



SPRING 2019

Table

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

Co-ops Create Change

So Many Reasons to Shop Bulk

Recipes for Plant Based Meals



Table

Published by

OLYMPIA FOOD CO-OP

WEST

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Open daily 8AM–9PM

GARDEN CENTER daily 10AM–6PM seasonal (hours/days vary)

EAST

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(360) 956-3870

Open daily 8AM–9PM

Both Co-ops are open every day except for May 1st

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Cover photo by Monica Peabody

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Editor's Note



Turning thoughts to Spring, while also contemplating almost 2 feet of snow on the ground in Olympia, is a surreal but comforting process. Despite the cold, trees have started to bud and crocus poke up in their determined manner. For the Co-op at this time of year, one of our busiest quarters for sales and new memberships, we know that we need to focus on projects we want to carry out that we spent such time dreaming up and budgeting for during the fall and winter.

In this issue, we're exploring how our Co-op can help change our environment for the better, how all co-ops are changing the world, and spending some time learning as an organization this spring all the ways we leave pretty big footprint on this land. From transportation to packaging to energy usage to what we make for lunch, we know that our business affects our community and the planet globally. And we want to be part of the changes that have to be made to save our health, our farmland, our planet.

We're always open to hearing what you think about our efforts. Drop a line at newsletter@olympiafood.coop if you have thoughts on how to expand this conversation outside the pages of the Table.

—Maureen Tobin

The Olympia Food Co-op will
be closed Wednesday, May 1st

*in solidarity with workers everywhere,
honoring International Workers' Day.*



garden **CENTER** *Hours*

WESTSIDE LOCATION

OPEN 10am-6pm, every day

EASTSIDE LOCATION

OPEN 8am-8pm every day

Come visit our lovely Westside Garden Center and find an array of locally- and sustainably-produced gardening goods. Organic home gardening is a great way to live more sustainably and we are committed to helping your garden succeed!

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 an introduction tour at either store today!

WESTSIDE

MARCH

Wednesday 6th 2-4

Friday 8th 3-5

Tuesday 29th 4-6

Thursday 21st 2-4

APRIL

Tuesday 2nd 3-5

Thursday 11th 4-6

Wednesday 17th 2-4

Friday 26th 3-5

MAY

Friday 3rd 3-5

Tuesday 7th 2-4

Wednesday 15th 2-4

Friday 31st 4-6

JUNE

Tuesday 4th 2-4

Thursday 6th 3-5

Wednesday 12th 3-5

Friday 14th 4-6

EASTSIDE

MARCH

Sunday 10th 3-5

Thursday 14th 6:30-8:30

APRIL

Thursday 4th 6:30-8:30

Sunday 7th 3-5

MAY

Thursday 2nd 6:30-8:30

Sunday 5th 3-5

JUNE

Thursday 6th 6:30-8:30

Sunday 9th 3-5



Plant Based, Vegan, or Vegetarian: *Is Eating without Meat a New Trend?*

By Maureen Tobin, Staff Member

Eating meatless is nothing new, but there does seem to be a new trend in food now, or at least a new terminology: Plant Based diets. There are a lot of reasons to replace meat and dairy products in our diets, both for our own health and for the health of the planet. As someone who is no stranger to vegetarian eating and shopping at the Co-op, I do find myself appreciative but also shaking my head a bit at all the new products & labels on the market- all sorts of yogurts made from nuts and peas and coconut, an array of milk and cheese alternatives, and many old staples with the new “plant based” term on the package—even tofu!

I’m sure long-time vegans are grinning a bit too, although it seems that plant based eating may not really be aimed at vegans at all (and the two are not necessarily the same, as a vegan lifestyle would also

mean avoiding wool and honey, for example). Food companies are actually marketing toward meat and dairy eaters who want to “swap” a meal or snack here and there. Somehow the term plant based is familiar to consumers and works well for those who also want to focus on the need for more whole foods eating for themselves and the planet.

The environmental impact of meat production is going to be a major factor for the world to deal with in the coming decades, as globally the consumption has increased dramatically and is not expected to fall off any time soon. Even a few meals that avoid meat each week can make a difference in your “foodprint,” or how much your food choices impact your carbon and methane footprint on the earth.

We’ve put together a few recipes that we think show off some of the best of meat-free eating, call it what you will, and hope that you can find inspiration for some new meals this week too. ■

Using Tempeh

By Monica Peabody, Staff Member

Tempeh can be turned into a delicious protein for sandwiches, soups, salads and just to snack on. The following recipe is for a three pound tempeh block, the size we sell from our freezers in both stores.

Tempeh Marinade:

- 2 cups sunflower oil
- 1 cup sesame oil
- 1 cup rice vinegar
- 1 cup tamari
- large stem of fresh ginger, chopped
- medium bulb of fresh garlic, peeled and chopped

Thaw, then chop your tempeh in strips and cover strips in marinade. You can marinate refrigerated for up to several days or cook it right away. Spread strips out on a baking sheet and bake at 350°, turning over at regular intervals, until the tempeh turns a rich brown and has a crunchy texture.

Now your tempeh is ready to eat. Eat it while it’s hot as part of a meal with other side dishes. What you don’t enjoy right away can be

refrigerated for several days while you enjoy it in a variety of dishes. Put the strips into a sandwich with lettuce, tomato, pepperoncini, mayo, or whatever you enjoy in a sandwich. Add the tempeh to your stir fry. Place strips or crumble tempeh on top of a large salad, which makes a complete meal. Enjoy with the salad dressing of your choice. I like Annie’s Goddess dressing with this salad or make your own tahini dressing.

If you still have tempeh left over after a few days, put strips into an airtight container in the freezer. Strips can be taken out of the freezer and put right onto a hot skillet with a little sesame oil. Enjoy!

Tahini Dressing:

- ¾ cup tahini
- 1 cup lemon juice
- 1 cup olive oil
- ¼ cup tamari
- 1 bunch parsley
- 3 cloves garlic

Blend ingredients in a food processor and enjoy.

Plant Based Picks To Try:

Peace Love Raw Falafel Mix

Upton’s Bar-B-Que Jackfruit

Miyoko’s Cultured Butter

Field Roast Apple Sage Sausages

Beyond Meat’s Beyond Burger

Soyrizo

Gardein’s Seven Grain Crispy Tenders

Cobb’s Cashew Cream Cheese

Coyo Coconut Yogurt

Lavva Yogurt

Milkadamia Nut Milks

Good Karma Flax Milk

Ripple Creamer

Califia Milks and Better Half

This Dip Is Nuts!

Beet Chips from Plant Snacks

Nature Nate’s Popped Sorghum

Inka Plantain Chips

Hippeas

Follow Your Heart Vegan Eggs in bulk west!

Daiya Shreds & Slices

Violife Just Like Feta

Einkorn Waffles

by Robyn Wagoner, adapted courtesy Lentz Spelt Kitchens

- 2 cups Einkorn Flour
- 2 eggs (or egg replacer)
- 1 ¾ cups unsweetened nut milk
- 6 Tbsp vegetable oil
- 1 Tbsp sugar
- ¼ tsp salt
- ½ tsp vanilla extract

Preheat waffle iron.

Beat eggs in large bowl, add in flour, milk, oil, sugar, salt and vanilla and beat until smooth.

