Welcome to the summer issue of the Co-op Table, where we’ve gathered together our best in news and food joy to help celebrate this long awaited and often too-brief feeling time of year. I find myself full of questions as I think of it—How much can I fit into this lovely season? How many pieces of stone fruit and melon can my family consume in one summer? When will the local carrots return? What new events can I join in? What kind of salad will I bring? Clearly, I have a lot of produce planning going on in my head, but I so love the local harvest season and look forward to it every year. I hope this issue inspires some great food and community questions for you too.

This is my first issue creating the Table without Jenn Kliese, who has moved on to other creative and hopefully rewarding work, and while her humor, intelligent opinions, and of course art will be missed I wish her the very best for her next career steps. Luckily, I also have the joy of being able to work again with the talented Rachel Carns as our Graphic Designer for this issue. As always, let us know if you have feedback and ideas for us!

Maureen Tobin
We invite you to join us!

BECOME A WORKING MEMBER

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

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

Sign up for an introduction tour at either store today!

WESTSIDE

JUNE
Monday 4th, 4:00-6:00pm
Friday 8th, 3:30-5:30pm

JULY
Monday 2nd, 3:30-5:30pm
Tuesday 3rd, 4:00-6:00pm

AUGUST
Wednesday 1st, 4:00-6:00pm
Friday 3rd, 3:00-5:00pm

SEPTEMBER
Monday 3rd, 3:30-5:30pm
Friday 7th, 3:00-5:00pm

EASTSIDE

JUNE
Thursday 7th, 5:30-7:30pm
Sunday 10th, 9:30-11:30am

JULY
Friday 6th, 3:30-5:30pm
Saturday 7th, 12:00-2:00pm

AUGUST
Friday 3rd, 3:30-5:30pm
Sunday 5th, 12:00-2:00pm

SEPTEMBER
Friday 7th, 3:30-5:30pm
Sunday 9th, 12:00-2:00pm

CHECK OUT SOME GREAT WORK CO-OP STAFF MEMBERS HAVE BEEN UP TO...OUTSIDE OF WORK:

Many local groups have been contributing dinners to the Interfaith Works Emergency Overnight Shelter housed at the First Christian Church, and several staff members have been instrumental in getting the Co-op involved too. To help feed folks during a cold night in March this year, Jackie, her son Azariah, Martha, and Maria were the cooks, and Harry handled scheduling; in order to use the Co-op deli kitchen, the project covered two days, with Zoe in charge of reheating, and Whitney taking photos of the action. Grace, Martha and Co-op member Desdra (the trio pictured above), along with Maria, delivered the food to the shelter and served 75 people that night, with 20 Co-op deli boxes of leftovers being taken to the shelter the next night. The effort to feed more of folks who are hungry continues every month.

Interfaith Works Emergency Overnight Shelter is always ready for more helping hands and donations of money, supplies, time or ready to eat food. ❤

Emily Van Kley Wrote A Book!

Winner of the 2016 Lexi Rudnitsky First Book Prize in Poetry, a tender portrait of a queer girlhood on Michigan’s Upper Peninsula. In this lyrical and unflinching debut, a landscape of staggering beauty abuts industrial towns in the throes of economic decay. Emily Van Kley explores notions of home, estrangement, isolation, and longing against a backdrop of crystalline winters, Lake Superior’s mythic tempers, and forests as vast as they are close. –Persea Books

You can also find Emily creating delicious food in the Co-op Deli!
by Monica Peabody, Staff member

One of my favorite things about summer is fresh ripe local melons. How I typically eat them is to cut them in half and grab a spoon. I also wanted to share some other melon delights...

Watermelon Feta Salad

This seems like an odd combination of ingredients, but trust me, it’s amazing!

| One small watermelon (or half a large) |
| 3 tomatoes |
| 1 lb. feta cheese, crumbled |
| 1 bunch basil, chopped |
| half a red onion, cut into slices |
| 1 cup olive oil |
| 1/2 cup balsamic vinegar |
| 1 tsp each salt/black pepper |

Chop watermelon and tomatoes into squares. Add sliced onion, chopped basil and crumbled feta. Whisk together olive oil, vinegar, salt and pepper and pour onto salad. Mix and serve.
Migrant farmworkers in Washington State picking blueberries

By Robyn Wagoner, Staff member

Beginning with National Farmworker Awareness Week March 24 through 31st, the Co-op utilized the Co-op Spoonful flier, Facebook page, and in-store information packets, to share information about the inhumane working and living conditions endured by US farmworkers.

Because farmworkers were excluded from the minimum wage laws, many receive only pennies per basket of produce harvested. Their children move from school to school, often leaving their education to pursue labor in the fields. As many are immigrants with no clear path to citizenship, they are not eligible for welfare services and they lack adequate healthcare and nutrition.

The goals of Olympia Food Co-op include fostering a socially and economically egalitarian society. In service to that goal, between March and June, 2018, the Olympia Food Co-op has engaged in a campaign to focus community attention on worker rights.

Continued on page 15

On the Road
Cantaloupe Lunch

_I love to stop by Co-ops while on road trips to save money and so I don’t have to eat every meal at a restaurant. Here’s my healthy traveling lunch._

One ripe cantaloupe  
(_it should smell like cantaloupe_)  
2 large balls or an equal portion of small balls of fresh mozzarella cheese  
1 bunch arugula  
toasted pumpkin seeds

Cut the cantaloupe in half. Scoop out the seeds. This is now your lunch and bowl. Split the cheese between melons, add torn arugula, sprinkle pumpkin seeds over top, grab a spoon, and voila, you have lunch to go!

