



THE COOP *Spoonful*

A bimonthly publication for members of the Olympia Food Co-op and its surrounding communities

October 17–30, 2018

Local Savings FUNGI PERFECTI HOST DEFENSE

In this issue of the Spoonful, you'll find a coupon for 50¢ off your purchase of any size of Host Defense immunity boosters: "Stamets 7," "MycoShield" and "MyCommunity."

In 1980, Olympia celebrity Paul Stamets pioneered Fungi Perfecti as a local, independent business, dedicated to promoting the cultivation of high-quality gourmet and medicinal mushrooms. Paul is considered an intellectual and industry leader in fungi—its habitat, medicinal use and production. Paul's experience and research have taught him that habitats have immune systems, just like people, and mushrooms are cellular bridges between the two.

Receiving Paul's book "MycoMedicinals: An Informational Treatise on Mushrooms" in 2002, our Wellness Manager Barbara L'Aimont knew that Fungi Perfecti's Host Defense products would greatly enhance

the wellbeing of our membership, and introduced the line to the Co-op thereafter.

Extending far beyond the edible mushroom, Paul's work is considered groundbreaking for helping ecosystems worldwide, from bioremediation of toxic waste to addressing the pollinator crisis. Paul's work with University of Washington was recently published in Nature's Scientific Reports, demonstrating immune benefits to bees from mycelium extracts of polypore mushrooms (Reishi and Amadou). With Colony Collapse Disorder threatening 90% of our food supply,

this breakthrough research has already improved our chances of survival. More info is available at www.fungi.com.

Fungi Perfecti's Host Defense products all serve us in fortifying our immune systems as winter approaches. With this issue's Local Saving Coupon, you'll find:

- Stamets 7, a blend of 7 mushroom species that support general immunity.
- MycoShield Spray, which combines 5 powerful polypore mushroom species. These provide a unique "shield" of immune support.
- MyCommunity, which offers 17 powerful mushroom species for immune system health. ■

Now it's easier than ever to remember to Round Up at the Register!

Since 1987, the Co-op has collected grant funds for the Community Sustaining Fund (CSF) through a Round Up at the Register program. This revenue has served as seed money and

continued on back



**CO-OP LOCAL
COUPON**

**50¢
OFF**


good for 50¢ off
HOST DEFENSE
Stamets 7, Mycoshield Spray, or
MyCommunity
one coupon per visit
valid thru 10-30-18



funding for many local organizations doing charitable work.

For those who choose to opt in to the new system, your cashier will ask if you care to "round up." There is no obligation, only a reminder. If you would appreciate the reminder, please ask at the Customer Service desk at either store for a Round Up Reminder!

Olympia Food Co-op 41st Annual Membership Meeting & Potluck

November 3rd, 2018 from 11:00 am to 3:00 pm at Olympia Center, 222 Columbia St NW.

Catch up with the workings of your member-owned Co-op. We invite you to hear reports from your Board, Finance Committee, and Staff, participate in member Q & A, and engage with a panel discussion on Community Resilience. Bring a favorite family dish to share! ■

October Is Fair Trade Month!

For Fair Trade Month, we're using mostly Fair Trade and all organic ingredients. This recipe highlights items you can find in the Co-op Bulk and Produce Departments!

Masala Chai (Serves 6)

INGREDIENTS:

- 2-inch piece fresh ginger, cut into thin rounds
- 2 cinnamon sticks
- 2 teaspoons black peppercorns
- 10 whole cloves
- 6 cardamom pods
- 6 cups cold water
- 6 tablespoons black tea
- 2 cups whole milk (or milk alternative)
- ½ cup (packed) golden brown sugar (or to stay with the Fair Trade theme, use ½ cup of our Organic Fair Trade coconut sugar)

PREPARATION:

Combine the first five ingredients in a medium saucepan. Using a mallet, or the back of a large spoon, lightly crush or bruise the spices. Add six cups of water and bring the mixture to a boil over high heat. Reduce the heat to medium-low, partially cover the pan, and simmer gently for 10 minutes.

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

Membership Meeting!

Saturday, November 3rd
at the Olympia Center, 222 Columbia St. NW



*Meeting
Panel
Potluck*

11am–3pm



Remove from the heat, add tea, and steep five minutes. Add milk and sugar. Bring tea just to simmer over high heat, whisking until the sugar dissolves. Strain chai into a teapot and serve hot. ■

"Food For Change" Film Screening with Speaker Ramon Torres of Cooperativa Tierra y Libertad

35th Olympia Film Festival
November 16th at 4:00 pm
Capitol Theater, 206 5th Avenue SE.

Join us for this sprawling documentary to learn how co-ops began, what political factors challenge their existence, and why they continue to be a force for economic and social change in the US. Opening the show is speaker Ramon Torres, who introduces his new organic berry farmworker co-op, which guarantees fair wages and healthy working conditions, while preserving indigenous heritage. ■

**Fall Westside Co-op Garden
Center Hours are Sat. & Sun.
10:00 am to 6:00 pm**