Spray waffle iron with non-stick cooking spray. Pour generous ¼ cup mix onto hot waffle iron and cook until golden brown. Serve hot.

Yields: 6–8 waffles.

Bean, Lentil, & Split Pea Loaf:

by Daniel Bernstein

- 1 cup yellow split peas (cooked)
- 1 cup red lentil beans (cooked)
- 15 oz can of your favorite beans, drained (I used a mixture of dark red kidney, pinto and black beans)
- 6 cups No Chicken Broth (I find the flavor richer than just vegetable broth)
- 2 tsp olive oil + a little extra to oil your loaf pan
- 1 tsp toasted sesame oil
- 1 small red onion, finely chopped
- 2 garlic cloves, finely chopped
- 1 shallot
- 3 celery ribs, finely chopped
- 1 cup chopped purple kale
- 4 white button mushrooms, cleaned and diced
- 1 poblano pepper, finely diced (if you like a little more heat, use a jalapeño or serrano)
- 1 small red bell pepper, diced
- 2 green onions, white and green parts, sliced thin
- 2 cups chopped dandelion greens
- ¼ cup fresh chopped cilantro
- 1 cup GF rolled oats
- ½ cup vegan smoked mozzarella, grated
- ½ cup vegan cheddar shreds
- 1 vegan egg
- 2 tsp ground sage
- ½ tsp rosemary
- ½ tsp thyme
- salt and black pepper to taste

Wash and drain split peas. Place in a pan and add 3 cups no-chicken broth per 1 cup uncooked split peas. Cover and bring to a boil. Immediately reduce heat and simmer just until soft, about 30–45 minutes. OR, cook in an InstaPot in just 6–10 minutes!

Wash and drain lentils. Place in a large pan and add 3 cups no-chicken broth per 1 cup uncooked lentils. Cover and bring to a boil. Immediately reduce heat and simmer just until soft, about 30–45 minutes. OR, cook in an InstaPot in just 1–2 minutes!

Preheat the oven to 350°F.

Lightly oil a 9"x5" loaf pan.

Heat the oil in a medium sauté pan, add the onion, garlic, shallot, celery, kale, mushroom, poblano and bell peppers, green onion, sage, rosemary, thyme, salt, and pepper. Cook over medium heat until the onions are translucent, and kale is tender, about 8–10 minutes,



stirring occasionally.

Combine beans, lentils and split peas in a food processor. Process until smooth. transfer to a large mixing bowl and add the onion mixture, dandelion greens, cilantro, rolled oats, and vegan egg and cheeses. Mix well.

Spoon the mixture into the oiled loaf pan and level the surface. Bake for about 1 hour, or until top starts to brown. Remove from the oven and let sit for 5 minutes. Cut into slices and serve.

This was my first time ever using an Insta-Pot, and it was nice how much time it saved. I also ended up splitting my recipe into two loaf pans, so that is the reason mine came out a little short, but it still turned out great. It really made the house smell so nice when it was baking.

Fresh Pea Soup:

by Monica Peabody

Fresh pea soup is one of my favorite soups to make. It's fast, easy and tastes like Spring in a bowl.

- one medium onion, chopped
- 4 cloves garlic, diced
- 4 cups fresh peas
- 4 cups lettuce
- 1 bunch mint
- 1 quart veggie or chicken broth
- 2 tablespoons butter or olive oil
- salt and fresh ground pepper to taste
- heavy cream or crème fraîche or fresh chopped chives (optional)

Saute onions and garlic in butter or olive oil until soft. Add lettuce until wilted. Pour in veggie or chicken broth and bring to a boil. Add peas and mint and simmer until peas turn bright green, about 4 minutes. Remove from heat and blend with an immersion blender or very carefully with a stand up blender. Water can be added if soup seems too thick. Salt and pepper to taste. Serve hot or cold with a drizzle of heavy cream or crème fraîche or a garnish of fresh chopped chives. ■



Get to Know Emmer and Einkorn

by **Maureen Tobin, Staff Member**

Eating more whole grains is another key aspect of the message from the doctors, scientists and dieticians who promote vegan and plant based diets. Emmer farro is an interesting whole grain to try that has a big environmental bonus for those of us in the Northwest—Washington state has a burgeoning farmer industry growing around the ancient grains of emmer, spelt and einkorn. The Co-op sells Emmer farro in bulk East, the whole grain version, from Lentz Spelt Farms in Eastern Washington. We also sell einkorn flour and grains in packaging, as well as many products made with einkorn flour, such as crackers, cookies and pasta.

Emmer, along with einkorn and spelt, is sort of the grandmother of durum, originating about 500,000 years ago. Emmer is a plant with better nutrient update than modern wheat and offers higher levels of vitamins, antioxidants and minerals.

In Italy, these three grains are known as farro piccolo (emmer), farro medio (einkorn) and farro grande (spelt). In the U.S., these grains are new enough to the market that they are often labeled less specifically. Usually, if you see the word farro, it's probably emmer, but einkorn farro is also available, as are versions that are split or pearled and will cook faster than the whole grain.

Farro Salad with Artichoke Hearts and Kale

Recipe adapted from Bluebird Grain Farms

- 2 cups whole grain Emmer farro, picked over and rinsed
- 2–4 bunches of kale (approximately 16–18 stems), stems removed, coarsely chopped—works well with different types mixed
- ½ cup chopped parsley
- ½ cup thinly sliced radishes
- 1 large shallot
- 1 14 oz. Jar marinated artichoke hearts, drained & slightly chopped
- 1 jar pitted kalamata or green olives, drained
- 2 tablespoons butter or margarine
- ⅛ cup dry white wine or veggie broth
- ½ cup feta cheese, or try a non-dairy feta like Violife Vegan Feta
- virgin olive oil to taste
- sea salt to taste
- Creamy Artichoke Dressing
- one 14 oz. can artichoke hearts, rinsed and drained
- ½ cup virgin olive oil
- 3 Tbsp white balsamic vinegar or fig vinegar
- 2 Tbsp lemon juice, freshly squeezed
- 2 Tbsp shallot, minced
- 2 cloves garlic, minced

- 1 tsp Italian dried herbs, or use a variety of fresh if you have available.
- 2 Tbsp mild or sweet mustard
- salt & pepper to taste

Cook Emmer farro:

On stove top, in medium size pan, add 2 cups of Emmer farro to 6 cups of salted boiling water. Simmer on low for about 50 minutes, until fragrant and tender but still holding together. Drain any remaining water and set aside to cool. This step can be done up to 5 days in advance. You can also use a rice cooker to cook farro; use the brown rice setting, 1 cup farro to 1½ cups of water.

Prepare dressing: In blender add 1 can of drained artichoke hearts, olive oil, balsamic vinegar, lemon juice, shallots, garlic, Italian herbs or fresh herbs, mustard, salt and pepper. Blend until all ingredients are combined and dressing is smooth.

Pour about ½ the dressing over the Emmer farro while it cools and reserve the rest.

