaining this precious oil differs little from that of methods used in humanity's long and distant past.

## HOW IT'S MADE

Extra virgin olive oil is made by simply crushing olives and extracting their juice. It is the only cooking oil made today without the use of chemicals or industrial refining. One might refer to high-quality olive oil as being "artisanal," in that every step of the process is closely monitored—from the selection of fresh healthy olives, to the timely efforts getting olives from tree to press, to the dark glass bottles that preserve the oils' freshness, and the care not to introduce anything in their containers that could cause fermentation. For those who see it from start to finish, it is a labor of love.

## WHERE IT COMES FROM

There is some controversy today over the authenticity of the "Extra Virgin Olive Oil" label on the many olive oils sold in U.S. markets. Staff at the Co-op have done their homework, researching to find the most high-quality olive oils available to offer to our customers. Many countries around the world have climates suitable for growing olive trees. Of course, we are familiar with oils from Italy and Greece, and we know that the olive tree is practically a sacred symbol in Israel and Palestine. Great oils also come from Croatia, Portugal and Spain, South Africa and Turkey. And here in the United States, the warm dry climate in California has allowed for the flourishing of olive groves and oil production.

## WHY IT'S GOOD FOR US

Many sing the praises of its nutrient cornucopia! Besides its beneficial fatty acids and high mono-unsaturated fat content, its wealth of omega 3s and 6s, and good doses of vitamins E and K, high-quality Extra Virgin Olive Oil also gives us a variety of antioxidants. Due to the damaging effects to our bodies caused by the many unhealthy practices in our food industries, chronic inflammation has become rampant in the developed world along with

the diseases caused by this condition: heart disease, cancer, diabetes, Alzheimer's and arthritis, to name just a few. Antioxidants help to heal our bodies from inflammation, and this amazing oil gives us the anti-inflammatory constituents oleocanthal and oleuropein, which work naturally—but much like the drug ibuprofen—to relieve pain.

## HOW TO COOK WITH IT

There was a time when all fats were deemed bad. Today we know that there are "good fats" and "bad fats." Consider extra virgin olive oil to be close, if not at the top, of the "good fats" list. Some have questioned the use of olive oil in cooking with heat. The smoking point—the temperature at which a chemical change takes place, possibly causing the formation of health-damaging free radicals—is important to consider here. In order to get a good outer crisp on fried food, and avoid oil soaking into the meat or veggies, the oil must reach a temperature of 350-370 degrees. Recent studies of high-quality extra virgin olive oil have determined that the smoking point is 380-410 degrees, making it quite safe to use in sautéing or frying food. The better quality the oil, the higher the smoking point. And of course, it is also delightful sprinkled on salads, stirred into pestos and other cold



saucers, and poured into little dishes with garlic and balsamic vinegar for sour dough bread dipping. Yum!

Both our Eastside and Westside Co-op locations offer a good selection of extra virgin olive oils, both bottled and in bulk. Rest assured that whatever you purchase, you are getting high-quality oil that totally deserves the extra virgin olive oil designation!

# Recipes

## EXTRA VIRGIN OLIVE OIL:

### PESTO

**4 cups cilantro, chopped (or combination of any fresh delicate aromatic greens—basil, parsley, arugula, watercress)**

**½ cup extra virgin olive oil**

**4 Tbsp. lemon juice, freshly squeezed**

**½ tsp. quality sea salt**

**½ cup nuts (pine-nuts, walnuts, pistachio, cashew)**

**1-4 large cloves garlic (to taste), minced**

Process the ingredients in a high-speed blender or food processor until creamy. Store in a glass mason jar packed well to reduce any air pockets. Pool a little olive oil on top, covering the pesto to reduce oxidation of the greens. Will last for about a week in the refrigerator. Alternately freeze individual portions in ice cube trays. When frozen, pop out of the molds and store in a freezer bag or other airtight freezer safe container. Can be used on pizza and pasta, added to salad dressings, spread on sourdough toast, and more. Get creative!

### AVOCADO DRESSED GREENS

**1 avocado, finely diced**

**4 Tbsp. lemon juice, freshly squeezed**

**4 Tbsp. extra virgin olive oil**

**¼ tsp. sea salt**

**1 clove garlic, minced**

**Black pepper to taste**

**1 tsp. turmeric powder (optional)**

**3 cups leafy greens (spinach, romaine lettuce, arugula, baby kale)**

Combine all ingredients in a large jar with a tight-fitting lid and shake well.

### OLIVE OIL DIP FOR SOURDOUGH BREAD

**¼ cup extra virgin olive oil**

**2 Tbsp. balsamic vinegar**

**2 Tbsp. Parmesan cheese, grated**

**1 Tbsp. oregano, dried and crushed**

**Black pepper, freshly ground to taste**

Pour the extra virgin olive oil onto a salad plate. Using a garlic press, press the garlic cloves onto 5 different spots on the plate. Drizzle the balsamic vinegar over the oil and garlic. Sprinkle with Parmesan cheese and oregano. Season with black pepper. Makes 5 servings.

### CILANTRO DIPPING SAUCE

**4 cups cilantro**

**½ cups extra virgin olive oil**

**4 Tbsp. lemon juice, freshly squeezed**

**½ tsp. quality sea salt**

Process in high-speed blender or food processor on high until very smooth. Can be used for dipping lettuce wraps, veggie plates, sourdough bread, and more. ■



## BECOMING A Connoisseur:

Of course, those blessed to live close to the orchards know best what truly excellent olive oil should taste like. Much like wine-tasting, experts in olive oils look for specific qualities in the oil that touches their tongues. Here are a few things to keep in mind in determining high quality in the oil you purchase:



## DETERMINING High Quality Oil

- *Good Extra Virgin Olive Oil comes from fresh ripe or green olives and tastes fruity.*
- *Ripe fruit yields oils that are milder, more aromatic, buttery and floral.*
- *Green fruit yields oils that are grassy, herbaceous, bitter and pungent.*
- *Bitterness—Fresh olive oil will have a mostly pleasant acrid flavor sensation on the tongue.*
- *Pungency—A peppery sensation in the mouth and throat is a good sign of abundant nutrients.*

Courtesy of  
[www.OliveOilTimes.com](http://www.OliveOilTimes.com)



# YOU CAN MAKE YOUR OWN SAUERKRAUT AND OTHER FERMENTED VEGGIES AT HOME

**By Jenn Kliese, Co-op Table Co-Editor & Staff Member**

DIY vegetable fermentation is easy and accessible, and at its most stripped down, only requires tools that you probably already have in your home.

## WHAT IS VEGGIE FERMENTATION?

Fermenting vegetables was initially a form of food preservation that has been practiced all over the world for thousands of years. Before refrigeration it was an excellent way to continue to eat vegetables outside their growing seasons and get all their essential vitamins, minerals, and fiber. Vegetable fermentation is an anaerobic process where lactic acid bacteria convert sugar into lactic acid. Lactic acid acts as a preservative for the fermented veggies.

## WHAT IS SAUERKRAUT?

Sauerkraut is shredded cabbage that has been salted and packed tightly and tamped down into jars or crocks. The packed veggies are then weighted down by something to keep them submerged under a brine that is created by the salt pulling the water out of the shredded cabbage. The delicious transformation develops over time as the vegetables are held under the salty brine. The salt and the lack of oxygen (anaerobic) are what crowd out and prevent bad bacteria from putrefying the food. Instead good bacteria like Lactobacilli are encouraged to proliferate, creating deliciously sour kraut. There is no need to artificially add probiotic bacteria into your ferment. All those good bacteria and yeast are just naturally present on the vegetables themselves!

## WHY MAKE KRAUT?

Well, for starters it's delicious: crunchy, salty and sour all at once. It's a great compliment on the side of the dinner plate, zingy on sandwiches and burgers, or even just as a midday nibble all on its own.



