



WINTER 2018

Table

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

CO-OP POSSIBILITIES:

LOOKING BACK AND LOOKING FORWARD

Winter Warmth Recipes

SEED STARTING

Fire Cider Season!



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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Westside Garden Center open seasonally – call for hours

BUSINESS OFFICE

608 COLUMBIA ST SW • OLYMPIA, WA 98501

(360) 357-1106

www.olympiafood.coop

EDITOR & ADVERTISING COORD. Maureen Tobin

NEWSLETTER COMMITTEE Maureen Tobin,
Desdra Dawning

GRAPHIC DESIGN & ART DIRECTION

Rachel Carns

CONTRIBUTORS Desdra Dawning, Maureen Tobin, Robyn Wagoner, Sylvan Rook, Zoe Neiman, Corey Mayer

COVER PHOTO Daniel Bernstein

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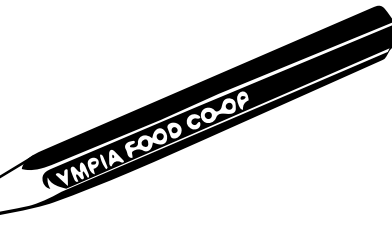
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Editors' Note



The theme Co-op Possibilities was chosen for this issue during planning meetings as we looked at all the work and news Co-op staff were reporting on and building up for during the fall. From fundraising for expansion to working on maintaining our excellent staff benefits to creating expanded Deli offerings, this organization has come up with a lot to do in the coming year! And as we looked at all this information, we realized that it's always worth a look back, because where we are going must of course start with where we've been, so it was good fun to create our Year in Review article.

For all the fun we had, 2018 was a hard year for many of us, and the Co-op is certainly not immune to the conflicts and problems of our greater society. How to tackle these challenges, with the underlying base of our mission and values to rely on, is exactly what cooperatives are all about. Cooperatives exist to address problems from the standpoint of what is best for our community, rather than what is best (profit) for a few people.

I hope your winter season is healthy and happy and that you are also able to explore and celebrate cooperative possibilities. There is a lot to look forward to!

Maureen Tobin



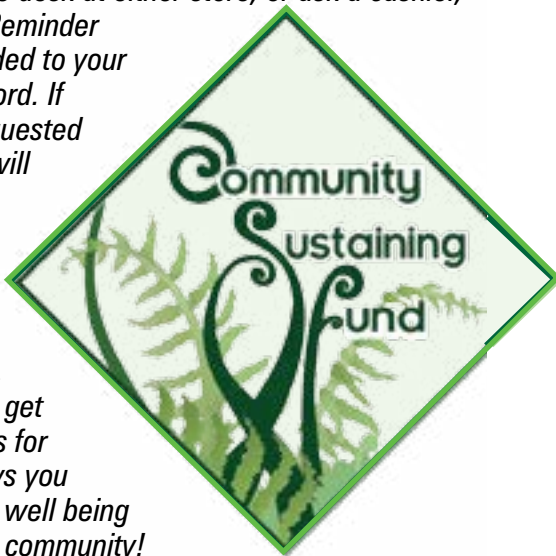
Do You Round Up?

The Co-op is now making it easier to remember to Round-up at the Register to help our community!

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 often served as valuable seed money and funding for small projects for many local organizations. Many Co-op members over the years have regularly asked their cashier to "Round Up to the next dollar" for CSF, or another worthy organization utilizing the Round-up Program—that is, when we can remember!

Well, now you can ask for a reminder to be added to your membership! For those who choose to opt-in to the system, a prompt will appear when you check out at the register, and 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, or ask a cashier, for a Round-up Reminder prompt to be added to your membership record. If you have not requested this, no prompt will come up on the screen, and you will not be asked. You can still round up though, even if you don't get a prompt. Thanks for all the many ways you contribute to the well being of our wonderful community!



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

DECEMBER

MONDAY 10TH 4:00-6:00PM
THURSDAY 13TH 3:00-5:00PM
FRIDAY 14TH 2:00-4:00PM

JANUARY

SATURDAY 5TH 11:00AM-1:00PM
MONDAY 7TH 4:00-6:00PM
THURSDAY 10TH 3:00-5:00PM

FEBRUARY

MONDAY 4TH 4:00-6:00PM
THURSDAY 7TH 2:00-4:00PM
SATURDAY 9TH 10:00AM-12:00PM

EASTSIDE

DECEMBER

THURSDAY 6TH 6:30-8:30PM
SUNDAY 9TH 3:00-5:00PM

JANUARY

THURSDAY 3RD 6:30-8:30PM
SUNDAY 6TH 3:00-5:00PM

FEBRUARY

THURSDAY 7TH 6:30-8:30PM
SUNDAY 10TH 3:00-5:00PM

MARCH

THURSDAY 7TH 6:30-8:30PM
SUNDAY 10TH 3:00-5:00PM

Ohhh-so-Savory
Chicken Noodle
...without the Gluten?
Yep! Recipe on page 7!



photo by Daniel Bernstein

A Year In Cooperating 2018:

Staff and Store Happenings

Check out where we've been—and envision where we can go together!

ACT I : JANUARY FEBRUARY MARCH

● **Fancy Website** – New and improved offerings at olympiafood.coop such as an online Suggestion form with searchable FAQ; a newsletter archive spanning 20 years, and fun pictures throughout.

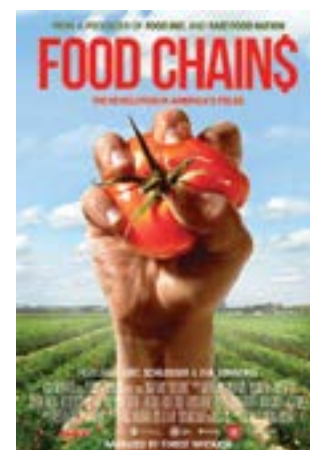
● **The Co-op Spoonful** – Our new in-store flier moved into full swing, bringing time-sensitive information about the stores and the organization, local vendor and new Staff profiles, and a biweekly coupon for a local vendor to our shoppers. Don't forget to grab your copy at registers, or sign up to get them via email through our website!

● **Highway Sign** – Our Eastside store began advertising with our first official highway sign on Northbound I-5 at the Pacific Ave Exit 107! We installed a glossy wooden lunch counter with stools that seats 20 hungry shoppers to help qualify for the sign.

● **Cooking for the Unhoused** – It was incredibly COLD in Feb 2018 and Co-op staff mobilized to bring hot food and supplies to the warming shelter downtown. Staff and Board members have continued to volunteer to cook food monthly for the Interfaith Works Emergency Overnight Shelter throughout the year.



Highway sign at Exit 107 (photo by Robyn Wagoner); Grace, Desdra and Maria help with serving a shelter meal (photo by Martha Chubb); The Whacky Wheel of Luck (photo by Desdra Dawning); Food Chains the Movie



ACT II : APRIL MAY JUNE

● **Earth Day Local Eats** – Co-op Staff, Board and Working Members teamed up with our Local Products Committee for Earth Day, sharing local food from our beloved local food vendors and our Eastside Deli. Dancing to live music from Generifus, at the Westside store, we enjoyed the live energy of new plant starts at our Garden Center, and a Raffle driven by our Whacky Wheel of Luck!

● **Staff Training** – Our Staff Collective spent the spring-time engaging in development opportunities, such as trainings on de-escalation, sexual harassment, and cultural competency. We also focused a full staff meeting on exploring consensus models and our collective's use of consensus for decision-making.

● **Cooking Demo at the Senior Center** – Our outreach coordinator, Monica Peabody, had the opportunity to talk with folks at the Senior Center about nutrition and shared ideas for creative healthy salads, and they did some cooking together!

● **Food Chains** – is a documentary film about farmworker justice that the Co-op sponsored for a screening at the wonderful Traditions Fair Trade Café during Farmworker Awareness Week!



Harry, Corey, Grace, Pat, Ami, Kitty and Teresa stage a retake of a staff retreat from the 80's (photo by Coco Chang); Working member Ed Laclergue, winner of Zucchini bake off and zucchini growing contests; Working member Monika Contedazzled the crowd with karaoke skills (photos by Robyn Wagoner)



A Year in Sponsorships:

Over the year 2018, the Co-op invested about \$50,000 customer dollars back in to our local community through Register Round-ups for the Community Sustaining Fund, Andre Thompson and Bryson Chaplin, and South of the Sound Community Farmland Trust; donations to a wide range of recipients, and sponsorships to organizations like Pizza Klatch, Olympia Film Society, Capital City Pride, CIELO, Wild and Scenic Film Fest, Thurston Climate Action Team, Northwest Permaculture Convergence, Thurston County Food Bank, South Sound Seniors, Love Our Local Fest, The Real Food Show, Empowerment 4 Girls, Garden Raised Bounty (Grub), and the Co-op Explorers Program, offering free organic fruit for kids 12 and under when they visit the Co-op. We also supported local publications like the Senior News and Works in Progress, and the Evergreen State College's Greener Guide to Olympia. What opportunities will 2019 bring?

