



FALL 2018

Table

A Quarterly Publication of the Olympia Food Co-op • www.olympiafood.coop

COMMUNITY AS RESILIENCE

Olympia Food Co-op 41st Annual Membership Meeting

Planting Garlic

VOTING FOR CHANGE

Harvest Season Recipes



Table

Published by

OLYMPIA FOOD CO-OP

WESTSIDE STORE & GARDEN CENTER
921 ROGERS ST NW • OLYMPIA, WA 98502
(360) 754-7666

Open daily 8AM-9PM

GARDEN CENTER daily 10AM-6PM seasonal (hours/days vary)

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*Both Co-ops are open every day except for May 1st
Westside Garden Center open seasonally – call for hours*

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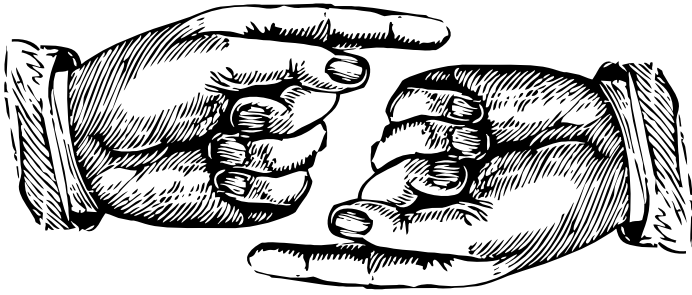
Editors' Note



Fall brings a lot of change to our world, as individuals and as a community. As you'll read in this issue, the Member Relations Committee chose the theme of Community Resilience for our Annual Membership Meeting, and I think that concept has resonated across our organization for the work ahead of us. As a staff collective, we have our own community within the greater Co-op and we are constantly striving to be more resilient in our daily operations and in our work relationships. As an organization, we know there are many competing priorities before us in this ever-changing retail world. You, a reader of this issue of the Co-op Table, are part of the community resilience that we are recognizing is more important than ever. We believe co-ops are integral to community and this business model is one that deserves support and exploration as our world evolves.

I hope you'll enjoy these articles and find some time to spend reflecting on our fall theme. How do you play a role in community resilience and how can we achieve this together, despite the challenges that face us all? One way to start is enjoying some good food with good people. Happy harvest time!

Maureen Tobin



Voting For Change

By Grace Cox, Staff Member

Fall can be an exciting time around the Olympia Food Co-op. College students return to Olympia; children and families return to their school year routines. Frost hardens the winter squash on the vine as the light begins to fade. Our summer tattoos become covered by rain jackets and hoodies, and we go back to baking, warming our kitchens with pots of soup and warm casseroles.

It's also election time! Maybe your mind just went to mid-terms and state/national politics, winning and losing and the emotional roller coaster that brings. But wait, that's not the election I'm talking about. From October 15 through November 15 the Co-op holds its annual elections. In addition to choosing 5 candidates for open positions on our Board of Directions, this year's election includes numerous proposed amendments to the Co-op's by-laws.

By-law amendments happen routinely in organizations because, well, change happens. For example, in 2015 members passed a minor by-law amendment allowing us to announce our annual meeting via email rather than snail mail when a member so chooses. When our by-laws were written 40 years ago we didn't even have the internet or a computer, much less the ability to communicate via email! Now we do.

We have several proposed amendments coming up on this year's ballot. As of this writing our proposed amendments are under legal review. Once the review is complete we will publish the detailed changes with a brief explanation of each one for your consideration. In the meantime, enjoy this brief preview.

We updated several sections of the Article II: Membership, including changing the name of the low-income discount to Cooperative Access Program. We propose changing the word "dues" to "equity", changing the requirement of a physical address for active member status (to allow for other current contact information), and creating some new standards for active membership. We are also updating our anti-discrimination language to include protections for national origin & immigration status, and adopting the word ability to replace the word disability.

Is your appetite whetted yet? There is more to come. In addition to these by-law proposals and the amazing candidates who step forward to serve the Co-op, also watch for a new electronic option for submitting your ballot. Your participation makes the Co-op stronger!

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 a Working Member Orientation at either store today!