*Clockwise from top left: KrautSource airlock system, photo courtesy KrautSource.com. Ohio Stoneware crock, photo courtesy downtoearthnaturalliving.com. Pickle Pipe airlock system, photo courtesy of MasonTops.com. Ohio Stoneware fermentation weights, photo courtesy downtoearthnaturalliving.com. More about fermentation tools on page 10.*

Sauerkraut is also really good for you. It has significant levels of vitamins A, C, and K, as well as some of the B vitamins, and a whole host of minerals. Kraut also contains enzymes that help better break down food into smaller molecules making the nutrients in the food more easily absorbed.

Consumed in its raw form, kraut introduces beneficial bacteria and yeasts back into your digestive system, further improving digestive health. Its probiotic action also may help to fight inflammation, boost immune function and improve mood!

Of course I am not suggesting treating any

illness, disease, or disorder with fermented veggies. Always talk to your primary care practitioner first about any health treatment.

So now that I've got your interest piqued, skip to page 10 for a small compendium of resources for more information, descriptions of all the awesome fermentation tools and supplies available at the Olympia Food Co-op and a few recipes to get you started.

**Continued on page 10**



# The World Looks Different When You Ride

## Pedal in the 31st Annual Bicycle Commuter Challenge

*By Duncan Green, Co-op Member*

These days, many of us could use a little change of perspective. On a personal level, many people I know are feeling disoriented and concerned about the state of the world. On a social level, it can be hard to know how to contribute to positive change and stay connected. Even on what you might call a spiritual level, some may be challenged. And of course our physical bodies are affected by these challenges, but they can also help us address them.

Riding your bike to get around can give you a whole new outlook on things, while making a positive difference in your community and the world. Every time I ride my bike I experience something new! In spring I hear the frogs calling in the ponds along the road, and the red-winged blackbirds announcing their arrival. In the fall, I stop on my way home to watch the salmon heading upstream. I see other people who are biking or walking and I wave or stop to talk to them if I know them. Once I even encountered a coyote (right in town!) and we both stopped to look at each other from a safe distance.

When I bike I am tuned in to the changing weather and aware of my surroundings. My body is active in the fresh air. The only fuel required is the food I buy at the Co-op! Around town, riding my bike can often get me to my destination as soon as driving (but I prefer to slow down and enjoy the view). I save a LOT of money, and I spend it locally and use it to support the causes I believe in. I am awakened to the impacts of my transportation choices by the things I see and experience. On top of all that, riding my bike is exhilarating and fun, and it makes me feel better on many different levels- the world really does look different when you ride!

It can be challenging to change our transportation habits. It is easier than you might think though, especially with the support of community. The annual Bicycle Commuter Challenge and Intercity Transit's other bike events encourage Thurston County residents of all ages and abilities to try bicycling as a means of transportation, to any destination. Participating in the BCC is a great way to find the support you may need as a beginner or to join the fun and be counted if you are an old hand.

Contact Duncan Green at [dgreen@intercitytransit.com](mailto:dgreen@intercitytransit.com), call 360-705-5874 or visit [bcc.intercitytransit.com](http://bcc.intercitytransit.com) for more information or to register for the 31st Annual BCC.

This year's BCC events:

- **Earth Day Market Ride: Saturday, April 21**
- **31st Bicycle Commuter Challenge: May 1-31**
- **Bike to Work Day: Thurs May 17 with "Bike Stations" around town.**

## 31st Annual Thurston County Bicycle Commuter Challenge

*The World Looks Different When You Ride*



**Ride anytime in May,  
to work, school, or on errands**

**Learn more & register free at:  
[bcc.intercitytransit.com](http://bcc.intercitytransit.com)**

**Earth Day Market Ride: Sat. April 21  
Bike to Work Day: Thur. May 17**

**INTERcity  
TRANSIT**

Intercity Transit also provides award-winning public mobility including many bus routes, Dial-a-Lift, and vanpools for those with longer commutes. [www.intercitytransit.com](http://www.intercitytransit.com) ■



# Spring Recipes

## LIGHTER FARE & BRIGHTER DAYS

*Intro by Jenn Kliese, Co-Editor & Staff Member*

*Recipe contributors noted at the beginning of each recipe*

Spring is time for lighter fare and uncomplicated recipes. Tender baby greens, chives, salad turnips, light vinaigrettes, homey but not heavy soups, baby beets, and of course nettles! Let these simple recipes gently rouse you from the gray winter dirge, and the new sounds of migrating songbirds remind you that the sun and warmer days are on their way.

### STINGING NETTLE SOUP

*From allrecipes.com. This and the following recipe are recommended to us by staff member, Erin Majors*

**1 pound stinging nettles**  
**2 tsp. quality sea salt**  
**1 Tbsp. extra virgin olive oil**  
**1 onion, diced**  
**¼ cup basmati rice**  
**4 cups chicken or vegetable broth**  
**salt and pepper to taste**

Be sure to wear gloves when handling nettles!

Bring a large pot of water to a boil with 2 tsp. sea salt. Blanch stinging nettles in boiling water for 1-2 minutes. This will remove most of the sting. Drain in a colander, and rinse with cold water. Trim off any tough stems, then chop coarsely.

Heat the olive oil in a saucepan over medium-low heat. Sauté the diced onion until softened and turned translucent, about 5 minutes. Stir in the rice, broth, and chopped nettles. Bring to a boil, then reduce heat to medium-low, cover, and simmer until the rice is tender, about 15 minutes. Puree the soup with an immersion blender, and season to taste with salt and pepper.



*Top: Turnip & Turnip Greens Soup, Bottom: Spring Green Salad. Photos by Jenn Kliese.*

## TURNIP AND TURNIP GREENS SOUP

*Based on a recipe from The Art of Simple Food: Notes, Lessons, and Recipes from a Delicious Revolution, by Alice Waters.*

**2 bunches young salad turnips with greens**  
**3 Tbsp. butter or olive oil**  
**1 onion, thinly sliced**  
**1 bay leaf**  
**1 tsp. dried thyme or 1 Tbsp. fresh leaves**  
**sea salt to taste**  
**6 cups broth (if using salted broth, omit salt listed above)**

Separate the greens from the roots. Wash, remove stems and discard. Cut greens into 1/2 inch strips. Wash turnips, peel if needed and thinly slice.

In a heavy pot over medium heat, melt butter (or heat olive oil) and sauté the onions until soft, about 12 minutes.

Add the turnips, bay leaf, thyme, and salt (if using). Cook for 5 minutes.

Cover with the broth and bring to a boil; then turn heat down to a simmer and cook for 10 minutes. Add the greens and cook another 10 or until tender. Season to taste with salt and pepper. If the greens are exceptionally tender just distribute among the soup bowls and ladle soup on top. Then let it sit a few minutes before serving

## SPRING GREEN SALAD

*Contributed by Staff Member Monica Peabody*

*Spring greens make great salads. A surprisingly delicious salad we make in the Co-op Deli mixes beets and arugula with a simple lemon dressing. The peppery arugula perfectly complements the sweetness of spring beets. Add your favorite nut for crunch and flavor and you have a winner.*

**4-5 lbs beets**  
**1 bunch arugula**  
**1 large lemon**  
**1/2 cup olive oil**  
**1 tsp. fresh garlic**  
**1 tsp. salt**  
**1 tsp. pepper**  
**chopped pistachio, cashew, or almond (optional)**

Boil whole beets until soft, cool and chop into bite sized pieces. Chop arugula and add to

beets. Juice and zest lemon. Briskly whisk together olive oil, lemon juice and zest, garlic, salt and pepper and add to beets. Add nuts if desired. Mix and serve.

## TANGY TARRAGON & CHIVE DRESSING

*Contributed by Staff Member, Zoe M. Nieman*

*Tarragon has such a unique flavor and is one of our favorite herbs to use in the Co-op Deli in spring and summer. Its licorice-y sweetness pairs so well with the sharp garlic taste of chives.*

*This simple yet flavorful dressing is very versatile; it is delicious on potatoes, salad turnips or radishes, fishes, and green salads. Fancy up your foods with these classic French herbs!*

**1 bunch tarragon**  
**1 bunch chives**  
**1 cup extra virgin olive oil**  
**1 cup lemon juice**  
**1 Tbsp. salt**  
**2 tsp. pepper**  
**3 Tbsp. stoneground mustard**

Place all ingredients in a high speed blender or food processor and pulse until smooth. If you find out you love tarragon too, try growing it yourself with starts or seeds from our garden department!