Sun Jewel Spinach Refresher

_Perfect for these hot summer days..._

4 cups spinach  
(_baby bulk from Stewart’s Organics works great!)_  
2 cups Sun Jewel or Honeydew melon, chopped  
1/2 a lemon, seeds and white pith removed  
Dash of agave nectar, if needed, to taste

Blend everything and show off the bright green color in a clear glass!
The Basic Elements of a Marinade

A good marinade consists of oil, a sour element, and salt and seasoning. The sour element, or acids, like vinegar, citrus and buttermilk or yogurt tenderize the exterior and help create a tasty crust. While most marinades are simple to make, if you're in a rush, bottled vinaigrettes can be used as quick and easy marinades.

There is a big, wide world of marinades out there, since just about every culinary tradition has some favorite ways to season food to cook over fire. The closer you go to the equator, the more there are, from the spicy, citrusy soy sauce marinades of Asia to the tropical jerk spices of the Islands. Try mixing one part canola oil, one part soy sauce, one part lime and adding a pinch of sugar and some chilies for a Thai style marinade, or a soak of two parts coconut milk, one part white vinegar, salt, chilies and thyme for a simple tropical flavor. A Mediterranean theme would be olive oil, balsamic vinegar and rosemary, or olive oil, lemon and oregano.

A simple combination of wine vinegar, olive oil, chopped garlic and herbs, and salt and pepper are all you need for a tasty marinade. This easy mix will turn grilled vegetables into Italian antipasti to serve with bread, olives, and cheese. Or change the blend to vegetable oil, sesame oil, soy sauce, rice vinegar, and chopped garlic and ginger for Asian-flavored vegetables that are delicious with rice. Store-bought dressings with a vinegar base make wonderful marinades as well.

By Maureen Tobin, Staff Member

Olympia has encountered some very hot days the last few summers, and I know I’m not alone in living in a house that doesn’t have air conditioning. One of the best ways I’ve found to still enjoy cooking on days when the temperature rises is to rely on my outdoor grill. It keeps the heat out of my kitchen and gets me thinking in new and creative ways about summer’s bounty. I’m still discovering all the foods that emerge from a grilling session with a whole different personality from what I’m used to in my kitchen. I’ve also discovered that experimenting with marinades, sauces, dips, dressings and salads that go well with grilled food is a big part of the fun (and can be prepped earlier in the day when I still want to be in my kitchen). Here’s to another summer of food adventuring – enjoy it while it lasts!

Hot Tip!

Try a wire grill basket, a tray, or a wok!

Purchasing a couple of these grill tools takes away the headache of veggies and smaller cuts falling through the grates, allows for easier oiling of the surface to prevent sticking, and helps when you need to move part of your meal away from the heat faster than other parts.

For more great grilling tips from strongertogether.coop and other Co-op staff, see facing page.
For some fantastic grilling recipes, turn to page 8

**Peaches, Apricots or Nectarines:** There is more fruit you could add to this list, and grilled fruit experimentation is a must during the stone fruit season. Cut fruit in half and remove any pits, then coat lightly with oil. For a sweet-savory side dish, sprinkle on a little salt, pepper, and balsamic vinegar, then grill for a few minutes per side. And for dessert, dust with brown sugar, then place the halves on a clean part of the grill for a few minutes per side before serving with ice cream or pound cake (or both).

**Corn:** Some get better success from soaking the corn in cold water for 30 minutes, peeling back the husk, remove the silk, return the husk; then grill for 15–20 minutes, turning frequently. Others find they like it just fine if you remove some of the silk and toss it on the grill for 20 minutes or so, turning it with some frequency.

**Carrots:** Yes, you can grill carrots! It’s easier to get these cooked through if you boil them for a few minutes before grilling, but small fresh ones can be grilled raw. Very good brushed with butter, grilled carrots should take about 20 minutes to finish. Leave a bit of the top on for an easy eating handle.

**Mushrooms:** Wash fresh mushrooms quickly under running water; then pat dry. Skewer or place in a grill basket. Brush with oil and grill for 5–7 minutes. Whole portabello mushrooms take 10–20 minutes, depending on their size. Mushrooms are also great slow-cooked or smoked.

**Onions:** Slice thickly and brush with oil. Cook onions directly on the grid at medium high heat until they start to turn brown. You can also roast an onion by cutting it in half, wrapping it in foil with a little butter, and cooking it for about 30–45 minutes at medium heat.

**Peppers:** Grill whole peppers at high heat until skin is charred black, about 15–20 minutes. Cool in a paper bag for 15 minutes to loosen blackened skin. Peel and remove seeds. Peppers also work well cut up and skewered, or added to a mixed wire grill basket.

**Potatoes:** Wrap baking potatoes in foil. Cook at medium heat for 25–30 minutes or until tender, varies on size of potato. This is a good way to start potatoes intended for salad, without having to boil them in the kitchen.

**Summer Squash and Zucchini:** Squashes respond very well to marinades so don’t forget to start soaking these early. Slice into long strips and use a basket or tray to help keep them from slipping through when you turn them 3 or 4 times during cooking, for about 8 minutes. Also good chunked into skewers.

**Shellfish:** You can cook shellfish on the grill. If they are large, such as prawns or crab you can grill them directly on the grid. Smaller shellfish, such as mussels, clams, oysters, scallops or shrimp can be skewered or cooked in a basket. Shrimp take about 8–12 minutes depending on their size.

**Steak:** Choose steaks that are no thicker than 1 1/2 inches, and which have some visible fat marbling for tenderness. To keep the juices intact, use tongs rather than a fork to turn your meat. At the hottest setting, sear for 1–2 minutes per side. Then move to a medium heat and cook for about 4 minutes per side for rare (it will feel fleshy to touch), 6 minutes per side for well-done steak (it will feel firm).

**Fish:** Firm fish, such as tuna, salmon or halibut can be cooked directly on the grill if handled carefully. A hinged wire grill basket can help for cooking whole fish or tender fillets, or experiment with cedar planks (soak first!). Grill fillets at medium to medium-low heat. Fish can cook quickly so turn only once to keep from crumbling.

