CO-OPS CHANGE UNDERSTANDING

Buy Local Month Recipes

BOARD ELECTIONS AND FALL BALLOT
Fall is already in the air as I write this note, though officially there are several weeks of summer left. Pumpkins are starting to turn orange and the starts we tended during hot days are paying off in fields and gardens. The Co-op is always a busy place this time of year, from back to school shopping to Board elections, we are lucky to fuel our enterprises with lots of delicious local produce that highlights the best of Buy Local Month (September) to Co-op Month and Indigenous People’s Day (October).

During this quarter, we are highlighting the way co-ops change our understanding, contributing to community values and relationship building for everyone. Autumn is a great time to reflect on what’s in store and what we’ve accomplished, individually and together. We are excited to highlight a new opportunity for community growth in our state, as explored in the article about Cooperativa Tierra y Libertad, the Co-op’s new Round Up at the Register recipient. You’ll find more information about them and the Co-op’s work to support local farming and production in our stores in the biweekly handout, The Spoonful.

Thank you as always for supporting the Co-op’s purpose and goals throughout the year, and don’t forget to vote in our elections, with important decisions about Board members and carrying beer and wine in our stores on the ballot.

—Maureen Tobin
Time to Vote!

2019 Election for Board of Directors

by Desdra Dawning, Member, Board of Directors

Every year at this time, the Board of Directors of the Olympia Food Cooperative look to the November ballot as a time to open their doors to incoming new directors. This process is one of the key ways that members can help to guide the direction of their Co-op. Participating in the Board elections—either by running yourself, or encouraging a friend, family or colleague to run for the Board—and by voting, is one of the most powerful and creative actions any cooperative member can offer to our community. Knowing that your Co-op Board has your best interests in mind, and is prepared to stand by them, is grounding and life-affirming. It is participatory democracy at its finest.

Sign-up to apply for the Board election runs every year from August 15-September 15. Voting is held from October 15-November 15. Ballots are made available at both stores. Currently, two positions are available on the Board.

Often, other measures are included on the ballot. This year, the measure being put forth to all Co-op members, is the question of whether or not our stores can include beer, wine and soft alcohol products in the product line. Most cooperative markets now carry these products. The ultimate decision on this rests in your hands.

The Co-op Annual Meeting, being held this year on Saturday, November 2nd, at the Olympia Community Center, is the place where Co-op members can meet and hear from all members who have applied to run for a seat on the Board. A ballot box is always made available at this yearly meeting for those who prefer to vote after hearing from these candidates, and also gain clarification on any other measures on the ballot. Several Co-op Conversations have been held for members over the past year to discuss this measure.

This will be the second year that online voting is available. The ballot will be made available on the website: www.Olympiafood.coop. Please make sure that your email address is correct in Co-op records in order to vote in this manner.

In the same way that participation in voting in national elections is an integral and crucial part of the democratic process, so too does your vote determine the direction your Co-op takes in the years to come. Please vote and make your voice heard!

We invite you to join us!

BECOME A WORKING MEMBER

Active participation of members is the foundation of any cooperative. At the Olympia Food Co-op, working members have supported the operations of the Co-op since we opened in 1977, and are a valued part of our Co-op community.

As a working member, you can learn about your Co-op from the inside out, meet people, gain new skills, and receive discounts on your groceries. Join a long tradition of working members who have made the Olympia Food Co-op the successful, community-oriented organization it is today!

EASTSIDE

OCTOBER
Thursday 10th, 6:30-8:30 pm
Sunday 13th, 3-5 pm

NOVEMBER
Thursday 7th, 6:30-8:30 pm
Sunday, 10th, 3-5 pm

DECEMBER
Thursday 5th, 6:30-8:30 pm
Sunday 8th, 3-5 pm

WESTSIDE

Check-in with the Westside directly for dates and times.
360-754-7666
Select Option 3 to talk to a Staff member and ask about Working Member Orientation
NEW WEST SIDE EVENT:  
FIRST ANNUAL CO-OP  
FAUX B QUE

On June 9th Westside Chill Department Manager Josh, along with the Co-op Local Products Committee and the Outreach Team, hosted a meat-free Bar-B-Que at the Westside Garden Center!