## KIRSOP FARM BROCCOLI WITH VINAIGRETTE

*Makes 4 servings*

**1 pound broccoli**  
**1 tsp. paprika**  
**1 Tbsp. prepared mustard**  
**1 tsp. salt**  
**dash of ground pepper**  
**1 Tbsp. sugar**  
**1/4 cup vinegar (wine or cider)**  
**1/4 cup olive oil**  
**1 Tbsp. chopped olives**  
**1 tsp. grated onion**

Steam the broccoli until tender and set it aside. Mix the remaining ingredients and heat until the mixture is hot, stirring constantly. Serve hot over the steamed broccoli. ■

*New* this spring in our Cheese Department!



*Fresh chevre topped with edible flowers*  
from Salt Spring Island Cheese, BC, CANADA

Fresh cheeses are a wonderful compliment to any light spring meal. New this season is Salt Spring Island Cheese, a small cheese company located in the Gulf Islands between mainland Canada and Vancouver Island. The Co-op will have their beautiful fresh chevre topped with edible flowers this spring. The flowers vary during the year, with spring featuring geraniums. Their cheeses are all handmade on the farm, using traditional methods and only natural ingredients. The flower chevre pairs well with Sauvignon Blanc. Also look this spring for local fresh cheeses from **Black Sheep Creamery** and **Lost Peacock Creamery**. —Michelle Noel, staff member



## KRAUTING TOOLS AVAILABLE AT THE CO-OP:

### OHIO STONEWARE

Made in Zanesville, Ohio

Ohio Stoneware uses their own recipes for clay mixture and glazes to create the highest quality stoneware crocks. Their pieces are fired at approximately 2,200 degrees, and are processed through a kiln cycle (which heats and cools) for roughly 18 hours. Their glazes are second to none, and will withstand the rigors of daily use for many years.

**Available at the Co-op (in stock or special order):**

- **Preserving Crocks:** a variety of sizes from 1 to 5 gallons, as well as much smaller utility crocks.
- **Fermentation Weights:** designed to fit the 1, 2, 3, 4, & 5 gallon preserving crocks.
- **Crock Lids:** reduce airflow, discourage debris and insects from contaminating ferments.
- **3 Gallon Water-seal Fermentation Crocks:** This crock is a traditional air-lock fermentation dream best suited for higher volume krauting & pickling projects.

### KRAUTSOURCE

Kraut Source is an innovative kitchenware developed by San Francisco Chef Karen Diggs for making fermented foods like sauerkraut, natural pickles, and kimchi in a wide-mouth Mason jar. The stainless steel unit has a spring loaded plunger that presses down on the vegetables to keep them under their brine. The top is a compact water air-lock system. It lets built up carbon-dioxide gas out without letting in debris, insects, or oxygen, preventing contamination and mold growth. Kraut Source is also dishwasher safe, extremely durable, and easy to use. Kraut Source takes up very little space on your kitchen counter so you can have several batches fermenting simultaneously, and they'll be ready in a fraction of the time. The glass jar enables you to observe your progress. Its elegant, streamlined design also means it will look nifty on your counter top.

**What's included :**

- **1 stainless steel Krautsource with 1 FDA**

- food-grade silicone gasket attached**
- **1 spare FDA food-grade silicone gasket**
- **Instruction manual**

Also available separately are handsome maple wood kraut pounders from Kraut Source for packing jars or crocks—or to muddle cocktails! Handmade in Vermont.

### MASONTOPS

#### Pickle Pipes, Pickle Pebbles & Pickle Packers

After having many frustrating experiences trying to ferment sauerkraut, the founders of MasonTops have created some tools to make it easier. Fermenting in Mason jars is a great affordable option especially for folks living in smaller quarters. Mason jars are inexpensive and easy to use. With MasonTops fermentation accessories your krauting adventures will be smooth sailing!

- **Pickle Pebble:** The perfect food weight for Mason jars to keep fermenting food submerged below the brine, which is necessary to prevent mold growth.
- **The Pickle Packer:** Beautiful, sleek and made of all natural acacia wood, is a food tamper and muddler that fits perfectly into wide mouth Mason jars on one end and regular mouth on the other.
- **The Pickle Pipe:** an automatic airlock made of one simple silicone piece. As food ferments, it creates CO2 which is automatically released through the Pickle Pipe's one-way valve, ensuring your Mason jar doesn't explode from the pressure. The one-way valve also blocks oxygen from entering, preventing mold growth.

### LOW BUDGET FERMENTATION KIT:

While all the awesome supplies listed above make fermentation an absolute breeze, there are super low-budget options out there for the extra thrifty fermenter. For many years I used the following system before finally trading up for a Kraut Source—which I totally love. Use a wide mouth quart sized Mason jar. Use a wooden spoon as a food tamper, and a GT's kombucha bottle (with label and adhesive completely removed) filled with water as the weight to keep the veggies under the brine. The bottle fits perfectly in the wide mouth Mason jar. Wrap a thin kitchen towel around the jars and secure with a clothespin to reduce contamination issues.

## GREAT RESOURCES FOR MORE INFORMATION:

**Wild Fermentation**, by Sandor Ellix Katz, an entertaining and easy beginner's primer for a variety of ferments including recipes and how-tos.

**The Art of Fermentation**, by Sandor Ellix Katz, a more comprehensive guide to DIY home fermentation, including history, processes and concepts that run the gamut on the subject.

**Krautsource.com**, has more detailed tips for fermenting with KrautSource as well as a plethora of fun and inventive ferment recipes including veggies, fruits and even some tasty beverages.

**MasonTops.com**, contains tons of step-by-step resources for ferments in their "Community" section, including a whole series of video workshops with master fermentationist Sandor Katz!

## LOVE THE PROBIOTICS AND DON'T HAVE TIME TO FERMENT?

We got you covered with high-quality live ferments. Below are just a few we offer:

**Choi's Kimchi:** Choi's Kimchi is hand-crafted in Portland, OR, using a small batch process that has been handed down from generation to generation. They source the finest farm-fresh produce and, appropriately, their roots begin in the farmers market.

**Oly Kraut:** Delicious, handcrafted, and certified organic sauerkrauts, pickles, and sipping brines made in Olympia, Washington. For nearly a decade they've developed their original recipes, using centuries-old preservation techniques, and sourcing the best possible ingredients.

**Iggies:** Artisan raw fermentation, locally sourced, vitalizing probiotic fermented food and drink, mindfully handcrafted with love on Bainbridge Island, Salish Sea

**Bubbies:** All natural, hand made Kosher Dills have always aroused the passions of those lucky enough to taste them. ■

*Look to the next page for a few vegetable ferment recipes to try!*



# Recipes

## VEGETABLE FERMENTS:

**A note on salt before you begin:** all recipes call for quality sea salt void of iodine or caking agents. Kosher salt, Real Salt, or Himalayan pink are great options.

### GOLDEN KRAUT

Recipe from [www.krautsource.com](http://www.krautsource.com)

*Adding turmeric gives a sunny hue to sauerkraut. This golden spice also contains the powerful anti-oxidant curcumin, which research has shown is good for the liver and also calms inflammation, especially when combined with ginger.*

**1½ lbs. green cabbage, finely shredded**  
**2 – 3 stalks green onion, chopped**  
**2 – 3 Tbsp. fresh ginger, grated**  
**1 Tbsp. sea salt**  
**1/2 Tbsp. turmeric**  
**1/2 tsp. cumin seeds**  
**1/2 tsp. fennel seeds**  
**1/4 tsp. cayenne pepper**

1. Place the shredded cabbage, green onion, and ginger in a large glass, stainless steel, or ceramic bowl, and sprinkle the salt in.