WESTSIDE

SEPTEMBER

MONDAY 3RD 3:30-5:30PM
FRIDAY 7TH 3:00-5:00PM
MONDAY 17TH 4:00-6:00PM
MONDAY 24TH 4:00-6:00PM

OCTOBER

MONDAY 1ST 3:30-5:30PM
FRIDAY 5TH 2:00-4:00PM
MONDAY 8TH 3:30-5:30PM
FRIDAY 26TH 2:00-4:00PM
MONDAY 29TH 3:45-5:45PM

NOVEMBER

FRIDAY 2ND 1:00-3:00PM
SATURDAY 3RD 11:00AM-1:00PM
MONDAY 5TH 3:30-5:30PM
FRIDAY 9TH 1:00-3:00PM

DECEMBER

SATURDAY 1ST 11:00AM-1:00PM
MONDAY 3RD 3:00-5:00PM
FRIDAY 4TH 2:00-4:00PM

EASTSIDE

SEPTEMBER

THURSDAY 13TH 6:30-8:30PM
SUNDAY 16TH 3:30-5:30PM

OCTOBER

THURSDAY 11TH 6:30-8:30PM
SUNDAY 14TH 3:30-5:30PM

NOVEMBER

THURSDAY 8TH 6:30-8:30PM
SUNDAY 11TH 3:30-5:30PM

DECEMBER

THURSDAY 6TH 6:30-8:30PM
SUNDAY 9TH 3:30-5:30PM

Packing a Healthy Lunch

By Maureen Tobin, Staff Member

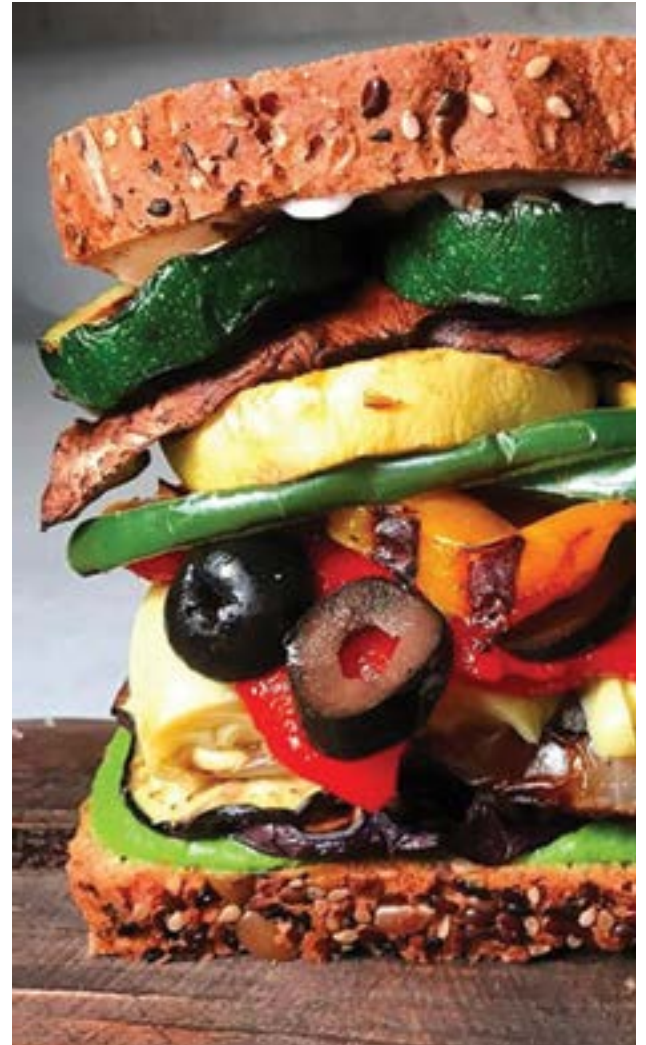
Whether you're packing for school or office or a grand driving adventure, keeping your lunch options from being boring, repetitive, or too reliant on expensive and convenient packaged foods is a challenge. I set out to find some new ideas from friends, local farms, books and the internet on what you can pack yourself for lunch, assuming your dinner didn't create the perfect leftover in the perfect container.

Lunch options open up a lot when you can re-heat something, or when you can carry something like a thermos to keep things hot. Many people I chatted with talked about soup, stew or casserole leftovers as their favorite kind of lunch. But often, it's most convenient to bring something that's easy to eat without equipment required...



...and this is where SANDWICHES come in!

Probably the most popular lunch food in cafes and cafeterias throughout the States, sandwiches are a familiar and easy-to-accomplish lunch where you can make sure you've got your carb, protein and vegetables all covered in one easy travel package. There is a good reason the Co-op Deli makes and sells so many of them!



Hot Tip! **USE YOUR COLORS!**

From the deep red of tomatoes and roasted peppers to the vibrant yellow of mustards and cheeses...the green of crisp lettuce, cukes, sprouts, avocado, and many other garden goodies...the deep blacks and blues of olives and dried fruits and eggplant, and the earthy brown of proteins, whole grains, and nut butters....try to include a burst of color from each!

Some Sandwich-making Tips...

Even if you think you've got this one down, it never hurts to challenge yourself and keep the doldrums at bay.



BALANCE: Think about texture and fillings and spreads and how to balance them. If you're out of lettuce and want to try cabbage or kale, think of a spread that you like best with that (maybe something creamy and sour like horseradish mayo). If you use a meat that you know you like with mustard, get that mustard right next to it and build the sandwich from there.



PREP THE FILLINGS: Taking time to make thin slices of whatever you're using will save you from the dreaded falling-out-fillings problem. In general, denser items should go at the bottom and crunchy towards the top. You can also use lettuce in a couple of layers to help manage goop or spillage. And don't forget attempting to add some fruit or veggie to a nut butter sandwich, a great way to break that spread up a little, if your audience is willing to try.



THINK OF THE CUT: Diagonal cuts or cutting into triangles is always going to be more pleasing to the eye than the straight cut in half, but sometimes your creation will be more stable keeping it simple. Kids are notoriously pleased by the use of cookie cutters or other decorations on sandwiches to keep things interesting, but I for one find that falls into the category of "nice idea that falls to the wayside when I'm scrambling in the morning."



RANDOM TIP: Spreading a thin layer of butter or margarine on the bread may help prevent sogginess later in the day, according to several sources. One parent reported that this method got their child to eat an almond butter sandwich for the first time, so it's worth trying!

*But what if you don't like sandwiches?
Find more yummy options on Page 6!*



Tried Kiwi Berries Yet?

...if you haven't, you're missing out on one of the tastiest and most nutritious fruit snacks in the store! The farm in our area that is well-known for growing these tasty treats is Burnt Ridge Nursery. Here are some of the highlights of these little gems:

No need to peel – just pop in your mouth like a grape! They are sweet and juicy and taste like their fuzzy counterparts...but without the fuzz.

Kiwi berries are very low in Saturated Fat, Cholesterol and Sodium. They are a good source of Dietary Fiber, Vitamin E, Potassium and Copper, and a very good source of Vitamin C and Vitamin K.

Kiwi berries may be round or barrel shaped, will be soft when ripe, and may even have a few wrinkles when they are sweetest.

Kiwiberry Chutney from edibleportland.com

1 pint (6–8 ounces) fresh kiwi berries
1 bunch cilantro, washed and picked
1-2 fresh chili peppers finely diced
3 ounces fresh ginger, grated
Juice and pulp of 1 lemon
1/2 cup cider vinegar or red wine vinegar
1 fresh tomato, diced
1 small onion, finely diced
1-2 cloves garlic, finely minced
Kosher salt to taste

Place the kiwi berries in the bowl of a food processor and pulse several times to chop but not puree. Add remaining ingredients and pulse to incorporate throughout without losing slightly chunky consistency. Add more lemon juice, vinegar, or some water if the mixture is too dry.

Makes 2 cups

Recipe by Farah Ramchandani (owner, Nine Star Ranch)

cont. from prev page... **Healthy Lunches—& no sandwiches!**

So you've got some options here, and one of these is to substitute what you normally call sandwich bread with something else. Try waffles or pancakes with that nut butter for a whole new outlook on a PB&J. Roll those same ingredients up in a tortilla and you've got something new! Tortillas and wraps are cool for creating pinwheels which look really cool. If you like smoked salmon or tuna, try one of those with cream cheese and any acceptable vegetable green cut into rounds. Apples and Asian Pears can work well as sandwich bread replacements too.

