



# THE COOP *Spoonful*

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

January 2–15, 2019

## *Local Savings*

### FRESH SKOKOMISH RIDGE MUSHROOMS

This issue, use your Local Savings Coupon to receive 50¢ off any purchase of fresh Skokomish Ridge Mushrooms in our produce department! Skokomish Ridge Mushroom Growers' Cooperative (and its individual grower members) cultivate delicious specialty mushrooms. Currently, they produce shiitake, maitake, lion's mane and king trumpet.

Bob and Harriet Ames established the Cooperative in 2016. With more than 12 years of experience in mushroom production, their business model eliminates many costs faced by commercial mushroom growers. Unlike the one-owner commercial model, which requires investments in many acres of land for contiguous growing structures, and produces



*King's Trumpet Mushrooms (photo credit: Bob Ames)*

unpleasant odors when managed on a large scale, Skokomish Ridge Mushrooms grower members build smaller facilities on their own property. The Cooperative provides technical support and materials at cost, including bags containing a sterilized substrate inoculated with the mushroom species

to be grown. After performing lab work and attending to other preparation, the Cooperative purchases the mushrooms produced by their member growers. The support doesn't end there, because the Cooperative also packages, markets and distributes the fresh gourmet products of the member growers' labor.

Growers receive monthly payments and year-end bonuses for their participation. Four of the seven grower members have constructed grow rooms and are receiving income from the production of their high quality specialty mushrooms. The Olympia Food Co-op is proud to support this local organization, and to promote their successful cooperative model by offering you savings on the mouthwatering and nutritious results of their valued labor. ■

CO-OP LOCAL  
COUPON

50¢  
OFF

  
good for 50¢ off any  
FRESH SKOKOMISH  
RIDGE MUSHROOMS  
  
one coupon per visit  
valid thru 1-15-19





### Olympia Food Co-op Deli's Creamy Avocado Dressing

- 4 ripe avocados
- 1 bunch cilantro
- 2 cups Veganaise
- 1½ cups orange juice
- 1½ cups water
- ½ cup lemon juice
- 1½ tablespoons ground black pepper
- 1 tablespoon minced garlic
- ½ tablespoon salt

Blend well in a food processor or with an immersion blender and enjoy!! ■

### Community Sustaining Fund (CSF) Grant Recipients

Your Register Round-Up donations this grant cycle will benefit the unhoused via CSF recipients: Family Support Center (\$850) and First Christian Church (\$450) Thank you! ■

### NEW Native Product NW Smoked Wild Salmon Chowder from Lummi Island Wild

Introducing a robust gluten-free chowder, handcrafted in small batches with indigenous caught Lummi Island Wild Reefnet Salmon. Olympia Food Co-op is the first co-op to make it available! ■

**The Westside Co-op  
Garden Center will reopen  
in February!**

### Co-op Deli Price Change Announcement

The Olympia Food Coop has increased the price of our salad bar to \$7.99/lb for both hot and cold food. Sandwiches and coffee will remain the same price.

We have been able to keep the soup and salad bar price at \$6.99/lb since 2014. The rising costs of packaging, equipment, repairs, labor, and our desires for expansion combine to make this price increase necessary.

We put our heart and soul into preparing healthy, fresh, handmade, and delicious organic food for our valued members and customers. We thank you for shopping here and eating the food we make. Your support and warmth give us the nourishment we need to make the food that we hope, in turn, nourishes you.

Sincerely, The Olympia Food Co-op Deli ■

### Co-op shoppers react to the Deli price increase

*"Worth every penny, and more!"*

*"Still a great deal considering how good it is."*

*"Love your food!!! Thank you for the most delicious and nourishing meals."*

*"See u after Christmas thanku for preparing healthy food"*

*"It's still a great price! I love the co-op salad bar."*

*"This food made with love and care feeds the soul as well as the body."*

*"Still a better deal than buying non organic from the other grocery stores as thru were 7.99 per pound long so so might be even higher now"*

*"Bargain at twice the price!" ■*



*Elaine in the Deli!*