2. Massage the cabbage with your hands for about 5 minutes. Add in the spices and mix well.

3. Pack the cabbage mixture into a quart-size, wide-mouth mason jar until it reaches the shoulder. If you have time, let the mixture stand for 24 hours to help build up more liquid (See Note). This will help prevent overflow later.

4. Place Kraut Source onto the jar. Allow to ferment for 10 - 12 days in a cool spot, away from direct sunlight. Check every few days that there is water in the moat, and top off as needed.

5. When kraut has reached desired flavor, replace Kraut Source with the standard mason jar lid and ring. Transfer to the refrigerator.

**Note:** Depending on the quality of your cabbage, you may or may not get a lot of liquid. Add more brine\* to cover the vegetables by 1 inch (2.5 cm), if needed.

\*Brine ratio = 1 tsp. (5 ml) sea salt dissolved in 1 cup (240 ml) hot filtered water. Allow to cool before using. **Continued on page 14**



Top: Golden Kraut and Radish Apple Carrot Ferment ingredients before packing. Bottom: Veggies in jars awaiting weights and airlocks. Notice the Golden Kraut on left does not have brine covering the cabbage even after salting and pounding. Additional brine is needed to cover the cabbage if it doesn't create enough liquid on its own. Photos by Jenn Kliese





Chives in bloom, photo by Jenn Kiese.

# The Easiest Garden is an Herb Garden

**By Sylvan Rook, Staff Member**

If you have any kind of outdoor space available to you—a yard, a porch, or windowsill you can hang a planter box from—I advise you to plant an herb garden. So long as you choose the right plants, an herb garden can be ridiculously easy to start and care for. Unlike vegetables, most of the plants we call herbs are undomesticated, wild plants that haven't been bred to rely on human care. Given the right conditions they can get on just fine all by themselves, needing little to no water, fertilizer, pest control or weeding once they are established. On top of that, many of the herbs I love best are perennials or self seeding annuals that will come back year after year with no work on your part. Be forewarned, however, if you are most comfortable with a tidy and predictable garden, some of these plants may not be for you!

While the upkeep is easy, getting herbs started has varying levels of difficulty—some of these wild plants have evolved to spread like weeds, easily sprouting from seed scattered on the ground, while others have evolved to sprout from seed only under very specific conditions. Trying to get these fussy plants to sprout (rubbing them on sandpaper or hiding them in the fridge, among other tricks) can be a fun way to feel like a mad scientist. For the sake of my argument that your herb garden can be extraordinarily easy, I'm going to recommend that for fussy seeds and woody perennials, you just spend a few bucks on potted starts. We are lucky at the Co-op to be able to get an incredible variety of herb starts grown locally and sustainably at Spring Creek Farm, a family run business in Rochester. For those plants that do grow easily from seed (and the persnickety ones you want to experiment with!), we are really excited to offer organic herb

seed from Oregon-based seed company Strictly Medicinal, run by herb growing pioneer and mad scientist Richo Cech.

I don't just think you should grow an herb garden because it's easy. Herbs are also exceptionally useful and will bring you joy. Having fresh herbs on hand to cook with is more fun and more delicious! Making tea with the plants in your garden is pure happiness. Traditionally, herbs have been eaten in food, steeped in tea, and transformed into other concoctions to treat countless maladies and promote general wellbeing. Experimenting with herbal medicine can be a really empowering and exciting experience. Below are some top picks for herbs to cultivate and easy tips on how to start and care for them.

## FAVORITE CULINARY HERBS

These can all be used fresh or dried in just about any combination. You will find them in all kinds of recipes, and have fun experimenting with adding them to whatever foods you like to eat.

**Parsley (*Petroselinum crispum*):** Parsley plants are low, bushy herbaceous biennials (plants that live 2 years). We have starts for Italian and curly varieties. Seeds are available, but you'll want to start them indoors and give seeds a long soak prior to planting. Parsley likes full sun and regular garden soil.

**Dill (*Anthemum graveolens*):** Dill is an annual that is almost too easy to grow. Sow seeds directly into a patch of regular garden soil with full sun in early spring. They grow tall with beautiful yellow flowers loved by bees and humans.

**Sage (*Salvia officinalis*):** Sage is a mid-sized woody shrub. It can take a long time for woody plants to establish grown from seed and sage will need frequent weeding until it gets woody, so I recommend getting a start if you want to keep it easy. Spring Creek grows a bunch of different varieties! Sage wants full sun and well-drained soil. Water sitting on its leaves may mildew, so avoid planting it where it will get pounded with water and won't have enough airflow to dry.

**Thyme (*Thymus vulgaris*):** Thyme is a very small shrub with cute little flowers that attract bees. It has a strong preference for sun

and dry, gritty, alkaline soils. If you live west of the Cascades your soil is probably fairly acidic, and you want to keep it slightly acid if you grow vegetables, so your thyme will probably do best in a planter where you can control the soil conditions a bit better. Like sage, it's much easier to buy a start than to grow from seed. I almost didn't include thyme on this list since it can be a bit fussy, but it's my absolute favorite culinary herb so I had to mention it.

**Rosemary (*Rosmarinus officinalis*):** Soil drainage is essential for rosemary to be happy. Richo Cech recommends a mulch of sand around the base to reflect light up to the leaves, keep weeds at bay, and help with drainage. It is almost never grown from seed, but we have starts for so many different varieties. They have gorgeous blue flowers and can grow quite big: 3'-4' high and just as wide.

**Chives (*Allium schoenoprasum*):** Tiny clumping onions are fairly easy from both start or seed provided you follow the instruction on the seed packet. It likes regular garden soil and can take part shade. It will be happier in moist soils. In my mind this is the most classic garden herb; I've seen it growing in just about every garden I've ever seen, probably because it's so easy to care for and goes well in every dish.

## HERBS FOR DELICIOUS TEA

Use leaves and flowers, fresh or dried, (cut the above-ground part of the plant, gather them into small bundles, and hang upside down in a dry, dim place) to make tea just by adding boiled water and allowing to steep 10 minutes with a cover on (so the aromas don't escape). Any combination of these herbs will make a delicious tea that I have found settles the stomach and the mind.

**Lavender (*Lavendula* spp.):** Lavender is a beautiful and well-loved shrub. Spring Creek grows many different species and varieties of lavender; Grosso is one of the most fragrant. Lavender needs well-drained soil and full sun. Richo recommends sand mulch for these too. If you want to grow from seed, they will need a couple weeks of cold conditioning. Lavender can grow 2'-4' tall depending on the type; take note of how large they will get when planting to ensure enough space between plants.

**Lemon Balm (*Melissa officinalis*):** A citrus-smelling herbaceous perennial which will multiply rapidly with no help from you and produce abundant leaves twice a year. Some people don't like how much it spreads, so if you want a very tidy garden it might not be the plant for you. Lemon balm tolerates poor soils, drought, and part shade so if you've got an abandoned corner where nothing else will grow this could be a perfect herb for you. A little tricky from seed, pick up a start instead or see if a neighbor will let you dig up some of theirs.

**Mint (*Mentha* spp.):** All types of mint are tenacious and prolific reproducers. Like lemon balm, it may not be for lovers of an orderly garden, but if you put it in a pot it will probably stay put. Some mints reproduce by underground stems (rhizomes) rather than by seed, and it spreads so well that I think getting a start is a worthwhile investment, but we have seeds for a few varieties. Spring Creek has starts for many varieties of mint. My favorite are chocolate mint and spearmint.

**Chamomile, German (*Matricaria recutita*), Roman (*Chamaemelum nobile*):** German chamomile is a self-seeding annual,

whereas Roman chamomile is a perennial ground-cover. They both look like cute little daisies and smell sweet. Both can be direct seeded outdoors in early spring, fall, or mid-winter. They do pretty well from seed but can be transplanted as well. They like regular, moist garden soil.