ACT III: JULY AUGUST SEPTEMBER

● **New Talent** – We hired six great new staff members! Welcome to Janelle, Khalil, Mae, Mark, Mary and Steph and thanks for bringing so much experience and energy to our Collective.

● **Retiring Talent** – The staff spent a portion of our full staff gathering celebrating the career of our beloved Teresa McDowell, who retired after more than 3 decades of awe-inspiring work. We will sure miss having Teresa around all the time but wish her the best in her new career of volunteering & enjoying some much deserved down time!

● **Working Member Appreciation** – We staged week-long snack tables and raffles for Working Members in both stores throughout the year, and threw our first ever Working Member Summer Party at the Co-op Business Office downtown, transforming the space into a karaoke dance party hosted by DJ Party Ice! Oh how the stars glittered in that room! We raffled off gift cards, handed out new shirts and swag, and ended with watching the fireworks together. Thanks Working Members for all you've done for us this year!

● **Harvest Party & Zuke Fest** – Our second Local Eats event of the year, featuring a fun potluck of local garden bounties at our Westside neighborhood community-owned West Central Park! The crowd danced to live music and laughed at jokes from Turnback Boyz, and Fast Heart Mart, while kids young and old built and raced the wildest selection of hand crafted zucchini racers around!

ACT IV: OCTOBER NOVEMBER DECEMBER

● **Indigenous Peoples' Day** – We honored our indigenous neighbors by offering specials on products from Indigenous-owned companies, including a Spoonful Local Savings Coupon on Quinault Smoked Salmon!

● **Food For Change** – A documentary film exploring the impacts of cooperatives on US economic and social evolution was the Olympia Food Co-op's sponsorship choice for the Olympia Film Festival, with Indigenous farmworker union and cooperative organizer Ramon Torres from Tierra Y Libertad opening the show with his story of food worker and consumer solidarity.

● **Discounts** – The Co-op returned \$500,000 back into our local economy through our combined discounts to Cooperative Access Program members and Working Members who participated in our programs.

● **Annual Meeting** – This year's theme was Community Resilience, featuring Staff Collective Member Keziah Apuzen on the role of co-ops among indigenous farmworkers in the Philippines, and a women-led panel – from advocacy for our houseless community, to climate change expertise via the Squaxin Island tribal natural resources staff, to theories in multicultural counseling – plus more from member input and Q&A.... See more on page 16!

Another year at Olympia Food Co-op comes to a close with substantial growth and giving in the rear view mirror. Looking ahead, the Staff and Board would like to wish our Members the Happiest of New Years, and ask you to help us envision new ways to accomplish our Mission Goals of getting more good food to more people, and fostering a socially and economically egalitarian society.

WINTER WARMTH

...from the Oven, Pressure Cooker, or Crock Pot

The bounty of autumn has now passed. Summer's abundance of leafy greens, dancing their way into many a raw and delicious salad has come full circle. Daylight hours have gradually shortened as we awaken and drive or bike to work before the sky has yet shown any signs of a dawning day, and head for home with headlights showing us the way. Our wardrobe now grows full, crowded in with heavier sweaters and jackets, wooly socks, and warmer layers to keep us in our comfort zones. And in our kitchens, the pantry now harbors winter squash and pasta, beans and other legumes, and jars of fruit, ferments and veggies, put up for this chillier season.

And yet, our busy lives gallop right along, expecting as much from us, if not more, as we work to stay warm and dry. Our daily routines out in the busy world insure our need for sustenance—with its ability to nurture that calorie-burning furnace we carry with us—making it ever more insistent on being served some substantial warmth.

How to satisfy this yearning for nurturing goodness and our need for a hot meal ready-to-go at day's end? Enter the oven casserole, crock pot and pressure cooker! In this issue of The Table, we offer several recipes, representing each of these modes of cooking. I recently was gifted with a new kitchen gadget that I am coming to love. It is a combination of steamer, slow cooker, pressure cooker and even sauté pan. It is amazingly quick cooking, and the pressure cooker mode feels wonderfully safe! The recipes for pressure cooker and crock pot can both be adjusted to use this new gadget, if you happen to have one.

So be prepared to enter winter ready to warm yourself, your family and friends with relatively quick and hearty winter dishes! Bon appetit!

— Desdra Dawning



Slow Cooker Chicken Teriyaki

Popular with kids who like chicken — adapted from motherearthnews.com

1 c. teriyaki sauce, from Co-op shelves
(or make up your own teriyaki blend—see recipe at right—not too much sugar though!)

¼ cup water

2 tsp fresh ginger, grated or minced

2 packages boneless, skinless chicken thighs, about 8 pieces

In a small bowl, whisk together the teriyaki sauce, water and ginger. Lay the chicken thighs in the bottom of your slow cooker and pour the sauce over them. Cover and cook on high for 2-3 hours, or on low for 3-4 hours, until the chicken is cooked through.

Use a food processor or other tool to shred the broccoli stems, cabbage and carrots into small sticks. If your crowd likes their veggies soft, add this mix to the last 10 minutes of cooking in the crock pot, covered. If your people prefer things raw not mushy, offer this slaw mix on the side.

The chicken can be shredded with forks or sliced into strips. Sprinkle with sesame seeds as desired. Serve over rice, rice noodles, with tortillas, as a salad addition, or in whatever way your household might enjoy.

2-3 broccoli stems, trimmed

½ head cabbage

4 carrots

sesame seeds (optional), pickled jalapeño

Homemade Teriyaki Sauce

1/2 c. shoyu or tamari

up to 1/3 c. sugar/agave/honey to taste

1 1/2 tsp fresh ginger, minced

1 tsp garlic, minced

1 tsp toasted sesame oil

3 Tbsp mirin

1/4 c. water mixed with 3 tsp cornstarch

Combine all ingredients in a small saucepan, bring to a boil, reduce heat and simmer for about 4 minutes. Remove from heat and cool. Store in the fridge for up to a week.



photo by Daniel Bernstein

Winter Root Vegetable Bake

This is a gluten-free vegetarian recipe that can be prepared in advance and thrown into the oven for the final bake. Our vegan test chef, Daniel, did not have access to a mandolin for the sweet potato noodles. He warns that cutting by hand makes them just too thick, and a little too crunchy.

- | | |
|--|--|
| <p>1/4 c. + 1 Tbsp extra virgin olive oil
 1 medium onion, diced
 1 c. parsnips, diced
 1 c. celeriac, peeled & diced
 1 c. turnip, peeled & diced
 1 sprig fresh rosemary, stripped & leaves finely minced
 1 tsp Pink Himalayan salt
 1/2 tsp black pepper
 1/2 c. no-chicken broth
 1/2 c. coconut milk</p> | <p>2 c. ricotta or 3 c. unsweetened coconut yogurt
 <i>(yogurt adds a bit more moisture to dish)</i>
 1 tsp dried oregano
 1/2 lemon, zested & juiced
 2 c. fresh basil, julienned & loosely packed
 2 eggs, or VeganEggs
 1 large Japanese sweet potato, prepared
 <div style="border: 1px solid black; padding: 2px; display: inline-block;"> <i>Bake at 400° for 20 min. Cool, peel and thinly slice, preferably with a mandolin.</i> </div>
 3/4 c. grated Parmesan <i>(traditional or vegan)</i></p> |
|--|--|

Preheat the oven to 375°. Oil 9x13" baking dish with 1 Tbsp olive oil and set aside.

To make the sauce, heat olive oil in a medium saucepan over medium heat. Add the onion, and cook 5 minutes until translucent. Add the parsnips, celeriac, and turnips, rosemary, garlic, salt and pepper and cook for 15-20 minutes, stirring frequently until vegetables are tender. Using an immersion blender (or regular blender), blend until smooth. If too thick, add more broth, a little at a time. Whisk in coconut milk and set aside.

In a large bowl, combine the ricotta or coconut yogurt, oregano, lemon zest and juice, basil, and eggs. Set aside.

Spread 3/4 cup of the veggie sauce in the bottom of your baking dish. Cover with a single layer of thinly-sliced sweet potatoes. Spread 3/4 cup of the ricotta or yogurt mixture over sweet potatoes, then repeat in alternating layers until the pan is full. Sprinkle the top with Parmesan and cover the pan with foil.

Bake for 40-50 minutes. Remove foil and bake for an additional 20 minutes, until the top is golden brown. Remove from oven and let rest 10 minutes before serving.

