



THE COOP *Spoonful*

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

Oct 31–Nov 13, 2018

Local Savings **MEL O'SOUP**

Mel Bilodeau, creator and owner of Mel O'Soup, has been a Working Member Cashier for the Olympia Food Co-op for over 20 years. After some experimenting, she has developed some unique soup flavors. The soups are concentrated because she considers water to be an unnecessary filler, thus reducing the size of her product containers. She calls them "stew-soups" because they are thicker, and can be used not only as soup, but also as delicious sauces for a variety of dishes.

Mel approaches her soups with the heart-felt belief that "vegetables have a high healing quality—especially local and organic veggies." So consider that as you reach for one of her jars—yes, Mason Jars. Her soups are not canned but are pasteurized and vacuum-sealed: an exceptionally sound process that gives them a long fridge life. In



producing her soups, she goes out of her way to perform practices that help reduce trash in our environment. Her jars are also returnable to her booth at the Olympia Farmer's Market (she's working on doing this at the Co-op too.)

Mel O'Soup will be featured for lunch at the Co-op's Annual Membership Meeting November 3rd at The Olympia Center, 222 Columbia NW, 11 am–3 pm. Visit www.melosoup.com.

Our Spoonful Local Savings Coupon this fortnight includes all of Mel's amazing stew-soups:

Bodacious Coconut Curry
Mel describes this wonderful soup as "American curry" because it has all the vivid curry flavors sans the heat.

Luscious Sesame Potato
Mel developed this soup for those who have allergies to sulfurous vegetables, coconut or squash.

Diane's Borscht
Created on the good advice of Mel's friend Diane, this classic beet soup comes cumin and dill-flavored and includes other root veggies and dark greens.

Garlic and Greens
Mel's most popular soup, this one creams up with coconut milk and yams and makes a great sauce for many dishes. ■

**CO-OP LOCAL
COUPON**

**50¢
OFF**



good for 50¢ off
HOST DEFENSE
Stamets 7, Mycoshield Spray, or
MyCommunity

one coupon per visit
valid thru 11-13-18



41st Annual Olympia Food Co-op Membership Meeting

November 3rd, 11 am–3 pm
Olympia Center, 222 Columbia NW

Calling All Members! Celebrate another year of Co-operation with a gathering, a potluck lunch, reports on the Co-op's accomplishments over the past year, board candidate speeches, an opportunity to vote, Member Q&A, and a discussion with our esteemed panel of professional women representing different aspects of resilience in our community: Multicultural Psychologist Heesoon Jun, Climate Change Ecologist Candace Penn, Interfaith Works Shelter Director Meg Martin, and Thurston Emergency Manager Vivian Eason. Bring a favorite family dish to share with your neighbors, and the Co-op will provide Mel O'Soup, Blue Heron Bakery Baguettes, Peace, Love & Raw Nanaimo Bars, 8 Arms Bakery Carrot Cake, and Batdorf & Bronson Coffee service! ■



"Food For Change" Co-op Sponsored Screening

35th Annual Olympia Film Festival, at the Historic Capitol Theater with Guest Speaker Ramon Torres of Cooperativa Tierra Y Libertad, November 16th at 4:00 pm.

This detailed documentary spans the entirety of the Co-op movement and explores economic and political variables that shaped today's food landscape. A must see for Co-op members, organizers, and eaters.

Opening the program will be Ramon Torres, co-organizer of Washington's first indigenous-led union, and founding member of a newly-formed Bellingham organic berry farmer cooperative. ■



Become a Working Member!

Learn new skills! Connect with your community! Receive discounts on groceries! Seeking Cashiers, Openers, Closers, Stockers, Free Store Attendants, and more. Sign up in stores today for an Orientation! Write to workingmembercat@olympiafood.coop. ■



GIANT Pumpkin Winners!

Congrats to Fiona, Keeva, Jake, and Remi who came closest to the weight of the GIANT Pumpkin at the Westside store! It was 122 lbs! Each contestant won a 5 pound bag of apples, and Remi took home the pumpkin! ■