Prepare Kale:

Wash and remove stems from kale. Coarsely chop the kale and set aside. Slice one whole shallot into long thin slices. Set aside. In a large saucepan with burner on medium heat add 1 tablespoon olive oil and 2 tablespoons butter or margarine. Add sliced shallot, simmer on low until shallots are translucent (about 8 to 10 minutes). Add a dash of salt, parsley, chopped kale and white wine to pan. With burner still on low, cover the saucepan with a lid to steam kale for 2 to 3 minutes, or until it's slightly wilted but maintains its structure. Uncover, turn off heat, and transfer immediately to a large bowl to cool.

Once Kale mixture is cool add cooked farro to Kale mixture. Mix in quartered artichoke hearts, olives and sliced radishes.

Toss the remainder of dressing with kale and farro about 10 minutes prior to serving.

Top salad with Feta cheese. Serve.

Variations:

Fresh mint can also be nice in this recipe, or playing around with different balsamic vinegar types or using any dressing you like or have on hand. You can also add a chopped dried fruit like apricots or figs. If you prefer a salad without kale, you can replace the kale with spinach or chard or leave that step out all together, and toss the fragrant grains with lettuce and carrots. ■



Reducing Packaging and Food Waste in the Produce Department & Beyond



By Erin Majors, Staff Member

The good news is that most of what you buy in the produce department comes with very little packaging. There are things you can do to reduce the waste created in the produce department such as:

- Reuse plastic bags. We sell wonderful plastic bag dryers in our Mercantile Department, and having one has made it much easier for me to keep a steady supply of plastic bags in reuse in my own home. Plastic bags are strong and can be reused several times!
- Bring a plastic salad container to fill with bulk salad mix or spinach (you can write a tare on the top just as you would with your bulk containers).
- Buy smaller amounts of produce more often so that you are less likely to have food go

bad before you get around to eating it.

What have we been doing to reduce food waste and packaging?

- We buy from 13 farms who reuse the boxes/crates they transport food in; our chill and bakery departments are also supplied by many small businesses who re-use crates for our products.
- We worked closely with Calliope Farm to develop a salad mix that was similar to our strong selling Supergreens (that comes in plastic clamshells) so that we could offer a comparable product in compostable packaging—Calliope calls theirs Superbgreens, and they definitely are! At the Westside, we were able to eliminate salad clamshells completely during the time Calliope's greens were available. At the Eastside we were able

to dramatically reduce the number of clamshells sold (they were still carried there due to multiple customer requests).

- We discontinued using single use plastic mesh bags for our seasonal displays (green beans & brussels sprouts), and found reusable plastic bags to replace them.
- We put all damaged but still usable produce & other foods in our discount bins rather than throwing food out.
- We share produce that looks less than perfect but is still good quality with our Deli, and they turn it into tasty treats on the salad bar.
- We share many of the Produce & Deli scraps we generate (lettuce leaves, greens trimmings, etc.) with members who raise chickens and other animals. ■

Bulk and Plastics

Here Today, Gone Tomorrow?



by Desdra Dawning, Board Member

It is pretty common knowledge that our consumer lifestyle in the developed and developing world is the source for the islands of plastic now floating in our oceans. We have come to rely on this petroleum-based material in almost every aspect of our lives. And its downside affects us from all directions, both environmentally and economically. There is no doubt about it. We are trashing our planet. (See sidebar)

Deep ecology proponents would have us go to the root of this human issue by asking us to find our way back to our love for the natural world, for our planet, for Gaia. Ultimately, this perspective of our human lives could well save us from the possible extinction we face. In the meantime, however, there are some immediate ways we can walk more lightly.

As we explore how co-ops can change our world this year, it makes sense to explore how store operations and current trends contribute to a more sustainable world. There are numerous directions from which to address this issue. One big one for our Staff, in terms of plastic use at the Co-op, is in encouraging our members to shop in the Bulk Department as much and as often as possible. Many of the dry goods that can be found packaged—often in plastic—in the aisles

can also be found in this department. We can repeatedly reuse our own containers—preferably glass and biodegradable bags—and in doing so, contribute to the move away from this insidious packaging material.

Sales in the Bulk Departments at both markets, however, have been in decline recently, each year showing fewer sales in total than the year before (see sidebar). There are probably many reasons for this trend, one being the convenience factor. To counteract this, Barbara, manager at the Eastside Bulk department, has found that if she packages some of the more snacky items, they fly off the shelves—a symptom of a trend in member shopping that is happening at co-ops in other places also. Grab and Go is becoming more and more popular.

Time, or more precisely lack of it, has become one impediment to embracing this way of shopping for our food. It takes more time to shop in the Bulk aisles. And after a long day of work, with daylight hours short and hungry children to feed, or even just needing to feed ourselves, taking the time to bring in containers, or find recycled ones in the store, weigh their tares, scoop-out or pour-in product, write down PLUs and take them to the register, is often just too much.

And yet, we want to do our part to lessen our footprints on the planet, yes? And we appreciate the money saved by bulk shopping too. What

This may be preaching to the choir, but it is important to remember and be motivated by statistics such as these:

- World wide, 13–15,000 pieces of plastic are dumped into our oceans every day.
- At least 2/3 of the world's fish stocks are suffering from plastic ingestion.
- 100,000 marine creatures a year die from plastic entanglement.
- 1 million sea birds die each year from plastic ingestion.

—oceanrulers.org

• A plastic bottle can last 450 years in the marine environment, slowly fragmenting into smaller and smaller pieces—eventually to microscopic—but never truly going away.

• The Great Pacific Garbage Patch, twice the size of France (or Texas), off the coast of California, is a swirling whirlpool soup of plastic in many sizes, being created by ocean currents.

—sas.org.uk (Surfers Against Sewage)

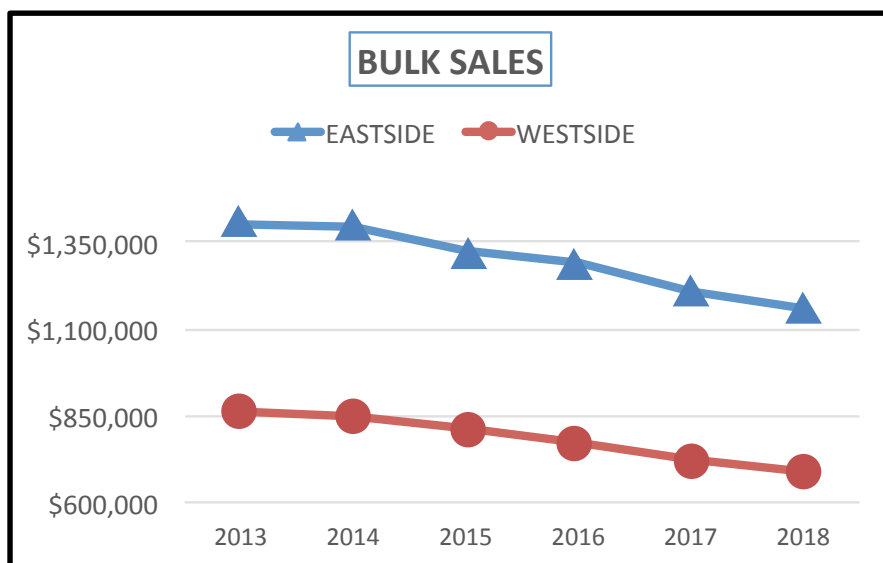
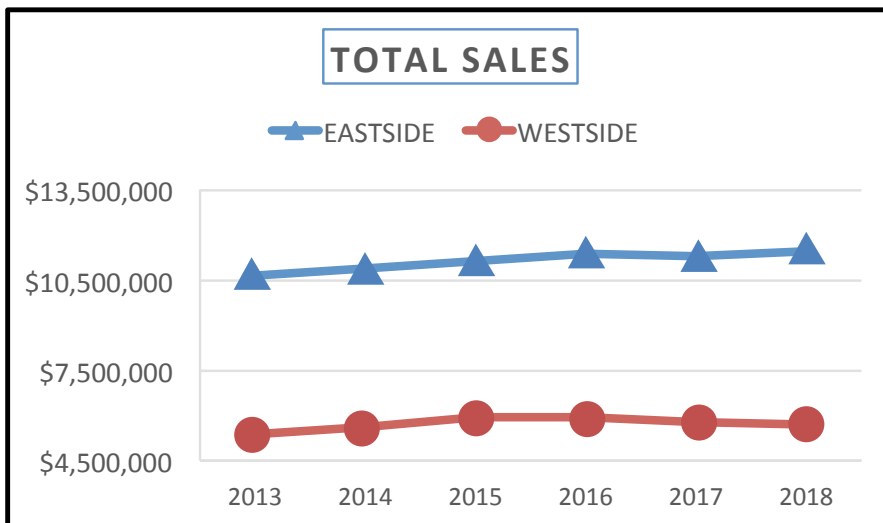
• Plastic is literally at our fingertips all day long. Plastic keyboard. Computer monitor. Mouse. Ball-point pen. Toilet seat. Steering wheel. Beads in facial scrubs and toothpaste. And on and on, and much of which makes its way to our landfills and oceans.