Instant Pot Vegan Hoppin' John

[New Years Black-Eyed Peas, Rice & Greens Stew]

A vegan spin on a classic dish to celebrate New Year's. The black-eyed peas are for good fortune in the coming year. Recipe adapted by Ami Greenburg and Becca Bolo

- | | |
|--|---|
| <p>1 small onion, chopped
 4 stalks celery, chopped
 4 cloves fresh garlic, minced
 1 sprig fresh rosemary, stripped & leaves finely minced
 1/2 lb. dried black-eyed peas
 1/2 c. uncooked wild rice, rinsed
 1 15-oz can diced tomatoes</p> | <p>1 15-oz can fire roasted tomatoes
 2 c. chopped kale
 4 c. vegetable broth
 1 to 3 c. water
 1/2 c. nutritional yeast
 1/4 c. vegetable soup base
 1/2 to 1 tsp Cajun seasoning (to taste)
 <i>optional: seeded sliced jalapeño, chopped green onions</i></p> |
|--|---|

Instant Pot Directions: Using sauté function (High), add onion, celery and jalapeno (if using) to instant pot and sauté until just becoming translucent. Add the garlic and rosemary and stir for 1-2 minutes, making sure it doesn't burn. Hit Cancel/Keep Warm. Add the rest of the ingredients to the pot, filling until halfway full with ingredients covered with liquid (use water to adjust level, but take care not to overfill). Close the lid. Use the Beans/Chili function and set timer to 25 minutes. Use Natural Release. Salt and pepper to taste; garnish with chopped green onions (if using).

Crock Pot Chicken Cabbage "No-Noodle" Soup

Inspired by a recipe by Erin Druga from her blog: Paleohacks.com

This hearty soup recipe replaces traditional grain-based noodles with cabbage, making it completely Paleo-friendly – with all the flavor and comfort of chicken noodle soup, but none of the gluten. Add the immune-boosting punch of summer squash and fresh garlic, and you've got a Crock Pot full of something special.



photo by Daniel Bernstein

- 2-3 chicken breasts, cut in chunks**
2 Tbsp olive oil
2 celery stalks, chopped
1 c. carrots, sliced
1/2 c. zucchini or yellow squash, sliced
3 garlic cloves, minced
1 small yellow onion, diced
1 tsp dried basil
1/2 tsp dried oregano
4 c. chicken or bone broth
1/2 head cabbage, sliced in long 1" strips
Salt and pepper to taste

Drizzle crock pot with olive oil and then add chicken. Add chopped or sliced celery, carrots, zucchini, garlic, and onion; Next, add basil, oregano, salt, pepper, and broth. Cook on HIGH for approximately 2 hours. Add the chopped cabbage, and cook soup on HIGH for an additional 1 1/2 hours. Remove from the Crock Pot and serve.

Tip: Be sure to wait about 1-1/2 hours before adding the cabbage to the crock pot – otherwise, the cabbage will overcook and become soggy. Ideally the cabbage will have the tender yet chewy texture of an "al dente" noodle.

If you plan to be gone all day, place all ingredients in your crock pot and cook on LOW. A delicious hot soup will be waiting for you when you walk in the door!

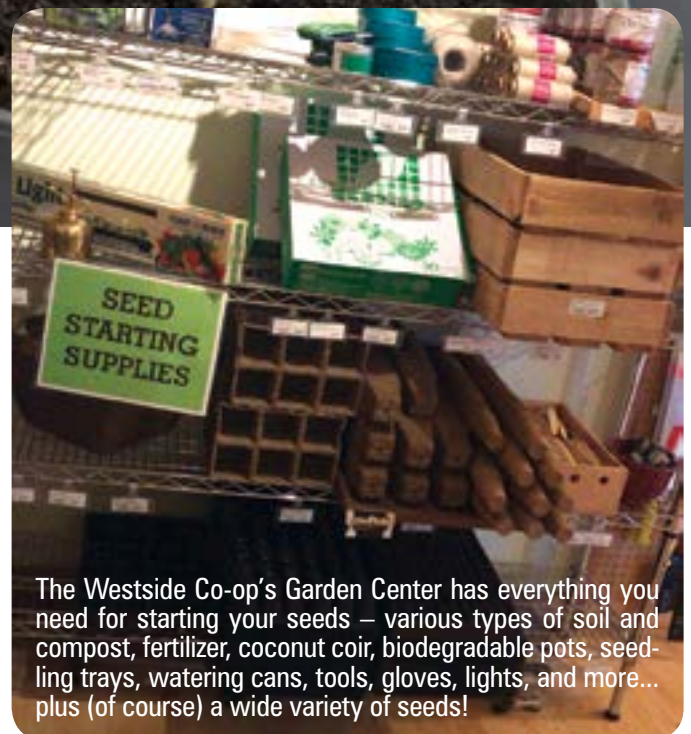
Seed Starting



by Sylvan Rook, Staff member

February marks the beginning of spring gardening in the Pacific Northwest because it's the time we begin indoor seed starting. The whys and hows of this seemingly fussy process — with its many options and accessories — can be a bit mysterious and leave a novice gardener confused and overwhelmed. If that's you, there are a lot of questions you are probably asking yourself as you stare at a display of grow lights and plastic trays.

Since my goal is to alleviate the feelings of confusion and overwhelm that keep people from gardening, I will attempt to read your mind and preemptively answer some of those questions.



The Westside Co-op's Garden Center has everything you need for starting your seeds – various types of soil and compost, fertilizer, coconut coir, biodegradable pots, seedling trays, watering cans, tools, gloves, lights, and more... plus (of course) a wide variety of seeds!

The first question you're asking yourself is... "Do I really need to start seeds indoors?"

The answer might be no (it is for a lot of people) and that's just fine. The answer might be yes if any of the reasons below apply to you:



● You want to grow something that we don't have a long enough growing season for. This would primarily be tomatoes, peppers, basil, celery, onions, leeks and eggplants all of which need more time and heat to mature in this climate.



● You want to get a head start on the season so you can get in multiple or longer harvests. People do this most frequently with brassicas (broccoli, cabbage, kale, etc.) and lettuces.



● You have slugs or other pests that will devour your seedlings if you direct seed in the garden. Many people find that they are less likely to lose whole plants if they start them in pots and wait until they are 3-4 inches tall to put them in the ground.

● You want a large enough amount of one exact crop, so that it will be more cost effective to grow starts at home than to buy starts later. If you only want 4 or 5 tomato plants and you want them all to be different varieties, starting them yourself at home doesn't make a ton of sense. You will buy a bunch of seed which will mostly go unused and put a lot of energy (and possibly money) into keeping just a handful of plants warm and lit and watered. I invest my seed starting energy solely into those plants that I want at least a dozen of like Genovese basil (unless the next condition applies).

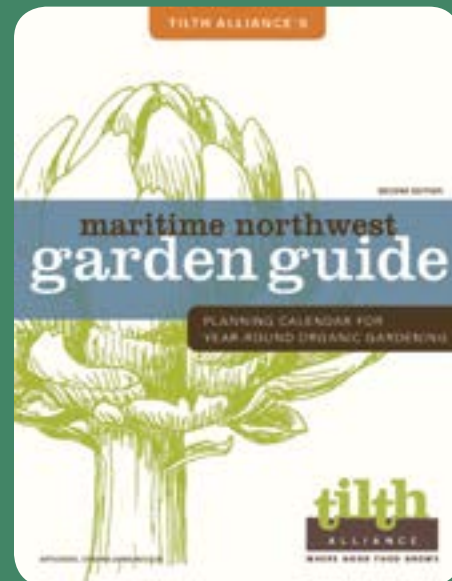


● You want to grow something obscure with a long growing season that you might not find starts for like okra, cardoon, or shiso.

● You need something to bring you hope and keep you entertained in the final days of winter, or you're just a big garden nerd.

photos, from top: Basil seedlings; The dreaded slug; Okra; Shiso.

PNW Essentials: *Maritime Northwest Garden Guide*



Revised in 2014, Tilth Alliance's month-by-month manual is tailored to the Pacific Northwest climate and a helpful resource for gardeners of all levels, beginning to expert. The 128-page guide outlines each month's garden tasks and lists hundreds of vegetable, herb and flower varieties to plant. It includes strategies for year-round gardening, articles about organic gardening techniques, resources, recipes and activities for kids. The Maritime Northwest Garden Guide has been a trusted guide for gardeners in the Pacific Northwest since it was first published in 1998, selling over 68,000 copies. It is available for purchase at both Co-op stores.

Okay, the answer is yes. So: "What plants should I start indoors?"

Hopefully the reasons above gave you some guidance in this respect. To further narrow the options a bit, some seeds are better started by direct seeding outdoors. These include peas, beans, root crops, chard and spinach, most Asian greens, corn, and winter and summer squashes.



A comprehensive list of what gets planted where and when is beyond the scope of this article, but the amazing Maritime Northwest Garden Guide breaks this down beautifully and is available at either Co-op (see sidebar at above right for more info). As always, I cannot recommend enough that you pick up a copy.

Local seed company, Uprising Seeds, also has good planting information for our area in their catalogs (available at both Co-ops) and on the seed packets themselves (logo pictured at left).

