



# THE COOP Spoonful

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

February 5-13, 2019

## Local Savings MASTER TONIC

Ready to master your health? Challenge yourself to a Master Tonic made locally in Rainier. Known for its immune system boosting magic, Radiant Health's Master Tonic carried by the Co-op will not disappoint.

Lavern Strunk has been making Master Tonic for seven years, taking the business over from a friend who taught her the craft. Lavern produces in small 24-gallon batches each month and puts her personal touch on the process. She prepares the tonic on the New Moon, and after letting it marinate for about two weeks, she bottles it on the following Full Moon. Laverne tops off the process with the cloudy "mother" liquid from 100% organic apple cider vinegar, and even a blessing.

Master Tonic has been concocted for centuries, and according to the



inscription on the Radiant Health bottle, it "historically has been used as an anti-plague, immune system formula with antiviral, antibacterial, and antifungal properties." With an ingredient list including tried-and-true immune boosting mainstays like ginger and apple cider vinegar, it's no wonder it works so well.

Also known as "firecider," the nickname is an apt description of Master Tonic. When

the author decided to try the Radiant Health Master Tonic, they summed it up in one word: "emblazoning!" Upon the first sip, the flavor demands your attention. Its boldest ingredient, fresh hot pepper, provides a powerful yet refreshing burn. The flavor profile is satisfying, rounded out with the sour and slightly sweet apple cider vinegar and the savory garlic bulb. Horseradish provides an additional hint of fire, while onion and ginger root complete the sensory experience. The effects are as exciting as the flavor and, confirming the branding, elicits a feeling of radiant rejuvenation.

Do you need any more reasons to feel good about Radiant Health's Master Tonic? There is no expiration date, and it never requires refrigeration!

Now try it for yourself! Look for the 50¢ off coupon for Master Tonic at the bottom of this issue. ■

**CO-OP LOCAL  
COUPON**

**50¢  
OFF**



good for 50¢ off any  
**MASTER  
TONIC**

one coupon per visit  
valid thru 2-13-19





## 2019 Theme: Co-ops Change Everything

This year in the quarterly Co-op newsletter The Co-op Table, we'll explore the many ways in which co-ops change our world. Check out the topics that will be discussed in-depth in each issue:

- Spring Edition: Co-ops Change Our Environment
- Summer Edition: Co-ops Change Our Economy
- Fall Edition: Co-ops Change Our Understanding
- Winter Edition: Co-ops Change Our Community

You can find the Spring issue of The Co-op Table at registers soon! ■

## Beer & Wine Petition

Some of you may have recently seen (and signed) a member initiated petition in the front of the store for the Co-op to hold a vote on carrying beer and wine and hard cider. This petition has been put on hold while the Board reviews the wording of the petition and proposed ballot. The Board is also considering the details about the ballot process to be followed in this case. There are different options for ballots. The Member Initiated Ballot for which they may gather signatures (300 or half the average number of votes cast in the last three elections) to bring the ballot measure to the membership for a binding vote. There are also ballots that the Board can sponsor on behalf of the membership that are initiated by a member, the Staff or the Board itself. Since our last survey on beer and wine in which 1128 out of 1588 members said "yes" to carrying these products in stores, there have been discussions about how best to move forward with this information. With several irons in the fire, we will share updates as they are made available. ■

## Spots Still Open for "Bach Flower Remedies for Women Identified People"

Feb. 10th: FREE

What: Self-care via Bach Flower Remedies for all women

When: Sunday, February 10th from 2:00 pm – 4:00 pm

Where: Co-op Downtown Offices 610, Columbia St SW, Olympia

Register for this class and other great classes at [olympiafood.coop/event](http://olympiafood.coop/event). ■

## The Westside Co-op Garden Center is Now Back in Business!

Local seeds, compost, soil, amendments, and lots of Japanese hand tools!

## What It's Like to Become a Working Member:

### Step 1 — Get Motivated. By Emerson R.

Ever thought about becoming a Working Member at the Co-op? Starting something new can be intimidating; believe me, I know! In the next few issues, I'll take you step by step on my own journey to becoming a Working Member. Hopefully sharing with you will make it easier for both of us.

First of all, my name is Emerson, and I recently relocated to Olympia after living in Tacoma for the last two years. I lived in Olympia before, and I'm happy to be back. I'm a student, love sci-fi, and find that cats make the world a better place. I decided to become a Working Member at the Westside Co-op because I wanted to get reintegrated into the community while also gaining work experience.

So now that you know why I'm joining the program, let's look at some universal benefits that'll get you motivated:

- Low commitment: no minimum hours per week
- You're in charge: pick the departments where you'd like to help
- Discount: receive 25% off \$100 worth of groceries for each seven hours you participate
- New friends: you get to meet other rad Co-op members (like me)!
- Résumé boon: experience always looks good

In the next Spoonful, I'll tell you about the first step: my Working Member Orientation. You can sign up, too, by asking Staff at either store. In the meantime, find out more at [olympiafood.coop](http://olympiafood.coop) (Join Us > Working Members).

Also, we will be featuring a different Working Member in each issue of the Spoonful going forward, so get ready to meet your community! ■