



THE CO-OP *Spoonful*

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

September 4 - 17, 2019

Local Savings

Zucchini!

In this issue of the Co-op Spoonful, you'll find a coupon good for 50¢ off your purchase of local organic zucchini squash in celebration of our annual Harvest Party! If you aren't growing your own, and your neighbors, co-workers, and family haven't yet blessed you with this ubiquitous green goodness, you can pick up loads of versatile tender local zucchini from the Co-op in preparation for the big day. Both **Rising River** and **Wobbly Cart** farms will be supplying us with fresh organic zukes all season and we'll be sharing our excitement with you!

Rising River Farm

This family farm in Rochester has been certified organic "since day one." They use cover cropping, fallowing (resting the land) careful crop rotation, and fertilize with only natural ingredients.



Rising River is surrounded by wild hedgerows, hay fields, a creek, and woods and like-minded, responsible neighbors which helps keep their fields protected and clean. Learn more at www.risingriverfarm.com

*Ingredients available in the Co-op bulk department; other items available in the produce, meat and cheese departments.

Wobbly Cart Farm

Located 30 miles south of Olympia on the banks of the Chehalis River, Wobbly Cart

is a diverse, 10-acre, certified organic farm. Since 2005, their work combines a love of land with a commitment to a lifestyle that celebrates their passion for delicious, local, organic food. Visit their website at www.wobblycart.com. ■

Olympia Food Co-op Harvest Party

Saturday, September 7, 2019

12pm - 4pm

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 rapturous sonic vibrations from the Co-op's own DJ Koolhandz Luke, and experience delightful Local Eats, and sizzling prizes, for a full afternoon of revelry. You can even bring your favorite dish to share. See you at West Central Park! ■

**CO-OP LOCAL
COUPON**

**50¢
OFF**



good for 50¢ off any
**FRESH ZUCCHINI
PURCHASE**

one coupon per visit
valid thru 9-17-19





You Can Run for the Board of Directors

Applications due 9pm on September 15th

Elections run October 15th - November 15th

The **Olympia Food Co-op Board of Directors** is the body elected to represent the membership, and hold ultimate legal responsibility for the operations and actions of the Co-op. The Board establishes policies, oversees the operating and capital budgets, approves plans and recommendations, and sets general guidelines for staff and working members.

Eligibility

The Board of Director 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.

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 of Directors 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 questions and/or accommodations, email
boardapplication@olympiafood.coop

For more information, visit
www.olympiafood.coop/join-us/board-of-directors

Local Lemon Balm in Eastside Bulk

Tri-J's Farm, a local farm growing herbs and fruit organically on Steamboat Island, is now providing the Co-op's eastside store with bulk Lemon Balm, and in the future, bulk dried calendula too!

Lemon Balm (*Melissa officinalis*), balm, common balm, or balm mint, is a herbaceous perennial in the mint family Lamiaceae naturalized in the Americas. It makes for a tea that is soothing, relaxing, and tasty. Studies have shown that Lemon Balm can improve sleep quality, and decrease in anxiety in healthy patients. It also shows antioxidant activity, due to high amounts of flavonoids, and rosmarinic, gallic and phenolic acids. It also makes an excellent iced tea in these coming hot days of summer.

Tri-J's is a family-operated, nine-acre micro-farm located just outside the City of Olympia. They use only Certified Organic seed, fertilizers, and soil. The vast majority of the farm consists of the highest quality Lemon Balm, Calendula, and an ever growing crop of delicious and healthy Goji Berries, but also includes five Eucalyptus species for leaf harvest.

Tri-J's dedicate a minimum of 5% of their profits to Empowerment projects, or to like-minded organizations. They work to donate items that help Native Elders and children. As of August, 2019, they've donated more than 42,000 items.

Tri-J's says, "Respect, understanding, and love are at the core of our values. We thank you for choosing to support our family farm and our efforts." ■

