



THE COOP *Spoonful*

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

March 13 - April 2, 2019

Local Savings

BLUE HERON BAKERY

"Natural before it was fashionable."

Blue Heron Bakery was founded by a group of friends back in 1977 (the same year as the Olympia Food Co-op!) with the goal of creating great tasting foods with the freshest ingredients available.

Blue Heron caters to those with special diets, offering a selection of amazing breads and treats you can enjoy without guilt. This issue, we are offering our Local Savings Coupon for 25¢ off any Blue Heron treat which at the Co-op means cookies! Try their incomparable walnut chocolate chip, spelt chocolate chip, peanut butter chocolate chip, alternate date pecan, Turbo, vegan Soul cookies with nuts and chocolate chips, and of course, their



traditional oatmeal chocolate chip raisin. We also carry Blue Heron's decadent fudge bars, and three flavors of elegant biscotti for the coffee break connoisseurs. Take a look at Blue Heron's unique breads, pastries, pizza and ice cream, all locally handmade with natural ingredients. The bakery has even expanded to a

cafe with a full menu located at 4419 Harrison Ave NW #108 in Olympia. They have a beautiful patio and a popular Open Mic! Visit them online at blueheronbakery.com. ■



Community Sustaining Fund Grants Available

Apply to the CSF to fund your local social or environmental justice project! Grant cycle open April 1 - 26. Find applications at oly-wa.us/csf and be sure to Round Up at a Co-op register to offer your support. ■

CO-OP LOCAL
COUPON

25¢
OFF



good for 25¢ off any
BLUE HERON
BAKERY TREAT

one coupon per visit
valid thru 4-2-19





Covilli Organics Farm Workers Open Community Clinic

After being the first to break ground in the Empalme Valley of Sonora, Mexico, at the northernmost point where produce grows during the winter, Covilli now shares the valley with many other farms in this fertile soil. The Olympia Food Co-op sells a lot of Covilli's vegetables in the winter because we love their quality and their commitment to Fair Trade. When you buy Fair Trade Certified produce, there is a premium added to each box. That money then goes to the farm workers, who decide how to spend it. Some groups of farm workers spend it on things like school workers for kids, or building a soccer field in the community. The projects always benefit the entire community, not just the farm workers themselves.

This year, with their Fair Trade money, Covilli opened the Nuchi Sansekan Health Clinic! Be sure to support Fair Trade practices by looking for the familiar logo on your produce mix. ■



Help Us Help You!

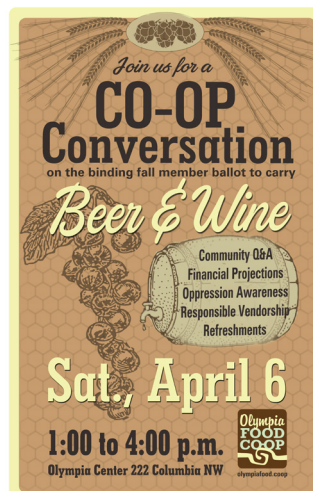
TAKE OUR CUSTOMER SURVEY

Do you have two minutes to share your shopping habits with us? How are we doing? How can we go further?

Visit surveymonkey.com/r/Co-opGardenSurvey ■

Co-op Conversation on Beer & Wine

Join us on April 6th, from 1 - 4 p.m., at the Olympia Center, 222 Columbia St. N.W., to discuss the upcoming ballot measure to add beer and wine to the Co-op product mix. ■



Working Member Profile: Chris H.

"I'm sure not rich, but I feel that where I choose to spend money is one of the only ways I have to influence the status quo. The Co-op makes conscious decisions about its products and operations that are consistent with my values. So volunteering at the Co-op was a good fit.

What I found after I started cashiering is that it's fun! I live and volunteer on the westside, so I see (and meet) friends and neighbors. It's an opportunity to build community. And I had never done anything even vaguely like cashiering – so learning to think in a totally new way has been good for me.

In the rest of my life I enjoy my native garden, nature and natural history in all forms, especially birds (I'll admit I am the crazy crow lady of west Olympia!), performing arts, reading, travel." ■