Continued on page 10

SEED STARTING *continued from page 9*

Now that you've worked out what plant you'll be starting, the next logical question is "What will my plants need?"

Besides love and attention, there are some basic necessities, all of which have a bunch of options that I will try to break down for you as best I can:

● **A Growing Medium:** *My top recommendation for plants that won't be in pots for too long is to simply use coconut coir. Coir is the hairy bits from a coconut shell. It usually comes compressed in a block that you soak in water to loosen up, and it has the excellent properties of both retaining moisture and having good drainage and having a near neutral pH. It doesn't provide anything in the way of nutrition but a seed is packed with nutrients for the seedling to live off of for the first bit of its life, so it's no biggie.*

Why does the Co-op recommend coconut coir?

Peat moss is still the main ingredient in almost every commercial growing medium, but the Co-op has worked hard to carry alternatives to peat due to environmental concerns. Peat moss is a mostly non-renewable resource that is formed over thousands of years and stores massive amounts of carbon which are released into the atmosphere during harvest, contributing to global climate change.

● **Containers:** *Most people use plastic cells and trays, the benefit being that they are all standardized so that cells fit neatly in trays and domes fit neatly over trays, etc- the downside being that it's, well, plastic. There are biodegradable options as well made from plant fibers, manure, and wood. Theoretically, the fiber and manure pots can be planted straight in the ground and will dissolve away, but score the pot before planting to ensure roots are not inhibited from growth. Many folks make their own pots by poking holes in yogurt containers or cutting toilet paper rolls in half amongst a million other creative solutions. Whatever you use, just make sure that water can drain freely from the pot and you have something to catch it when it does.*

● **Light & Heat:** *The plants you are starting indoors are there because they need light and heat that the outdoors can't provide them with. If your indoor space can't provide them with adequate light and heat either, it's all for naught, so this part is essential. Most vegetables need full sun (remember this means 6 hours of direct sunlight), and if you are reading this from Western Washington in the dead of winter you probably aren't getting this kind of light anywhere in your house, so you'll need to provide full spectrum artificial light. There are regular-style full spectrum bulbs that can fit in typical light fixtures. I prefer long,*

full spectrum tube-style lights that are suspended above plants either from the ceiling or a special stand. There are also regular style full spectrum bulbs that can fit into a regular light fixture, because they distribute light evenly above the plants. This is helpful because if light is stronger in one place, plants will twist and bend to grow towards it. As for heat, your plants will be fine if you are keeping them in a heated room like your kitchen or living room, but if you need to start them in a cold space you will probably need a heat mat to keep them warm. Plastic domes can also help concentrate heat and light.

● **Water & Food:** *Most seeds won't germinate if they aren't consistently moist, and seedlings are unlikely to survive drying out, so you need to make sure you keep your growing medium consistently moist. A spray bottle or small watering can with a small opening is ideal. Anything that waters too fast, too hard, or too much could dislodge seeds, damage young plants, and wash away, compact, or drench your growing medium none of which will be appreciated by your plants. Like I said, plants should have enough food from their seed to make it for the first while, but once the first set of leaves (these are called cotyledons and aren't really leaves) are dying back and true leaves are forming, they will be running out of food. This is especially true if you used straight coir or a seed starting mix. An enriched potting soil should provide them with food for quite a while but watch for yellowing or purpling leaves which is a sign of nutrient deficiency. When you go to feed your starts you'll want a liquid or soluble powder fertilizer, one that's fairly balanced but higher in nitrogen to promote leafy growth (most fertilizers will have 3 numbers prominently displayed on the front standing for N-P-K- the primary plant nutrients- and you'll be looking for one where the numbers are all fairly close but the first one is the highest). I use liquid fish. It smells terrible but dissipates pretty quickly and after a while you'll come to like the smell because of its positive associations with gardening (or at least I did).*



Photos, from top: Coconut hulls ready to process into coconut coir; Biodegradable coconut coir pots; Egg carton seedlings.



And the final question... "When do I put them outside?"

The answer is variable, depending on the plant and the weather that year, but the seed packet should give you guidance. Usually, it's somewhere between as soon as soil can be worked (sometime between March and April) for cool season crops to after last frost (May) for warm-season crops. Whenever they get transplanted, it's going to be a big shock for your plants to leave behind their cozy, coddled indoor life for the rugged outdoors. Big shocks can kill plants or leave them sickly and stunted, so you need to slowly acclimate them using a process called hardening off. This means for about a week you will put them in a protected outdoor location (like a porch or the side of your house) for a little bit every day, starting with an hour or two and increasing it by an hour every day.

If this all sounds a bit complicated and fussy, it is! But if you love doting on plants it's all kinds of fun, and if you aren't afraid to fail, you can experiment and figure out just what level of effort you need to put in to get a garden you can love.

Fire Cider Season!

....It's here! In addition to the lovely Fire Cider options we offer at the Co-op, it is easy to make your own. This home remedy has been passed down and around in as many variations as there are home herbalists to make it. For me, no two have come out quite the same. The most delicious fire cider I have had was made through collaborative process in Corinne Boyer's herbal apprenticeship. This recipe, which I have modeled after that batch, omits the traditional onion and garlic in favor of a strong ginger base and a spiced cider flavor profile. It still contains plenty of antimicrobial and circulatory boosters to keep you warm and well through the winter. You can find all of these ingredients at the Co-op, and with fresh burdock and horseradish in season now in produce, this is a great time to make fire cider!

- a half-gallon jar (cut recipe in half to do just a quart)
- apple cider vinegar (almost half a gallon)
- ginger, a medium-sized hand
- cinnamon, 3 sticks
- whole cloves, 8 or so
- dried chilies, 4-6
- oranges, one large or two small
- fresh burdock root, a piece about as long as your hand
- fresh horseradish, about a thumb's length
- a few fingers of fresh turmeric root (if you can get it! Otherwise, you can throw in a tablespoon of the dry powder)

Finely chop or grate the fresh ginger, burdock, horseradish, and turmeric, and place in jar. Slice up the orange into small pieces, removing the seeds but including the peel, and add to jar. Break up the cinnamon sticks and add them in with the cloves, and chilies. Cover all ingredients with apple cider vinegar.

Stir the mixture at least weekly. It can be ready to use in a month if needed, but I like to let it infuse for up to a year for maximum potency, straining out small amounts as needed. To get the most out of your ingredients, it is best to let it steep for at least 3 months before straining the liquid out completely. One way to see if it is ready is to taste it!

– **Zoe Nieman, Staff member**

Hot Tips!

- The more finely chopped your ingredients, the faster their flavor and medicine will infuse into the vinegar.
- Vinegar will rust metal, so you can either place wax paper under the jar lid or use a plastic lid.
- I keep a small amber bottle of this cider in my bag at all times during the winter, and just take a little sip if I feel a chill or a cough coming on.



Each batch of Fire Cider is as unique as the hands that make it. Customize yours by adding fresh garden herbs (as shown here) or immune-boosting adaptogens like astragalus root or dried nettles, available at both Co-ops in the bulk herb and spice section.





Lazaro Matamoros and Chelsea Thaw of FUJ's boycott coordination team in the annual Cesar Chavez March in Salinas, California, April 3, 2016
(photo by Michal Garcia, courtesy Indybay)

By Robyn Wagoner and Maureen Tobin, Staff Members

Any member of our society knows that we have a lot of choices in how we spend our money. Enter any aisle in a supermarket and you'll find a lot of food options within any one category, and sometimes all over the store... how many kinds of salad dressing can you find at the Eastside Co-op, for example? Answer: more than we want to count just to prove a point! Read on to learn more about why the Co-op carries some brands and not others, passing on our informed decisions to you.

Buyers at the Co-op are constantly confronted by overwhelming numbers of choices, what to carry and why, and we have a couple of guiding documents that help us make decisions: our Product Selection Guidelines and our Boycott Policy. We rely on these guidelines with the choices we make daily and try to stay aware of what's going on in food politics so that we "honor nationally recognized boycotts which are called for reasons that are compatible with our goals and mission statement".

Some choices don't end up being very public, which happens in our produce department frequently. The wholesale boxes of delicious organic produce we receive have been marketed and branded just like salad dressings, and some of those marketing decisions don't strike us as aligning with our values, such as cartoon animals drawn with a "sexy" body or using words that steal from Indigenous tribal language. Our department buyers make decisions about what labels and companies to buy from with lots of collective support, but sometimes the decisions are more difficult if they lead to not having a product that we know our members want to buy, such as berries or grapes.

You may recall the Co-op's participation in a Washington farm boycott a few years ago. In a tremendous act of international coordination between farmworkers in Mexico and Washington State, 40 picket lines were formed in one day of action against Driscoll Berry growers in May of 2016. These courageous workers gained the support of consumers and retailers, including The Olympia Food Co-op.

