



THE COOP Spoonful

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

August 14 - Sept. 3, 2019

Local Savings

Old School Pizza Dough

Olympia Food Co-op is proud to partner with our local businesses to provide our shoppers with the highest quality products that travel the least distance! The Co-op's definition of "local" means within five counties, and you can't get more local than Old School Pizzeria in downtown Oly! The pizzeria opened in 1995, and Kenny Pugh, one of the original owners, has been running the pizzeria for the last 13 years with his partner Connie and their kids Rosemarie, Theo and Felix. The Star Wars mural on the building was one of the first things they did! Kenny says, "it was so important to us that pizzeria be a part of the community that surrounded us and hope it's still an example of that." This issue of the Co-op Spoonful includes a coupon for \$.50 off of Old School's scrumptious pizza dough located in our Frozen Department. We've included some recipes to use with your heavenly crusts::

Sun-Dried Tomato Pesto Topping

Prep time: 5 mins
Total time: 5 mins
Makes one cup



Ingredients

- 1 cup sun-dried tomatoes* (only at Westside Co-op)
- 3 cloves garlic
- 1/2 teaspoons salt + 1/4 teaspoon black pepper*
- 1 cup basil leaves
- 1/4 cup pine nuts*
- 1 pinch red pepper flakes* (or more to taste)
- 1/3 cup parmesan cheese or vegan substitute
- 1/3 cup extra virgin olive oil*

Directions

1. Soak sun dried tomatoes in warm water for fifteen minutes to rehydrate. Once they are done, drain off the water.
2. Blend all the ingredients in a food processor except the olive oil. Start the food processor and drizzle in the olive oil slowly while still mixing. Stop occasionally to scrape down the sides, then adjust salt and pepper to taste.
3. Follow your favorite pizza recipe, substituting the pesto for traditional sauce; suggested toppings include Kalamata olives*, goat cheese, arugula, meat/meat substitute of choice.
4. Leftover pesto can be stored in a jar that has a tight fitting lid. Pesto can be refrigerated for up to one week. You can also place pesto into ice cube molds and freeze for up to 2 months.

*Ingredients available in the Co-op Bulk Department; other items available in the Produce, Meat and Cheese Departments.

CO-OP LOCAL COUPON

50¢ OFF



Good for 50¢ off any
Old School Pizza Dough

One coupon per visit
Valid thru September 3, 2019



continued on back

Vegan Pesto Topping

Ingredients

3 cups spinach
1 cup fresh basil
2 ½ cups olive oil*
1/3 cup sunflower seeds*
1/4 cup nutritional yeast*
1/2 Tbs. salt*
1/4 cup lemon juice

Directions

Blend all ingredients in a food processor and enjoy!
*Ingredients available in the Co-op Bulk Department

Vegan Cashew Cheese

Ingredients

1 cup roasted cashews*
1/2 Tbs. granulated garlic*
1/4 cup nutritional yeast*
A pinch of salt*

Directions

Blend all ingredients in food processor or blender until texture of coarse salt. Sprinkle on pizza (or anything else) and enjoy
*Ingredients available in the Co-op Bulk Department ■



Olympia Food Co-op Harvest Party

Saturday, September 7, 2019
West Central Park
1919 Harrison Ave NW at Division St

Join your friends and neighbors at West Central Park for the Co-op's annual celebration of the harvest season. Enjoy delightful fare from local vendors, sizzling prizes, and talented entertainers for an afternoon of revelry! Save the date! ■



Want to help your Co-op **GROW?**

Join the Co-op Board of Directors!

All current members with availability and current contact info are eligible!

Visit www.olympiafood.coop for details

You Can Run for the Co-op Board

Applications due 9 PM Sept. 15 th
Elections run Oct. 15 th – Nov. 15 th

The Olympia Food Co-op Board of Directors (BOD) is the body elected to represent the membership, and hold ultimate legal responsibility for the operations and actions of the Co-op. The BOD establishes policies, oversees the operating and capital budgets, approves plans and recommendations, and sets general guidelines for Staff and Working Members.

Eligibility

BOD seats are open to all current members of the Olympia Food Co-op who have accurate contact information on file, and agree to the following commitments:

- 1.) Fulfill a three-year term, meeting monthly on third Thursdays from 6:30 – 9:30 p.m.
- 2.) Serve on committees such as: Finance, Expansion, Co-Sound, Eco-Planning, Standing hiring, Local Products, and Member Relations.
- 3.) Volunteer 10+ hours each month.

Interested persons are encouraged to attend BOD meetings at 6:30 p.m. on third Thursdays of each month at 608 Columbia St SW.

How To Apply:

Please provide the requested information. Limit your entire response to 500 words. Attach a current .jpeg photo of yourself, and submit all materials by email only to:

boardapplications@olympiafood.coop

Co-op Board Application:

- 1a) Full Name 1b) Email Address 1c) Phone Number
- 2.) Why do you want to be on the Co-op Board of Directors?
- 3.) What general abilities and skills would you bring to the Board?
- 4.) What vision do you have for the Co-op?
- 5.) What else would you like to share?

For more information visit:

www.olympiafood.coop/join-us/board-of-directors

For questions / accommodations email:

boardapplication@olympiafood.coop ■