**Halloumi “The Grilling Cheese”**

Halloumi has been made in Cyprus, Greece for centuries. Authentic Halloumi is traditionally made from unpasteurized sheep and goat’s milk, though today cow’s milk is also used. You can find halloumi-style cheeses made throughout the world, including locally at Steamboat Island Goat Farm and Lost Peacock Creamery, a new addition to the Co-op dairy shelves (see page 8 for more info).

While you can eat Halloumi raw, it’s usually enjoyed cooked—not just because you can, but also because cooking improves the taste and texture. Some of the saltiness (from brining) fades as it cooks. And the texture, which starts out a bit like mozzarella, becomes a bit creamier with cooking.

To make grilled Halloumi, simply slide the cheese onto wooden skewers that have been soaked in water first. Drizzle the cheese with olive oil and sprinkle with spices, if you like. Cook the skewered cheese just two to three minutes on each side, until it’s warmed through. Large pieces of Halloumi can simply be placed directly on the grill, or you can also fry Halloumi in a skillet.

If you like, marinate the cheese before cooking—in olive oil, lemon juice, garlic, red pepper, oregano or combinations of other spices, such as cumin, chili powder, ground ginger or fresh herbs like thyme, mint, basil or rosemary.

Try Halloumi Cypriot-style: with watermelon, or with smoked pork or lamb sausage. Use it on sandwiches (it’s delicious in pita with cucumbers and tomatoes), to stuff ravioli, and over pasta, potatoes, or salads (toss the grilled cheese with any greens, and try it in place of mozzarella in a Caprese salad). Place Halloumi on kebabs with veggies. Serve it with eggs for breakfast, and on grilled burgers (meat or veggie) and eggplant.
Recipes for the Grill

What IS that special something that only a smoldering grill can impart...? A depth of flavor, a piercing harmony, an almost primal warmth...from the simplest combinations to those more involved, these recipes make the most of what’s so great about grilling.

Recipe contributors noted at the beginning of each recipe

Grilled Pluots
From strongertogether.coop.

Grilled pluots topped with a dollop of vanilla ice cream and a sprinkle of granola make a simple and delicious dessert.

4 pluots
2 teaspoons water
1/8 teaspoon cinnamon
2 tablespoons orange marmalade
1 cup vanilla ice cream
1/4 cup cinnamon-flavored granola (optional)

Preheat grill to high.
Slice the pluots in half, lengthwise, then twist to open and remove the pit. Set aside.

We are lucky to receive amazing stone fruit from regional direct suppliers usually starting in July, such as Brownfield Orchards and OPMA, the Okanogan Producers Marketing Association, a cooperative of 5 small farms who work together to supply delicious cherries, peaches, nectarines, apricots, and pluots all the way into September.

Thank you small farmers for these jewels of summer!

LOCAL FOCUS:
Lost Peacock Creamery
Looking for all things goat cheese? Look no further than LPC – Lost Peacock Creamery – where all of your happy goat farm dreams come true. Lost Peacock Creamery halloumi, a rich creamy goat cheese new to the Co-op shelves, is great on the grill; see page 7 for more info about grilling this fabulous greek-origin cheese!

Yum! Get ready for STONE FRUIT SEASON!

photo courtesy Lost Peacock Creamery
In a small bowl whisk together the water, cinnamon and marmalade until well blended, then brush the mixture onto each pluot half. Place the pluots, flesh side down, on the hot grill and cook for 3 to 4 minutes, brushing occasionally with more marmalade. Turn the pluots skin side down, brush the flesh with marmalade and grill 2 more minutes until tender and caramelized. Remove from the heat, place the grilled pluots on a dessert plate, top with ice cream and sprinkle with granola.

You may want to grill extra fruit, since chopped pluots mixed with yogurt and a drizzle of marmalade are a delicious breakfast treat. Or dice them into a summer fruit salsa, with sweet onions and fresh chilies, and serve with chicken or flaky white fish.

**Chipotle Cherry BBQ Sauce**

*From strongertogether.coop.*

2 cups cherries, washed and pitted
2 cloves garlic
1/4 cup apple cider vinegar
2 tablespoons stone-ground mustard
1 1/2 teaspoon smoked sea salt
2/3 cups canned diced tomatoes with chilies
1/4 cup canned chipotles in sauce, or rehydrated dried bulk chipotles
1/3 cup turbinado sugar

Place all ingredients in a blender or food processor. Blend until well combined and transfer to a saucepan. Cook, stirring occasionally, on medium heat for about 60 minutes until sauce is reduced by half, or reaches desired thickness.

Take advantage of in-season fresh cherries and make a double batch of this slightly sweet, slightly spicy sauce. Serve with barbecued chicken, pork or burgers, or drizzle over smoky marinated tofu steaks.

**Chicken or Mushrooms with Red Pepper Coulis**

*Recipe by Mo Tobin.*

Sauces are key to transforming meats and vegetables from the ordinary to the extraordinary. This red pepper coulis is fabulous on chicken, burgers, grilled portobellos or couscous.

2 1/2 pounds boneless, skinless chicken breasts and/or thighs, or 4 Portobello mushrooms (for vegetarian option)
2 large red bell peppers
3-4 marinated or oil-cured sundried tomatoes, chopped (about 2 tablespoons)
3 tablespoons olive oil
2 tablespoons balsamic vinegar
12-14 fresh basil leaves
Salt and pepper
Pinch of cayenne pepper (optional)

Preheat the oven to 400ºF. Place the peppers on an oiled sheet pan. Bake, turning occasionally, until the peppers are blackened and soft, about 50 minutes (or roast over an open flame on your grill until blackened and blistering). Let the peppers cool and remove and discard the skins and seeds. In a food processor, puree the peppers with the rest of the ingredients. Add salt and pepper to taste. (Quick tip – if you’re in a hurry, grab a jar of pre-roasted peppers and save yourself a big step! The flavor won’t be quite as rich but still turns out well.)

