



HAPPY PRIDE MONTH!

THE COOP Spoonful

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

JUNE 25 - JULY 2, 2019

Local Savings

Cozy Vale Creamery

A small-time dairy located in Tenino, WA, Cozy Vale has been producing raw milk since 2009. They currently milk eight to 10 cows of many different breeds. Cozy Vale farmers strive to keep their cows healthy, letting them romp and graze throughout lush pastures all year long. Cozy Vale farmers harvest their own hay and store it for the winter. Cows are kept occupied during milking times with a small amount of tasty grain. Cozy Vale milking cows are not treated with antibiotics or hormones. <https://www.cozyvalleyfarms.com/>

Raw milk is truly one of the most nutrient-dense foods in the world. When milk is pasteurized, key nutrients and enzymes are greatly reduced. Because raw milk comes from cows or goats grazing on grass, research studies have shown that it contains a higher level of fat-soluble vitamins than the milk that comes from factory-farmed cows. Check out more benefits here: <https://draxe.com/raw-milk-benefits/>

Each bottle of creamy raw Cozy Vale milk carries the visage of the noble cow who produced the contents. Try the delicious results of Cozy Vale's gentle small-scale farming with a Local Savings Coupon worth \$.50 off any container of their raw milk in this issue of the Co-op Spoonful now at registers! ■



Co-op Celebrates June Pride Month!

The Pride Flags are flying high at both Olympia Food Co-op locations on this, the 50th anniversary of the Stonewall Riots.

This marks the commemoration of an explosion of righteous indignation and rage from Trans Women of Color and gender non-conforming street kids, on June 28, 1969. Subjected to regular police raids, arrests, and brutality, that evening they burst into a



spontaneous riot that shocked the police and caught the attention of the rest of the Gay and Lesbian community of the time. These riots lasted for three nights at the Stonewall Inn in Greenwich Village neighborhood of New York City. Thanks to these Trans Women, fight for LGBTQIA rights began those summer nights and kicked off a world wide Pride movement that persists to this day.

We live in a time when people are questioning gender and the 2-sided binary that confines

continued on back

CO-OP LOCAL COUPON

50¢ OFF



good for 50¢ off any Cozy Vale product

one coupon per visit
valid thru 7 - 2 - 19



it. People now in more numbers than ever, are liberated enough to create accurate terms for ourselves. We live in one of the only places in the States that has opportunities and communities that offer employment and spaces for trans-people. It is critical that we serve the trans community well, as we can be leaders for other businesses and co-operatives to follow.

Back in the 70's, the women's liberation movement, also known as second wave feminism, was extremely exclusive- aggressively opposing the presence of Transwomen in the movement. There are still feminists today who exclude and decry the existence of Transwomen and their political and personal needs. This was also the case with the early Gay Liberation Movement of the 1970s. Part of the history of the Stonewall Riots contains the discrimination against Transwomen and trans people in general. That discrimination occurred within circles that could have and should have held them. It wasn't just the dominant society, it was nearly everyone. All the more reason to make space and develop a respect for Transwomen and trans people in general.

There are many ways we can show up for Trans People in our community: learning and using correct pronouns for people, volunteering at local youth organizations such as Stonewall Youth or Pizza Klatch, and most important of all: educating ourselves on the histories and experiences of LGBTQIA people.



In addition to the Olympia Food Co-op's long relationship with Capital City Pride, the organization is also excited to sponsor the annual gala to benefit Pizza Klatch - a non-profit organization that provides counseling, pizza-fellowship and after-school programs for queer youth. The Co-op is now offering new bumper stickers and hats that say we are proud of our courageous LGBTQIA community and their tremendous contributions to our organization over the years. If you missed our booth at Capital City Pride this year, you can still find these items at both stores while supplies last. Remember: the original Pride was a Riot, when LGBTQIA rights are under attack, what do we do? Stand up! Fight back!

Hear more about the Stonewall Riots on Queer Story Podcast Season 1, episode 3. Produced by our very own Staff Member, Oso Ortega. ■

Woodstock Wagon Giveaway

Support farmers by shopping Woodstock products at either Olympia Food Co-op location and enter to win a garden wagon for your family! Look for the wagon display or ask at Customer Service to enter today! ■



Working Member Summer Party & Talent Show

Sign-Up Is Open!

Party Date: July 27, 2019 from 12 - 5 PM

Lion's Park 800 Wilson St SE

Calling all Co-op Working Members! Come share your talent and be appreciated for your many contributions! Anyone can donate food and prizes to show your support for our Working Member Program, which provides benefits to the community that include: job skills and training and opportunities for connecting with neighbors, in addition to keeping prices lower for everyone! To donate prizes, or to reserve your spot to perform music, poetry, comedy, dance, magic, karaoke, or another amazing talent, please write today to:

workingmembercat@olympiafood.coop ■

Summery Wild Rice Salad

With Honey Lemon Vinaigrette, a refreshing make-ahead salad.
Prep Time-10 minutes. Makes 8 servings.

Ingredients

Wild Rice Salad:

- 1 cup wild rice, cooked
- 1/2 cup long grain brown rice, cooked
- 1 1/2 cups chopped strawberries
- 1 cup blueberries
- 1 red bell pepper chopped
- 1/2-pound asparagus, chopped
- 3 tablespoons chopped red onion
- 1/2 cup Spicy Nut Mix or other caramelized nuts
- 1/4 cup feta
- 1/4 cup fresh basil chopped

Honey Lemon Vinaigrette:

- 1/4 cup olive oil
- 2 tablespoons lemon juice to taste
- 1 tablespoon honey
- 1 tablespoon cider vinegar
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Instructions:

Whisk together all of the Honey Lemon Vinaigrette ingredients in a medium bowl or shake in a jar with lid tightly fastened. Taste and add more cider vinegar for tangier, honey for sweeter. Season generously with additional salt and pepper to taste. Best chilled. Combine all of the Wild Rice Salad ingredients together in a large bowl and toss with dressing. Chill or serve at room temperature. ■