The Party Platter Lunch:

Kids or anyone who prefers snacking over meals responds well to the Bento-box style lunch, where bite sized pieces of proteins, fruits, vegetables and carbs like crackers can combine to make sure even a distracted eater eats enough. This approach works well to help teach kids about the elements of a healthy lunch, such as making sure there is one protein, one fruit, one veggie and one fill-you-up carb. Hummus, lunchmeats or charcuterie-style cured meats, chunks of leftover veggie burgers or beef patties, and hard boiled eggs are all protein ideas that came up during my research. Pretzel sticks, carrot sticks and crackers seem to be the most popular carb-side options, but pita bread triangles and veggie chips are other good choices. Lots of people speak to the importance of the fruits and veggies here adding color and excitement to the party lunch.



Skewer It: Just as in a barbeque presentation, food on a stick is just plain fun. The Epicurious blog suggests trying grape tomatoes and mini mozzarella balls in a container with balsamic vinegar and oil as a kid or adult pleaser. Another idea there is to skewer cooked tortellinis and dip into marinara sauce. Any baked or grilled tofu or meat could also go on a skewer and keep fairly well in a lunchbox.



Savory make-ahead ideas:

I found some great ideas online for food to make ahead in muffin tins or mason jars for lunches all week. Muffins, quiche, and frittatas baked in small servings are all interesting lunch or breakfast ideas. Layering together ingredients from your fridge such as leftover salads or veggies with different grains, dips or cheeses can also add interest to what you've eaten before.

A New Take on an Old Favorite...



7 Layer Dip IN A MASON JAR

*Recipe and lunch photo courtesy "Mason Jar Lunches" from the Co-op Members' blog
<https://kristaandjess.wordpress.com/>*

- 1/4 cup refried beans**
- 2 Tbsp salsa or pico de gallo**
- 3 Tbsp guacamole (or avocado chunks)**
- 2 Tbsp crema or sour cream**
- 2 Tbsp shredded colby jack cheese**
- sliced black olives**
- pickled jalapeño slices**

Layer all ingredients in a wide mouth pint or half pint jar. This lunch is easily customizable for those picky eaters. Jess, for example, got a layer of shredded cabbage instead of olives. Other layer options: crumbled cotija, scallions, cilantro, lettuce, tomatoes, rice.

Serve with your favorite tortilla chip or other dipping option!



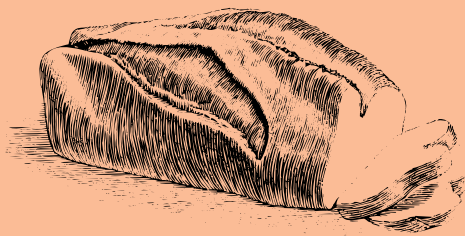
COMMUNITY AS RESILIENCE

Olympia Food Co-op 41st Annual Membership Meeting

Join us on
**Saturday
November 3rd
2018**

11am to 3pm

at the Olympia Center
222 Columbia Street NW



The Co-op's Annual Membership Meeting is an opportunity to break bread together, and to bring members up-to-date on the operations of the business. Most importantly, it's a time to participate in our democratic process – voting on ballot measures, and electing new members of our Board of Directors. As the body responsible for creating the Co-op's policies, candidates for the board are encouraged to introduce themselves and speak about their particular vision for the Co-op.

Remember, voting is open October 15th through November 15th, 2018!



Last year, over 300 members attended our 40th-anniversary-themed meeting and celebration. Guests enjoyed dinner, a Co-op documentary, costume contest, and live music. This year, the Co-op Member Relations Committee chose the event theme of Community Resilience, a practical focus to strengthen our local connections.

Following the Board and Staff Reports, the annual meeting business, and the candidate speeches, an esteemed discussion panel will integrate a variety of perspectives on our Community Resilience theme. The panel guests include local professionals Candace Penn of Squaxin Island Tribe Natural Resources Department, Heesoon Jun, PhD., Multicultural Psychologist and educator, Meg Martin of Interfaith Works Overnight Emergency Shelter, and Vivian Eason of Thurston Emergency Management. Bring your questions for the community engagement session.

The Co-op is proud to provide delicious soups from Mel O Soup, such as Bodacious Coconut Curry and Luscious Sesame Potato. What is soup without a delightful fall salad? Rounding out the peasant meal, expect Country French Baguettes, and hearty vegan

sourdough breads from Blue Heron Bakery, such as Kalamata Olive & Garlic, Rye, and Spelt. For dessert, the artisan crafted confections from Peace, Love & Raw meet an assortment of Blue Heron cookies and pastries, whilst the Batdorf and Bronson organic coffees flow.

Because sharing good food together is an integral part of what this cooperative community is all about, the rest of the feast will be potluck. In the spirit of our theme, we recognize that community sharing is vital to our resilience. An important method of wealth redistribution, egalitarian societies utilize ritual sharing to cement social contracts, ensure the health of the weakest members, and restore a balance of power. Also, sharing our favorite family and cultural dishes is an excellent way to learn about one another.

Join us, as we celebrate another year of cooperative interdependence!

Contact memberrelations@olympiafood.coop for info or to sign up to bring a dish to share.

– Desdra Dawning & Robyn Wagoner



Seasonal Soup & Salad Recipes

...from our friends at Rising River Farm

September is harvest month in the Northwest, and the perfect time to celebrate our local farmers by enjoying the vegetables that grow well in our neck of the woods. We're lucky enough to have lots of delicious local supply! Most of the veggies in the following recipes are available at the Co-op direct from local farms, such as tomatoes, green beans, squash of all sorts and varieties, kale and a variety of greens, and of course don't forget those local carrots. And this is why we celebrate Buy Local Month in September and Co-op Month in October...there's no better time to make community resilience a part of everything we do!