Preheat grill to medium-high heat. Sprinkle the chicken or mushrooms with salt and pepper and a little oil. Grill the chicken about 10-15 minutes on each side until thoroughly cooked to 165ºF when tested with a meat thermometer. Baste the chicken with a bit of the coulis during the last few minutes of grilling. Serve with more coulis on the side or drizzled on the plate. Mushrooms will also cook with about 10 minutes grilling on each side.

If you’re not serving a crowd, just reduce the amount of chicken. The leftover coulis will keep in the refrigerator for several days, and adds plenty of zest to grilled vegetables, burgers, or vegetable couscous.
CeLEBrATIoN!
LOCAL EATS & EARTH DAY 2018

By Desdra Dawning, Co-op member

Hugging the Garden Center at the Westside Co-op parking lot on April 22nd, the Olympia Food Co-op celebrated the 48th annual Earth Day by honoring our local vendors—the ones who daily fill our shelves and coolers with amazing local eats, and help us fulfill our commitment to a sustainable future. The Co-op has been instrumental in nurturing many small businesses in our community to get their start, and encouraging their future success in our region. By purchasing locally, we all contribute to lessening our carbon footprint, and essentially support sustainable living by “voting with our dollars.”

Feasting on locally made goodies!

Under a large canopy, Co-op Staff and Working Members served samples of the amazing products from a generous selection of our wonderful local vendors. Among those represented, and in addition to an afternoon of treats from the Co-op Deli, were: Olympia Salsa, Blue Heron Bakery, Oly Kraut, Honey Love Chocolates, Flying Cow Creamery, Cobb’s, Exquisite n Traditional, 8 Arms Bakery, Kirsop Farm, and Peace Love Raw.

Continued on page 19
New Certificate: **Client Centered Hypnotherapy**

Ready for your future as a professional hypnotherapist? Prepare for this unique career via our new Client Centered Hypnotherapy Certificate. Through classroom instruction and hands-on practice, you will learn how to thoroughly consult with clients, induct into several levels of hypnosis, and deepening techniques. Learn to work with a diverse population of clients and acquire essential business tips to set up, start, and operate a successful practice.

Start this summer or fall and complete the certificate in as few as 10 weeks!

**RSVP for an info session or register now:**

360.709.2020

spscc.edu/cce/certificates/hypnotherapy

---

**Love Our Local Fest 2018**

*Cultivating Community Since 2010*

**Saturday August 18th 1-10PM**

at Bethel St and San Francisco Ave

*Celebrate Our Community! Support Local Businesses!*

Live & Local Music ▪ Crafted Local Foods ▪ Local Artisans & Healers

LoveOurLocalFest.org ▪ Find us on social media!
Anne Hanlon-Meyer (Eastside)
Anne told me she has been a Working Member for eight years, serving the Co-op as a cashier during that time. Even though she has a job out in the community, she says, “I continue as a Working Member because I have made so many friends at the Co-op, and because I love to watch cooperation in action. I try to carry this way of doing things on to my other work each week.”

Sayda Kong (Westside)
Sayda is from the Sudan. She has been working as a cashier for 3 months, hoping to eventually become a Staff member. She told me that over the past 9 years, she is sure she has shopped at least once a week at the Co-op, every week! “The Co-op feels like my second community,” she shared with me. “What I most appreciate is that I never feel any discrimination there. I love the way I am treated and have made many friends. It feels like a safe place to be.”

Linda Myers (Eastside)
Linda, in addition to serving on the OFC Member Relations Committee, has been a Working Member for two years, starting as courtesy clerk and eventually becoming a cashier. “I like interacting with all the members at the register,” she told me, “and representing the Co-op. I try to make every interaction friendly, so they leave feeling good. It works for me too—it is a 2-way street. It is very rewarding work!” She likes to encourage others who might be thinking about becoming a Working Member to stop considering and just do it!

Shelia Weiss (Eastside)
Shelia, now in her 90’s, has been a Working Member since shortly after the Eastside opening—almost 20 years—serving always as a cashier. She said her contribution to OFC has evolved into gratitude for helping her become more social. “I live in the sticks,” she said, “and have had many years of solitude. Working at the Co-op (now just every other Tuesday) has been a way for me to get back out in the world, learn people’s stories, make new friends, even tease new Working Members a bit.”

Valee Keogh (Westside)
Valee has been a cashier for about a year, starting in May of 2017. She told me that she often offers to help out with any other needed tasks around the store when business is slow—cleaning, sorting, organizing. “It is my social time too,” she admits, “where I meet like-minded people who shop and work at the Co-op. I don’t come across many disgruntled people there, and I feel very appreciated.” She also said she is learning a lot about becoming more aware of sensitivity to cultural diversity.

Lily Leatart (Westside)
Lily has been a Working Member for the Co-op for just a little over a year now, serving primarily as a cashier. When asked what her favorite part of being a Working Member is, she was quick to reply: “...getting to be surrounded by wonderful people and delicious, healthy food. I love being part of this sweet community, and getting to help out in such a lovely environment.”