—ecowatch.com

a dilemma!

With bulk sales on a declining trend, compared to other departments, adjustments to our store sets may be in order. We want to provide space for what our members really want to find at the Co-op. In order to move Bulk product at the Co-op in a timely manner, and to help mitigate the financial loss caused by less of us buying in bulk, reductions in what is being offered has to be considered. Our bulk managers are constantly working to keep a variety of staples in stock, at the best price and quality possible, while also working in some more interesting variety. But ultimately decisions are now being made that are necessary for the Co-op to function in a financially sustainable manner. We'd love to hear from you! If you have ideas about what works or doesn't work for you in shopping our bulk departments, products you love or products you find yourself buying in grocery instead, please let us know what you think! We can always be reached at customerservice@olympiafood.coop.

In the end, each of us must examine our own shopping habits and determine how best we can do our part in controlling the flow of plastics out into our world. ■



	East Bulk % of total sales	West Bulk % of total sales
2014	12.80%	15.06%
2015	11.93%	13.72%
2016	11.39%	12.92%
2017	10.73%	12.50%
2018	10.27%	11.88%

Announcement: Increase in Deli Container Discount

We recognize the importance of conservation at the Co-op, so beginning on March 1st, 2019, our Deli is increasing the container discount from 5¢ to 30¢ when you bring your own to the East-side Soup and Salad Bar! You can still choose from the selection of donated tubs—many with lids—in our reusable container area nearby! Coffee discount for your reused cup will remain at 5¢.

CO-OPS

Part One: Co-ops Change

By Robyn Wagoner, Staff Member

This is the first of a four part series on how co-ops change, well, everything. According to a study by National Cooperative Grocers (NCG) "Healthy Foods, Healthy Communities: Measuring the Social and Economic Impact of Food Co-ops," food co-ops out-perform conventional retailers in key areas such as: supporting local food systems; promoting healthy and sustainable foods; employment and job quality; economic impact; and environmental stewardship.

Throughout 2019, The Co-op Table Magazine will be publishing a series of articles exploring the ways in which co-ops are creating a better world. Look for upcoming issues of the Table highlighting how co-ops change our economy (summer), our understanding (fall) and our communities (winter). In this, the spring issue, we focus on how co-ops are changing our environment. Consumers originally formed co-ops, because they wanted access to healthier food, and the food that is healthiest for our bodies, is also healthiest for our ecosystems.

According to NCG's "Healthy Foods, Healthy Communities," 42% of all co-op sales (or one in three) come from organic products, compared to average national grocery chains at just five percent. Although not as strong as they could be, organic certification standards are important safeguards of our food supply. Big Ag has lobbied tirelessly to erode rules such as the length of time a plot must be free from synthetic pesticides and fertilizers to qualify for organic certification [<https://www.ams.usda.gov/rules-regulations/organic>]. Still, organic certification reduces the application of synthetic pesticides on crops and has maintained a hard line against experimental transgenically modified organisms (tGMOs) in our food supply.

Transgenic modification is the process of inserting genetic material from one species into the genetic material of another, and does not include the hand breeding and hybridization techniques used by farmers for millennia. The resulting novel genetic specimen will exhibit these same characteristics, and pass on the trait to subsequent generations (Funke, 2006). The transgenic modification of produce has created corn that excretes its own pesticides

(Pollan, 1998), and potatoes that can withstand enormous amounts of glyphosate, which is the active ingredient in Monsanto's "Round Up" herbicide, now manufactured by Bayer (Funke, Han, Healy-Fried, Fischer & Schonbrunn, 2006.)

Increasing numbers of tGMOs are escaping into the wild, cross-pollinating with native and non-native plant varieties to create invasive "super weeds." According to the US Department of Agriculture, these super weeds, immune to herbicides, had overtaken 70 million acres of farmland in 2014, doubling their range since 2009.

In addition to reducing pesticides and tGMOs in our environment, organic agriculture, especially on a local scale, has proven to be a powerful tool of both climate adaptation and mitigation. For example, organic farming is responsible for reducing greenhouse gas (GHG) emissions including N₂O (Nitrous oxide), because mineral nitrogen is eliminated. Organically farmed soils also have lower concentrations of mobile NO₃ (Nitrate). Substituting organic urea for the green manure can further reduce N₂O emission from soils. Humus-rich, organic, living soil with good pore and crumb will absorb water and expand, rather than dissolve and wash away, as climate change drives more extreme precipitation and increases incidence of flooding.

Robert Rodale coined the term 'regenerative organic agriculture' to distinguish methods that build soil, ecosystems and human welfare rather than degrading them. Using organic certification as a baseline, regenerative agriculture adds the criteria of soil health, animal welfare, and social fairness. Rodale is the son of the US organic farming pioneer J.I. Rodale. In 2014, the prestigious Rodale Institute released a white paper titled "Regenerative Organic Agriculture and Climate Change," in



CHANGE

Change Our Environment



which the authors state, “recent data from farming systems and pasture trials show that we could sequester more than 100% of current annual CO₂ emissions with a switch to widely available and inexpensive (regenerative organic) management practices.” With 40% of US lands dedicated to agriculture, by increasing the share of co-op sales, and encouraging transition to regenerative organic farming, we can change the health and sustainability of a nation.