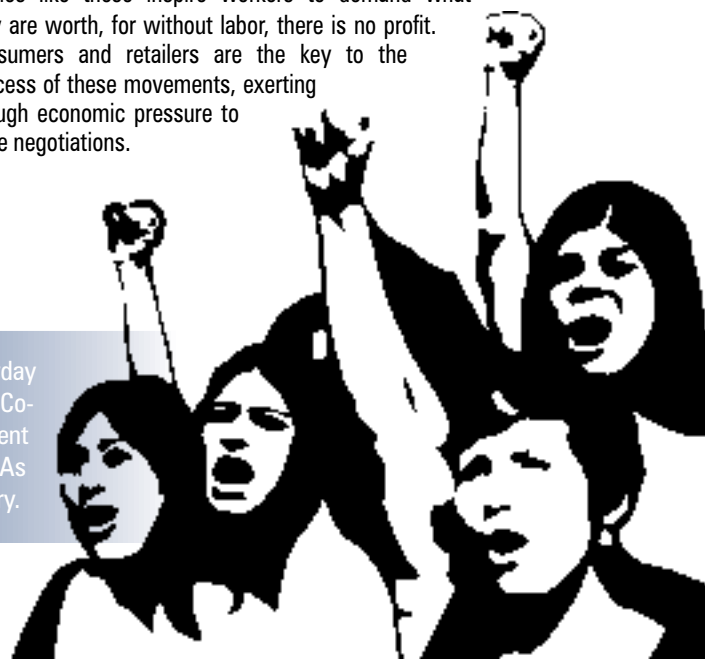
A five-year battle raged between the WA Driscoll growers Sakuma Brothers, and the newly formed indigenous farmworker union, Familias Unidas por la Justicia. Field workers fought for things like breaks during their shifts, an accurate way to measure the berries they picked, a

higher price per piece, and a non-hostile work environment. Sakuma Bros. had allegedly defaulted on agreements, fired union leaders in retaliation, separated families by gender, and patrolled worker housing and even bathrooms, according to sources at the union (see <http://familiasunidasjusticia.org/en/home/>).

Familias Unidas por la Justicia had organized walkouts and picket lines, and filed a series of lawsuits, when in 2015, one of these reached the Washington Supreme Court. This case set legal precedent, winning immigrant farmworkers the right to an hourly wage, health insurance, paid breaks and paid time for traveling between fields. On June 16, 2017, another historical benchmark was achieved, when a two-year contract was signed, providing full collective bargaining rights, protections against unjust discipline, and a base hourly rate of \$15 dollars per hour for all berry hand harvesters. This crucial hourly pay provides a fair piece rate wage, contrasted with the former piece rate wage system — a system that has historically shifted the responsibility for earning minimum wages onto employees instead of companies.

Stories like these inspire workers to demand what they are worth, for without labor, there is no profit. Consumers and retailers are the key to the success of these movements, exerting enough economic pressure to force negotiations.

The Olympia Food Co-op believes in the power of the boycott and everyday buying choices to create social change and equity. We've included the Co-op's product selection guidelines (facing page) for all to see the different values and thoughts we've had about our products over the years. As always, we love to hear from our members about the products we carry.



Olympia Food Co-op Product Selection Guidelines

Although simple in some areas, product selection is made more difficult by the various mandates which may be in conflict when evaluating a product on an individual basis. These guidelines are not intended to be the “law”, but rather to give members and staff tools to make difficult decisions regarding the product line.

The Olympia Food Co-op is a member-owned natural foods grocery. Besides our ownership and management structures, we differ from other commercial groceries in our focus on natural, whole and organic foods. At the same time, we differ from most traditional health food stores in that we focus on food rather than dietary supplements for the majority of our product line.

Mandates under which we operate that relate to product selection include the following: From the Statement of Purpose: “providing wholesome food and other goods, accessible to all...make human effects on the earth and its inhabitants positive and renewing.” From the Goals: “Make good food accessible to more people...Support local production...See to the long-term health of the business.” From the Long Range Plan: Increase the diversity of the product line...increase the diversity of the membership...increase our support for local businesses and organizations producing items purchased by the Co-op.”

Two product lines have been addressed by member ballot. Sale of meat products was limited to naturally or organically raised meat products with some consideration also given to quality of life issues in the raising of the animals. The Co-op’s sweetener policy was updated by member ballot in the fall of 2001.

In addition to the mandates and ballots mentioned above, the Co-op has operated under a number of unwritten assumptions. These include promotion of organic foods, offering options to highly processed, highly packaged foods, and a commitment to making good food accessible to poor people, as well as upper and middle income people, by trying to keep prices down.

Lastly, we believe in making choices available to our members rather than trying, through our buying procedures, to control what people eat. Therefore, we prefer to err on the side of flexibility rather than rigidity. Product selection issues are not set in stone. The body of information concerning nutrition and health grows and changes rapidly. Today’s panacea becomes tomorrow’s health hazard. Lifestyles and personal circumstances change, creating a changing demand for certain types of products. The industry changes, sometimes making old favorites temporarily or permanently unavailable and forcing less-desirable options, or, in some cases, bringing new products and processes which don’t fit into previously defined categories. The guidelines we choose for product selection must, therefore, allow enough latitude and flexibility for the Co-op to adjust and yet remain ethically sound.

ORGANICALLY GROWN:

Whenever possible, organically grown food products will be made available and promoted by the Co-op. Organic products will be prioritized over non-organic products when prices are comparable, and will be sold alongside non-organic when there is a significant price difference. Efforts will be made to promote organically grown products through education and through specialized programs.

PACKAGING CONSIDERATION:

Besides environmental impact, there are two other significant packaging issues: truth in advertising and exploitive/oppressive imagery. The Co-op will not carry products which make false or misleading nutritional, environmental or ingredient claims on the package. If a department manager or the staff feel that a particular product, which falls into this category, is important to carry, we will make every effort to contradict misleading information through point of purchase product information. The Co-op will also be active on the issue of truth in packaging by confronting producers who make false statements and by education our customers about common label misconceptions.

The Co-op will not carry products whose retail packaging is deemed exploitive or oppressive. Such determination may be made by the department manager, the merchandising team or the staff as a whole. Packaging may be considered exploitive or oppressive if the graphics, narrative or product name uses or promotes harmful stereotypes based on sex, race, sexual orientation, physical ability, looks, class, education, politics, religion, national origin or species. The Co-op will actively confront producers who use such stereotypes in merchandising their products. In the event that wholesale packaging which is not used in a display is deemed oppressive, we may continue to carry the products in question. We will notify the producer of such products that we find the packaging offensive and why.

ENVIRONMENTAL IMPACT:

The Co-op will endeavor to promote low-impact living by prioritizing bulk, organic and/or local products; limiting the number of products sold in non-recyclable or energy intensive packaging; and, encouraging recycling and use of recycled containers. In addition to these in-store issues, we will encourage manufacturers and distributors to make products available in recyclable packages. We will carry primarily biodegradable, non-dyed paper products, low and no- 2 phosphate detergents, and health and body care products which are not tested on laboratory animals.

FOOD POLITICS/BOYCOTTS:

Co-op members are concerned about a wide range of world-wide political issues. At the same time, large corporations have been buying into the natural foods industry at an alarming rate. Whenever possible, the Co-op will prioritize products produced and distributed by companies whose politics and procedures are in harmony with our Mission Statement and Goals. When a company is in clear contradiction to our Mission Statement we will make every effort to find alternative sources for their products. For products which are being boycotted, please see the boycott policy.

LOCAL, COLLECTIVE & CO-OP BUSINESSES:

The Co-op supports other local, collective and/or cooperative businesses through the purchasing and promotion of their products when appropriate. In some instances, the Co-op may refrain from carrying certain products or product lines in order to not compete with other small local retailers. Economics: In order for good food to be made accessible to all, regardless of financial status, the Co-op will carry a selection of low-priced quality foods and endeavor to keep mark-ups and expenses low.

Continued on page 15

The Question of Beer, Wine & Hard Cider

By Robyn Wagoner, Beer & Wine Task Force

You may have been one of the members who recently participated in an online survey about your beer, wine and hard cider purchases and opinions. The Co-op Beer & Wine Task Force would like to share the results of that survey.

The History

The Co-op has been considering expanding our product line to carry organic, locally brewed beer and wine for almost two decades, in response to requests from our membership. In 2011, our Board and task force at the time chose not to pursue carrying these products, after extensive time spent on member forums and an advisory member ballot that did express a majority opinion supporting the change.

The Bottom Line

As the organization continues to desire to expand our shopping facilities and services, while at the same time experiencing relatively flat sales and rising costs, we look again to new ways we can meet our member requests. We've reformed our Beer & Wine Task Force to study the potential for the future sale of beer, wine and hard cider at our stores.

