



THE COOP Spoonful

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

October 3-16, 2018

Local Savings

QUINALT NATIVE HARVEST SALMON

In this issue of the Co-op Spoonful, you'll find a coupon for 50 cents off your purchase of any Native Harvest sustainably managed Wild Coho and Canned Wild Steelhead.

The salmon are battling their way up rivers, streams, and even tiny rivulets in our Pacific Northwest, to renew their existence. Some also make it to our tables. The Co-op offers this delicacy through members of the Quinalt Tribe, including Sonny Davis, who formed Native Harvest for buying and distributing some of the finest of the Tribal catch. Sonny sells directly to chefs at restaurants, and wholesale and retail grocers, and Olympia Food Co-op carries Native Harvest smoked salmon, and whole pieces of canned steelhead. Davis also sells halibut spot prawns, and high-grade caviar which makes up the majority of the sales.



The tribes have developed sustainable practices over a thousand years and their treaty rights give them co-management of salmon habitat with Washington State. Davis encourages his fishers to take advantages of fish handling workshops in order to continually increase the quality of their offerings. Rooted in the rich salmon-gathering tradition of tribes throughout the Northwest, this family

business continues their deep and ancient connection to harvesting and honoring their food.

Just as salmon runs have seasons, so too the harvesting. In the winter are Steelhead from Quinalt on the Olympic Peninsula and Ocean King from Makah at Cape Flattery, and in the spring are Salmon from Yakima on the Columbia River. From Sunday through Tuesday, Sonny can be found driving from Olympia along the Washington Coast to buy wild-caught seafood straight from licensed tribal fishers.

Sonny makes clear his cultural inheritance and the foundation for his business when he says, "I love the simple act of sharing amazing seafood with people. It's at the heart of our culture and it's at the heart of my business." Visit www.native-harvest.com to learn more. ■

CO-OP LOCAL COUPON

50¢ OFF



good for 50¢ off
QUINALT NATIVE HARVEST SALMON

one coupon per visit
valid thru 10-16-18



Indigenous Peoples' Day is October 9th

We'd like to pay tribute to the Coast Salish People. We acknowledge that we are currently occupying their traditional lands—lands which span Victoria BC, Vancouver, Seattle, most of Puget Sound and the Olympic Peninsula, and as far south as Tillamook, OR. The Coast Salish are comprised of many tribes with distinct cultures and languages. There were over 28,000 members enrolled in federally recognized Coast Salish Tribes in Washington State in 2013.

The Olympia Food Co-op is honored to be here, and to carry these mouthwatering products from indigenous-owned companies.

Grocery Department: Tanka Bars, Jalisco Tortilla Chips, Quinault Native Harvest Canned Wild Steelhead, Tribal Treaty Rights Water

Meat Department: Lummi Island Wild Sockeye & Keta Salmon, Quinault Native Harvest Wild Coho

Chill Department: Jalisco Salsa

Frozen Department: Wild Idea Buffalo Company Ground Buffalo

Bulk Department: Eighth Wonder Tinawon Rice, North Bay Canadian Lake Wild Rice, Native Harvest Manoomin Wild Rice, Fog Woman Coffee ■

Food For Change Co-op Documentary at the 35th OFS Fest

Look for the Olympia Food Co-op sponsored screening of the cooperative documentary "Food For Change" coming in November at the 35th Annual Olympia Film Society Film Festival at Capital Theater and learn how co-ops continue to be a force for economic and social change! ■

Congratulations Teresa on your retirement!

Teresa has been competently managing the Grocery Department at the Eastside location, and earning the love and respect of her customers and co-workers for decades. After a long and glorious Co-op career, we hope for fair weather in the next phase of your adventure.

Pictured here during a Staff Retreat with longtime Co-op Staffers: (Standing) Harry, Corey, and Grace. (L to R front row) Teresa, Kitty, Ami, and Pat. ■

October is National Co-op Month!

Co-ops have played a historical role in the organic food movement, working to increase food security by creating local and regional food systems, and strengthening local economies. Healthcare and child care co-ops increase the quality of life for their members. Credit union co-ops pool local resources to create opportunities for their members. If there's a transaction to be made, a cooperative can make it more equitable, and equity is key to sustainability.

The International Cooperative Alliance is a global association of co-ops and support organizations which adopted the Seven Cooperative Principles in 1995. Co-ops which operate according to these principles can be traced to Rochdale, England in 1844.

The Seven Cooperative Principles:

1. Voluntary and Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy and Independence
5. Education, Training, and Information
6. Cooperation Among Cooperatives
7. Concern for Community ■