Co-ops reduce garbage by providing bulk commodities. Not only can the prices be lower, but there is an option to decrease plastics in our waste stream. Considering that humans have produced an estimated 9.1 billion tons of garbage so far this may be something we should begin to address more seriously (Geyer, R., Jambeck, J. R., Law, K.L., 2017). According to a three year study entitled, “Evidence that the Great Pacific Garbage Patch is rapidly accumulating plastic” (L. Lebreton, et al., 2018) the gyrating mass is now three times the size of France, and a nation-sized testament to the failure of corporate food packaging strategy. Single use utensils, bottles and bags have been suffocating and torturing our aquatic life for decades. After crumbling into microplastics and permeating our waterways, it is now appearing in our own bodies (Liebmann, B. et al., 2018)

It is worth noting that littering did not become a crime until American Can Company, Owens-Illinois Glass Company, Coca-Cola and Dixie Cup Company created the “Keep America Beautiful” campaign, to divert attention away from legislation proposed in Vermont, which would outlaw throw-away bottles. The industry successfully shifted the burden for one-use containers and packaging from manufacturers onto

consumers, coining the term “litter bug” in the process. Today, due to powerful packaging industry lobbyists, there are but twelve states with bottle deposit laws. When Oregon passed a deposit law in 1972, they reduced their beverage container consumption by 385 million units.

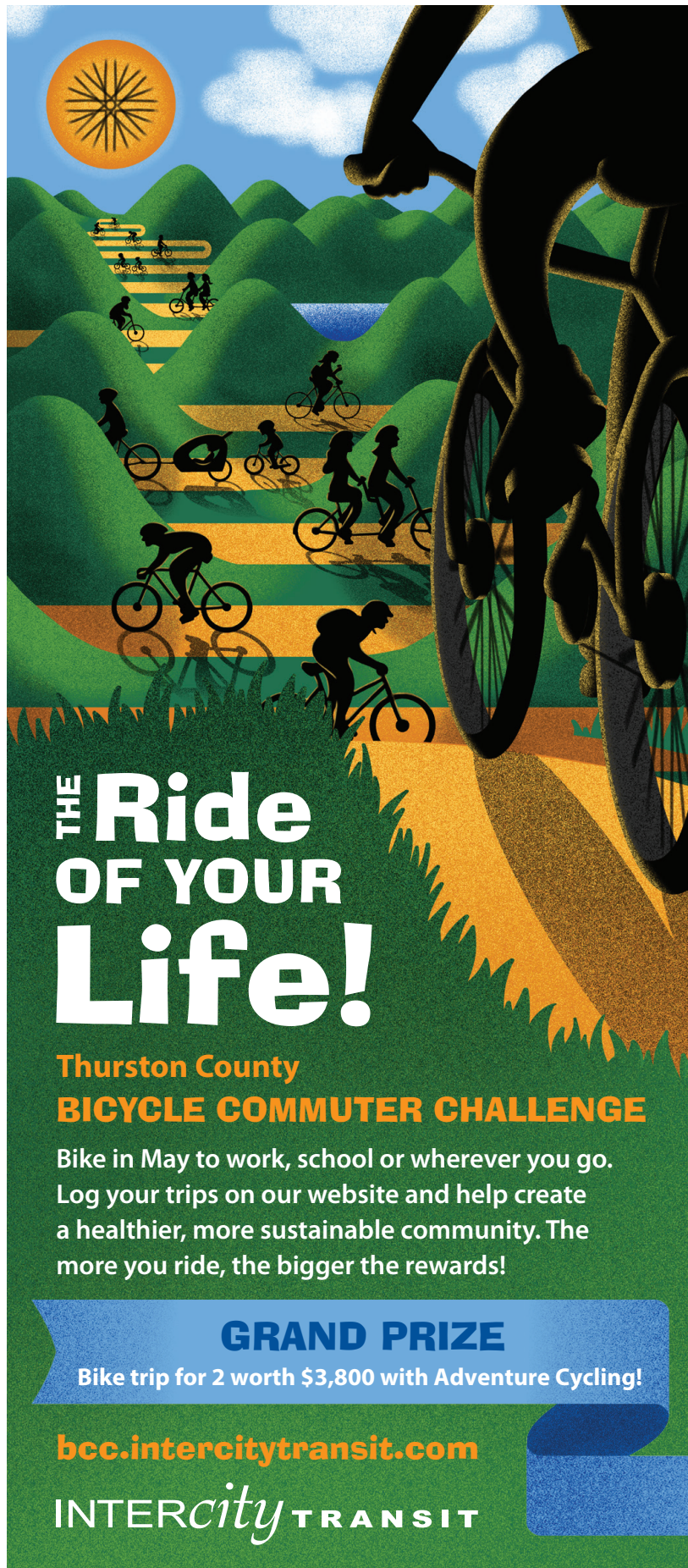
By providing more bulk options, co-ops are making a difference in the habitability of our planet. Of course, bulk is only as successful as the shoppers are committed to forgoing the new plastic containers. Options include reusable canvas shopping bags, mesh vegetable and fruit bags, and plentiful glass jars of all sizes for spices, grains and nuts. Cotton cloths imbued with bees wax can take the place of aluminum and plastic wrap. Like many other co-ops, Olympia Food Co-op gives a discount for bringing your own cup or salad bar container, and charges for new paper bags.

An important part of how co-ops change our environment is by prioritizing local products. Our global climate is disrupted by an increase in carbon dioxide in the atmosphere due in large part to fossil fuel powered transportation. When stores prioritize their shelf space to local products, carbon emissions are reduced in relation to the distance these products must travel.

For the Olympia Food Co-op, local products are considered to originate within a distance of five counties: Thurston, Mason, Lewis, Pierce and Grays Harbor. The carbon footprint of an average van driving 100 miles round trip to deliver a flat of strawberries is 0.04 metric tons (mt) of CO₂, compared to tractor trailers bringing those strawberries from California at 1.15 mt (carbon-footprint.com/calculator.aspx). Over the span of three deliveries per week for a year, the difference becomes 6.24 t compared to 179.4 mt. Of course, big rigs may carry many varieties of fruits and vegetables in the same load, while passenger vans carry a fraction of the cargo. Still, the climate impact is clear, and many local producers drive not 100 miles round trip per delivery, but 10. The CO₂ emissions for these deliveries are less than 0.01 metric ton per delivery.

As a member-owned, collectively managed not-for-profit

Continued on page 19



THE Ride OF YOUR Life!

**Thurston County
BICYCLE COMMUTER CHALLENGE**

Bike in May to work, school or wherever you go. Log your trips on our website and help create a healthier, more sustainable community. The more you ride, the bigger the rewards!

GRAND PRIZE
Bike trip for 2 worth \$3,800 with Adventure Cycling!

bcc.intercitytransit.com

INTERcity TRANSIT

The Ride of Your Life... **Pedal in the 32nd Annual BCC!**

By Duncan Green, Co-op Member

As an Olympia Food Co-op member, shopper or staffer, you are most likely interested in enhancing your own health and longevity as well as that of our community and planet. Choosing locally produced and organic foods is a healthy choice. Another way we can benefit our personal, community and planetary health is to make informed and sustainable choices about how we get around, as well as about what we eat!

To many people, riding a bicycle may seem like something that's only for kids or athletic, spandex-clad enthusiasts. In fact, bicycling is something that can be done at any age, and can be a great form of gentle exercise, as well as an economical, healthy way to get around town or to work or school.

Studies show that people who commute by bike live longer, healthier lives than those who drive. Bicycling lowers stress and improves physical and mental health. Bicycling for transportation is exercise that's built in to your commute, your trip to school, or your errands!