Veggie Chili w/ Winter Squash

- 1 cup yellow onion, diced
- 1 cup carrot, diced
- 1 cup bell pepper (any color), diced
- 3 or more cloves garlic, minced
- 2 tsp soy sauce or tamari
- 2 1/2 tablespoons mild chili powder
- 1 tsp dried oregano
- 1 tsp dried cumin
- 1 14.5 oz can diced tomatoes
- 1 1/2 cup pureed squash (pumpkin or delicata are the best)
- olive oil for sauteing
- 2 cups vegetable broth
- 3 cups cooked beans (black, pinto, kidney, or tigers eye)
- 1 Tbsp lime juice

Optional toppings: cilantro, jalapeno, sour cream, cheese, avocado

1. Dice up all the veggies.
2. Saute onion, carrot, pepper in olive oil for about 5 minutes. Add garlic, soy sauce, and spices. Saute another minute.
3. Add tomatoes, vegetable broth, squash and cooked beans.
4. Simmer about 15 minutes to meld.
5. Serve with any or all of the suggested toppings and consider whipping up a batch of corn bread.



Winter Salad w/ Beets & Kale

Dressing:

- 1 clove garlic – pressed
- 2 tsp raspberry jam
- 1 1/2 tsp grainy mustard
- 1 1/2 tsp apple cider vinegar
- 3 Tbsp olive oil

Salad:

- 5 cups packed torn kale leaves (Lacinato or Red Russian are best)
- 2 cups shredded beets
- 2 Tbsp salted, roasted pumpkin seeds
- salt & pepper to taste

1. Combine dressing ingredients in a jar and shake to mix.
2. Toss kale and beets together. Sprinkle with salt and pepper and toss again.
3. Add dressing and toss yet again. Scatter pumpkin seeds on top and serve.





Tomato Green Bean Soup

1 cup chopped onion
1 cup chopped carrots
2 tsp butter
6 cups vegetable broth
1 lb fresh beans, cut into 1-in. pieces
1 garlic clove, minced
3 cups diced fresh tomatoes
1/4 cup minced fresh basil
1/2 tsp salt
1/4 tsp pepper

1. In a large saucepan, saute onion and carrots in butter for 5 minutes. Stir in the broth, beans and garlic. Bring to a boil. Reduce heat, let simmer for 20 minutes or until the vegetables are tender.
2. Stir in tomatoes, basil, salt and pepper. Cover and simmer for an additional 5 minutes.

Caesar Salad w/ Kale

Lacinato kale
2 cloves garlic-crushed in a press
olive oil
salt and fresh ground pepper to taste
juice of one lemon
Parmesan cheese – freshly grated

1. Remove the stems from 1 bunch of kale and cut the leaves into small pieces.
2. Place in a salad bowl and add the garlic and 1-2 Tbsp extra virgin olive oil. Toss well.
3. Sprinkle on a pinch of salt and lots of freshly ground black pepper and toss again, then add the juice of 1 lemon and toss.
4. Sprinkle with freshly grated Parmesan cheese and serve.



Hot on the heels of September's celebration of all things local,

OCTOBER IS NATIONAL Cooperatives Month!

For over 40 years the Olympia Food Cooperative has been serving the South Sound community. The Co-op, like thousands of others around the world, stands on the foundation of the 7 Cooperative Principles. These Principles are the cornerstone of cooperative businesses globally:

- **Voluntary and open membership**—no gender, social, racial, political or religious discrimination.
- **Democratic member control**—members are involved in setting policies and making decisions.
- **Member economic participation**—members share equally in their financial investment in the cooperative.
- **Autonomy and independence**—they are self-help organizations controlled by its members.
- **Education, training and information**—they provide education and training for members, elected representatives (BOD) and employees.
- **Cooperation among Co-ops**—they work together through local, regional, national and international structures.
- **Concern for community**—Co-ops work for sustainable development of their communities.

To read more about how co-ops work, and about three new cooperatively-run businesses in Olympia, turn to page 10

This is How Olympia Cooperates!

By Desdra Dawning, Co-op Member *The cooperative business model differs from most other businesses in some significant ways. Most importantly, it gives the people who work and shop there a sense of personal pride and ownership. Member-owned and operated businesses bring fairness and equality to the business playing field. Serving the vital role of bringing good wholesome food and other products to our community, the Co-op has not only successfully run our two store locations, it has also been and continues to be instrumental in supporting and often helping many other co-ops in our region get up and running. This past year, three new cooperative businesses sprouted in our community: Capital Homecare Cooperative, Business Services Cooperative, and Dumpster Values Collective.*

Capital Homecare Cooperative

(CHC) is a caregiver-owned homecare agency providing in-home services to seniors and adults with disabilities throughout Thurston County. As a caregiver owned cooperative, they believe that caregivers who are paid a living wage, and treated with respect for the work they do, provide by and large the best service to those in their care. Licensed by the WA Department of Health, these extensively trained HCA and CNA's have a vote in all business matters and access to shares in CHC's profits. And because they own their business they have a personal investment and pride, creating less turnover and a more stable, nurturing environment for their clients. And their clients, for a reasonable fee, (hoping to include Medicare and Medicaid soon) are offered the following services: personal hygiene care, mobility assistance, incontinence care, shopping and household chores, medication reminders, companionship and community activities, and so much more. Check them out at www.CapitalHomecare.coop, or contact them at 360-888-6175.



This Just In: Beginning on October 1st, you can help Capital Homecare Cooperative with crucial funding by asking your cashier at the Co-op to Round Up for CHC when you check out.



Dumpster Values is a unique business in downtown Olympia. Over the years it has developed a reputation for its specialty vintage and unusual clothing, jewelry and accessories. It first opened its doors in 1996, with one owner and a succession of employees. When that owner decided to sell her business, three employees chose to become co-owners and to do something different with their business model. With much help from the Northwest Cooperative Development Center, including how to write their own by-laws, they were able to turn their business into a collective, as co-owners with a 1 year buy-in—with profit-sharing for any employees wanting to become future owners with an equal stake in the business. This move has also given them the desire to have more of a voice in the downtown, in addressing issues such as the affects of the unhoused in the downtown corridor. Check them out at 302 4th Avenue E in Olympia if you haven't already, for everything from stylish work clothes to fun and funky party wear. They take trades for store credit. Give them a call at 360-705-3772, or just stop in.