The Survey: 9/27-10/4/18

A total of 1,631 members participated in our online survey on Beer, Wine & Hard Cider. Of these, 76.96% identified as purchasers of beer, wine and hard cider. A total of 69.57% surveyed would purchase their beer, wine and hard cider at the Co-op. Finally, a solid 71.03% of the members surveyed favor the Co-op carrying these products.

The Numbers

In looking at other co-ops in our region, we can predict a margin between 22%-30%. Beer and Wine Departments at co-ops in Bozeman and Skagit account for approximately 3.5%-6% of total sales. Based on this, we could expect to see sales of \$250,000 at the Westside and \$460,000 at the Eastside, annually. This infusion of revenue would go a long way toward keeping the stores staffed, funding much needed maintenance and improvements to our existing stores, and even helping to fund the expansion our membership has been requesting for so many years.

Oppression Awareness

The Co-op Staff recognizes there is an intersectionality of oppression in regards to alcohol consumption. We recognize that alcohol was utilized in the maltreatment and displacement of Indigenous populations. The Collective is dedicated to expanding awareness of the weaponization of alcohol, and its addictive effects. We recognize that by choosing to sell these products, we must do so with respect towards those in our community who have been impacted or are in Recovery. We work towards this with conscious in-store placement of our products and by making available information on local Recovery programs.

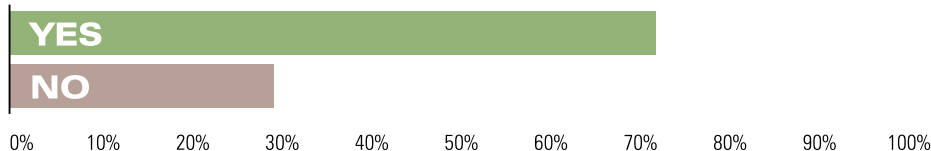
The Next Steps

The Beer & Wine Task Force is writing a proposal to reconsider the possibility of mindfully carrying these products. If approved, we will apply the same rigorous Product Selection Guidelines we use for our non-alcoholic inventory. By prioritizing local, organic, sustainably produced varieties, we can infuse dollars back into our local economy, while providing the convenience our shoppers prefer.

We're open to your ideas, so please write to us at beerandwine@olympiafood.coop

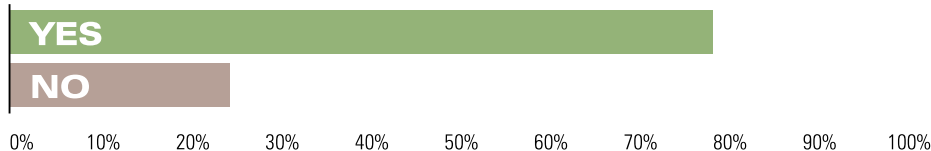
Should Olympia Food Co-op carry beer, wine, and hard cider?

Answered: 1,588 Skipped: 43



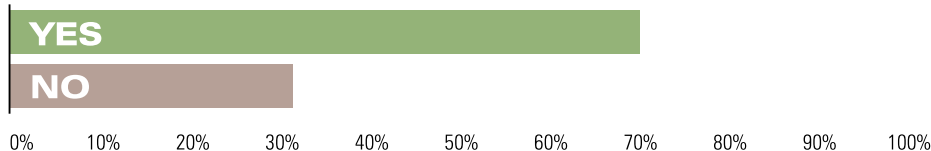
Do you purchase beer, wine, or hard cider?

Answered: 1,619 Skipped: 12



If Olympia Food Co-op carried beer, wine, and hard cider, would you purchase it there?

Answered: 1,617 Skipped: 14



PRODUCT SELECTION *continued from page 13*

MEAT & POULTRY:

The Co-op will carry naturally and organically raised meat and poultry.

VITAMINS & SUPPLEMENTS:

The goal of our vitamin and supplement department is to provide the membership with the products they need and want to supplement a healthy diet. We will carry additive-free vitamins and supplements including non-allergenic and sugar-free products. We are concerned about the tendency towards hucksterism in vitamin and supplement promotion and will attempt to carry reputable lines and refrain from making unfounded or questionable health claims.

ADDITIVES & PRESERVATIVES:

The Co-op will prioritize products free of artificial coloring, preservatives, and flavorings. When other considerations strongly indicate a product should be carried which is not free of additives, the product will be clearly labeled to allow customers to make informed choices.

SWEETENERS:

The Co-op will not restrict sugars specifically by type, but will provide alternative sweeteners and products which contain alternative sweeteners in all merchandise categories. Alternative sweeteners include, but are not limited to, honey, barley malt, molasses, fructose, turbinado, sucanat, brown rice syrup, maple syrup & sugar, agave nectar, stevia, and other less refined sweeteners.

SPECIAL DIETARY NEEDS & DESIRES/CULTURAL CONSIDERATIONS:

Many Co-op members have special dietary needs and restrictions. The Co-op is committed to carrying products which are low/no salt/sodium, low/no fat/cholesterol, non-dairy, wheat/gluten free, vegetarian/vegan, etc. Co-op members also come from a diversity of cultural backgrounds and lifestyles. Therefore, the Co-op will carry foods which reflect those lifestyles such as Kosher foods, Asian and Macrobiotic foods, and other appropriate culturally-specific foods. Lastly, Co-op members' daily lives and access to money vary greatly. Therefore, the Co-op will carry some healthful convenient food options and options for low-cost, healthful foods.



And finally: what is the Co-op's product selection process? Product line decisions are made by a number of different individuals and groups. The first level of responsibility for product selection lies with department managers; the merchandising coordinators are responsible for overseeing all ordering and the storewide product mix. The Staff Collective oversees and can override decisions made by individual staff members and makes proposals to the Board of Directors. The Board makes decisions concerning broad Co-op policy. Individual members can impact product line development and production policy through the suggestion system, interaction with department managers, proposals to the Staff Collective or the Board, and, finally, through referendum and ballot measure to the general membership.

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2018 3rd Quarter Finance Report

By Corey Mayer, Staff Bookkeeper

Greetings from the small room in our Co-op downtown office where the bookies sit for many hours each day sorting through invoices, entering information into our accounting system and generating the many reports that allow us to analyze the financial health of our Co-op. One of those reports, represented in an abbreviated form in the table below, compares our year-to-date actual revenue and expenses to our budget, showing the resulting profit (net income) at the bottom. In summary, our profit through the end of September is a little more than \$50,600 compared to a budgeted profit of \$18,400.

As I've shared in many other financial reports over the years, there is quite a lot of detailed information that is represented by these numbers. We have 5 bookkeepers who enter invoices, translate all of the sales information gleaned from our POS (point of sale) system in the stores, receive time sheets and process bi-weekly payroll, cut checks to pay our suppliers, send out statements to those organizations

Continued on page 19

3rd Quarter 2018 Budget Report

For Year-To-Date Ending 9/31/18

	2018 ACTUALS	2018 BUDGET	\$ OVER BUDGET
Revenue:			
Sales	12,867,862	12,986,941	(119,080)
Cost of Goods Sold	8,361,235	8,511,316	(150,081)
Gross Sales Revenue:	3,038,647	3,016,041	22,606
Other Revenue:	18,118	14,006	4,112
Total Net Revenue:	4,524,745	4,489,631	35,114
Expenses:			
Community & Marketing	85,777	115,828	(30,051)
Staffing	3,311,087	3,261,408	49,679
Member Discounts	330,222	359,665	(29,443)
Operations	747,056	734,292	12,764
Total Expenses:	4,474,142	4,471,194	2,948
Total Net Income:	50,603	18,437	32,165



Members and staff share their thoughts

(photos by olyhilarly)

Passing The Mic at the Annual Meeting & Community Resilience Panel

Our Annual Membership Meeting theme this year was **Community Resilience**, and Staff Collective Member **Keziah Apuzen** focused her welcome speech on the role of co-ops in



Keziah Apuzen

creating the conditions for our staying power. She shared stories and slides from her recent trip home to the Philippines, exploring the success of Indigenous farmworkers and other groups who organized organic and local co-ops.

After reports from Board, Staff Collective, Community Sustaining Fund, Finance, Expansion, and Bylaws, we had a lively member Q&A. Members were particularly interested in our new membership record-keeping procedures and expansion possibilities relating to the announcement that the Co-op would be working on a Capital Campaign to raise money for expansion.

The candidates for the Board spoke briefly, and in the afternoon, an esteemed panel of professional women discussed the Co-op's role in building our community resilience, and what each one of us could do immediately to prepare for changes in our environment, and to help others through difficult times. Much thanks to Candace Penn, Heesoon Jun, Meg Martin and Vivian Easton for sharing your time and thoughts with us.

Lunch followed with hot hearty soup from Mel O' Soup, bread from Blue Heron, and desserts from Peace, Love & Raw and 8 Arms Bakery! Batdorf & Bronson brought the coffee, and members shared their own wonderful potluck delicacies. Thank you to Co-op President Jim Hutcheon for hosting, and to everyone who attended this thoughtful celebration of our 41st Year!

