



THE COOP Spoonful

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

July 4 - July 16, 2019

Local Savings

Colvin Ranch

The Olympia Food Co-op Meat Department is proud to feature Colvin Ranch beef raised on an ecologically conscious, community centered fourth generation family ranch near Tenino in South Thurston County. Colvin Ranch supplies freshly frozen ground beef and a variety of steaks to Co-op shoppers. Fred and Katherine Colvin use an intensive rotational grazing system that enables them to raise delicious, tender beef. The cattle are raised without any antibiotics or hormones, handled in a safe and gentle manner, and spend their lives outdoors on healthy prairie lands. There are myriad documented ecological benefits to the type of grazing system practiced at Colvin Ranch. Native grasses and other prairie species are able to flourish, sequestering carbon and rebuilding healthy soil ecosystems while increasing filtration to improve and recover local watersheds. Many local conservation districts celebrate Colvin Ranch for successfully encouraging the recovery of native prairie plants and protected species.

Grass fed and finished beef is healthy for you, especially when eaten in combination with a rich supply of organic fruits, vegetables and grains! Studies have shown that cattle raised entirely on grass and forages (as compared to beef raised on corn and other feed) have many health benefits.

Grass fed and finished beef has been shown to contain extra omega-3 fatty acids (the most heart-friendly of all the fats), higher levels of cancer-fighting CLA (conjugated linoleic acid), up to four times as much Vitamin E, and more Beta-Carotene, B-vitamin thiamine and riboflavin, calcium, magnesium and potassium.

The Olympia Food Co-op Meat Department managers maintain an ongoing close working relationship with Fred, Katherine and their dedicated employees. We visited Colvin Ranch several years ago and



witnessed the prairie blooming with camas and wild flowers while contented cattle grazed nearby. We heard first-hand the life-long expertise of Fred's work on the ranch. Fred says, "The facilities are designed to ensure the safety of both the people and the animals. The cattle are born and raised on the ranch, and are always handled in a safe and humane manner." We found this to be absolutely true.

Colvin Ranch welcomes visitors at any time (by appointment) so you can see it for yourself!

Find Colvin Ranch products in the Frozen Meat section at both our Olympia Co-op locations, and receive a \$.50 discount when you use this Spoonful Coupon. For more information or to contact Colvin Ranch, go to their website: colvinranch.com Enjoy! ■

CO-OP LOCAL COUPON

50¢ OFF



good for 50¢ off any Colvin Ranch Beef

one coupon per visit
Valid thru July 16, 2019



continued on back

Squirrel & Crow Soy-Free Tempeh



Squirrel and Crow is a family owned and operated company based in Portland Oregon. They've been making soy-free tempeh since 2015 and continue to grow each year as they share their love of tempeh with customers throughout the Pacific Northwest. Crafted by hand with organic Northwest-grown beans, their tempeh is made twice a week to ensure the best quality product.

Squirrel & Crow tempeh is made by soaking organic beans and grains overnight, cooking them to perfection, inoculating them with traditional tempeh starter culture, and allowing them to ferment for 30 hours. The dense mycelial growth on the beans is a benchmark of quality tempeh. Try it now in the Co-op's Frozen Department and taste the difference! ■

New Things To Try In The Co-op Bulk Department

With summer upon us, it's great to have some healthy easy things for camping and picnics. When in the bulk spices, look for Organic Powdered Lemonade Mix - perfect for a quick refreshing drink on your hike. Other new items in this section include Sichuan Peppercorns and Organic Powdered Stevia. In addition to the whole stevia leaf, this new powdered form is great for dissolving in coffee and tea. Stevia and lemonade will satisfy your sweet cravings, while the Sichuan Peppercorns spice things up! Different than the heat associated with chili peppers, Sichuan Peppercorns are important ingredients in Sichuan Hot Pot dishes and Ma Po Tofu. Sichuan Peppercorns are famous for giving eaters a pleasant numbing spiciness (called 'ma la' in Chinese.) So whether you like it spicy or sweet, we have what you need. Happy eatings and stay tuned for more new and exciting products in the Co-op Bulk Department! ■

Co-op Conversation on Beer & Wine

July 11, 2019

6:30 - 8:30 PM

Olympia Center

222 Columbia St NW

Join us for our second event welcoming member comment on the question of carrying beer, wine and low-alcohol products at Olympia Food Coop locations. Our upcoming binding fall member ballot will decide this issue between October 15th and November 15th. We invite you to watch a presentation from the Beer & Wine Task Force and participate in focus groups that explore the benefits and challenges of beer and wine sales. ■

Working Member Summer Party & Talent Show

Sign-Up Is Open!

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

Lion's Park 800 Wilson St SE

Bring your favorite song or dance, poem, joke or trick, and share it with your friends and be appreciated for the important contributions



you make to the community through your participation in the Olympia Food Co-op! Win prizes, eat delicious potluck, and cheer on Staff and Working Members at the Talent Show!

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 ■

New Register Round Up Recipient: Cooperativa Tierra Y Libertad

The Olympia Food Co-op hosts a program that allows shoppers to donate their small change to organizations working on social and environmental justice issues. Just ask your cashier to round up for one of two groups: the Community Sustaining Fund is our on-going recipient, and we also welcome one additional group to participate.

During this cycle, we are excited to introduce Cooperativa Tierra Y Libertad (CTL), a farm-worker's cooperative founded in in Whatcom County. The inspirational farmworkers fought back against starvation wages and squalid living conditions provided by their employers and won a court battle for a \$12 minimum wage. That victory spurred them on to take charge of their destiny by forming their own cooperative blueberry farm. In 2017, four members of the independent farmworker union Familias Unidas Por Justicia gained access to the land for their farm.

In the next ten years, the CTL envisions owning 100 acres, with ten houses, meeting areas, and creative spaces where workers will also be able to practice their native arts. Most of the workers are indigenous, often Mixteco or Trique, and employ traditional farming methods that don't require pesticides. CTL is committed to fostering other co-ops, and their plans include growing various strains of corn to supply a future tortilla cooperative. Olympia Food Co-op is proud to support CTL through our Round Up at the Register Program and hope for them great things. ■