**Anise Hyssop (*Agastache foeniculum*):** Anise hyssop is a delicious and lovely herbaceous perennial. Starts will grow fairly tall and have a tendency to spread, but much less aggressively than lemon balm. Thrives in full sun and regular garden soil.

## MEDICINAL HERBS

If you have an interest in herbalism, there are quite a few plants traditionally used for medicine that you can find at the garden center. Some medicinals are extremely difficult to cultivate, but these are all ones that I have found incredibly easy to grow.

**Skullcap (*Scutellaria lateriflora*):** An herbaceous perennial that will spread like wildfire by rhizome and seed, making it a bad choice for those who fear plants who leave their intended spot, but great if this is an herb you love and use lots of. It can be direct seeded fall or spring, but I've just been dividing the same start I got for a couple of years now. They prefer moist, fertile soil and take part or full sun.

**Feverfew (*Tanacetum parthenium*):** Daisy-like herbaceous perennial with lacy foliage. It easily establishes from both start and seed—maybe too easily for some people's taste as it can get a bit weedy. Loves full sun and well-drained soils.

**Mugwort (*Artemisia vulgaris*, *A. ludoviciana*):** Both the European and American varieties grow abundantly once established. They are pretty tricky to start from seed, but a start can be divided and it will spread pretty quickly. Likes full sun and dry soil.

**Motherwort (*Leonurus cardiaca*):** One small start will grow into a big, wily plant that provides more than enough for my needs. It can also be direct seeded in spring or fall. It takes partial to full sun in regular garden soil and likes to be watered daily in the hot months.

**Calendula (*Calendula officinalis*):** Calendula seeds can be scattered willy-nilly across the soil and will produce an abundance of beautiful orange and yellow flowers. These in turn, will produce a mother load of seeds which will fall to the earth and sprout the next year (or even later in that same year) giving you even more calendula with no effort on your part. They prefer full to part sun and don't seem very picky about soil.

**Yarrow (*Achillea millefolium*):** Yarrow can be direct seeded into any soil and will produce prolifically with little water. It does prefer full sun. Its leaves and flowers are beautiful and highly aromatic.

**California Poppy (*Escholzia californica*):** Grows easily from seed. Direct sow into cold soil in winter or early spring and it will self-sow in even the most infertile soils. Both flower and foliage are adorable.

**Field Poppy (*Papaver rhoeas*):** Field, or Flanders, poppies can be direct seeded in early spring in any patch of soil that gets good sunlight. They need very little care and will reseed year after year. They have a beautiful red color. ■



*DIY Krauting, continued from page 11*

## RADISH APPLE CARROT FERMENT

Recipe from [www.krautsource.com](http://www.krautsource.com)

*The combination of these three ingredients is the perfect “menage a trois” of flavors. The carrot and apple provide just the right mingling of sweetness and crunch, while the radish brings depth and extraordinary health benefits. Did you know that radishes are good for prevention of heart disease and help detoxify the liver and gall bladder?*

<b>1 Tbsp. sea salt</b>	<b>2 medium carrots, sliced</b>
<b>2 cups filtered water</b>	<b>1 small Fuji apple, sliced</b>
<b>1 ½ tsp. fennel seeds</b>	<b>8 - 10 radishes, sliced</b>

*Note: Total weight of the last three ingredients should be about 14 oz (397 g)*

1. Bring the filtered water to a boil. Pour into a glass, stainless steel, or ceramic bowl and dissolve the salt. Allow to cool completely.
2. Place the cut ingredients in a bowl and mix well.
3. Put the mixture into a quart-size, wide-mouth mason jar. The mixture should reach the shoulder of the jar.
4. Pour the brine into the jar until it reaches about one inch (2.5 cm) above the vegetables.
5. Place Kraut Source onto the jar. Allow to ferment for 7 - 10 days in a cool spot, away from direct sunlight.
6. When the vegetables have achieved a taste to your liking, remove Kraut Source and replace with the standard mason jar lid and ring. Transfer to the refrigerator.

## NETTLE KRAUT

Based on a recipe from [killerpickles.com](http://killerpickles.com)

*This kraut sings springtime. I look forward to nettles all winter long and this is a perfect way to incorporate them into your diet. While kraut is great for strengthening digestion and immunity, adding medicinal herbs takes its healing powers to another level. The process of fermentation makes the medicinal properties of herbs more bioavailable. Nettles are naturally anti-inflammatory, aid adrenal function, and are high in minerals.*

**1 small green cabbage (2 lb.)**  
**2 handfuls stinging nettles\***  
**2 small leeks, sliced thin (white and light green parts)**  
**1 Tbsp. quality sea salt (non-iodized and without caking agents)**  
**1 tsp. coriander seed**  
**1 tsp. celery seed**

Peel off one whole leaf from the cabbage and reserve. Cut cabbage into quarters and remove the core. Thinly shred and layer in a large bowl with sliced leeks, salt, and spices. Wear protective gloves to remove nettle leaves from the stems and add to the bowl. Toss all ingredients together and pound with a kraut pounder to soften and release juices. Pack into the Mason jar, pounding down each layer firmly. Fill the jar up ¾ of the way. Place the reserved cabbage leaf on top and press down until completely submerged under the cabbage brine. Follow the instructions for the KrautSource or MasonTops air-lock systems or use my low budget option. Ferment for 10-12 days in a cool place out of direct sunlight. Open every few days to check on progress. When fermented to your liking replace airlock with mason jar lid and move the kraut to the refrigerator.

\*When harvesting nettles, do so early in spring while the plants are young and tender. Select the new growth from the tops of the plants only, and avoid ones that have already made flower heads. Be sure to wear gloves. ■

# Now Who Will Grow the Food?

**By Robyn Wagoner with Maureen Tobin, Staff Members**

“Pack it up Penelope,” teased my grandfather, dabbing a handkerchief at his sun-weary face. Her name was Ethel, but Ralph always called her “Penn-uh-lope.” Ethel climbed into the dusty pickup. Although heaped with furniture, the farm equipment and animals that had defined their lives for decades were absent. A sheer coral scarf obscuring her curlers, and bottle bottom glasses magnifying her watery gray eyes, Ethel blew her nose on her monogrammed hanky. Ralph closed her passenger door, and walked around the truck, his eyes scanning fallow cornfields, the newly painted barn, and then resting on his favorite horse, “Stubby,” mirroring his gaze. Ralph turned away and climbed behind the wheel next to Ethel. Still together, as couples used to be, and in silence, as they often were, they rolled down the long gravel driveway for the last time.

My grandparents retired from farming when they reached their seventies. Although strong from decades of toil, the elderly couple tired more quickly, their injuries lingered longer, and the cold bit more deeply. My father and his brother, urged by their wives, had left for better living in the city. Without heirs to the farm, the competition from the encroaching industrial agriculture and rising labor costs drove my grandparents into retirement. They held the knowledge of generations of farmers in their region. But now who would grow the food?

“Farm businesses, infrastructure, and/or the land they sit on are not getting passed down from generation to generation,” laments Betsie DeWreede, who began growing organic produce at Independence Valley Farm in Rochester, WA in 1982. She now grows colorful tulips sold at the Co-op. “Land prices are much higher in this area as land gets gobbed up for urban sprawl. It seems the only affordable land in Thurston County is either



Left: Sarah Arlan, a young farmworker at Spring Creek Farm tending herbs in a greenhouse, photo by Mama Jerri Arlan. Right: Seedlings at Piece by Piece Farm, photo by Jenn Kliese

wetland or flood plain. Flood plains offer fertile soil but come with their own set of challenges."

Amongst the strategies for preserving local agricultural sites are community land trusts. "Land trusts have had some success in offering land to new ventures," DeWreede says. South of the Sound Community Farm Land Trust (SSCFLT) is one such organization. SSCFLT has leased Kirsop Farm's 30 additional acres of fertile land in Rochester, called the Scatter Creek Farm and Conservancy. This new lease agreement is an example of a strategy meant to support farmers who are starting out or looking to expand, as it allows farmers to hold a renewable 99 year lease that gives the farmers, and potentially their heirs, affordable access to the land in perpetuity. The Scatter Creek project is also exciting as an opportunity to show that wildlife conservation, farmland preservation, incubating rural businesses, and providing employment can all be mutually beneficial efforts that enhance the community for all.