Meg Martin stands up to address the crowd (also pictured, L to R: Candace Penn, Heesoon Jun, Vivian Easton)



OFC garden CENTER NEWS

New Pop Up Bakery in the Westside Garden Center!

A surprise winter bakery will appear inside the Westside Garden Center weekdays between 8am and 11:30am all season long! Enjoy morning fresh, hand-made vegan and non-vegan pastries from our Co-op Staff bakers, and grab a cup of hot coffee while you're at it. The Garden Center will also be open for regular retail sales during this time.

Winter retail hours for the Westside Garden Center are otherwise Saturday and Sunday, 10 to 6 until Dec. 23rd. The Center reopens for sales everyday on Feb 1st – just in time to get those seeds started (see Seed Starting article on page 8)!

Eastside Garden Center is open 8am to 8pm year-round.

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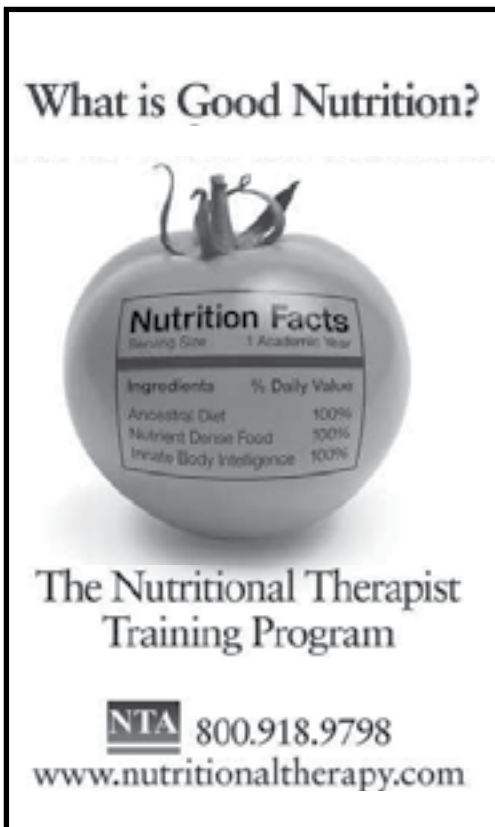


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2018 Q3 FINANCE REPORT

continued from page 16

with charge accounts, reconcile our bank accounts and double-check all of it. In addition, we have a financial coordination team that reviews in detail every revenue-generating department 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... sales revenue is \$119,000 under budget, about 85% of that shortfall 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 \$31,000 over budget. With other sources of revenue contributing another \$4,000, we now have about \$35,000 more than we expected to pay for all of our organizational expenses.

So as not to possibly overwhelm you with too much detailed information, our expenses are presented in the table on page 16 in 4 major categories. 'Community and Marketing' expenses include the following: the sponsorships and donations we provide as a means of support to many other local organizations; tabling at Evergreen or at local events where we can make sure that new students or other members of our community who may not already be aware of us can learn about what we offer; our classes program where Co-op staff and others share their knowledge of food preparation and other food-related issues with our members; and the production of this news magazine. '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 cover the costs of doing business in our stores – everything from keeping our equipment maintained and repaired to all of

the electronic tools we use every day. Those latter technical expenses include the computers, software, printers, POS (point of sale) system and the support we need to keep our, and your, information secure. They continue to take up an ever larger piece of our entire expense pie.

Our largest expense by far, staffing, is 1.5% over budget. Some of this is due to how many more vacation hours are used during the summer, necessitating other staff to work overtime to keep our stores open. The other primary contributor is due to the ever increasing costs of providing health care to our employees. We made a financial decision many years ago to be self-insured, directly paying the costs for whatever health care needs our staff have, up to a limit where a separate stop-gap form of insurance kicks in. In many years we end up spending considerably less than anticipated, but this year is not one of them. Even though we know this is statistically expected to happen, we don't ever know when, making it very difficult to budget for.

Balancing out our larger-than-expected staffing costs, Community and Marketing expenses are below budget for nearly all of the individual expense lines that make up this total. Our costs for Operations are a bit high, but much closer to budget than at the end of last quarter. We did not have as many equipment problems as we expected to during the summer and are running a little tighter with store supplies. 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 only \$3,000 greater than our budget.

More revenue dollars coming in than 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. ■



Community Classes

WINTER 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.

Introduction to Cleansing

Thursday Jan 3rd 7-8:30pm

Facilitator: Dr. Jennea Wood

Location: OFC Downtown Meeting Room
610 Columbia St SW, Olympia WA 98501

Enrollment: 20

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

Winter Attunement

Sunday Jan 13th 1:30-3pm

Facilitator: Martha Eden

Location: OFC Downtown Meeting Room
608 Columbia St SW, Olympia, WA 98501

Enrollment: 15

In this class we'll talk about the Water/ winter element from a Chinese medical perspective. We'll talk about how to attune ourselves to the season and make several herbal culinary products to carry us through the winter.

Vegan and Gluten Free Jewish Cooking

Sunday Jan 13th 1-4pm

Facilitator: Awren Schwartz

Location: GRuB Farmhouse
2016 Elliott Ave NW Olympia WA 98502

Enrollment: 15

Think Jewish cooking is just Matzo Balls, knishes, blintzes, and Challah? It's not! Come learn, explore, and eat, food from all over the Jewish Diaspora. Everyone's welcome!

Discovering Plants for Personal Healing

Tuesday Jan 15th 6:30-8pm

Facilitator: Peter Brown

Location: OFC Garden Center Little House
905 Rogers St NW, Olympia WA 98502

Enrollment: 9

From the beginning of time, people have had the ability to listen to plants. This introduction to plant work will enable one to start learning from plants that have qualities which can help to heal us with our current challenges. In an experiential setting, we will each find a helper plant.

Bach Flower Remedies For Caregivers

Sunday Jan 20th 2-4pm

Facilitator: Lulu Barnad BFRP

Location: OFC Downtown Meeting Room
610 Columbia St SW, Olympia WA 98501

Enrollment: 20

Are you a caregiver? Do you feel sometimes overwhelmed by the responsibility of this role?

Learn how Bach flower remedies can help you juggle your many responsibilities and provide a calming positive energy to help balance emotions and restore energy.

The Bach flower remedies can help you:

- Manage your worry about the person you care for
- Address feelings of guilt when you are so busy.
- Take care of yourself as you take care of your loved one.
- Stay in calm control when you feel overwhelmed.

Mycorestoration at Home

Sunday Jan 27th 1-3pm

Facilitator: Tristan Woodsmith

Location: OFC Downtown Meeting Room
608 Columbia St SW, Olympia, WA 98501

Enrollment: 25 Cost: FREE

A brief overview of our research on the use of fungi for filtration of water (mycofiltration), the breakdown of toxic wastes (mycoremediation), empowering ecoforestry strategies (mycoforestry) and helping to influence and control pest insect populations (mycopesticides). Tristan will also cover how mushrooms may help save the bees!

**NOTE: The Olympia Food Co-op is proud to announce that Fungi Perfecti select mushroom starter kits (previously only available through mail order) are now available for purchase at our Westside Garden Center. Join us for this free and informative presentation that will feature information on low tech mushroom cultivation for home and garden, people and planet!*

Pie Making!

Sunday Feb 3rd 1:30-4:30pm

Facilitator: Martha Chubb

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

Enrollment: 15

You will learn how to make flakey and delicious pie crust with fruit filling. The recipes that I provide are for 1 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.

All About Fruit Trees

Sunday Feb 3rd 2-4pm

Facilitator: Terra Kram

Location: OFC Garden Center Little House
905 Rogers St NW, Olympia WA 98502

Enrollment: 10

We will cover planning, selection, planting, and maintenance of fruit trees. In addition, this class will be tailored to the specific interest of those who attend.

Soothing and Healing the Nervous System

Thursday Feb 7th 7-8:15pm

Facilitator: Dr. Jennea Wood

Location: OFC Downtown Meeting Room
610 Columbia St SW, Olympia WA 98501

Enrollment: 20

Whether triggered by work, interpersonal relationships, politics, etc., our nervous systems frequently wind up overtaxed with stress, resulting in anxiety, depression, and muscle tension. But beyond these more obvious ailments, chronic stress also weakens immunity, depletes nutrients, affects brain chemistry and reduces the capacity of the liver for detoxification. Join Dr. Jennea Wood to talk about the physiology of stress, solutions to this cycle and natural approaches to deep nervous system restoration.

Bach Flower Remedies For Women Identified People

Sunday Feb 10th 2-4pm

Facilitator: Lulu Barnad BFRP

Location: OFC Downtown Meeting Room
610 Columbia St SW, Olympia WA 98501

Enrollment: 20

As women, we play so many different roles: mother, daughter, wife, sister, business owner, employee, caregiver, etc. Sometimes it is hard to cope with all our responsibilities and also take the time to take care of ourselves. In this talk, I will talk about the gentle benefits of the Bach Flower Remedies and how they can be of particular help for us women through all the stages of our life (adolescence, pregnancy, motherhood, menopause, etc) as well as in bringing balance between work and family.