Business Services Cooperative

(BSC), with the mission to strengthen the cooperative economy in our community, provides comprehensive bookkeeping, financial management and consulting services to local member-owned cooperatives and non-profits and a few small businesses of the South Sound. They also serve as a communication connection for these cooperatives. Their team has worked in the cooperative arena for some time, developing a love for small local businesses in this corporate world and an appreciation for their struggle to find a balance between managing their finances and their passion for their businesses.



Being a member of the American Institute of Professional Bookkeepers, BSC keeps up-to-date on the latest US rules, regulations and accounting practices. Check them out at www.BusinessServices.coop or contact them at 360-943-1342.



Supporting cooperatives is one way to help create the resilient community we believe in through daily economic activity. We hope you'll help celebrate National Co-op Month by learning about, supporting and promoting the cooperative business model with us here in Olympia!

Come to a Community Picnic!

Community Sustaining Fund: Focus on the Unhoused

DONATE to help us help each other

Saturday September 15th 4-8pm
West Central Park

Live Music from Veteran Musicians
Trillium Creek and more

Bring Food and Drink

Relax with Friends and Neighbors



Spare Change? FYI, while shopping at the Co-op, you can choose to 'round up' at the register. Specify any amount that works for you, up to the next dollar or beyond. Funds raised provide 'seed money' for local projects; grants are awarded twice a year. This fall our focus will be on projects to address the unhoused in our community.

YOUR SPARE CHANGE CAN MAKE A HUGE IMPACT WHEN ALL IS SAID AND DONE.

♥ *Please pitch in regularly! Thanks for all you do!* ♥

Planting Garlic

by Sylvan Rook, Staff member

Like apple cider or jack-o-lanterns, planting garlic feels quintessentially autumnal to me...

I picture myself on a crisp, sunny day in early November wearing a flannel jacket with my cheeks rosy from the cold, loosening the soil with my digging fork, gently placing each individual clove of garlic up right in its hole, opening up bales of straw and laying a thick layer of mulch across the beds, and I just feel so cozy. Planting garlic is most likely the last thing you will sow in your vegetable garden this year, and I like to think of the act of burying those cloves beneath the earth as a send off to the growing season and an opening ceremony for the coming winter. There are more steps to this ritual than my Fall fantasy sequence includes, and here they are laid out for you to follow so that you can incorporate this project into your own Autumn traditions.



Choosing Seed Garlic (and what is seed garlic, anyway?)

We say seed garlic and not garlic seed because true garlic seed is a very rare thing – most garlic varieties don't produce flowers at all, and even among those that do, the flowers rarely produce viable seed. In fact until the 1950's it was popular opinion that garlic didn't produce viable seed at all. But, humans have successfully grown garlic for thousands of years by propagating it asexually from cloves. Meaning, each clove separated from the bulb can form a new bulb of garlic. The cloves that people plant are what we call "seed garlic." **Seed garlic is selected from the healthiest, most vigorous plants and is tested to verify that is free of disease.** Garlic has a lot of viral, microbial, and fungal diseases that are spread through cloves – even cloves that appear healthy to the naked eye. These diseases can wipe out your crop, and in the case of white rot, will remain in the soil for decades, meaning you will likely never be able to grow garlic again, so it's important to plant seed garlic rather than whatever old garlic you find hiding in your pantry or on display in the produce aisle.



The ever-lovely *Inchelium Red*

What kind to plant?

One of the other reasons to buy seed garlic is that you can know exactly what kind of garlic you'll be planting. At the Co-op, we buy from an amazing organic seed farm run by an Evergreen grad in Royal City, WA that grows and sells varieties that do well in the Pacific Northwest including PNW heirloom varieties like *Inchelium Red* and *Kettle River Giant*.

The first thing you'll see when looking at seed garlic is that varieties are classed as either hardneck or softneck. Hardneck garlics form large, flavorful cloves, but won't store well. Softneck on the other hand, form smaller cloves, that are often more mild, but they can keep up to 10 months. Softneck is also the kind you'll want if you have dreams of making a garlic braid. My inclination is to get some hardneck and some softneck seed so I can have it both ways.



Garlic varieties can be further broken down into types, of which there are about a dozen. Here are a few common types you will come across at the Co-op this fall: *Artichoke* – softneck garlics forming large heads with many cloves, *Silverskin* – softnecks best for braiding and long storage, *Purple Stripe* – sweet hardnecks great for roasting, *Porcelain* – hardnecks with large, spicy cloves.



How much to plant?

Once you know what kinds of garlic you'll be planting, you can decide how much to buy, either based on how much space you have (about 20 cloves will fit in a 10 ft row and rows should be about 18 inches apart) or based on how much you figure you can eat before it goes. I like to imagine I go through 5-6 bulbs per month, and if at least half of what I plant is softneck, then what I plant should keep about 6 months after harvest (maybe longer but I have limited space and resources so I try and play it safe). This means I'll try and get 30-40 cloves to plant, but your garlic consuming patterns probably vary from mine so you'll come up with your own numbers.

Continued on page 16

Hot Tip: Quick "roast" whole single unpeeled cloves of garlic by placing them in a medium-hot skillet. Cover with an air-tight lid and cook for 10 minutes or so, tossing occasionally to be sure they don't burn. Peel and enjoy!

Staff Recipe Picks!



Lucas' Hibiscus Tea

"Great for anytime of year and looks beautiful!"

1/2 to 3/4 cup of dried Hibiscus
1/2 gallon water
2-3 lemons

To taste: Agave, Honey, or other sweetener
1/4 cup Rose water (optional)
To taste: Fizzy water (optional)

Boil water until it comes to a rolling boil. Place dried hibiscus into a 1/2 gallon container while waiting for the water. Pour boiling water over the tea, leaving some room at the top for lemon juice and sweetener. Let the tea steep for at least 30 minutes, but you can steep it as long as you want. The longer it goes, the stronger the tea, but 30 minutes is usually plenty to get the flavor out.

After steeping, strain the hibiscus flowers from the liquid. Let it cool to room temperature in the jar. Once it cools down to room temperature, you can add the fresh squeezed juice of the lemons and add the sweetener until it suits your own preference for sweetness. If you want to try a more dynamic flavor, try adding rosewater to the mix at room temperature. After everything is added, stick the tea in the fridge until it's really cold.

