



THE COOP *Spoonful*

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

December 5-18, 2018

Local Savings **GREETING CARDS**

We may find ourselves, this time of year, wanting to reach out to friends and loved ones. What more heartwarming way to do this than with an original art note card from the creative local card vendors at the Co-op? In this issue of the Spoonful, you'll find a coupon for 50 cents off your purchase of greeting cards from artists including:

Sherry Buckner

Sherry has been selling her cards at the Co-op for around 10 years. Her creative process is to begin with a silkscreened original of multi-colored limited editions that are then printed for cards. When asked what she most likes about making cards, she told me "It is really fun to have something I created join with people. I love the pleasure they get from them. I love it when people stop me at the Co-op and tell me so."

LaLa Love

Laura has been selling her cards for several years. Her cards have hand drawings and written thoughts on the outside. Each one begins as a personal card for a friend or relative, often with words of empathy or encouragement at difficult times, and hitting the mark with insight and humor. They were so appreciated, that eventually she was nudged to make them available to others.



Tucker Petertil

Cards from Tucker (pictured) have been available through the Co-op for a decade. His chosen art forms are painting and mosaics. Tucker's cards come as prints from his acrylic paintings, inspired early on around the story of a mouse, shifting later to spring from his love for his cat, Ash. He also leans toward rustic and humorous art. Tucker sells primarily at the Co-op, but his work has shown in galleries around the region.

You can also use your coupon for local cards from Bison Zodiac, Brother Bear, Nancy Partlow, Amber Travis, In Tune With Nature, Janine Unsoeld, Karen Lohmann, Nature's Reflections, Petals By Liza, Prairie Aprec, Red Twig Studio, Rita Robison, DB, DS, KK, 12 Steps To Serenity, Gianluca Buci, Mary Vanderjack, Robyn Ivey-Black, Seasons Glinings, Standing Rock, and Tender Virgo. ■

**CO-OP LOCAL
COUPON**

**50¢
OFF**



good for 50¢ off any
**LOCALLY MADE
GREETING CARD**

one coupon per visit
valid thru 12-18-18





The Co-op Bulk Department Presents: Diane's Gluten-Free Brownies

"These are so good, especially when refrigerated, and ridiculously easy!"

Ingredients:

- 1 c almond flour
- ¼ tsp salt
- ¼ tsp baking soda
- ½ c unsweetened chocolate pastilles
- 7 dates without pits
- 3 large eggs
- ½ coconut oil, melted
- 1 tsp vanilla
- 3 tbsp maple syrup
- ½ c chopped walnuts (optional)
- 1 tbsp powdered sugar (optional)

Directions:

Preheat oven to 350°F.

1. In a food processor, pulse together almond flour, salt & baking soda.
 2. Add in chocolate. Pulse until mixture is the texture of coarse sand.
 3. Add in dates. Pulse until blended.
 4. Add in eggs, coconut oil, vanilla & maple syrup. Pulse until mixture is smooth.
 5. Fold in walnuts.
 6. Grease an 8x8 baking dish. Pour mixture in.
 7. Bake for 18-22 minutes.
- Dust with powdered sugar before serving. ■

New Register Round Up for Capital Homecare Co-op

We have added a new Register Round Up option! Until May 31st, 2019 you can help the newly forming Capital Homecare Cooperative (CHC), which aims to create meaningful and sustainable employment for caregivers, as they provide quality care for their clients. CHC's mission is "to create and operate a worker owned community of justly paid professionals providing exceptional care to seniors and people with disabilities." Contact them at 360-888-6175 or admin@capitalhomecare.coop. ■

La Riojana Cooperative's Organic Fair Trade Extra Virgin Olive Oil — while supplies last!

In the 1940s, La Riojana's founders arrived from Italy to Argentina and began cultivating wine vineyards and olive trees as a companion plant. By 2006, their crops were certified Fair Trade by Fairtrade International. La Riojana's 422 members have invested over \$730,000 US in a new drinking water supply for the village of Tilimuqui, new community centers, medical equipment, and in 2010, a new secondary school, all primarily from the sales of their organic and Fair Trade wines. The school offers free education in agriculture to children age 13–18, and free computer courses to adults. Transitioning more of their growers to the equivalent of USDA Certified Organic is another goal. La Riojana Cooperative is improving their water management, and investing in the use of solar/bio energy and reforestation, with a focus on becoming carbon neutral. Support this wonderful organization and buy their specialty olive oil while supplies last!

Visit lariojanawines.com/new-blog-3/2016/4/22/olive-oil. ■