Energize Your Life!

Sunday Feb 17th 3-5pm

Facilitator: Donnette M Paishon MS, OTR/L,
Certified Jin Shin Jyutsu Practitioner

Location: OFC Downtown Meeting Room
610 Columbia St SW, Olympia WA 98501

Enrollment: 7

Learn simple techniques to reduce anxiety and fatigue while optimizing your energy and well-being.

We will practice the art of Jin Shin Jyutsu (pronounced "jit-soo") by using our fingers and hands to harmonize, balance and keep our energetic pathways clear and flowing. We will briefly explore the basic foundation of JSJ and participate in guided self-help activities to increase your resilience, minimize your stress reactions, boost your energy and support yourself and others at home.

Growing Mushrooms at Home

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

Sunday Feb 24th 12-2pm

Facilitator: Loni Jean Ronnebaum aka Ronnebaumanita Loniscaria & Tristan Woodsmith

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

Enrollment: 25 Cost: FREE

The Olympia Food Co-op is proud to announce that Fungi Perfecti select mushroom starter kits, that were previously only available through mail order, are now available for purchase at our Westside Garden center. Join us for this free and informative presentation that will feature information on low tech mushroom cultivation for home and garden, people and planet.

Easy Rustic Fruit Tart

Sunday Feb 24th 2:30-4:30pm

Facilitator: Martha Chubb

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

Enrollment: 15

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

The Hidden Roots of Allergies, Eczema and Asthma

Thursday Mar 7th 7-8:30pm

Facilitator: Dr. Jennea Wood

Location: OFC Downtown Meeting Room

610 Columbia St SW, Olympia WA 98501

Enrollment: 20

As we move toward allergy season, please join Dr. Jennea Wood to learn about the hidden root causes of these three related conditions.

What we'll cover:

- What do these diseases have in common?
 - What is going on with the immune system?
 - How is the digestive system involved?
 - How is your environment involved?
 - The importance of addressing each person individually
 - Herbal and nutritional strategies to begin the healing process
 - How to proceed safely and involve your primary care doctor
- Get your questions answered.

Bach Flower Remedies and Stress In The Workplace

Sunday Mar 17th 2-4pm

Facilitator: Lulu Barnad BFRP

Location: OFC Downtown Meeting Room

610 Columbia St SW, Olympia WA 98501

Enrollment: 20

Is your job stressful? Do you find yourself lacking concentration and focus?

Are you irritable or frustrated?

Learn how to identify and address your work stress head on, and restore balance naturally! Bach flower remedies can help with you:

- Increase focus and concentration
- Decrease frustration and irritability
- Feel more relaxed and in control

Garden Planning

Sunday Mar 24th 2-4pm

Facilitator: Terra Kram

Location: OFC Garden Center Little House

905 Rogers St NW, Olympia WA 98502

Enrollment: 10

We will cover Location, Soil Preparation, Seasonal Gardening, Crop Rotation, Cover Cropping, Seed Saving, Irrigation. GARDENING IS A LEARNING CURVE. This Class will also be tailored to the specific questions of attendees.



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Election Results



Desdra Dawning
Board Elect



Frederick Jack Meldicott
Board Elect



Mel Bilodeau
Board Elect



Jim Hutcheon
President



Staff Representative



Candidate 2020
...is it you?



Benjamin Witten
Director



Jaime Rossman
Treasurer



Peter Brown
Director



Joanne McCaughan
Vice President

Board photos by OlyHilary Photography olyhilary.smugmug.com

Welcome to our new and returning Board members!

The results of our election, including our first-ever electronic ballots, are as follows:

Desdra Dawning (167 votes)
Mel Bilodeau (161 votes)
Jim Hutcheon (159 votes)
Frederick Jack Meldicott (142 votes)

There were 68 paper ballots and 142 electronic ballots verified; find more info at olympiafood.coop. Thanks to all who participated in our elections!

These freshly elected (and re-elected) Board Members will serve a three-year term. Here are their visions for the organization. Welcome all!

Desdra Dawning

We live in challenging times. The cooperative business model is more important to a sustainable world now than it ever has been. Competition and consumerism are not working for us, on a global scale. The Olympia Food Co-op has long served both our local community and the world outside as a role model in sanity. We are a collection of incredibly diverse humans with one underlying foundation: we all believe in equality, social justice and kindness. I see our Co-op – by doing our own inner housekeeping – continuing to grow and expand in offering this vision of sanity to our troubled world. On a more practical level, I want to be more involved in the Co-op expansion process. Bigger (more expanded) is not necessarily better, but changes definitely need to come to our physical presence in the Olympia community, in order for us to better serve in getting good food to our members.

Mel Bilodeau

One vision I have for our Co-op is to keep and create ways to continue to enliven the staff. I would also be ecstatic to contribute to finding happy and effective ways to encourage people to reduce waste (like reducing every day packaging).

Frederick Jack Meldicott

Frankly, I'm pretty happy with the way the Co-op currently operates and mostly hope to help it continue to chug along. I am curious about the possibility of making the Co-op a truly multi-stakeholder model where the workers receive some ownership; my understanding is that the Co-op informally operates in this way to some degree already. I am also interested in the possibility of developing an online ordering platform for purchasing product from local growers and producers, creating a one stop platform could significantly streamline the process for procurement staff who currently have to contact many purveyors individually and could also potentially be expanded to the public thereby effectively creating a regional online based food hub.

Jim Hutcheon

My vision is for the Co-op to keep creatively finding ways to fulfill its mission. Although all of the goals of the Co-op are important, I am particularly interested in the first two goals: Provide information about food; make good food accessible to more people.

Board News: BYLAWS CHANGES RESULTS

The Board and Staff proposed changes to four sections of the organization's bylaws and the membership approved all of those changes.

Several changes were related to updating language to reflect current practices, such as referring to membership investments as "equity" instead of "dues" and including national origin and immigration status as protected classes. We also updated language around our financial audits and reviews as well as member markups to ensure clarity.

Other sections around membership have been altered slightly and there have been questions about how to interpret the changes. Two sections were worked on that affect membership practices, the fee description and active member status. There were a couple of goals in mind with these changes, one of them being the ability to remove long-term inactive members from our records. Many of these records belong to folks who are no longer shopping at the Co-op or no longer wish to be part of our record-keeping, for whatever reason, and we needed our bylaws to allow the practice of fully removing records at some point, determined in another section to be after 6 years of inactivity.

The second goal of our membership changes was to allow "contact information" as a requirement of active membership instead of "address." This change enables members and our membership system to use an email address as current contact information, instead of a postal mailing address, if that is what the member desires, and still maintain active membership. Our bylaws still require us to notify members of the Annual Membership Meeting each year, so one of these contact points must be maintained to ensure active membership status.

What other ways can a member ensure they remain active in our system? The new language is as follows:

Paragraph 3. Member Status

An active member maintains current contact information on file and keeps current in their equity. An active member becomes an inactive member if they:

- *fail to make timely equity payments; or*
- *fail to maintain current contact information on file for one year; or*
- *fail to renew a Cooperative Access Membership; or*
- *fail to interact with the Co-op for a period of six years or more. Interacting can be responding to a communication from the Co-op, voting in the annual election or shopping at the Co-op; or*
- *request inactive status*

This new language means that members can more easily maintain active status and responds to requests we've had over the years from members who find their records inactive after moving or experiencing homelessness. Some members have been concerned about those who move away, or stop shopping for some time, and then return to the Co-op. Our bylaws changes still allow members to maintain their active status from afar, by responding to a communication from us or by voting in the annual elections.

We think these changes will be beneficial to the organization at large, saving us money and time by keeping our records more accurate, and allowing members more flexibility in communicating with the Co-op. As always, if you have questions about your membership or other Co-op changes, please contact customerservice@olympiafood.coop or ask at one of the stores.

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Who Am I? I'm not a lifelong local. I moved here on a leap of faith and I haven't found one reason to go. Instead I've found a million reasons to stay. I love it here. I'm not in the sales business.

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I don't mince words. I deliver information as facts, not opinions. If you contact me, I answer. Or get back to you ASAP. I help sellers market their home across every medium available. No stone goes unturned. I help you weigh every offer in context so that you can select a quality buyer for your home. The details are handled without hassle or fuss.

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2018 Staff Collective Fall Meeting

We enjoyed fun, games, songs, photos, self growth and great food all coordinated by our Anti-oppression Team. We also got a chance to offer gifts and thanks to our departing Staff member, Teresa McDowell. It was great to remember old co-op stories and share the years of dedication, love and laughs with the full staff. Thanks again, Teresa, you've left a lasting gift of collective values and won't be forgotten!

photo by Coco Chang