Photos by Daniel Bernstein

Chef Josh kept the mouth-watering black bean-based burgers from Le Voyeur and plant based Tofurky sausages flowing freely!

The Dumpster Values Collective provided a vegan fashion show with sassy models displaying a colorful array of garments in animal-free natural and synthetic fibers, fake fur and pleather.

Staff member Pat Maley played the drums with songwriter Mary Water in their band, Guidon Bear.

Staff member D.J Koolhandz Luke spun the jams while we also raffled off lovely prizes.

On June 9th Westside Chill Department Manager Josh, along with the Co-op Local Products Committee and the Outreach Team, hosted a meat-free Bar-B-Que at the Westside Garden Center!
Working Member Summer Party

by Robyn Wagoner, Staff Member

How much do we appreciate our Co-op Working Members? Let us count the ways! Over 300 Working Members contribute to our co-op in so many capacities: from cashiering and stocking to serving on our Board and committees, to landscaping and running our Westside Free Store. Working Members bring love and expertise to the organization, while helping to keep prices lower for everyone, and forging deep connections with our community.

On July 27th, the Working Member Coordination Action Team hosted our annual Working Member Summer Party at Lions Park. We feasted on a variety of foods including Old School Pizza, tamales, Spanish rice and soft tacos, lots of organic fruit, and sweets.

Pat Maley and DJ Koolhandz Luke kept the music coming and Staff member Olivia played live tunes with her partner John.

We raffled opulent gift baskets with Co-op swag, treats and housewares, along with a special offering of gourmet selections donated by our local partners at Exquisite N Traditional. Working Members won plants from the Garden Center, Co-op logo sweatshirts and loaded gift cards too! Everyone received a Working Member T-Shirt and a big thank you for their dedication to this community-built labor of love.
Local Fish Options

By Mae Commons, Staff member

Loki Fish Company, based in Seattle, provides fish from the Puget Sound and Southeast Alaska, which they make available in flash-frozen and smoked varieties. They are certified as sustainable harvesters by the Marine Stewardship Council.

Salmon River Smokehouse works with indigenous fishers and cooperatives to smoke and distribute wild-caught salmon. They offer a variety of flavors, and even a cream cheese and salmon spread!

Lummi Island Wild catches wild salmon in a sustainable, solar-powered reef-net fishery that prevents almost all unwanted bycatch and results in high-quality, delicious fish. We sell both wild-caught Sockeye portions as well as Baker Lake Sockeye fillets.

Golden Catch offers wild-caught Alaskan salmon and cod. Certified sustainable by the Marine Stewardship Council, they are based right here in Olympia, and Gene, the owner and operator, offers a personal satisfaction guarantee, and proudly affixes his name and number to his products.

Quinault Native Harvest is an indigenous-owned fishery selling sustainable, wild-caught salmon. For thousands of years, their deep connection to harvesting and honoring this food has created a culture of celebrating the freshest and finest seafood. Their smoked salmon is simply delicious.

Buy Local Month Recipes

Salmon Wasabi Cakes

By Co+op, Stronger Together

Salmon patties get a makeover in this baked version featuring fresh-cooked salmon, wasabi, sesame seeds and cilantro.

Ingredients

- 1 3/4 pounds skin-on salmon fillets or big fillet (makes about 6 cups flaked salmon)
- 1 1/2 tablespoons olive oil
- Pinch each of salt and black pepper
- 1/3 cup mayonnaise
- 1/2 cup chopped green onions
- 2 tablespoons black sesame seeds
- 1/4 teaspoon sea salt
- 1/8 to 1/4 cup wasabi paste
- 1/4 cup chopped fresh cilantro

Preparation

Heat the oven to 425 degrees F. Place olive oil in a medium bowl and add salmon. Turn to coat.

Sprinkle salmon with a pinch of salt and ground pepper and place skin side down on a lightly oiled baking sheet. Roast until just cooked through, about 12 minutes for a 1”-thick fillet. Let cool. Remove skin from salmon and discard. Using a fork in one hand to hold the salmon, use a second fork to shred the fish into small pieces.

Reduce the oven temperature to 400 degrees F.