I am noticing a common thread in what pleases our Working Members so much about their Co-op activities. It’s the people—both Staff and Co-op customers—and the outrageously good healthy food that continues to make them happy!
By Sylvan Rook, Staff member

I’m sure a lot of you reading this now believe that you have missed the boat on planting a vegetable garden from seed. Maybe you even feel a little bad about it. I’m not sure why, but as early as March I have people coming into the Garden Center sheepishly avoiding eye contact as they browse the seeds and tell me they know they’re too late and missed the whole thing and can’t sow seeds this year. Unless they are talking about starting eggplant from seed though, they are totally mistaken and need not feel ashamed! Wherever this myth that you have failed as a gardener if you didn’t spend your Spring squatting in the cold rain to sow pea seeds comes from, I would like to dispel it. The time for gardening has never really passed! There is still many a seed to be sown in the Summer months, and taking advantage of a sunny July morning to get seeds in is the secret to a year-round bounty of homegrown produce. Sowing beans in June will give you fresh green beans through October. Sow kale in July and you may still be eating it come Spring Equinox the following year (and enjoying the sweetest kale you’ve ever tasted after it gets kissed by frost!). Quick crops like radishes and lettuce can be sown every few weeks, as long as the soil is workable, for a near constant supply of salad fixings. Start a garden bed if you haven’t yet, or if you already have one going, sow these seeds in spaces that open up as your Spring sown vegetables get harvested, or among crops that will be done by the time the seedlings really start to take off. For more exact info on when to plant what, I cannot recommend highly enough that you pick up a copy of *The Maritime Northwest Garden*, available at both Co-op locations. Happy Gardening!
The Community Sustaining Fund (CSF) has been collecting funds—through Co-op Round-ups—for distribution to local worthy causes for almost 30 years. As time has passed, additional also-worthy Round-ups have been added to the Co-op list, resulting in less funds for CSF, and fewer grant applications. The most recent grant cycle—held twice yearly, spring and fall—saw only three groups apply for grant assistance for their projects: the Resilience Project, Love Our Local Fest and Senior Services for South Sound.

We at CSF would like to generate more interest, collect more round-ups, and award more grants. With these goals in mind, the leadership group has decided to try something new. Rather than opening applications to a wide variety of projects, we have identified a specific area of focus for the fall grant cycle. Since homelessness remains an all-encompassing issue in our community, we have chosen this concern for the 2018 fall grant cycle. We are excitedly planning and discussing details, so please stay tuned for more information, through the Co-op website and Facebook pages, in the Spoonful, and on notices around the stores.

WE ARE CSF. Together, we can focus our efforts and combat homelessness within our community. Won’t you join us?

CSF REPORT: Spring Grant Cycle

By Desdra Dawning, Co-op member

In the Spring 2018 season, three amazing organizations came to The Community Sustaining Fund for help. Here are their stories:

Resilience Project

Safe schools have become a major source of concern in recent years. Seeking to help youth who have been affected in some way in their lives by trauma to stay in school and thrive, this project, headed up by Carrie Stringer, offers school staff the knowledge and tools they need to identify and support these students. She defines trauma as “an event that has been internalized with no external or internal resources to deal with it.” This pilot project has been embraced by the administration at Garfield Elementary School, in the Olympia School District.

Carrie came to the CSF asking for assistance in paying facilitators at Garfield for three 2-hour workshops to be held for the teaching staff and administrators at the school, and for printing and supplies. The workshops are designed to address four main areas:

- Emotional and physiological impacts of trauma on youth
- Nonviolent communication and conflict resolution
- Restorative language skills and processes
- De-escalation strategies

In the workshops, teachers and administrators will gain understanding and skills that will allow them to more effectively work with reactive behavior in a less punitive, more restorative manner, hopefully reducing the practice of student suspensions. This project was awarded the full amount of the request, plus a little bit more.

Senior Services of South Sound

Along with the senior garden plot, GRuB has partnered with the Senior Services of South Sound to provide food-insecure seniors with fresh produce for 10 weeks of summer through their Community Sustaining Agriculture (CSA) program. Many seniors in our community live at poverty level and suffer from poor nutrition as a result. Cathy Visser, the Nutrition Director who heads up the Meals on Wheels and Community Lunch Program at the Senior Center, has been
The Co-op is a member of the Domestic Fair Trade Association, organizing for a fair and sustainable agricultural supply chain. Northwest farms depend heavily on the hard work of folks like these.

WORKER RIGHTS
continued from page 5

During April, the Spoonful published the origins of International Worker’s Day, and described the May Day massacre of striking workers as they protested for an eight-hour workday with no loss of pay. Then, on May 1, both Co-op locations closed, now an annual tradition for an organization that keeps its doors open every other day of the year. (iww.org/history/library/misc/origins_of_mayday)

The month of May also saw Co-op stores offering deep discounts on Fair Trade certified products such as Alaffia, Dr. Bronner’s, and Equal Exchange. To be certified Fair trade, organizations must care for their workers, communities, and the planet.

The Six Principles of Fair Trade:
1) Fair prices
2) Fair and safe labor conditions
3) Direct trade
4) Democratic and transparent organizations
5) Community development
6) Environmental sustainability

The Co-op published the full definitions of each of these principles of Fair Trade in our Co-op Spoonful flier. (Find out more at fairworldproject.org)

The following week, in conjunction with Traditions Fair Trade Café, the Co-op hosted a free screening of the film “Food Chains.” Produced in English and Spanish, this documentary examines the struggle of farmworkers as they fight for the Fair Food Program to pay tomato pickers one penny more per pound, thus doubling their wages. Film maker Sanjay Rawal built the film around a six-day hunger strike by The Coalition of Immokalee Workers’ (CIW), as they fight for nothing more than a meeting with a representative from Publix supermarkets. The CIW Fair Food Program is considered by the New York Times to be “the best workplace-monitoring program” in the US, and according to the Washington Post, is “one of the great human rights success stories of our day.”