The SSCFLT and county reports have found that Thurston County has already lost 75% of its working farmland since 1950 and could lose another 32% by 2035. How can we support a local food economy without saving some of this farmland for a new generation of farmers? This spring, you can look for the opportunity to donate to SSCFLT's important work by simply rounding up at the register during your Co-op shopping. You can also fill up your cart with fresh organic vegetables from local farmers who work with farmland

trusts like Kirsop Farm.

Although my father left farming for college administration, we always lived on the outskirts of town where he could keep a garden and some chickens. I rode a squat little pin-to pony until I could jump bareback onto a proper horse. Sun-drenched backyard tomatoes and rooster ballyhoo in the mornings imprinted farm life upon me as something fundamental to my wellbeing, and I'm grateful for it.

Sara Arlan is a young farmworker at Spring Creek Farm, which supplies the Co-op with herbs and vegetable starts. She learned about the farm job through a family friend, who knew of her interest in herbal medicine. "Herbal medicine is a huge passion of mine. I hope to have a property one day where the farm I run can be open to the public to learn off of, harvest off of, and it would be an honor to be able to feed those who can't afford good produce." The most difficult issue Sara faces is the seasonal nature of the work. "My job is only six months out of the year, and while I have other passions I am pursuing for income, it has been a challenge."

While family and friends may introduce young people like Sara to farm work, many urban and suburban children don't have a direct connection to cultivate an interest in agriculture. "Many kids don't grow up knowing where their food comes from, and how it's grown, and who grows it. There's a big disconnect," says Wade Arnold, Youth Programs Lead Educator at Garden Raised Bounty (GRuB). An award-winning Olympia

non-profit, GRuB initiates projects to empower people to grow food.

"A big challenge that youth face is definitely the image of a farmer; unless young people see it as a sustainable income, and unless they're exposed to farming in their youth, there's little appeal comparatively speaking, to, say, the booming tech industry." Still, Arnold recognizes this tech appeal as a backdoor opportunity to turn kids on to agriculture. "We live in a day (and) age where a slogan, a hash-tag, a picture of yummy looking food, or a celebrity shout-out can be a hot trending topic that rapidly spreads and keeps building the food justice movement."

Arnold sees farmers gaining in status. "In certain circles, food justice is hip, it's radical, it's prideful." The radicalization (meaning "getting to the root") of agriculture has shown a great potential to energize young farmers. "I've seen there's an obvious growth in awareness of food quality and a passion for youth, especially youth of color, reclaiming their food sovereignty and food education," says Arnold. "It's urban, suburban, and rural."

Growing public discontent with industrial food systems, and lack of corporate accountability to migrant workers and the environment are fueling a young farmer revolution in our midst. Working with young people has made Arnold hopeful, "The youth that I work with honestly get angry that the wool has been pulled over their eyes. All it takes is youth who are affected by atrocities to be a part of the solution." ■



# 4<sup>th</sup> Quarter 2017 Finance Report

By Corey Mayer, Staff Bookkeeper

As the days start to lengthen and the rains subside (soon?), I'm happy to share that we are nearly finished with last year's financial books. We have one minor adjustment to make and then I can send them off to our accountant for the calculation of taxes owed. Even though they are yet to be finalized, let's take a look at how we fared this past year.

The table below shows our co-op's actual revenue and expenses through the end of December. To date, we are posting a profit of nearly \$160,000. Once our medical benefits administrators send me the final adjustment for medical services rendered in 2017, but paid in the first 2 months of 2018, I expect our pre-tax profit to be closer to \$100,000. We have already realized a noticeable increase in cash, putting us in a much stronger position as we prepare for an Eastside store remodel later this year.

Our retail sales were not only considerably less than what we had

Continued on page 23

## 2017 4Q Year to Date Budget Report

For Year Ending 12/31/17

	2017 ACTUALS	2017 BUDGET	\$ OVER BUDGET
Revenue:			
Sales	17,058,582	17,856,801	(798,219)
Cost of Goods Sold	11,178,410	11,608,854	(430,444)
Gross Sales Revenue:	5,880,172	6,247,948	(367,776)
Other Revenue:	35,972	25,677	10,295
Total Net Revenue:	5,916,144	6,273,625	(357,480)
Expenses:			
Community & Marketing	131,254	154,718	(23,464)
Staffing	4,102,889	4,365,205	(262,316)
Member Discounts	595,647	778,195	(182,548)
Operations	860,900	824,465	36,435
Depreciation	82,612	82,684	(72)
Interest	8,302	16,221	(7,919)
Total Expenses:	5,781,605	6,221,488	(439,883)
Other income & expenses:	(24,488)	20,540	(45,028)
Total Net Income:	159,027	31,596	127,431

## COMMUNITY SUSTAINING FUND FALL 2017 GRANT CYCLE RECIPIENTS

By Desdra Dawning, Co-op Working  
Member Volunteer

The second 2017 grant cycle for the Community Sustaining Fund (CSF)—the primary Round Up at the Register program for the Olympia Food Co-op—was completed in November. Five grant applicants received at least part of the funds for their requests. Funds collected from OFC members—during the 6 months that they rounded up at the register—fell short of the amounts asked for in their applications. (CSF has a \$1,000 ceiling on requests.)

Over the years, many small local and very worthy organizations have come to CSF for help with community projects. Following is a brief summary of those participating in this 2017 fall grant cycle:

**The Bridge Music Project** started several years ago with the idea of working, through Olympia's Community Youth Services, to help adolescents in foster care find a way to communicate through music. This quickly expanded into a donor-based non-profit that serves the greater community through workshops with our at-risk youth. These youth are recruited through outreach to at-risk professionals, youth-supporting organizations (1/4 of the participants come from homeless referrals from case monitors), and the juvenile court. The workshops begin by creating a community contract with behavior expectations for safety and security, then move into team-building/accountability activities and music education, ending in the creation of their own pieces of music. These are then taken to a recording studio for production and finally participants give a performance showcase of their work in a free public concert.

Their request was for funds to pay participants stipends for the performances of their musical creations. Bridge Music Project was awarded \$600 for their stipends.

**Edible Forest Gardens** came to CSF looking for help in the purchase of a laser level tool to help in laying out swales for contouring gardens using water conservation techniques. Working in accordance with the concepts of Regenerative Organic Agriculture, Edible Forest

Continued on page 19

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## COMMUNITY SUSTAINING FUND

*continued from page 16*

Gardens aims to restore soil and help reduce carbon in the atmosphere through climate-smart farming techniques. Perennial permaculture gardening is one of those. Terracing to make the most of rainfall is another, and working with other local groups—community gardens, GRuB, TESC interns and more—Edible Forest Gardens hopes to bring more of this kind of agriculture to our area.

Edible Forest Gardens received \$500 for help in purchasing a laser level so that their services can expand to more local community gardens.

**Common Cause Property Alliance**, a new organization of local business people, has formed with the hope of creating a crowd-sourced funding revenue, designed to aid local entrepreneurs in establishing their unique, non-Anywhere USA businesses in Olympia's downtown corridor. Global investors now have their eye on our downtown, and hope to bring corporate development to properties sitting idle. By pooling resources, Common Cause Property Alliance plans to purchase buildings downtown, then rent or sell them

at reasonable prices to small businesses that support environmental and sustainable business practices. Stake-holders benefit in the venture by knowing that they are investing in a sustainable future for Olympia.

In order to be allowed to solicit resources from community investors, Common Cause Property Alliance needed to file a request for a crowd-sourcing exemption, allowing them to have fewer hoops to jump through for several years as they gather resources. CSF was able to give them \$450 toward their filing fee—part, but not all, of their request.