In a medium mixing bowl combine the mayonnaise, green onions, sesame seeds, sea salt and wasabi paste. Add the flaked salmon and cilantro and mix until just combined, being careful not to over-mix.

Use an ice cream scoop to make medium-sized balls of the salmon mixture and place on a parchment-lined sheet pan. Gently flatten the balls to form round cakes.

Bake for 25 to 35 minutes, remove from the oven and let the salmon cakes cool on the baking pan for 10 to 15 minutes before removing to a serving platter.

Serving

Whisk a bit of wasabi paste and a few drops of toasted sesame oil into 1/2 cup of prepared mayonnaise and drizzle over the salmon cakes before serving. A side salad of baby spinach leaves, crunchy bean sprouts and shaved daikon radishes makes for a full meal. Substitute 2 cans of salmon for the fresh to shorten your preparation time!
Kale Three Ways

By Monica Peabody, Staff member

Kale contains vitamins A, B, C and K, as well as folate, calcium, copper, manganese and magnesium. Kale barely has any fat, but the little fat it has is omega-3, great for your brain. Per calorie, kale has more iron than beef and more calcium than milk. Basically, kale is magic! And in the Northwest, we are lucky to have access to really delicious, magic kale that gets sweeter with every cool night.

Kale Chips

One bunch of kale
Olive oil
Salt
Optional seasonings may include: pepper, paprika, powdered vinegar, chilis or any other herbs

Preheat oven to 350.
Wash and dry kale thoroughly.
Cut or rip kale into bit size pieces (keep in mind it will shrink).
In a large bowl toss the kale in olive oil until just coated.
Spread onto baking sheets in a single layer.
Sprinkle with salt and any optional seasonings.
Bake until crispy, 20-30 minutes. Check on them often, they go from crispy to burnt quickly.

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Kabocha Squash Soup

From Co-op, Stronger Together

This winter soup warms you up with its subtle spicy flavors. You can use any dense, slightly sweet winter squash, like butternut, Hubbard, or other interesting local option. Serve over brown rice for a heartier dish.

Ingredients
1 medium kabocha squash
2 tablespoons olive oil
2 tablespoons coconut oil
1 yellow onion, diced
2 cloves garlic, minced
1 tablespoon minced fresh ginger
1 jalapeno, seeded and minced
1 teaspoon cumin
1 teaspoon coriander
1 teaspoon garam masala
3 cups vegetable broth
1 cup unsweetened coconut milk
Salt and black pepper to taste
1 lime, cut into wedges

Preparation
Heat oven to 375°F. Carefully cut squash into halves or quarters; remove the seeds, drizzle cut sides with olive oil and bake 30 to 40 minutes or until very tender. Scrape the flesh into a bowl and discard the skin. Roughly chop the squash.

In a large soup pot, heat the coconut oil over medium-high heat. Sauté the onion for 6 to 8 minutes until soft. Add the garlic, ginger and jalapeno and cook another 2 minutes, stirring frequently. Add the spices and stir for one minute. Add broth, coconut milk and squash and bring the soup just to a boil. Reduce heat and simmer the soup for 15 to 20 minutes, stirring occasionally. Remove from heat and blend with an immersion blender until smooth. Season with salt and pepper. Serve with lime wedges.

Serving Suggestion
This winter soup warms you up with its subtle spicy flavors. You can use any dense, slightly sweet winter squash, like butternut, Hubbard, or other interesting local option. Serve over brown rice for a heartier dish.

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Cooperativa Tierra y Libertad is an organic, cooperative farm that was founded by four farmworker leaders in Everson, Washington. One founder, Ramón Barba Torres, was fired from Sakuma Brothers in 2014 for organizing workers for better conditions. Two years later Sakuma Brothers workers voted to unionize and Familias Unidas por la Justicia, Washington’s first farmworker-led union, was formally recognized.

