



THE COOP *Spoonful*

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

February 13–26, 2019

Local Savings **SPRING CREEK FARM**

Looking to add a little color to your garden? Blueberries add both beauty and flavor to any garden or urban farm. Now you can find Bareroot Blueberries from Spring Creek Farm at both Co-op locations as the Westside's Garden Center has reopened for the season. Be sure to bring the \$2.00 off coupon on the bottom of this flier!

For over 20 years, Spring Creek Farm has been providing local, organic, sustainable vegetable starts, fruit trees and bushes, herbs, hops, and more. Located in Rochester, WA, Spring Creek Farm is family-owned and dedicated to the same Earth-friendly and labor-positive principles as Olympia Food Co-op. We have been partnering with Spring Creek Farm for over 10 years, and we're proud to be featuring them in this issue of the Spoonful.

Bareroot blueberries are in a dormant



state, with exposed roots ready to be planted. Bareroot Blueberries can either be placed in a container with soil to be transplanted later, or planted directly into the ground, as long as the conditions are right. Blueberries love acidic soil between 4 and 5 pH. You will also want to add organic material to your soil before planting, so check

out our local organic compost at the Garden Center. Because blueberries are shallow-rooted, the soil needs to hold adequate moisture, but also drain well.

The Old Farmer's Almanac suggests blueberries be planted as early in the spring as possible, so now is the right time to prepare. In order to have fresh, ripe blueberries next summer, get started now! Visit either Co-op to check out the selection, and talk to a friendly Garden Department Staff member to learn more about growing blueberries.

Further reading:

almanac.com/plant/blueberries ■

Snowy Struggles

In one of the worst February snow storms on record, our community has been stepping up to the challenges

continued on back

**CO-OP LOCAL
COUPON**

**\$2
OFF**



good for \$2 off any
BAREFOOT BLUEBERRIES
from Spring Creek Farm

one coupon per visit
valid thru 2-13-19



continued from front:

of supporting neighbors who are losing power, getting stranded, and facing property damage from falling trees. The Co-op has been dealing with its own misadventures, but our awesome staff and Working Members have been sharing the load.

Shout out to Dennis for opening the doors to the Westside Co-op when the power went out, so the freezing outside air could keep our chilled and frozen foods at a safe temperature until the electricity was restored!

Mad props to Tim at the Eastside store for helping our delivery driver maneuver their big rig out of a snow bank blocking our entrance!

And big love to all of the dedicated Staff and Working Members who've been filling shifts and giving rides and walking in snow drifts to keep both stores open for as long as possible during these wild snowy struggles! ■



Working Member Profile: Justis B.

Why did you decide to become a working member?

Originally it was probably for the Working Member discount. Now I do it because I really appreciate what the Co-op does and I want to do what I can to help.

What do you do for the Co-op?

Mostly I cashier at the Westside on the weekends but I also helped build the counter top on the Eastside, and shot a few videos and produced some animation during the 40th anniversary promotional campaign.

What are your passions and hobbies?

I spend most of my time making things. I'm an animator and a filmmaker mainly, but I also run a little recording studio out of my basement.

What's your favorite thing about your position at the Co-op?

In general it's getting out and spending time in the community. Even if it's a small job it's nice to be involved in getting good food to people. On shift my favorite part is signing up new members. It's exciting seeing new people find out about the great stuff the Co-op has to offer. ■

Vegan Lentil Soup: A Hearty Cold Weather Recipe

- 1 lb. green lentils
- 8 cups vegan vegetable broth
- 2 tbsp. vegetable oil
- ½ medium yellow onion, chopped
- 3 celery stalks, diced
- 3 carrot sticks, diced
- 1 can of crushed tomatoes
- 2 cloves of garlic, minced (more or less to taste)
- 3 tsp. of salt (more or less to taste)
- 1 tbsp. cumin
- splash of white vinegar
- ½ cup baby spinach

One of the best things about using vegetable broth is that it already contains most of the seasonings you need. In fact, you may not need to add salt and/or garlic, so be sure to read the ingredient list on your broth of choice to supplement the flavor as needed.

First, heat the oil on medium in the bottom of a large pot. Add onions, celery, and carrots. Cook for 3 minutes, stirring frequently, then add garlic. Cook for one more minute, then add broth, tomatoes, and lentils. Increase heat until boiling, then reduce to medium-low; add salt, cumin, and any other seasonings you desire. Cover and simmer for one hour, stirring occasionally. For the last few minutes, add baby spinach. Remove from heat, add a splash of vinegar, and serve. ■

Deli Container Discount Increase

We recognize the importance of conservation at the Co-op, so beginning on March 1st, 2019, our Deli is increasing the discount from 5¢ to 30¢ when you use your own container for the Eastside Soup and Salad Bar. If you forget, you can choose from the selection of donated tubs—many with lids—in our reusable container area nearby. ■