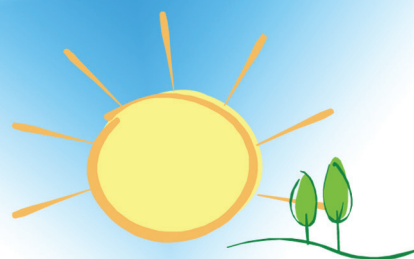
**Strengthening Sanctuary** was formed following the December 2016 Olympia City Council resolution to declare Olympia a sanctuary city, and in response to our Federal Government's drive to rid this country of immigrants of all sorts. Know Your Rights Seminars were created, and for those unable to attend, printouts were designed including cards that could serve as a legal document to give to authorities in case of an ICE encounter. The organization's hope was that in helping these immigrants to know that they have rights in the United States, and to give them clear instructions on how to behave in difficult situations, they would feel supported and less afraid.

Funded by local faith groups, Strengthening Sanctuary also works to protect people who shelter those at risk. Serving Thurston, Mason and Lewis county undocumented workers and their families, this group came to CSF asking for help with office supplies and printing of their very important materials.

Working with fewer funding resources than the total grant applications, CSF was able to grant them \$500 toward their request, a little short of their goal.

**The Women of Color in Leadership Movement (WCLM)** was developed over two years ago, and recently received their 501c3 nonprofit status. Their goal is to create a safe space for women of color to come together and share experiences and gain support for some of the challenges that uniquely affect them. They hope to provide women of color with opportunities to participate in trainings, workshops, festivals and guest speaker engagements. Two years

**Continued on page 23**



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# Community Classes

## SPRING 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.

### Seed Starting Workshop

Sunday, March 3rd 3-5pm

Facilitator: Terra Kram & Sylvan Rook

Location: Little House at Westside Co-op

Enrollment: Min 4 Max 11

Come start seeds for your vegetable, herb, or flower garden. If you are new to starting seeds indoors or would just like a fun opportunity to garden with other folks in your community, sign up for this hands-on workshop. We will offer tips and tricks on starting seed indoors, and provide a nice workspace, some potting soil, and a discounted price on seeds and seed starting supplies. The Co-op carries seed from regional seed companies, including lots of open-pollinated (non-hybrid) selections!

### Composting and Gardening with EM1, Effective Microorganisms

Saturday, March 24th 11-1pm

Facilitator: Erika Fehr

Location: Little House at Westside Co-op

Enrollment: Min 4, Max 10

Microorganisms are essential for living soil and lush growing plants. They also play a main role in composting. You will learn how to transform your kitchen waste into rich compost by using a simple closed system that does not attract flies and rodents. In several months the compost is mature and ready to use. You also will learn how you can put the beneficial microbes present in EM1 to work in your garden.

### Blue Zone 101\*

Sunday, March 25th 10-12pm

Facilitator: Joanne Lee

Location: Little House at Westside Co-op

Enrollment: Min 4, Max 10

We will learn the Power 9 longevity principles and taste dishes from several Blue Zones. Come learn about Blue Zones—the cultures with the highest number of centenarians (people over 100 years old) in the world. The zones are Nicoya Peninsula, Costa Rica; Ikaria, Greece; Okinawa, Japan; Sardinia, Italy; Loma Linda, CA. We will explore the Power 9, those critical factors that lead to long, healthy, happy lives in these diverse cultures, and ways to incorporate them into our culture(s).

### Favorites From the Olympia Food Co-op Deli Cookbook

Sunday April 1st 1-4pm

Facilitator: Awren Schwartz

Location: GRuB

Enrollment: Min 4, Max 15

Come learn the secrets to your favorite Co-op Deli soups and salads. See tricks of the trade and shortcuts to making healthy and delicious foods to keep your body going strong!

### Blue Zone 201\*

Sunday, April 8th 10-12pm

Facilitator: Joanne Lee

Location: GRuB

Enrollment: Min 4 Max 22

We will learn the Power 9 longevity principles and taste dishes from several Blue Zones. Come learn about the Blue Zones—the cultures with the highest number of centenarians (people over 100 years old) in the world. The zones are Nicoya Peninsula, Costa Rica; Ikaria, Greece; Okinawa, Japan; Sardinia, Italy; Loma Linda, CA. We will explore the Power 9, those critical factors that lead to long, healthy, happy lives in these diverse cultures, and ways to incorporate them into our culture(s).

### Intro to Vermicomposting: Using worms in your garden

Saturday April 14th 10-12pm

Facilitator: Robyn Montgomery, Wiser Worm Farm

Location: Little House at Westside Co-op

Enrollment: Min 4, Max 10

Learn how to use red wigglers to compost kitchen scraps into usable fertilizer for your garden and houseplants. You will see an example of a worm bin and talk about methods for growing through the seasons.

### How to grow Organic Super-food Potatoes!

Saturday, April 14th 1:30pm-3:30pm

Facilitator: Sandy and Jeff Bragg

Location: Little House at Westside Co-op

Enrollment: Min 4, Max 10

This class endeavors to train the general public in sourcing and eating varieties of potatoes to enhance diet and health! The instructors' passion for the potato stems from wanting to debunk misinformation from the general industry and a desire to return the potato to what the Incas knew—potatoes are the real superfood! The class will cover the history of the potato, sourcing seed, diseases

to watch for, and how to have them year round in the pantry!

### Lacto-Fermented Peppers

Sunday, April 15th 10am -12pm

Facilitator: Julie Kamin-Martin of Oly-Cultures

Location: GRuB

Enrollment: Min 8, Max 22

Come and join us with Julie Kamin-Martin, founder of Oly-Cultures, learning to ferment and preserve jalapeños, lacto-fermented peppers. These can be used along side any culinary dish or diced up and included in dishes that you wish to add a "kick" to. This is a great way to add healthy probiotics and bacteria to your diet, which not only aids in digestion, but is another way to build up your immune system. Enjoy some lacto-fermented peppers at the end of class.

### Growing Mushrooms at Home

Sunday, April 15th 1-3pm

Facilitator: Loni Jean Ronnebaum of Fungi Perfecti

Location: GRuB

Enrollment: Min 10, Maximum 22

FREE

This presentation will feature information on low-tech mushroom cultivation for home and garden, people and planet.

### Paleo Deserts

Sunday, April 29th 10am-12pm

Facilitator: Joanne Lee

Location: GRuB

Enrollment: Min 4, Maximum 22

Learn how to make paleo-friendly, grain-free, refined sugar-free recipes. Not meant to be an every night (or day) thing maybe, but these delicious paleo desserts will satisfy your sweet tooth without wrecking your blood sugar or your metabolism. Perfect for special occasions, entertaining or wowing your friends at the next potluck—they look as good as they taste! We'll cook together, indulge together, and send you home with some proven recipes.

### Kombucha Fire Cider Elixir

Sunday, April 29th 1-3pm

Facilitator: Julie Kamin-Martin of Oly-Cultures

Location: GRuB

Enrollment: Min 8 Max 22

You can make your own immune boosting health elixir, called Kombucha Fire Cider. Come join Julie Kamin-Martin, founder of Oly-Cultures, in this 2-hour informative class on how to create your own healthy

probiotic elixir that is customized for your family or yourself. This is a very concentrated elixir that goes through a month-long ferment. It is taken in a small amount (one shot glass) each morning to help build up your immune system. Sample kombucha fire cider elixir at the end of the class and start building up your immune system.

### Blue Zone 301

Sunday, May 13th 10-12pm

Facilitator: Joanne Lee

Location: GRuB

Enrollment: Min 4 Max 22

We will learn the Power 9 longevity principles and taste dishes from several Blue Zones. Come learn about the Blue Zones—the cultures with the highest number of centenarians (people over 100 years old) in the world. The zones are Nicoya Peninsula, Costa Rica; Ikaria, Greece; Okinawa, Japan; Sardinia, Italy; Loma Linda, CA. We will explore the Power 9, those critical factors that lead to long, healthy, happy lives in these diverse cultures, and ways to incorporate them into our culture(s).