Rawal captures this brave movement with devastating intimacy. Through his lens, the unseen human rights violations occurring everyday in the fields - just out of our awareness - come into sharp focus. We learn that, 80 percent of women in the fields experience sexual harassment. We learn that workers who spend all day handling food go to bed hungry. We learn that, whilst working eight to twelve hours per day, stooped over in dangerous heat with few breaks for water, even a breeze from the cool spray of pesticides comes as a relief. (Learn more at www.foodchainsfilm.com)

Although large national and discount chains may be able to offer some similar products for a lower shelf price, the repercussions of sending your money out of state are economically devastating. The Olympia Food Co-op values our local economy and takes worker rights seriously. In line with Fair Trade principles, the Co-op engages as much as possible in direct trade with producers, ensuring more of the profits can reach the workers. By prioritizing local farms, the Co-op also fosters community development. Consumer’s money stays within our local economy. By ensuring our neighbor’s successes, we ensure our own collective success.

Whilst Capitalism drives increased income inequality, climate change, and human rights abuses, cooperation is the fabric of our society. The Co-op’s Local Farms Committee works hand-in-hand with farmers to negotiate fair prices for their crops, and to plan a rotating schedule for production that allows each farm to benefit. Jacob Wilson, of Calliope Farm, comments that the Co-op “fosters a sense of cooperation, rather than competition” amongst local farmers.

Our spring focus on worker rights has been an eye-opening experience. We hope you will join us in continuing to learn about the impact of our food choices. Whenever we look more closely at workers, we are reminded of three things:

Workers are humans.

Worker rights are Human Rights.

Keep fighting.

Round UP!
to support Community Sustaining Fund of Thurston County

pocket change makes real change
Your support enables the CSF to invest in local environmental and social justice projects.

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

Summer 2018 WWW.OLYMPIAFOOD.COOP | 15
Here we are again, looking at a set of numbers and trying to make sense of them all. While the table below compares our actual revenue and expenses relative to what we budgeted (late in 2017), there is so much detail that cannot be included. We have a financial coordination team, consisting of staff bookkeepers present and past, that reviews in detail what is happening with every revenue generating department and every expense line. When any are out of variance (typically more than 2% off of budget), we contact other staff members who are responsible for those revenue or expense lines to find out what happened and what changes they propose to make for the rest of the year. Pertinent information that they pass on is then included with this report and is communicated to our Finance Committee of the Board.

In summary, our profit to date is a bit more than $84,500. How we got there is convoluted. While our total sales revenue continues to lag behind our budget, in this quarter by more than $37,000, our gross margin (sales minus the cost goods sold) more than made up for it. Total revenue, the money we use to pay for all of our other expenses, was about $25,700 greater than our budget goal.

### 1st Quarter 2018 Budget Report

<table>
<thead>
<tr>
<th></th>
<th>2018 ACTUALS</th>
<th>2018 BUDGET</th>
<th>$ OVER BUDGET</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Revenue:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sales</td>
<td>4,261,436</td>
<td>4,298,813</td>
<td>(37,377)</td>
</tr>
<tr>
<td>Cost of Goods Sold</td>
<td>2,754,854</td>
<td>2,815,474</td>
<td>(60,620)</td>
</tr>
<tr>
<td>Gross Sales Revenue</td>
<td>1,506,582</td>
<td>1,483,340</td>
<td>23,243</td>
</tr>
<tr>
<td>Other Revenue</td>
<td>7,721</td>
<td>4,812</td>
<td>2,909</td>
</tr>
<tr>
<td>Total Net Revenue</td>
<td>1,514,303</td>
<td>1,488,152</td>
<td>26,152</td>
</tr>
<tr>
<td><strong>Expenses:</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Community &amp; Marketing</td>
<td>24,399</td>
<td>45,473</td>
<td>(21,074)</td>
</tr>
<tr>
<td>Staffing</td>
<td>1,056,684</td>
<td>1,098,918</td>
<td>(42,234)</td>
</tr>
<tr>
<td>Member Discounts</td>
<td>110,685</td>
<td>118,958</td>
<td>(8,272)</td>
</tr>
<tr>
<td>Operations</td>
<td>238,029</td>
<td>239,589</td>
<td>(1,560)</td>
</tr>
<tr>
<td>Total Expenses</td>
<td>1,429,798</td>
<td>1,502,938</td>
<td>(73,140)</td>
</tr>
<tr>
<td>Total Net Income</td>
<td>84,505</td>
<td>(14,787)</td>
<td>99,292</td>
</tr>
</tbody>
</table>
WESTSIDE LOCATION
OPEN 10am-6pm, every day

EASTSIDE LOCATION
OPEN 8am-8pm every day

Bring your family & Friends
to the new
Blue Heron Bakery and Cafe
NEW CAFE LOCATION!

We ARE open 7 days a week 7am-7pm!
4419 Harrison Ave Suite 108
ONE BUILDING WEST OF JAY’S FARMS

Let’s do Lunch!

blueheronbakery.com  360-866-2253

Olympia
FARMERS MARKET

Over 100 Unique Vendors • 7 Restaurants
Daily Live Music • Seasonal Produce
EBT/SNAP, WIC & Senior Benefits Welcomed

Jan - Mar | Sat Only
April-Oct | Thur-Sun
Nov-Dec | Sat & Sun
Dec 22, 23, & 24

(360) 352-9096  700 Capitol Way N • Olympia, WA 98501
www.olympiafarmersmarket.com

Around The Circle Midwifery, LLC
2120 Pacific Ave. SE
Olympia, WA

Comprehensive, family-centered care for your pregnancy and birth
Midwife attended birth in our birth center or your home
Most insurance accepted, including Medicaid
Call to Schedule a Free Consultation
(360) 459-7222
aroundthecirclemidwifery.com
Creating Sisterhood through Fun and Self Expression

Yoga, Meditation, Breathing Exercises, Positive Affirmations, Self-Care Tools, Talking Circles, Sound Healing, Art & Dance

Empowerment4Girls.com

Need a spot to relax and have a snack after shopping at the eastside store? Look no farther than the Eastside OFC’s Faerie Garden!