Once cold enough, enjoy the tea on its own, or add fizzy water for an effervescent twist.

Gluten Free Chocolate Chip Cookies

Courtesy Diane. Ami, Bulk manager West, says "Every item in the recipe is available in the bulk aisle at the Westside except the egg. These taste amazing and are easy to make!"

Preheat oven to 350°. Line cookie sheets with parchment.

Mix together: **2 1/2 cup almond meal**
1/2 tsp salt
1/2 tsp baking soda

Beat together: **1 egg**
1 Tbsp vanilla
1/3 to 1/2 cup maple syrup (depending on your preference)
1/3 cup melted and slightly cooled coconut oil

Combine dry ingredients with wet ingredients.

Fold in: **1 cup chocolate chips**
1/2 cup chopped walnuts

Spoon out cookies using a tablespoon. Bake for 10-15 minutes



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2018 2nd Quarter Finance Report

By Corey Mayer, Staff Bookkeeper

Greetings from the land of financial spreadsheets and number crunching, located in the bookie closet at our downtown office! Our job here is to translate all of the ways in which money flows through our organization and create reports that allow us to analyze the financial health of the Co-op. The table below compares our actual revenue and expenses, relative to our budget (created and approved late in 2017), and shows the resulting profit. In summary, our profit to date is a little more than \$50,000, while we budgeted for only \$8,000.

As I mentioned in the last financial report, there is a lot of detailed information that is represented by these numbers. We have 5 bookkeepers who enter invoices, process all of the sales information gleaned from our POS (point of sale) system, receive time sheets and process bi-weekly payroll, cut checks to pay our suppliers, send out statements to those organizations with charge accounts, reconcile our bank statements and double-check all of it. In addition, we have a financial coordination team that reviews in detail every revenue-generating department

Continued on page 19

2nd Quarter 2018 Budget Report

For Year Ending 6/30/18

	2018 ACTUALS	2018 BUDGET	\$ OVER BUDGET
Revenue:			
Sales	8,622,612	8,757,536	(134,924)
Cost of Goods Sold	5,583,965	5,741,495	(157,531)
Gross Sales Revenue:	3,038,647	3,016,041	22,606
Other Revenue:	13,665	9,314	4,351
Total Net Revenue:	3,052,313	3,025,355	26,957
Expenses:			
Community & Marketing	58,651	77,720	(19,069)
Staffing	2,196,462	2,194,897	1,565
Member Discounts	223,913	242,564	(18,651)
Operations	522,498	501,939	20,560
Total Expenses:	3,001,524	3,017,119	(15,595)
Total Net Income:	50,788	8,236	42,553

PLANTING GARLIC

continued from page 14

Soil Preparation & Site Selection

Garlic wants to grow in loose, rich, neutral soil in full sun, so choose a spot in your garden that gets 8 hours of direct sun, where the soil pH is 6-7 and is at least somewhat loamy. Before planting, loosen the soil 6 inches deep with a digging fork and work in 1-2 inches of compost and an all-purpose organic fertilizer.

Planting

Break apart your heads of seed garlic. Select only large, healthy looking cloves (the small inner cloves of softneck varieties can be saved for cooking). Plant cloves upright with the flat/ rooting side down so that the tip is about 1 inch below the surface of the soil. Space cloves 5-6 inches apart in rows 12-18 inches apart. Cover loosely and water well. Garlic's greatest enemies are inconsistent moisture levels and weeds, so getting mulch down is important. Straw (but never hay – it has seeds!), shredded leaves (but never from walnuts or horse chestnuts- they inhibit plant growth), or light, woody-chippy composts are all good choices. I've never tried it myself, but I hear you can also interplant your garlic beds with cover crops that will be dead come spring when the garlic needs space to spread out.

Aftercare

Once the garlic planting ritual is complete, staring out the window at your garlic patch, imagining its little roots slowly spreading out in the soil while you sip hot cider, is probably most of what you will be doing with it. Pull any weeds that make their way through your mulch. Once the green tops appear in the spring, side dress them with organic all-purpose fertilizer and repeat every couple of months until harvest. While the tops are still all green, garlic should get about 1 inch of water a week. Once they begin to turn yellow in the last few weeks before harvest, watering can cause rot, so let up on irrigating then. You will harvest the fruits of your late autumn labor in June and July when the tops are dying back. Hang your babies somewhere dark, dry, and airy for a few weeks to cure and soon the whole cycle starts again!

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2018 Q2 FINANCE REPORT

continued from page 16

and every expense line. When any are out of variance (typically more than 2% off of budget), other staff members who are responsible for those revenue or expense lines are contacted 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 reported to our Finance Committee and the Board of Directors.

Back to the numbers... Total sales revenue is \$135,000 under budget, about ¾ of that total at the West side store. BUT, our COGS (cost of goods sold) more than made up for that shortage, so that our gross revenue (sales – COGS) is more than \$22,000 over budget. With other sources of revenue contributing another \$4,000, we now have nearly \$27,000 more than we expected to have to pay for all of our organizational expenses.

For the sake of simplicity, our expenses are presented in 4 major categories. 'Community and Marketing' expenses include the dues we pay to be part of other

organizations, fees to attend numerous food-related conferences around the country, materials and software to print many of the signs you see around our stores, and sponsorships for local events and organizations we support. '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 keeping our numerous coolers maintained to all of the obvious and hidden costs of accepting credit and debit cards.

Our largest expense, 'Staffing', is very close to what we expected. We're working close to the number of hours we planned, at a relatively accurate average wage, while our medical costs are only slightly more than we estimated. Community and Marketing expenses are low for nearly all of the individual expense lines that make up this total. Our operations costs are high – some of the equipment we're using is nearing the end of its useful life and has needed more maintenance and repair. Another contributor was an error made during the budgeting cycle which caused our Supplies budget to be under-represented by about \$20,000 (my error - I misread a budget request form...). Finally, we are not giving out as much in member discounts as we thought we would, based on previous year's trends. Overall, our total expenses were about \$15,500 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. ■

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Community Classes

FALL 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.

