



THE COOP Spoonful

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

July 17 - July 30, 2019

Local Savings

Quinault Native Harvest

In this issue of the Co-op Spoonful, you'll find a coupon for 50 cents off your purchase of any Native Harvest sustainably managed wild coho and wild steelhead.

The Co-op offers this delicacy through Sonny Davis, who formed Native Harvest for buying and distributing some of the finest of the tribal catch. Sonny sells directly to chefs at restaurants, and wholesale and retail grocers, and the Olympia Food Co-op carries Native Harvest smoked salmon, and whole pieces of steelhead. Davis also sells halibut spot prawns, and high grade caviar which makes up the majority of the sales.

The tribes have developed sustainable practices over a thousand years and their treaty rights give them co-management of salmon habitat with Washington state. Davis encourages his fishers to take advantage of fish handling workshops in order to continually increase the



quality of their offerings. Rooted in the rich salmon gathering tradition of tribes throughout the northwest, this family business continues their deep and ancient connection to harvesting and honoring their food.

Just as salmon runs have seasons, so too the harvesting. In the winter are steelhead from Quinault on the Olympic Peninsula and ocean king from Makah at Cape Flattery, and in the spring are salmon from Yakima on the Columbia River. From Sunday through Tuesday,

Sonny can be found driving from Olympia along the Washington coast to buy wild caught seafood straight from licensed tribal fishers.

Sonny makes clear his cultural inheritance and the foundation for his business when he says, "I love the simple act of sharing amazing seafood with people. It's at the heart of our culture and it's at the heart of my business." ■

Report: Co-op Conversation on Beer & Wine

Our second event on the question of carrying beer and wine took place Thursday, July 11th.

A small group of members, staff, and the Board gathered to discuss a binding fall Member Ballot for October 15 - November 15.

The next opportunity for input will be at the Annual Meeting November 2nd, or at beerandwine@olympiafood.coop ■

CO-OP LOCAL COUPON

50¢ OFF

good for 50¢ off any Quinault Native Harvest any fresh or canned King, Coho, and Steelhead

one coupon per visit
Valid thru July 30, 2019




Shopping Member Data

Maureen Tobin from the Co-op Membership Team recently had some fun running membership reports. Here is the information she gleaned:

- 22,438 members (separate records) have shopped at one or both of our stores in the last 2 years (using their membership, there could be some transactions that were under \$10 and we did not capture membership).
- Westside, 4,264 members have shopped in the last 30 days
- 7,716 have shopped westside Year to Date
- 17,222 have shopped westside since tracking began in 2015
- Eastside, 6,939 have shopped in the last 30 days
- 13,189 have shopped eastside Year to Date
- 25,049 have shopped eastside since tracking began in 2015

Which speaks to about 10,000 members who are still active but either:

- a.) Shop very infrequently or always under \$10; or
- b.) Shop under another family member's membership; or
- c.) Are out of state members and almost never shop but have remained active on our lists; or
- d.) They no longer wish to be active but are still active in our database.

There are also members of other co-ops who shop regularly, but we don't currently have a way to track those numbers. ■

Alaffia Discontinues Bulk Items

We regret to inform you that Alaffia has discontinued its bulk program, which includes hair and body care products and bulk shea butter. Alaffia currently has no plans to bring it back. Below is a statement from Alaffia to our customers:

"Thank you for your continued support of Alaffia. Your commitment to our mission and your trust in our products has enabled the economic empowerment of communities in West Africa and in the US. As the market evolves and Alaffia continues to grow, we must continuously look for ways to better support our mission and optimize our product assortment."

"We appreciate your continued support and wish you a hearty Yanakokari (thank you)."

Wellness Managers are already looking for comparable products to bring into bulk wellness as replacements (though nothing can truly replace Alaffia, of course). Thank you for supporting Alaffia and Mother Earth by shopping in bulk wellness.

Yours, The Co-op Wellness Team ■



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

Calling all Working Members! Prizes, potluck, and entertainment! Come and be appreciated!

Last chance to sign up in advance for a performance slot by writing to: workingmembercat@olympiafood.coop ■

Growing With Fungi

Sunday, August 11, 2019

GRuB 2016 Elliott Ave NW, Olympia, Washington 98502

Olympia Food Co-op is proud to announce that Fungi Perfecti select mushroom starter kits are now available for purchase at our westside garden center. These kits were previously only available through mail order. You can also join Loni Jean Ronnebaum of Fungi Perfecti for an informative presentation featuring information on low tech mushroom cultivation.

Fungi Perfecti, LLC is a family-owned business out of Olympia dedicated to promoting the cultivation of high-quality gourmet and health benefiting mushrooms. In business since 1980, they have been instrumental in developing new technologies and markets for gourmet mushrooms throughout the world. Through in-depth classes and information networks, Fungi Perfecti encourages the establishment of a constellation of independent, organically minded growers whose collective consciousness will define this emerging industry well into the next century. Their Mission: To explore, study, preserve and spread knowledge about the use of fungi for helping people and planet. ■