Read all about it on page 23.
2018 Q1 FINANCE REPORT
continued from page 16

For the sake of simplicity, our expenses are presented in 4 major categories. ‘Community and Marketing’ expenses include all of the donations we make to local organizations to help them put on events or support those less fortunate, outreach projects like tabling at local events to let more people know about what we have to offer, and all of the dues we pay to be part of larger organizations like National Cooperative Grocers. ‘Staffing’ expenses include payroll wages, taxes, medical benefits, and the costs of offering our staff a retirement program. ‘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 the supplies we use in our stores and our downtown office to the power, water and recycling utilities necessary to run a business.

As you can see, every large expense area was under budget for the first 3 months of this year. Some are due to the timing of payments, such as when we produce this newsmagazine one quarter but don’t receive the bills until the next. Staffing costs are lower because we did not spend as much for our medical benefits as we might have. Being self-insured, we purposefully budget for a worst case scenario, so that even when they do occur we have a better chance of withstanding the cash impact. Our operations costs were quite close to budget, partly due to increased utility costs which went into effect near the end of last year. Overall, our total expenses were about $73,000 less than what we budgeted.

More revenue dollars coming in and fewer expense dollars going out equate to a nice profit level so far this year.

If you have any questions or concerns about our finances, or want to know more about the detail behind them, you can contact me by email at corey@olympiafood.coop or by calling our downtown business office, 360-357-1106, ext. 12. ■

LOCAL EATS / EARTH DAY
continued from page 10

Often present at Co-op events, the “wheel of fortune” stood ready for spins. Those who played—and everyone was a winner—chose from Buy Local pins, Co-op bumperstickers, luscious lime lip balm and other Co-op goodies, or entry into the periodic raffle during the day. At moments when the band took breaks, Robyn took to the microphone to draw and announce raffle winners. Given away were Co-op label water bottles, assorted vendor baseball caps, Olympia Salsa, a few $25 OFC gift cards, and some Greg Black and the Blacklights CD’s—with the song, Free Store, paying homage to our legendary volunteer-run 100% savings outlet store!

And as always happens at Co-op events, a Kid’s Play Area was set up, with sidewalk chalk and colored pens. Always a hit with the little ones!

What better way to celebrate Earth Day than by honoring and supporting all the local businesses that have been supplying us with good wholesome products for our shelves?'
Community Classes

SUMMER 2018 SCHEDULE

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

Irrigation for Home Gardens
Sunday, June 10 2-4pm
Facilitator: Terra Kram
Location: Westside OFC Garden Center
Enrollment: Min 4 Max 12
This class will focus on creating a simple and effective irrigation system for a home vegetable garden which will run off of a hose bibb. Participants interested in customizing a design specific to their garden are encouraged to bring in a scale drawing and planting plan— including the location of the hose bibb and distance to the garden.

Farm Tour of Spring Creek
Tuesday June 19th 2018 2-4pm
Facilitator: Co-op Garden Center Staff
Location: Spring Creek Farm
206544 Van Dyke Rd, Rochester WA 98579
Enrollment: Min 5, Max 25
Cost: FREE
Join West Olympia food Co-op Staff on a tour of Spring Creek Farm. Spring Creek Farm grows the culinary and medicinal herbs as well as the vegetable garden starts we sell at both of our store locations.

Carpool Instructions: If you have room in your car or will be in need of a ride, please meet at the Westside Olympia Food Co-op no later than 1:15pm, and we will caravan as a group to Spring Creek Farm.

Crafting Your Personalized Mini Photo Album
Saturday June 23rd 2018 10am-12pm
Facilitator: Karla Lociaza
Location: OFC Downtown Office
Enrollment: Min 4, Max 8
Learn how you can use simple materials to craft your own personal paper based mini photo album. Learn how to easily build a personalized mini album (3 x 5 or 1 inches) that can be used for any occasion, and hold about 5 (6x4) photos and, (3 x 4) photos along with tags to write sentiments. Leave with a Lovely album you can use to collect special memories or give away as a gift.

Composting and Gardening with EM1, Effective Microorganisms
Sunday, June 24th 10am-12pm
Facilitator: Erika Fehr
Location: Little House at Westside Co-op
Enrollment: Min 4, Max 25
Microorganisms are essential for living soil and lush growing plants. They also play a main role in composting. You will learn how to transfer your kitchen waste into rich compost by using a simple closed system that does not attract flies and rodents. Only 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.

Growing Mushrooms at Home
Sunday, June 24th 1-5pm
Facilitator: Loni Jean Ronnebaum of Fungi Perfecti
Location: GRuB
Enrollment: Min 10, Max 40
The Olympia Food Co-op is proud to announce that Fungi Perfecti select mushroom starter kits, that were previously only available through mail order, are now available for purchase at our Westside Garden center. Join us for this free and informative presentation that will feature information on low tech mushroom cultivation for home and garden, people and planet.

Please note: This class will be offered three times—the same material will be covered at all three classes.

Plan Your Year Round Garden
Sunday June 24th 2-4pm
Facilitator: Terra Kram
Location: Westside OFC Garden Center
Enrollment: Min 4 Max 12
Join West Side Co-op Garden Center working member Terra Kram for a class on year-round vegetable gardening. Now that the summer garden 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.

We will be covering crop rotation (to minimize pests and diseases and to support the best use of the available space); recommended varieties; soil preparation and amending; tips and tricks for over-wintering challenges; cover crops and fallow land; and putting the garden to rest.

Participants are encouraged to bring in a drawing of their garden, especially indicating exposure (hours of sun).

Please note: This class is being offered twice—roughly the same material will be covered at both classes, with more emphasis in the June class on starting plants from seed, and more emphasis at the July class on using transplants.