In August 2017, smoke from Canadian wildfires created poor air quality in the Bellingham area and people were warned to remain indoors. At Sarbanand Blueberry Farm, which contracts farmworkers through the exploitative H2A guestworker visa program, 28-year-old Honesto Silva Ibarra, a guestworker who had complained for three days about feeling sick and needing to see a doctor, collapsed and later died. Though Sarbanand blamed his death on untreated diabetes, the union knows that the heat, smoke, long hours and being forced to continue working despite feeling ill, contributed to his decline. The Department of Labor and Industries fined Sarbanand $150,000 for labor violations unearthed in the investigation. The union and Community to Community Development (read more about this organization below) successfully fought for the passage of SB 5438, “Concerning the H-2A temporary agricultural program,” to create oversight for the use of the H2A program in Washington State to prevent further abuses of farmworkers.

In this same year, the worker-owners of Cooperativa Tierra y Libertad began the process of forming their cooperative. Though the successes of Familias Unidas por la Justicia show that farmworkers can organize and win, pushing for better pay and working conditions is only part of the solution. Farmworkers need more control over harmful conditions, like exposure to chemical fertilizers and pesticides and choosing not to work on days that are too hot or smoky, or if they are ill. This is why the worker-owners see cooperatives as a necessary
alternative to working in industrial agriculture, though it is difficult for farmworkers to access land, capital, and the markets needed for such a project to succeed. Resources and the support of a community are needed to peacefully change an exploitative and entrenched system.

Enter Community to Community Development, a Bellingham based action oriented organization working towards food sovereignty and a solidarity economy, providing support to grassroots frontline farmworker leaders and farmworker families. With their fundraising and legal support, Cooperativa Tierra y Libertad is now leasing 65 acres of land. They had their first harvest-of-the-year celebration in June, and they hold u-pick events on Sundays. Berries have been sold throughout the Bellingham area, including the Community Food Co-op in Bellingham and to local restaurants and an ice cream shop. They have future plans to grow corn for tortillas they hope to make on site.

The Cooperativa Tierra y Libertad worker-owners decide how to produce and distribute their crops, what tasks need to be completed each day, or if they need to halt work due to dangerous conditions. Workers take breaks and eat lunch when they need to, knowing the work will get done. Their long term goal is to eventually buy the land, with 10 families cooperatively growing and selling their own food.

You will be able to round up at the register at the Olympia Food Co-op for the rest of 2019 to support Cooperativa Tierra y Libertad.

To learn more about this new cooperative:
Follow @tierraylibertad_coop on Instagram,
Contact them at tierraylibertad@qwestoffice.net,
Watch for u-pick opportunities on the Community to Community Development Facebook page, https://www.facebook.com/Community2Community/.

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This article is the third installment in a series of explorations about how co-ops change everything. The spring edition looked at ways co-ops change our environment, and summer focused on co-ops changing our economy. The winter issue will demonstrate how co-ops change our communities.

Among the several purposes of the Olympia Food Co-op, you’ll find:
- make good food accessible to more people, and
- support efforts to foster a socially and economically egalitarian society

If the Olympia Food Co-op is to be successful, the Staff and Board must stand firm in these shared purposes to maintain clear and strong boundaries for upholding the individual rights of our diverse membership while also maintaining a dynamic and compassionate response to our members who do not meet the responsibilities expressed in our Olympia Food Co-op Member Rights and Responsibilities document.

Responsibilities:
To treat others with dignity, and to communicate with respect and kindness
To honor the store prices by respecting policies, and paying the appropriate amount for your purchases
To support and operate from the mission and values of the Co-op
To respect the structure, agenda, and facilitation of Co-op board meetings
To maintain your active membership status by keeping your equity and contact information current
To approach conflict and challenges in good faith and with dignity
To behave in a way that will not compromise the safety of others
To adhere to and sign the tabling agreements when tabling at the stores

In an attempt to achieve this integral dynamic and compassionate response to all members, our Staff has committed to utilizing Restorative Practices for rebuilding challenged relationships with members and with one another.

Restorative Practices (RP) is an emerging field that enables people to restore and build community in an increasingly disconnected world. This field ties together theory, research and practice in fields such as education, counseling, criminal justice, social work and organizational management.

The concept of RP has its roots in “restorative justice,” a way of looking at criminal justice that focuses on repairing the harm done to people and relationships rather than on punishing offenders (although restorative justice does not preclude incarceration of offenders or other sanctions). Originating as mediation between victims and offenders, restorative justice has broadened to include communities of care as well, with victims’ and offenders’ families and friends participating in collaborative processes called “conferences” and “circles.”