The annual Thurston County Bicycle Commuter Challenge and Intercity Transit's other bike programs encourage Thurston County residents of all ages and abilities to try bicycling as a means of transportation, to any destination. Participating in the BCC is a great way to find the support you may need as a beginner, or to join the fun and be counted if you are an old hand. Plus, you can win prizes, including a new bike, or the Grand Prize bicycle vacation with Adventure Cycling Association.

Visit bcc.intercitytransit.com for more information or to register for the 32nd Annual BCC, or contact Duncan Green at dgreen@intercitytransit.com, or call at 360-705-5874

This year's BCC events:

- Earth Day Market Ride: Saturday, April 20
- 32nd Bicycle Commuter Challenge: May 1–31
- Bike to Work Day: Thursday, May 16 with "Bike Commuter Stations" around town.

Intercity Transit also provides award-winning public mobility including many bus routes, Dial-a-Lift, and vanpools for those with longer commutes. All fixed route buses and vanpool vans have bike racks. www.intercitytransit.com ■

The Olympia Food Co-op participates in the Bicycle Commuter Contest by offering a free treat to anyone who rides their bike to the Co-op in May. At the customer service desk you can pick up your free goodie and fill out a ride card to enter into a drawing for a \$50 Co-op gift certificate.

**Join the Olympia Food Cooperative team at
<https://bcc.intercitytransit.com> and log your rides!**

To join the Co-op Team, drop us a line at eco@olympiafood.coop

Focusing on bikenomics

"I began to feel that myself plus the bicycle equaled myself plus the world, upon whose spinning wheel we must all earn to ride, or fall into the sluiceways of oblivion and despair. That which made me succeed with the bicycle was precisely what had gained me a measure of success in life — it was the hardihood of spirit that led me to begin, the persistence of will that held me to my task, and the patience that was willing to begin again when the last stroke had failed. And so I found high moral uses in the bicycle and can commend it as a teacher without pulpit or creed. She who succeeds in gaining the mastery of the bicycle will gain the mastery of life."

—Frances E. Willard, 'How I Learned To Ride The Bicycle', 1895

"Bicycling...is the nearest approximation I know to the flight of birds. The airplane simply carries a man on its back like an obedient Pegasus; it gives him no wings of his own. There are movements on a bicycle corresponding to almost all the variations in the flight of the larger birds. Plunging free downhill is like a hawk stooping. On the level stretches you may pedal with a steady rhythm like a heron flapping; or you may, like an accipitrine hawk, alternate rapid pedaling with gliding. If you want to test the force and direction of the wind, there is no better way than to circle, banked inward, like a turkey vulture. When you have the wind against you, headway is best made by yawing or wavering, like a crow flying upwind. I have climbed a steep hill by circling or spiraling, rising each time on the upturn with the momentum of the downturn, like any soaring bird. I have shot in and out of stalled traffic like a goshawk through the woods."

—Birdwatching author Louis J Halle 'Spring in Washington', 1947/1957



4th Quarter 2018 Finance Report

By Max Crabapple, Staff Bookkeeper

Welcome to the not-so-wild world of financial tracking. In the Olympia Food Co-op's downtown office, where we sadly do not sell any food, we do have a handful of bookkeepers who compile all of our sales, purchases, payroll, and other expenses so that we can assess our financial health. Unlike any other grocery store you will find in the county, every person who works here and every Co-op member who shops here is welcome to see how we're doing, and ask for more information if they're interested. Financial transparency has long been a value of the Co-op, and we believe in every community having the power to make informed decisions about where and how they spend their money.

Why something costs as much as it does is usually kept secret from the shopper, either because you're paying more than you reasonably should or because it's unreasonably cheap and the true cost is taken out of workers' wages and working conditions, or taking environmental short cuts. As purveyors of delicious and interesting foods, and a community-owned business, our mission includes making available the best foods at the best prices, and letting you see how we run the business.

We divide our financial year (January–December) into quarters. Every three months, we get a snapshot of how much money is coming in, how much is going out, and what we're spending it on. We pay for products (Cost of Goods Sold), we sell these products (Sales), and the "extra"

money (Revenue) pays for pretty much everything else. Everything else includes the electricity bill to keep the lights on and the freezers cold (Operations), the paychecks and amazing health care for staff (Staffing), the discounts at the register we offer anyone with financial hardships (Member Discounts), as well as donations to community organizations and this very newsletter (Community & Marketing).

Taking a look at our latest round of financial data, we can see how much money came through the cash registers of both stores combined, which runs a bit less than we'd projected when we made our budget for 2018: \$17,194,224 compared to \$17,203,754. Through savvy purchasing strategies and improving product handling, we've reduced how much product is lost or marked down, so we're not spending money on cost of goods sold that then gets wasted. This is how, even though our sales didn't meet our expectations, our revenue surpassed our expectations - \$6,003,977 compared to \$5,953,856. Our expenses exceeded our projections, particularly in staffing, which includes payroll, payroll taxes, and our generous benefits package, ending with a total expense of \$5,997,442 rather than \$5,961,254. All of this leaves us with a bottom line of \$36,328 net income for 2018.

Some specifics you can't see in our "big picture" financial table are that our Eastside store is slowly and steadily increasing in sales, bringing in more revenue than we had projected, with 1.87% growth in 2018. The Westside store is showing a 1.30% decrease in sales, which appears to be a trend looking at the last three years.

Going a level deeper and looking at each department, we see that at the Eastside store, Grocery (also called 'center store') and Produce did extremely well. These are the two largest departments (in terms of sales), so the success in making positive-growth projections and then exceeding them has anchored the financial health of the Co-op over all. One of our mid-sized but busiest departments, the Deli, also had a notable increase in sales, with an 8.78% increase. Given their growth in sales West as well (see next paragraph), we believe we can continue seeing increased sales if we provide more space for the hard-working Deli staff, who are currently finding their space in the petite galley kitchen maxed out during the day.

Looking at the Westside by department, about half of the departments met or exceeded their sales projections, leaving about half that did not, and the total money made (or not) largely evening out, with the notable exceptions of the Deli increased sales at 20.96% and Produce decreased sales at -3.57%.

Across both stores, two departments that have had lower sales numbers than expected are Wellness and Bulk. In both departments, the numbers show staff have done a good job with purchasing, pricing, and product storage so that we're not wasting or losing money that's coming in, but shoppers are simply spending less money in these departments. The suppressed sales in Wellness has been

2018 4Q Year to Date Budget Report

For The Year Ending 12/31/18

	2018 ACTUALS	2018 BUDGET	\$ OVER BUDGET
Revenue:			
Sales	17,194,224	17,203,754	(9,529)
Cost of Goods Sold	11,190,247	11,268,356	(78,109)
Gross Sales Revenue:	6,003,977	5,935,398	68,580
Other Revenue:			
	29,793	18,458	11,335
Total Net Revenue:	6,033,770	5,953,856	79,914
Expenses:			
Community & Marketing	128,608	146,170	(17,562)
Staffing	4,430,505	4,355,824	74,681
Member Discounts	438,042	476,316	(38,275)
Operations	1,000,287	982,943	17,344
Total Expenses:	5,997,442	5,961,254	36,188
Total Net Income:	36,328	(7,398)	43,726

unexpected, as Wellness sales have been doing well for years, and we just re-set both departments with new shelving and improved accessibility. If you know what we're doing wrong, please let us know!