Filtering Water Runoff Using Mushrooms... from the Eastside Food Co-op Parking Lot!

Friday Sept 7th 5:30-7:30pm

Facilitator: Sarika Igloi

Location: Eastside OFC Garden Parking Lot
3111 Pacific Ave SE, Olympia, WA 98501

Cost: FREE

Learn how to create Storm water drainage water filtration systems using mushrooms! Understand the anatomy of fungus. Use mycelium to establish simple water filtration systems and learn how we can incubate these burlaps for the purpose of filtering storm water drainage from the Eastside Olympia Food Co-op parking lot during the rainy season!

Intro to Cleansing

Tuesday Sept 11th 7-8:30pm

Facilitator: Dr. Jennea Wood

Location: Downtown OFC Office

608 Columbia St SW, Olympia, WA 98501

Join Dr. Jennea Wood for an evening of enlightenment, information, and inspiration. Bring your questions! We'll discuss:

- The organs of detoxification and elimination and how to support them
- Foods that support cleansing
- At home self-care therapies
- Dietary and environmental sources of toxicity
- Therapies to support cleansing
- Supplement support for cleansing

Please note: This class is being offered twice –roughly the same material will be covered at both classes.

Winter Orchard Management

Sunday Sept 16th 2-4pm

Facilitator: Terra Kram

Location: Westside OFC Garden Center

905 Rogers St NW, Olympia, WA 98502

The Pacific Northwest has unique challenges arising from our enthusiastically abundant ecosystem. Join West Side Garden Center working member Terra Kram to learn tips and tricks for minimizing the impacts of pests and diseases on your fruit trees. If there is interest, we will also cover orchard layout and selection.

An Introduction to Bach Flower Remedies

Sunday Sept 23rd 11am-12pm

Facilitator: Lulu Barnad BFRP

Location: Downtown OFC Office

608 Columbia St SW, Olympia, WA 98501

Cost: FREE

In this introduction to the Bach Flower Remedies the participants will learn the history of Dr. Edward Bach and the safe, effective healing system known as the Bach Flower Remedies. Emphasis will be on how they work, how to select them, and how to take them. Attendees will be able to take some samples and try some of the remedies.

Please note: This class is being offered twice –roughly the same material will be covered at both classes.

Easy Rustic Fruit Tart

Sunday Sept 30th 1-3pm

Facilitator: Martha Chubb

Location: GRuB Farmhouse

2016 Elliott Ave NW, Olympia, WA 98502

Learn how to make a delicious rustic fruit tart. I will demonstrate how to create a baked fruit tart with butter pastry and late summer fruit filling. There will be a tart for you to sample. I will provide a recipe for you to take home.

Discovering Tarot's Major Arcana & Healing through Archetypes

(All Ages, All Skill Levels, Youth Encouraged to Attend!)

Sunday Sept 30th 4-6pm

Facilitator: Jesse Maichelli

Location: GRuB Farmhouse

2016 Elliott Ave NW, Olympia, WA 98502

How we understand story and myth is one of the ways we begin to understand ourselves, our ancestors, our story. We will work with the Major Arcana/ Archetypes to discover how these powerful tools can connect us to the story of the cosmos and to a journey of healing, uniquely our own. Some questions this class might help reveal for working with Tarot: Why am I going through this? What is the lesson? How can I relate to this? What more do I need to know? What parts of me need to be addressed or are being ignored? Where is my power and how to remind myself of it? Please be thinking of a favorite Major Arcana card, as I will be asking each participant to choose an Arcana Ally. (I will explain more in class!) Please bring your Tarot Decks if possible but not necessary, handout of cards will be provided!

Intro to Cleansing

Thursday Oct 11th 7-8:30pm

Facilitator: Dr. Jennea Wood

Location: Downtown OFC Office

608 Columbia St SW, Olympia, WA 98501

Join Dr. Jennea Wood for an evening of enlightenment, information, and inspiration. Bring your questions! We'll discuss:

- The organs of detoxification and elimination and how to support them
- Foods that support cleansing
- At home self-care therapies
- Dietary and environmental sources of toxicity
- Therapies to support cleansing
- Supplement support for cleansing

Please note: This class is being offered twice –roughly the same material will be covered at both classes.

Filtering Water Runoff Using Mushrooms... for home driveway!

Sunday October 14th 10am-12pm

Facilitator: Sarika Igloi

Location: GRuB Farmhouse

2016 Elliott Ave NW, Olympia, WA 98502

Learn how to create Storm water drainage water filtration systems using mushrooms! Understand the anatomy of fungus. Use mycelium to establish simple water filtration systems and learn how you can incubate these burlaps for the purpose of filtering storm water drainage from your own driveway during the rainy season!

Medicinal Herbal Balms

Sunday October 14th 1-3pm

Facilitator: Kate Tossey

Location: GRuB Farmhouse

2016 Elliott Ave NW, Olympia, WA 98502

Enrollment: Min 4, Max 12

Join us to learn about making medicinal balms. Herbs used will include comfrey, calendula, feverfew and yarrow. Participants will take home samples of the balms.

"Self-Help" Jin Shin Jyutsu

Sunday October 14th 3:30-5:30pm

Facilitator: Donnette Poishon

Location: Downtown OFC Office

608 Columbia St SW, Olympia, WA 98501

Come and learn a simple yet profound way to improve your life and your health anywhere and at any time. Jin Shin Jyutsu (pronounced "jit-soo") is an ancient Japanese art that focuses on harmonizing the life energy in the body using the hands and breath. Jin Shin Jyutsu supports the body's innate ability to heal when in balance, energizing the body, mind, and spirit. We will explore the basic foundation and approach and practice harmonizing our attitudes of worry, fear, anger, grief, and pretense (cover-up or "efforting"). Hands –On Experience.

Pie Making

Sunday October 21st 1-4pm

Facilitator: Martha Chubb

Location: GRuB Farmhouse 2016 Elliott Ave NW, Olympia, WA 98502

You will learn how to make flakey and delicious pie crust with fruit filling. The recipes that I provide are for a double crust pie or 2 single pie shells. If you like, you can make a single pie shell that we can bake in the class, or you can take home to bake. If you plan on making a pie shell bring a pie pan and rolling pin. I will have pie for you to sample.