The fundamental hypothesis of RP maintains that the punitive and authoritarian “to mode” and the permissive and paternalistic “for mode,” are not as effective as the
restorative, participatory, engaging “with mode.”

People in many fields are developing innovative models that share this hypothesis. In social work, decision-making processes empower extended families to meet privately, without professionals in the room, to make a plan to protect children in their own families. In criminal justice, restorative circles and conferences allow victims, offenders and their respective family members and friends to come together to explore how everyone has been affected by an offense and, when possible, to decide how to repair the harm and meet their own needs. In education, circles and groups provide opportunities for students to share their feelings, build relationships and problem-solve, and when there is wrongdoing, to play an active role in addressing the wrong and making things right. Businesses have found that workplaces tend to be more productive when they invest in building social capital through the proactive use of RP. Also, when a problem does arise, they find that the reaction of employees is more positive and cooperative.

RP achieves social discipline through participatory learning and decision-making. The social discipline window (pictured) describes four basic approaches to maintaining social norms and behavioral boundaries. They are represented as different combinations of high or low control and high or low support.

The restorative domain combines both high control and high support and is characterized by doing things with people, rather than to them or for them.

The most critical function of RP is restoring and building relationships. Because this concept has its roots in the field of criminal justice, people assume that RP is only a reactive response to wrongdoing. However, the free expression of emotion inherent in RP not only restores, but also proactively builds new relationships and social capital, which is defined as the connections among individuals, and the trust, mutual understanding, shared values and behaviors that bind us together and make cooperative action possible.

The earliest roots of the Co-op’s involvement with restorative practices grew when a former Co-op Staff member became inspired upon their attendance at the play “The Exonerated.” Although the Co-op’s accountability systems have always contained restorative components, the theory and methodology was fully embraced in the revamped accountability system, which was adopted in 2011 by Staff and Board.

Today, Staff and Board work diligently to ensure that members maintain access to the resources we provide. When individual members fail to uphold their responsibilities outlined in our literature, they are first notified verbally whenever possible. If problematic behavior continues, they are notified in writing. Unless the member is aggressively disruptive or there is a threat of violence, they are not summarily banned from the property. Instead, our Resolution Team meets with the member who is encouraged to bring a support person, and together they begin to develop a path forward to ensure that the member understands the steps to achieving behavioral goals that will allow them to return to shopping in the stores.

The Resolution Team is made up of Co-op Staff from a broad array of member-centered teams within the organization. According to the Resolution Team job description, the group is tasked to “make decisions in a timely manner on appropriate actions to be taken, including drafting Member Behavioral Agreements and No Trespass Notice, while being mindful of the Co-op Mission, Staff Values, Customer Service Agreements, etc...”

In order to achieve the best possible outcome, the Resolution Team shares the goals of:

a.) understanding the perspectives of everyone involved;
b.) healing the relationships between the individuals and the organization;
c.) protecting the members, Staff, and greater community; and
d.) maintaining the viability of the business.

Fortunately, most individuals who move through the Co-op accountability systems are able to communicate an understanding of the impact their behavior has on others, and also demonstrate a willingness to achieve their designated goals in a timely manner to re-establish a strong relationship with the organization. Each set of agreements is specific to the individual involved. In some cases, the individual may be asked to refrain from visiting one or both stores for a certain amount of time before returning. Occasionally, mediation or some further education is requested to help the individual develop tools for coping with these behavioral expectations. Others may require an assisted shopping arrangement as a part of their plan. The final goal is always to return the non-violent individual to the Co-op community in some workable manner. Although it is clear that individuals struggling with violent behaviors also need community, it is a primary responsibility of the Co-op Staff to maintain the comfort and safety of our shoppers, themselves and one another. A safe environment for all takes precedent over accommodating individuals.

continued on the next page
It is helpful for members to understand that this process is not entered into in a punitive spirit, and is applied throughout the organization. Co-op Staff are also expected to participate in restorative practice when they fail to uphold collective expectations. They collaborate in the development of goals around their work and interpersonal relationships as a part of their commitment to involvement in the cooperative process. Staff and Board members are offered routine and specific anti-oppression trainings to help them understand unconscious racism, sexism, ableism, ageism, and other cultural hetero-normative biases. Trainings on oppression awareness are also being developed for Working Members and the greater community. Staff may attend designated mediations and employ support people. They participate in check-ins with regard to their progress toward their behavioral goals just as members do when following the process. Restorative Practice is a Co-op value at every scale.

