



THE COOP *Spoonful*

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

Sept. 18 - Oct. 1, 2019

Local Savings **Cherry Tomatoes!**

Our Local Savings Coupon this fortnight will save you fifty cents on your purchase of any variety of cherry tomato! While these succulent tangy sweet morsels are bursting with flavor, cherry tomatoes are also low in Sodium, and very low in Saturated Fat and Cholesterol. They're a good source of Vitamin E (Alpha Tocopherol), Thiamin, Niacin, Vitamin B6, Folate, Magnesium, Phosphorus and Copper, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Potassium and Manganese. The Sungold variety are lower in acid than their ruby red cousins.

Our primary source for cherry tomatoes right now is Piece by Piece Farm, a 6-acre certified organic vegetable farm in Northeast Olympia run by Kelly Battershell and Laura Mosher. Battershell is a graduate of the program on sustainable agriculture program offered through The Evergreen State College. He then became an apprentice at Peacemeal



Farm in Maine for two seasons. Mosher was also in Maine, working at a small farm as an apprentice cheese maker. They met at a farmer's market, and profess to love hard work, great food and sarcasm. In addition to producing these sun-ripened jewels of the harvest season, Piece by Piece grows a diverse number of crops, including snap peas, melons and peppers. You will also find them marketing their produce through their CSA, and at farmers markets. ■

New Eastside Sign



Image credit: Gary

Have you seen our new pole sign at our Eastside store? ■

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CO-OP LOCAL
COUPON

50¢
OFF



Good for 50¢ off any
Cherry Tomato variety
Limit one per visit

One coupon per visit
Valid thru October 1st, 2019



Help Protect SNAP Benefits for 3.1 Million (Food Stamps)

We wanted to let you know about an opportunity to participate in a formal process that will determine the rules for SNAP categorical eligibility, or “cat-el,” which allows households that exceed limits to income and assets to receive SNAP benefits. Cat-el was expanded to help those who were hurt by the economic crisis. The USDA's new proposed rule would restrict states' cat-el practices, potentially removing 8% of current SNAP benefits from an estimated 3.1 million, primarily low-income working people. Formal, public input is due by Sept 23rd. All comments submitted will be viewable online by the public. An effective comment will make reasoned arguments, and describe economic impact on businesses, communities or families. One of the ways to explain this is that without categorical eligibility, things like people's cars will make them ineligible for food benefits when they're going through a hard time. Which is daft because they can't eat their car and selling it will not make them better able to find employment. Also food benefits are a part of the local economy, so when benefits are cut, not only do struggling families experience more hunger and less nutrition, but local businesses see a decline in sales.

Make your voice heard at: <https://www.regulations.gov/document?D=FNS-2018-0037-0001&utm> ■

Harvest Party Memories



Co-op Outreach Coordinator Robyn



Comedian Mitch Nelson

We are grateful to everyone who celebrated the harvest with us on Sunday September 7th - all the members who came out and danced and laughed with us; all the local vendors that donated prizes like Wobbly Cart Farm, Burn Ridge Orchard, Wiser Worm Farm, 8 Arms Bakery, Cobb's Naturally Naughty Olympia Handmade Treats, Dungeness Valley Creamery, OlyKraut, and Exquisite N Traditional; to DJ Koolhandz Luke for the crankin jams; to comedians Derik Bean and Mitch Nelson; and singer/songwriter Oliver Gold from Turnback Boyz; and our neighbors at West Central Park Project - we love you and we'll do it again next year! ■



Singer songwriter Oliver Gold