The decrease in Bulk sales is part of a sad trend we have come to expect. Check out the sidebar on page 11 to see a 5-year history of the department compared to total store growth to see it with your own eyes. This is a national trend, owing considerably to the pressure so many people across the country are feeling to get more done in less time, along with the ubiquity and constant promotion of food as fast, or even instantaneous. The concept of a bulk department may bring visions of soaking beans overnight and making homemade bread (which I confess, I love to do, as a frugal shopper who loves cooking and practicing fractions with my young daughter). But just as classic are standby power-snacks like dried fruit and mixed nuts. The Bulk departments at each store have tried some things, with the Westside bringing in bulk kombucha, and the Eastside store offering some favorite treats in grab 'n' go bags such as mango and cocoa-dusted almonds. Given the recent upset in the global recycling scene, with China ending its purchases of US recyclables, we may see a renewed commitment to reducing packaging on a personal level. Keep your eye out for improvements in our re-usable containers and some moving and shaking in both departments over the year.

Coming back to the Co-op overall, we are looking good according to the standard indicators of financial health, and the bottom line is that the Co-op is financially stable. It's clear that we share the marketplace with our competitors, and now that mainstream companies offer organic versions of their products in national chain grocery stores, our unique offer remains strong in supporting local products, the highest quality produce, and our cooperative business model which keeps the maximum amount of money circulating and supporting our local community. While we continue to amplify what we already do well, we are also looking into increasing our product selection so that many customers won't need to make extra stops to pick up beer, wine, and cider, and we will also be brightening up the Eastside store to increase the ease and joy of shopping there. We look forward to seeing you in the stores, and as always if you have any questions or thoughts about the Co-op's finances, feel free to email (max@olympiafood.coop for a rookie or corey@olympiafood.coop for a pro), or call the bookkeepers' office at (360) 357-1106, extension 12. ■



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Co-ops Change, continued from page 13

corporation, Olympia Food Co-op is deconstructing the capitalist paradigm. Capitalism is killing the planet, and Co-op product selection guidelines require that department managers consider the impacts of companies and products before their orders are ever placed. In addition to the impacts of purchasing choices, co-ops change our environment by donating cash and resources to organizations for which protecting our planet is within their mission. These donations are important enough to Olympia Food Co-op that they're built into the annual giving budget. In 2018, some of the organizations supported by sponsorships from the Olympia Food Co-op included the Wild and Scenic Film Festival, South of the Sound Community Farmland Trust, South Sound Climate Action Convention, GRuB, and the InterCity Transit Bike Commuter Contest.

Olympia Food Co-op is made up of departments, coordination action teams, task forces, and committees of the board. In service to the mission goal of making human effects on the earth positive and renewing, the Co-op established an Ecological Planning Committee. This year, the group is off to a running start by researching options for solar and wind energy, non-plastic deli containers, water-saving bathroom fixtures, and bold climate mitigation strategies.

Co-ops recycle, compost their kitchen waste, and reduce or donate ugly fruit and veggies instead of taking them off the shelves. They often have ample bicycle parking, and choose locations that are walkable or with public transportation access. Co-ops listen to members, and engage the community in environmental solutions. In addition, co-ops go further to provide a living wage, health insurance and paid vacation and family leave time to workers. The less workers are struggling for enough time to have our needs met, the more we have to protect our environment by walking to the store instead of driving, washing our containers instead of buying new ones, preparing our meals with fresh ingredients instead of eating prepackaged fare, and turning our compost piles instead of creating methane gas from the food waste we've "conveniently" tossed into the landfill. In the summer issue of the Co-op Table

Magazine, we'll take a closer look at this impact on workers in Part Two: Co-ops Change Our Economy.

Wherever you are, there's a co-op. If not, your work may be to gather your friends and start one of your own. Co-ops are that important in a world where capitalism has threatened the quality of land, air, water and even the genetic building blocks of life. Co-ops are made up of democratic communities who are shopping with their conscience. Co-ops do change our environment, and if co-op influence grows far enough, may even be able to save it. ■

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Community Classes

SPRING 2019 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 with Dr. Jennea Wood of Tummy Temple

Date: Thursday April 4th

Time: 7:00pm-8:30pm

Location: Olympia Food Co-op Downtown Classroom

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

Growing Mushrooms at Home with Loni Jean Ronnebaum of Fungi Perfecti

Date: Sunday April 14th

Time: 12pm-2pm

Location: GRuB

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.

Filtration of Storm Water Drainage Using Mushrooms For Your Home with Sarika Igloi

Date: Sunday April 21st

Time: 12pm-2pm

Location: GRuB

Learn how to incubate specific mycelium with the purpose of later use of filtering storm water drainage. Materials included, share in the fun of creating your own mushroom burlap and with time permitting incubation logs. Understand the system dynamics of mushrooms in gardens and prepare your own filter for your home driveway. Option for preparing logs to incubate dependant on group size. Come share your experiences of native plant stewardship and favorite pollinator gardens at the beautiful Grub classroom workshop.

Self Care Workshop with Dr. Jennea Wood of Tummy Temple

Date: Thursday May 2nd

Time: 7:00pm-8:15pm

Location: Olympia Food Co-op Downtown Classroom

610 Columbia Street Southwest
Olympia, WA 98501

Whether triggered by work, interpersonal relationships, politics, etc., our nervous systems frequently wind up overtaxed with stress, resulting in anxiety, depression, muscle tension, adrenal dysfunction, digestive disturbances, chronic inflammation and more. Self-care is often discussed as the answer, but what does that really mean? We will start with a short meditation and then have a lighthearted discussion of what self-care really means and how to adapt this idea to suit each of us.

Some topics include:

- Learning to listen to your gut/heart, and then getting into the habit of choosing actions from that place
- Developing habits that are self-caring
- Choosing to cultivate relationships that support this way of being
- Simplifying your life

This class will overlap somewhat with the nervous system focused class taught in February and will last 60-75 minutes. There will be chocolate ;)

Filtration of Storm Water Drainage Using Mushrooms For the Eastside Olympia Food Co-op Parking Lot with Sarika Igloi

Date: Friday May 3rd

Time: 4:30pm-6:30pm

Location: Eastside Olympia Food Co-op

Free class at the Eastside Olympia Food Co-op garden, meet in the main garden at the Eastside Olympia food coop. If raining please bring weather gear and meet up front by the bench. Learn how to create simple storm water drainage water filtration systems with mushrooms. Use mycelium to establish water filtration systems for water runoff, share in incubating filters to be used during the rainy season. Come share your experiences of stewardship of native plants and favorite bird & butterfly gardens. Hands on fun with shared discussion.

Seed Starting Workshop with Terra Kram

Date: Sunday May 5th

Time: 1:00pm-4:00pm

Location: Westside Co-op Garden Center

Come to the West Side Garden Center to celebrate Nature in the magic of life springing anew and join us in starting seeds for vegetables, herbs and flowers. Hands-on training for starting seed to grow indoors or out, with the Co-op providing a nice workspace, some potting soil, and discounted prices on seeds and seed starting supplies. The Co-op carries seed from local (PNW) seed companies, including many open-pollinated selections!

