



# THE COOP Spoonful

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

May 2 - 14, 2019

## Local Savings Burnt Ridge Nursery

Since 1980, Burnt Ridge Nursery and Orchards has run their family-owned farm at the foot of the Cascade Mountains. Burnt Ridge nursery fills orders by mail, and specializes in rare, disease-resistant cultivars of nut and fruit trees, shrubs and vines that thrive in an orchard setting. Burnt Ridge also supplies a wide variety of native Northwest landscape trees and ornamentals. The varieties we carry have done well in our orchards. Burnt Ridge houses a commercial kitchen on their farm for immediate processing of their ripe certified organic fruits into jellies, jams and apple butter! As they say on their website, "these little jars of joy make great tokens of appreciation for loved ones." Use the coupon on this issue of the Co-op Spoonful to receive 50¢ off any jar of their heavenly fruit spread. ■



## Bicycle Commuter Challenge

During the month of May, ride your bike to the Co-op to improve your health, save money, and protect the environment! Receive a treat and a punch card to track your rides. When your card has five punches, you'll be entered into a drawing for a \$50 Co-op gift card. When you register online at [bcc.intercitytransit.com](http://bcc.intercitytransit.com), you'll also have a chance to compete for a bike expedition for two worth over \$3000! Take the Ride of your Life! ■

## Spring General Assembly

Saturday, May 4th, 2019

1:00 pm

Sylvester Park • 615 Washington St. SE

Would you like to transform our city, region and the world to be more horizontal and cooperative? Do you think we need a revolutionary structure for non-ruling class people to resist systems of domination and hierarchy?

Join the Olympia Assembly in May to connect with people from diverse backgrounds and political perspectives who share five points of unity:

- Direct Democracy & Free Association
- Direct Action
- Social Justice & Solidarity
- Cooperative Economics & Mutual Aid
- Social Ecology

More at: <https://olyassembly.org/> ■

**CO-OP LOCAL COUPON**

**50¢ OFF**



good for 50¢ off any  
Burnt Ridge Organic  
Jelly or Jam

one coupon per visit  
valid thru 5-14-19





## Co-op Summer Faux-B-Que

Sunday, June 9th, 2019

12:00 - 3:00pm

Westside Olympia Food Co-op & Garden Center

Taste test the best in compassionate grilable fare and help our chill department choose the vegan and veggie meat options we will carry for the summer grilling season! Enjoy a vegan fashion show with our friends at Dumpster Values; music from Guidon Bear and DJ Koolhandz Luke; local vendors, prizes and more! ■

## Working Member Profile: Wendy Kinser

**Why did you decide to become a working member?**

I decided to become a working member volunteer at the Olympia Food Co-op as soon as I heard about the program because I wanted to support the store even more than I already was with my shopping purchases.

**What do you do for the Co-op and what do you enjoy?**

Currently I help out cashiering but have also served as a cheese packer and a shelf stocker. My favorite part about cashiering at the Co-op is getting to talk with the customers that come through my lane and being around all the amazing people that work there.

**What are your other passions and hobbies?**

In my free time I enjoy being with friends hiking, kayaking or anything outdoors really. Also, I love teaching fitness classes at The Strong Center Health and Fitness Club. ■

## Co-op Zero Waste Camp

We invite you to join the Co-op Ecological Planning Committee in launching a project to change our society's culture of waste through a series of bold incentives that will improve the rate of recycling, prevent plastic usage, and promote alternatives to single-use items. We're calling it "Zero Waste Camp," and we invite you to earn working member credit for participation. Monthly meetings and a small weekly commitment will earn you discounts on groceries while learning about and contributing to local sustainability activism. To be placed on the list of interested members, email [eco@olympiafood.coop](mailto:eco@olympiafood.coop) and place "Zero-Waste Camp" in the subject line! ■



## Grow the Co-op Movement

Saturday, May 18th, 2019

10:00 am - 4:30 pm

Olympia Center • 222 Columbia St. NW

U.S. Federation of Worker Cooperatives together with the Northwest Cooperative Development Center to invite you to a day of skill-building and networking for wworker co-ops and members of democratic workplaces in the Northwest region of the U.S. We'll be focused on nuts and bolts workshops to build leadership and the tools needed to grow the worker co-op movement. Visit <https://usworker.coop/home>. ■

