



THE COOP Spoonful

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

April 3 - 16, 2019

Local Savings

Wiser Worm Farm

Our April coupons are dedicated to the gardeners, and this issue we celebrate the work of the good folks at Wiser Worm Farm. Wiser Worm Farm has been producing Worm products in Olympia for more than seven years. They do this by vermicomposting (vermi: worm) with Red Wiggler worms, which they also sell. Worms break down organic matter simply by eating these products. As the matter passes through their digestive tract, the chemical reactions prepare the nutrients within the organic matter to be more easily absorbed by your plants. The resulting product of their digestive process are called "worm castings." Worm castings are beneficial to the environment, providing absorbable minerals and nutrients. Non-sterile, it also provides beneficial microbes and bacteria. Castings are non-toxic and won't burn your plants



like nitrogen fertilizers. Use worm castings in your garden and with all your outdoor plants to give them a flush of nutrients. Your healthy plants will be more resistant to fungus and disease. Redeem the coupon in this issue of the Co-op Spoonful to receive \$2.00 off of your purchase of Wiser Worm Farm's Worm Castings!

To use: Scratch in one cup of Wiser Worm Farm's Worm Castings around the base of your plant and then water. You can also mix 20% worm casting to 80% potting soil when planting. ■

Raw-Milk Cheese Appreciation Day

April 20, 2019

"Raw milk cheeses have unique flavors and histories, and carry on traditional cheesemaking practices. Their producers represent years, even decades, of knowledge and thoughtful innovation." ~ Oldways Cheese Coalition

Raw-Milk Cheese Appreciation Day is coming! On April 20th, you'll have an opportunity to discover what makes raw-milk cheeses extraordinary, and you can participate in the world-wide celebration!

Step 1: Go to the Co-op cheese case at either store. Purchase and enjoy a raw-milk cheese, whether it's an old favorite or a brand new taste experiment.

Step 2: Snap a pic of your raw-milk cheese. Post online with the hashtag #RawCheeseDay. Then pick up the April 17th issue of the Co-op Spoonful for details about the Olympia Food Co-op Cheese Department's plans for this year's Raw-Milk Cheese Appreciation Day! ■

CO-OP LOCAL COUPON

\$2.00 OFF

good for \$2.00 off any Wiser Worm Farm's Worm Castings

one coupon per visit valid thru 4-16-19






Co-op Conversation on Beer & Wine

April 6th, 2019, held at the Olympia Center

The question of carrying beer, wine, hard cider, and low alcohol beverages has been debated for at least 20 years. In October of 2018, the membership was surveyed online and 70% of respondents were in favor of the Co-op carrying low alcohol beverages. Members will now be asked to express their choices during the fall election cycle, this time for a binding vote for or against adding beer, wine, hard cider, and low alcohol beverages (0.5 to 1.5%) to the product mix.

In order to prepare for the upcoming election from October 15 to November 15th, the Co-op held a Co-op Conversation on Beer & Wine on April 6th. During this event, members of the Co-op Beer & Wine Task Force presented their research on what carrying these products could look like in terms of financial projections, merchandising options, responsible vendorship, and maintaining a commitment to oppression awareness. We want to thank the thoughtful members who attend this presentation, asked great questions, and participated in a breakout session about how the organization can best respond to their concerns. Important topics were covered about displaying the products in stores; whether to limit the selection to local, regional, cooperatively produced, and/or organically certified; and how to best support our shoppers in Recovery. Many creative compassionate ideas were generated, and another event is planned for July 11th, from 6:30pm - 8:30pm, at the Olympia Center. We hope you can participate, and welcome your comments at beerandwine@olympiafood.coop ■

Working Member Appreciation Raffle Winners

Our working members are the heart of the Co-op! Since the organization began in 1977, members have participated in daily tasks to help reduce the price of groceries for

everyone. Working members connect more deeply with their community, earn discounts on groceries, and learn valuable job skills. In this issue, we're excited to announce the winners of our first Appreciation Week Raffle of 2019

Eastside Winners: Rick C., Samantha F., Teodoro T., Aaron P., Linda M., and Aubry B.

Westside Winners: Lily L., Luis A., Carol W., Sean L., Jill D., and Teresa V. ■



Working Member Cashier Profile: Fanny C.

Why did you decide to become a working member?

I wanted to be a working member for a long time, but couldn't find any elective time when I was holding down a job and raising 2 kids. Fast forward 20 years, and now I can!

What are your passions and hobbies?

Languages, sunny places.

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

As a volunteer, I have more time on the ground to learn about organic, wholesome foods, in a collective that is dedicated 100% to health and education. I enjoy the unique interactions with other Co-op members, and I am grateful for that opportunity. ■