### Plant Your Own Hanging Basket

Sunday, May 13th 1-4pm

Facilitator: Sylvan Rook

Location: Westside Co-op Garden Center

Enrollment: Min 2, Max 8

Come plant your own hanging basket at the lovely Co-op Garden Center. A variety of baskets and flowers will be available at a discounted price. We will provide soil, plant food, a fun workspace, and advice if you want some.

### Milk Kefir Cheese/Spread

Sunday, May 13th 1-3pm

Facilitator: Julie Kamin-Martin of Oly-Cultures

Location: GRuB

Enrollment: Min 8 Max 22

Follow Julie Kamin-Martin, founder of Oly-Cultures, in this 2-hour informative class on how to create your own healthy probiotic filled cheese and spread. Make this healthy cheese or cheese spread using fresh milk kefir that was made from fermenting milk using "LIVE" cultures. The class will include step by step demonstration on how to process the kefir milk, techniques on getting the thickness/consistency you desire, and flavoring using fresh herbs and spices. Julie will also discuss some of the numerous ways milk kefir can be used in the home. Participants will also be invited to sample flavored milk kefir cheese and spreads at the end of class.

### Introduction to Peruvian Cooking

Sunday May 20th 10-12pm

Facilitator: Arturo Sievert Rivera

Location: GRuB

Enrollment: Min 5 Maximum 12

Learn how to make a few Peruvian dishes including three different potato dishes from different regions of Peru, as well as how to make Peruvian Hot Sauce, and how the flavors of albacore tuna, queso fresco, onion sauce, dry chili peppers, and walnuts can come together.

### Wild Spring Edibles Cooking Class

Sunday May 20th 1-4pm

Facilitator: Awren Schwartz

Location: GRuB

Enrollment: Min 4 Maximum 15

Learn new ways to enjoy the bounty of spring! In this 3-hour class we will cook with familiar woodland friends (wild edibles) and young garden vegetables. Our recipes will emphasize nutrient rich vegetarian foods to cleanse your body from the murky winter and move into the sunny summer time.

**\*About Blue Zone class series:** Each of these classes will stand alone and people could also take 2 or all 3. There will be some review of general principles in #2 and #3 but also the addition of cooking and sampling unique cultural dishes.

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# OFC Board of Directors

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

**Empty Seat**  
Director



**Laura Love**  
Staff Representative

PER PROTOCOL,  
SEAT TO BE  
APPOINTED BY THE  
BOARD FOR THE  
REMAINDER OF  
DAVID COPPLEY'S  
TERM

**Empty Seat**  
Director



**Peter Brown**  
Director



**Sam Green**  
Secretary



**Brian Frisina**  
Director



**Benjamin Witten**  
Director



**Jaime Rossman**  
Treasurer



**Jim Hutcheon**  
President



**Joanne McCaughan**  
Vice President

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

**By Jim Hutcheon, Board Member**

The Olympia Food Co-op's Board of Directors held their first meeting of 2018 on January 18. This year's Board consists of returning members Sam Greene, Brian Frisina, Jim Hutcheon, Laura Love, Jaime Rossman and newly elected members Peter Brown, Joanne McCaughan, and Ben Witten. The Board's numbers were reduced by the resignation of David Coppley. The Board is appreciative of David's work and service during his two years on the Board.

We are currently looking to fill vacancies on the Board. If you have any interest in being a part of the Board we encourage you to submit an application, found on our website. Exceptional skills and experience are always welcome, especially in areas of financial and business expertise, farming and food, and/or cooperatives. However, anyone with passion, time, and willingness to learn can be a great Board member. We welcome and encourage applications from all people, ages, and backgrounds.

Applications will be accepted for Board appointments until March 12 at store closing.

The Board elected the following new officers: Jim Hutcheon (President), Joanne McCaughan (Vice President), Jaime Rossman (Treasurer), and Sam Greene (Secretary)

Assignment of Board members to committees was our other major task. To give some idea of the scope of Board concerns, a list of committees and their portfolio of responsibilities follows:

## ADVOCACY

This committee handles all requests from the community for Co-op participation and advocacy of their particular area of interest. Member-at-large position is available.

## ECO-PLANNING

Looks for ways to support our mission of community sustainability.

## STANDING HIRING

Serves the Staff Collective whenever a hiring cycle becomes necessary.

## PERSONNEL

Deals with sensitive personnel issues within the staff collective.

## FINANCE

Reviews quarterly financial statements and overall budget process.

## EXPANSION

Is involved in the planning aspects of the Co-op's physical growth.

## LOCAL

Coordinates with local vendors to meet the Co-op's commitment to local products.

## MEMBER RELATIONS

Coordinates the annual membership meeting every year and handles BOD recruitment, elections, and member complaints/concerns.

## COMMUNITY SUSTAINING FUND

*continued from page 19*

ago, as a part of a campus group at The Evergreen State College (TESC), this organization was able to bring Joy De Gruy to speak at an on-campus event. Joy De Gruy wrote the book *Post Traumatic Slave Syndrome*, and is a dynamic speaker on the subject of historical trauma. The Women of Color in Leadership Movement, no longer affiliated with TESC, would again like to invite De Gruy to Olympia, and is seeking funding for this project. Ms. De Gruy's fee alone is \$6,000, so financial help is needed far beyond what CSF is able to offer. Partnering with GRuB, Power and the LGBTQ community, it is their hope to follow the lecture with workshops, panel discussions, surveys and other outreach.

CSF was only able to offer \$200 toward their request, but encourages them to continue reaching out to the Olympia community for help with this important and valuable work.

As you can see, many community and environmentally-oriented groups come to CSF for help with their projects. Every time at the Co-op you ask your cashier to "Round up for CSF" you are adding to the possibility of meeting the requests of groups like these in full. Thank you for your help in bringing their dreams to reality! ■

*Finance Report, continued from page 16*

budgeted (\$800,000 or 3.1%), they were actually 1.5% lower than what we sold the

previous year. We are not alone in this - a drop in sales growth was experienced by other Co-ops around the nation as well. After accounting for the cost of goods sold, we have a shortfall of nearly \$370,000 in gross sales revenue with which to pay all of our other expenses. When other revenue sources, such as newsletter ads, dividends, and interest, are included, our total net revenue was about \$5.9 million.

We incur many types of expenses. For the sake of simplicity, they are presented below in 4 major, and 2-3 minor, categories. 'Community and Marketing' expenses include sponsoring local events such as a movie about food during this past year's Olympia Film Festival, outreach projects such as the upcoming freeway signs announcing our East-side location as an alternative for I-5 travelers, and all costs to edit, lay out and produce this news magazine. 'Staffing' expenses include not just payroll wages, but also payroll taxes, medical benefits, and labor-based discounts. 'Member Discounts' are entitlement discounts of 10% for low-income members as well as for local non-profit organizations and trade businesses (those whose products we sell). 'Operations' expenses are for covering the costs of doing business in our stores - everything from fixing leaking sinks to maintaining the security of your credit and debit card information when you purchase items at the cash registers.

As last year progressed and we realized that our revenue projections were not going to be attained, we consciously made cuts in discretionary spending and labor hours. In addition, we made a major change to our member discount program which saved us more than we had conservatively estimated. By cutting labor hours for both floor shifts and projects, we were able to save about \$130,000 in payroll expenses. Our medical costs ended up being well below budget as well. Overall, our total expenses were about \$440,000 under what we budgeted. This not only made up for the drop in revenue, but resulted in the \$160,000 profit level shown in the table. As mentioned above, once we include an adjustment for medical benefits payable, I estimate our pre-tax profit will be about \$100,000.

If you have any questions or concerns about our finances you can contact me by email at [corey@olympiafood.coop](mailto:corey@olympiafood.coop) or by calling our downtown business office, 360-357-1106, ext. 12. ■





## Olympia Food Co-op

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County

*pocket change  
makes real  
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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!**