Irrigation for Home Gardens
Sunday, July 8th 2-4pm
Facilitator: Terra Kram
Location: Westside OFC Garden Center
Enrollment: Min 4, Max 12
This class will focus on creating a simple and effective irrigation system for a home vegetable garden which will run off of a hose bibb. Participants interested in customizing a design specific to their garden are encouraged to bring in a scale drawing and planting plan— including the location of the hose bibb and distance to the garden.

Please note: This class will be offered twice— the same material will be covered at both classes.

Cooking For All Ages
Sunday, July 15th 1-4pm
Facilitator: Awren Schwartz
Location: GRuB
Enrollment: Min 10, Max 25
Calling all kids and adults who like to cook! Bring your child, bring your guardian, or bring anyone who thinks vegetables are icky. Together, we will learn to make tasty food that is also secretly healthy. We will make GF pizza, yummy smoothies, and a healthy dessert.

Plan Your Year Round Garden
Sunday July 22nd 2-5pm
Facilitator: Terra Kram
Location: Westside OFC Garden Center
Enrollment: Min 4, Max 12
Join West Side Co-op Garden Center working member Terra Kram for a class on year-round vegetable
gardening. Now that the summer garden is going strong is the time to plan for fall, winter and early spring crops. Timing is critical for planting and transplanting in order to have harvestable food as we move through the seasons.

We will be covering crop rotation (to minimize pests and diseases and to support the best use of the available space); recommended varieties; soil preparation and amending; tips and tricks for over-wintering challenges; cover crops and fallow land; and putting the garden to rest.

Participants are encouraged to bring in a drawing of their garden, especially indicating exposure (hours of sun).

This class is being offered twice—roughly the same material will be covered at both classes, with more emphasis in the June class on starting plants from seed, and more emphasis at the July class on using transplants.

Growing Mushrooms at Home
Sunday, July 22nd 1-3pm
Facilitator: Loni Jean Ronnebaum of Fungi Perfecti
Location: GRuB
Enrollment: Min 10, Maximum 40
The Olympia Food Co-op is proud to announce that Fungi Perfecti select mushroom starter kits, that were previously only available through mail order, are now available for purchase at our Westside Garden center. Join us for this free and informative presentation that will feature information on low tech mushroom cultivation for home and garden, people and planet.

Please note: This class will be offered three times—the same material will be covered at all three classes.

Growing Mushrooms at Home
Sunday, August 5th 1-3pm
Facilitator: Loni Jean Ronnebaum of Fungi Perfecti
Location: GRuB
Enrollment: Min 10, Maximum 40
The Olympia Food Co-op is proud to announce that Fungi Perfecti select mushroom starter kits, that were previously only available through mail order, are now available for purchase at our Westside Garden center. Join us for this free and informative presentation that will feature information on low tech mushroom cultivation for home and garden, people and planet.

Please note: This class will be offered three times—the same material will be covered at all three classes.

Make your own Herbal Oils and Salves
Sunday, August 19th 10am-1pm
Facilitator: Jesse Maichelli from the Herbal Access Project (hAP)
Location: GRuB
Enrollment: Min 6 Max 15
Learn about some of the herbs that the Herbal Access Project (HAP) in partnership with Canoe Journey Herbalist used to support participating tribes and communities. In this hands-on class, you'll learn to make herb infused oils and salves for topical first aid, massage, and body care. We'll discuss selecting herbs for your formula, learn to make a plant infused oil, and work together to create a salve for you to take home. This class uses beeswax and is not vegan.

Please note: This class will be offered twice—the same material will be covered at both classes.

Preserving the Summer Harvest
Sunday August 26th 1-4pm
Facilitator: Awren Schwartz
Location: GRuB
Enrollment: Min 10 Maximum 25
Don't want summer to end? It doesn't have to! Learn to make homemade vinegar to add to your winter dressings and sauces. Learn new freezer friendly recipes and make healthy sugar-free jam. Let’s keep that sunshine coming all year round!
WHY NOT APPLY TO RUN FOR THE BOARD?
AUG 1-SEPT 15

Empty Seat
Director

Laura Love
Staff Representative

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

OFC Board of Directors

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

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.
Springtime Magic in Eastside Garden

By oso ortiga, Staff member

As I write this, Spring is here in full form, and the birds are singin', the bees are buzzin', and the flowers are exploding into bloom. Over on the Eastside we have a beautiful Faerie Garden, full of vibrant blooms that feed bees and butterflies alike. Thanks to Staff member, Sarika Igloi, we have this beautiful space available for leisurely lunches, kids’ playtime, and a habitat full of food for many varieties of birds and insects.

This past year Working Members Stu, Hardy, Bobby and myself have been caretaking the garden and surrounding areas of greenery. I must say what a joy it has been. We are excited to share some updates with everyone as the summer begins! We have slowly prepared space: spreading mulch, laying cardboard to tame weeds and rogue grass; cultivating compost and planting an herb spiral. There have been requests from our neighbors and community members for more food plants and since perennials are a great low maintenance choice for any garden, a strawberry patch has been planted, as well as a beautiful blueberry bush. Both berries will continue to proliferate and provide food to folks for years to come. They are joining an apple tree, elderberry and currant, as well as oregon grape and rosemary. Also, be sure to keep a look-out for bee-friendly flowers: calendula, bachelor’s buttons, and california poppies!

There are some exciting projects on the horizon, as we are planning to dismantle and revamp our in-house composting system. We will be trading the current slow and ineffective bins for some worm bins! This will offer a great opportunity for the community to learn about worm bin composting and help us generate our own nutrient-rich soil for future garden projects!

If you’re interested in helping out, sign up for our Working Member program and volunteer in Landscaping! In the meantime, one way to help our garden space is by throwing away trash in proper receptacles. We hope ya’ll enjoy the magic of our Faerie Garden as it blossoms into the summer!