Growing Mushrooms at Home with Loni Jean Ronnebaum of Fungi Perfecti

Date: Sunday May 12th

Time: 12pm-2pm

Location: GRuB

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.

Healing Digestive Complaints with Dr. Jennea Wood of Tummy Temple

Date: Thursday June 6th

Time: 7:00pm-8:30pm

Location: Olympia Food Co-op Downtown Classroom

610 Columbia Street Southwest
Olympia, WA 98501 United States

Digestion is so central to health because it takes a clean burning digestive system to optimally absorb vitamins and minerals from our food, and digestive irritation and inflammation frequently leads to body-wide inflammation. Bloating, heartburn and other uncomfortable digestive symptoms are signs that this process isn't happening optimally. Over time this can lead to nutrient deficiencies and increased inflammation in the body and can therefore effect the health of every single other body system. You are not alone! Digestive disturbances are incredibly common and they are telling you something. Come learn about the most common root causes and get

some basic tools of how to support a stronger digestive system.

What we'll cover:

- What are the most common root causes of digestive upset?
- The connection between gut and brain
- Why it's important to address each person individually
- When is testing necessary and what tests?
- Some starter tips to strengthen the digestive system and begin to address common issues.
- Get your questions answered by a doctor trained in both conventional and holistic medicine.

Cooking With Fermented Foods with Awren Schwartz

Date: Sunday June 9th

Time: 1:00pm–4:00pm

Location: GRuB

Fermented foods are good for you body, your belly, and your mind. Come learn how to make all kinds of fermented foods that have been staples in peoples' diets from all over the world for thousands of years. We will be preparing Gluten Free Vegetarian meals so bring your appetite and sense of adventurousness.

awren has worked in a number of professional kitchens cooking food that ranges from Haute Cuisine to sprouted vegan gluten free free range organic air. While working at a farm in the Berkshire mountains, awren helped make and teach about all kinds of fermented pickled vegetables. It was here that awren's love of fermented food joined with their love of creative cooking. Come see what that love and inspiration has made.

Bitter: The Lost Flavor with Martha Eden

Date: Sunday June 23rd

Time: 1:00pm–3:00pm

Location: Olympia Food Co-op Downtown Classroom

Did you know that bitter foods play a crucial role in human health?

In this class, we will:

- gain a deeper understanding of how bitter foods support digestion, vitality and more
- take home surprisingly simple and delicious recipes you can incorporate into your life to enjoy more of the bitter flavor

We will also blend an herbal salt and sample digestive bitters.

Mycorestoration and Saving the Bees with Tristan Woodsmith of Fungi Perfecti

Date: Sunday June 30th

Time: 12–2pm

Location: GRuB

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), also Tristan will cover how mushrooms may help save the bees!

What class participants are saying:

"Thank you for offering such a variety of classes and keeping the price affordable."



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Attend a Board Meeting!

Board of Directors meetings are held on the 3rd Thursday of every month from 6:30-9:30 pm at the Co-op's downtown business office, 610 Columbia Street SW Olympia, WA 98501 (unless otherwise noted). The Olympia Food Co-op Board of Directors welcomes the attendance of active Co-op members at Board meetings. Board meetings may include an executive session, which is closed to members in order to discuss matters requiring confidentiality. For more information contact the Board of Directors at ofcboard@olympiafood.coop

Olympia Food Co-op Mission Statement

The purpose of the cooperative is to contribute to the health and well being of people by providing wholesome foods and other goods and services, accessible to all, through a locally oriented, collectively managed, not-for-profit cooperative organization that relies on consensus decision making. We strive to make human effects on the earth and its inhabitants positive and renewing, and to encourage economic and social justice. Our goals are to:

- Provide information about food
- Make good food accessible to more people
- Support efforts to increase democratic process
- Support efforts to foster a socially and economically egalitarian society
- Provide information about collective process and consensus decision making
- Support local production
- See to the long term health of the business
- Assist in the development of local community resources

Seven Cooperative Principles

- 1. Voluntary, Open Membership**
Open to all without gender, social, racial, political, or religious discrimination.
- 2. Democratic Member Control**
One member, one vote.
- 3. Member Economic Participation**
Members contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a cooperative operation are returned to the members, reinvested in the co-op, or used to provide member services.
- 4. Autonomy And Independence**
Cooperatives are autonomous, self-help organizations controlled by their members.
- 5. Education, Training And Information**
Cooperatives provide education and training for members so they can contribute effectively to the development of their cooperatives. They inform the general public about the nature and benefits of cooperation.
- 6. Cooperation Among Cooperatives**
Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, regional, national and international structures.
- 7. Concern For The Community**
While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.

Board Report

Desdra Dawning, Board Secretary

Greetings, fellow Members of the Olympia Food Co-op! All are welcome to come to our Board meetings, held on the 3rd Thursday of every month. If you were not able to attend, here is a general rundown on what happened at the first meeting of 2019.

The January 2019 meeting of the Board of Directors found us with two new Board members—Mel Bilodeau and Fred Medicott—Jim Hutcheon, who was reelected to another term, and Desdra Dawning elected again after a year off. Our Board also has one Staff member who serves as Staff Representative and is also a voting member of the Board. This year, our new Staff Rep is Grace Cox, who has moved from her role as facilitator to Board meetings.

During that meeting, Board Officer positions were determined with Jim Hutcheon continuing his role as Board President, Joanne continuing as Vice President, Jaime Rossman as Treasurer and Desdra Dawning stepping in as Secretary. During this coming year, our Board will be working on clarifying the responsibilities and duties of these officer roles.

After every election, new Board members are given trainings that help integrate them into their new role as a Board member, with info sessions on Co-op history, finance and expansion, consensus decision-making, legal matters and more. Grace has long been involved with these trainings and is now working with our new Board members, and any others who wish to join, in training sessions.

Our last election gave us nine members to our Board, with one vacant seat. Occasionally, the Board can elect to fill that seat by an appointment. Cheti White, long-time Co-op member, attended the meeting, asking to be considered for such an appointment. It was decided, however, that the preference was to gain new Board members through the yearly election process, so his request was turned down at this time.

*pocket change
makes real
change*

Round UP!

to support
Community
Sustaining
Fund of
Thurston
County

Your support enables the CSF to invest in
local environmental and social justice projects.

Tell your Co-op cashier you'd like to round up!



Staff member Robyn Wagoner presented a proposal to the Board from the Staff Beer and Wine Task Force. This Task Force sent out a survey to Co-op members some time back, asking several questions concerning the possibility of the Co-op selling beer, wine and hard cider at both markets. This was a follow-up proposal, and has sparked further conversation among Board members, who hold varying perspectives on this subject. More conversation will be coming to determine the end result of this proposal.

The Staff Report spoke to the work the Staff has been doing in reading a document on the "Dismantling of White Supremacy Culture" and is now determining in what ways they can contribute to this process. The Member Relations Committee is also reading this document. Several Staff attended a leadership conference in Spokane put on by National Cooperative Grocers. They focused on what was working well at co-ops these days, trying to aim for the positive. Our website is getting an overhaul in an attempt to make it more useable for both Staff and Members. ■

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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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