As opposed to the exclusion and hierarchy of capitalism that views the individual as disposable, it becomes clear that co-ops change our understanding through encouraging lifelong learning and personal development that both builds and rebuilds our relationships with one another.

Resources:

“The Exonerated”
www.imdb.com/title/tt0421057

International Institute of Restorative Practices www.iirp.edu

Community Youth Services

Dispute Resolution Center of Olympia

Restorative Justice.org
http://restorativejustice.org/

Cooperative Food Empowerment Directive (CoFED) www.cofed.coop/thecofed

A famous article on restorative practices from 1999:

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Zesty White Pesto

**Ingredients**

- ¼ cup pine nuts
- ¼ cup walnuts
- ¼ cup extra-virgin olive oil
- 4 oz fresh ricotta cheese
- 1½ cups Parmesan, grated fine
- 2 garlic cloves or scapes, chopped fine
- 2 tsp oregano, chopped fine
- 2 tsp basil, chopped fine
- Zest of 1 large organic lemon
- Salt
- Black pepper, ground fine
- 1 lb spaghetti or rigatoni

**Directions**

1. Toast nuts 5-7 minutes until golden brown and then cool. Chop walnuts fine.
2. Salt and bring to boil a generous pot of water.
3. In a large bowl, alternately blend 1 Tbsp of olive oil after adding each of the Ricotta, Parmesan, nuts, garlic, oregano, and lemon zest until the oil is fully combined, stirring vigorously.
4. Season with salt and pepper, taste again.
5. Add pasta to boiling water. Stir intermittently until pasta is al dente.
6. Ladle one cup of the cloudy pasta cooking water into the pesto mixture and stir gently.
7. Spoon pasta into the pesto mixture. Stir vigorously for two minutes to thicken into a coating for the pasta.
8. Serve sprinkled with Parmesan and freshly chopped basil.

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For a hearty variation, serve with butter-sautéed morel mushrooms.
Simple Baked Salmon
from Mae Commons

Ingredients
6 oz Sockeye salmon portion
1/2 teaspoon olive oil
2-4 cloves garlic, minced
3-4 lemon slices
1/8 teaspoon salt
1/8 teaspoon pepper

Preheat oven to 350 degrees. Spread a few drops of olive oil on a baking pan and place the salmon portion on it. Sprinkle salt and pepper on top of fish, followed by garlic and then lemon slices. Bake for 12-15 minutes until fish flakes apart easily. This recipe can be scaled up for larger portions or fillets.

Photos by Monica Peabody
Community Based Farmworker Justice, continued from page 9

To donate directly, make checks payable to:

Cooperativa Tierra y Libertad and send to:

TIERRA Y LIBERTAD, P.O. Box 963, Bellingham, WA 98227

Donations go toward new equipment and lease-to-own payments.

To learn more about Community to Community, contact them here: c2cinfo@foodjustice.org

Check out their radio program, Community Voz:
http://www.foodjustice.org/community-voz-radio/

Follow them on Twitter at https://twitter.com/FoodJusticeC2C, or go to http://www.foodjustice.org.
Kale Three Ways

Continued from page 7

Sauteéd Kale with Crispy Garlic

One bunch kale  
One head garlic, peeled and sliced  
Sunflower oil  
One lemon, juiced 
Salt  
Red chili flakes (optional)

Generously cover the bottom of a skillet with oil. When the oil is hot, add sliced garlic and sauté until the garlic turns light brown. With a slotted spatula, remove garlic from the oil and allow to dry on a towel or plate. Wash and chop kale and add to the hot oil. Sauté until wilted but still chewy. Remove from heat and stir in the juice of one lemon, sprinkle with salt and red chili flakes. Sprinkle with crispy garlic, save any extra for other salads, soups, casseroles, stir fries, etc.