Tools for Identity and Intuition using Tarot's Major Arcana Cards

(Beginners and All Skill Levels, Youth Encouraged to Attend!)

Sunday October 21st 4:30-6:30pm

Facilitator: Jesse Maichelli

Location: GRuB Farmhouse 2016 Elliott Ave NW, Olympia, WA 98502

To grow is to adapt and this is a tender/hard thing. Tarot supports our work by showing us ways we may need to push ourselves or reveal a truth that's been waiting for us. Tarot is another tool outside of the patriarchy to get answers you can trust. We will be discovering how the deeper identity of self plays in the world and in magic with our intuition. Tarot's Major Arcana cards can be incredible guides along the way! This class is a great place to begin or continue your journey! Please be thinking of a favorite Major Arcana card, as I will be asking participants to choose an Arcana Ally! (I will explain more in class!) : Please bring your Tarot Decks if possible but not necessary, handout of cards will be provided!

Making Ghee

Sunday October 28th 10am-12pm

Facilitator: Bradley Naragon

Location: GRuB Farmhouse 2016 Elliott Ave NW, Olympia, WA 98502

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

Cakes without Recipes 101 *(All Ages – Kids encouraged to attend!)*

Sunday October 28th 1-3:30pm

Facilitator: Isla Zyl and Sophia Welti

Location: GRuB Farmhouse 2016 Elliott Ave NW, Olympia, WA 98502

Explore the gooey underworld of rouge cake making. Bring five things you think would be good in cake. If you have dietary restrictions, for example vegan or gluten free, bring substitutes for basics that work for you (particularly flour, sugar, egg, and butter). All ages and ingredients welcome.

Tapping the Big Leaf Maple for Syrup

Sunday November 4th 1-3pm

Facilitator: Peg Amandes

Location: Westside OFC Little House

905 Rogers St NW, Olympia, WA 98502

Yep! You can tap your big-leaf maple for sweet, delicious maple syrup! You've probably heard that it can't be done, but it can! Any maple can be tapped. It's simple, inexpensive, and so very worth the effort. And what else are you doing outdoors in the winter?

An Introduction to Bach Flower Remedies

Sunday Nov 25th 4-5pm

Facilitator: Lulu Barnad BFRP

Location: Downtown OFC Office

608 Columbia St SW, Olympia, WA 98501

Cost: FREE

In this introduction to the Bach Flower Remedies the participants will learn the history of Dr. Edward Bach and the safe, effective healing system known as the Bach Flower Remedies. Emphasis will be on how they work, how to select them, and how to take them. Attendees will be able to take some samples and try some of the remedies.

Please note: This class is being offered twice –roughly the same material will be covered at both classes.

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Jaime Rossman
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Jim Hutcheon
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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

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 summer months have found the Board sweltering in the heat along with the rest of Olympia. We have also been keeping busy during a time when many are thinking of relaxation or vacation. Among our activities:

BOARD RETREAT

The Board spent two days in June discussing a variety of issues facing the Co-op. We heard from several staff members regarding their experiences with accountability systems at the Co-op. This is a topic we intend to engage with further. The Board also spent time discussing expansion, a topic that is of interest to many members.

EXPANSION

As many of you may have heard the Ford dealership which is next door to the Eastside store has been for sale. The Board looked into the feasibility of purchasing this property and moving our Eastside operations to the larger building next door. Although this seemed like an exciting prospect, ultimately acquiring the property did not work financially for the Co-op. The Board is continuing to look at opportunities for growth and expansion.

ELECTIONS

There will be a number of open positions in the upcoming election for the Board. Would you like to have an influence on decisions that affect the Co-op? Do you enjoy working with diverse and committed people? Are you fascinated by poring over budget lines? Do you have the capacity to sit through and contribute to meetings? We will be taking applications for election to vacant positions from August 1 – September 15.

And then don't forget to vote! Elections will be held between October 15 and November 15. You'll be able to chime in on the bylaws changes that are being proposed as well as electing new candidates to the Board.

Finally, the Board is always interested in hearing from members. The Board meets on the third Thursday of every month at the downtown office and we welcome input from those of you who have something to say.



A little sweet, a little tart, a surprising little jewel-like pop of tangy juice and crunch – a scattering of pomegranate seeds is the perfect foil to fall's deeper, earthier flavors.

Removing Seeds from a Pomegranate: *it's easier – and more fun – than you think!*

*Pomegranate seeds are a great addition to fall dishes. They are high in antioxidants, and also contain a healthy dose of Vitamin C. Their unique tart and sweet flavor makes them an especially nice addition to fall salads. I have seen a few recipes that call for pomegranate seeds which include notes that say something along the lines of "you can find pomegranate seeds at Trader Joe's/ Whole Foods, etc"...I'm here to tell you that **you do not need to buy packaged pomegranate seeds!***

Pomegranate seeds come in their own natural package (the pomegranate!), and they are easy to get out if you know how.

The trick? A bowl of water and a colander or strainer. You cut the pomegranate open and then submerge it in the bowl of water and massage to gently release the seeds. The seeds sink to the bottom and the white pith floats to the top. There are lots of videos demonstrating this; just go to YouTube and search for "removing pomegranate seeds in water" if you'd like to see a demonstration.

If you don't have a strainer, just skim the white pith off the surface of the water with your fingers and then dump the water and seeds in a colander to drain. This only takes a few seconds, and you get to enjoy delicious pomegranate seeds with no mess.

Round UP!

to support
Community
Sustaining
Fund of
Thurston
County

*pocket change
makes real
change*



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

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





Olympia Food Co-op

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*Join us
for our 41st Annual Olympia Food Co-op*

Membership Meeting!

at the Olympia Center, 222 Columbia St. NW

Saturday, November 3rd

Meeting, Panel & Potluck 11am - 3pm

Community Resilience Panel

Candace Penn, Squaxin Island Tribe Natural Resources Department

Heesoon Jun, PhD Cultural Psychologist & Educator

Meg Martin, Interfaith Works Emergency Overnight Shelter

Vivian Eason, Thurston Emergency Management



**Board of Directors elections
October 15–November 15**