Northwest Kale Salad

An Olympia Food Co-op Salad Bar favorite!

One bunch of kale  
One carrot  
One quarter of a red onion, thinly sliced  
Dried cranberries, about ½ cup  
Hazelnuts (whole or chopped)  
Apple Cider Vinegar  
2 teaspoons Salt

Wash and chop one bunch of kale. Sprinkle with apple cider vinegar and salt. Massage kale until it is evenly distributed. Grate in carrot. Add sliced red onion, dried cranberries and hazelnuts. Enjoy!
**Tumwater Farmers Market**

You’ll find us at the corner of Capitol Blvd. & Israel Rd. (Parking behind WSECU)

**April 17 - September**
Wednesday • 10am - 2pm

Credit, Debit & EBT cards accepted

tumwaterfarmersmarket.org

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**OLYMPIA FARMERS MARKET**

10AM – 3PM

**January – March**
Saturday Only

**April – October**
Thursday - Sunday

**November - December**
Saturday & Sunday

We Accept EBT

OLYMPIAFARMERSMARKET.COM

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**Garden Center**

**Hours**

*Westside*
10am - 6pm daily

*Eastside*
8am - 8pm daily

Come visit our lovely westside Garden Center and find an array of locally and sustainably produced gardening goods. Organic home gardening is a great way to live more sustainably and we are committed to helping your garden succeed!

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**Sweet Creek Foods**

Family owned & operated

Supporting local farmers & fisherman

Our products are sold at your Co-op

[Contact information]

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**Olykraut**

Raw Tradition

We make raw fermented sauerkraut and kimchi right here in Olympia with as much local produce as possible. We support our farmers and so should you.

Eat your (fermented) vegetables!

[Contact information]
Corporate & Continuing Education

Client-Centered & Master Hypnotherapy Certificate

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360.709.2020

spscc.edu/cce/certificates/hypnotherapy
This summer has ripened like an unbelievable yellow peach from our produce department; let’s savor this moment as we review our financial health with numbers from late spring and early summer. We divide our financial year (January – December) into quarters, and every three months we get a snapshot of how much money is coming in, how much is going out, and what we’re spending it on. We have closed out our second quarter and can reflect on this April, May, and June. We consider how we’re doing compared to past years, as well as compared to our 2019 budget. We buy products from nearby farmers, local vendors, agricultural co-operatives, as well as natural and organic producers big and little from all over (Cost of Goods Sold), we sell these products at the cash register (Sales), and the “extra” money (Revenue) pays for everything else, from the electricity bill to keep the lights on and the freezers cold (Operations), the paychecks and health care for staff ( Staffing), the discounts at the register we offer anyone experiencing financial hardship (Membership Discounts), as well as donations to community organizations and this newsletter you are reading (Community & Marketing).

Overall, second quarter sales numbers are a tad more than we’d predicted, and our total income is nearly spot on our projections, coming in at $3,099,622. Our budgeted expenses were nearly equal our budgeted income, resulting in a bottom line very close to breaking even. Our actual expenses, however, reflect our recent trend of spending less than we’d budgeted in variety of line items, this quarter most notably in our medical benefits for staff (an offset of $42,983). Just like everyone else with a body, we never know just what is around the bend, and we do our best to guess how much money to set aside each year for medical benefits based on history, changes in health care costs, and known health care needs in order to budget staff’s health care costs. We maintain a remarkable medical benefits package, and while you can know that no one is getting rich working for the Co-op, we do offer the best health benefits package in town.

Behind the sales numbers represented in the accompanying table, we have most departments at both stores making their sales goals, and each of the stores overall slightly exceeding their sales goals. We are seeing an unfortunate negative trend in sales at the Eastside store in slumping sales in Wellness, as more customers turn to shopping online. On the flipside, both of the Produce departments have been flourishing in their sales and margin numbers.

Coming back to the Co-op overall, we are looking good according to the standard indicators of financial health, and the bottom line is that the Co-op is financially stable.

Our cooperative business model keeps our local food systems strong and the maximum amount of money possible circulating locally, which supports our local community on every level. Local farms and producers have a strong marketplace to connect with and build understanding, which supports our local values as well!

As always, we look forward to seeing you in the stores, and if you have any questions or thoughts about the Co-op’s finances, feel free to email max@olympiafood.coop (for a rookie) or corey@olympiafood.coop (for a pro). Alternately, you can call the accounting office at (360) 357-1106.
Revitalizing the local grain economy in the Cascadia Region

www.cascadiagrains.com
The Hidden Causes of Thyroid Disorders
with Dr. Jennea Wood
Date: Thursday, September 5th
Time: 7:00pm - 8:30pm
Location: Olympia Food Co-op Downtown Classroom

Thyroid disorders are common, and they can cause a variety of symptoms including fatigue, anxiety, depression, difficulty losing weight, hair loss and digestive issues. But 60% of people with a thyroid problem aren’t aware that they have it and many people who do know have never had thorough testing and still feel fatigued despite taking thyroid hormone. Join me to learn about the best tests to identify thyroid issues, the root causes of this condition and the reasons why standard thyroid medication isn’t bringing back your spark.

What we’ll cover:
• Why standard thyroid testing misses the majority of thyroid conditions and what testing you really need
• The six most common root causes of thyroid disorders
• The basics of diet and lifestyle to support your thyroid
• Get your questions answered

Introduction to Cleansing
with Dr. Jennea Wood
Date: Thursday, October 3rd
Time: 7:00pm - 8:30pm
Location: Olympia Food Co-op Downtown Classroom

Join Dr. Jennea Wood for an evening of enlightenment, information, and inspiration. Bring your questions! We’ll discuss:
• The organs of detoxification and elimination and how to support them
• Foods that support cleansing
• At home self-care therapies
• Dietary and environmental sources of toxicity
• Therapies to support cleansing
• Supplement support for cleansing

Magnificent Mycelium
with Taylor Fairbrother of Fungi Perfecti
Date: Sunday, October 6th
Time: 12 - 2pm
Location: GRuB

Magnificent Mycelium: A deeper look into the symbiotic relationship between Plants and Fungi: Fungi and plants have been allies for millions of years! Learn about the fascinating relationship between these organisms, and how to harness this ancient symbiosis to enrich green landscapes at any scale. We will discuss the use of mycorrhizal fungi, gardening with edible mushrooms, and how fungal sugars may benefit bees.

Organic and Vegan Gardening:
Preparing the Garden Now for Spring
with Ana Clark
Date: Sunday, October 6th
Time: 2:30pm - 4pm
Location: GRuB

Are you really excited about gardening, but don’t know where to start?

Interested in organic or vegan gardening practices and want to garden in a way that benefits our local ecosystem? Come learn how to prepare now for next year’s garden, when to start seeds, variety and seed company suggestions, and how to build soil health so your garden thrives.

Baby & Me Gentle Yoga
with Fabi Acosta
Date: Sunday, October 13th
Time: 10:30 - 12pm
Location: GRuB

This class is oriented on babies and their caretakers. We will focus on bonding with the baby through very basic yoga techniques (such as breath work, gentle movement and singing mantras). The goal is to learn easy to remember tools to share with your little one on your own. It’s best if babies are at least 2 months, and all the way up right before becoming toddlers. It will be an opportunity to relax, have fun and support each other! Please bring a Yoga mat or sheet for the floor.

Heal Heartburn Naturally
with Dr. Jennea Wood
Date: Thursday, November 7th
Time: 7pm - 8:30pm
Location: Olympia Food Co-op Downtown Classroom

Join Dr. Jennea Wood for an evening of enlightenment, information, and inspiration. Bring your questions! We’ll discuss:
• The organs of detoxification and elimination and how to support them
• Foods that support cleansing
• At home self-care therapies
• Dietary and environmental sources of toxicity
• Therapies to support cleansing
• Supplement support for cleansing

Locations

GRuB (Garden Raised Bounty)
2016 Elliott Ave. NW
Olympia, WA 98502

Olympia Food Co-op Downtown Classroom
610 Columbia St. SW
Olympia, WA 98501

Registration

Pre-Registration is Required
Register at www.olympiafood.coop, or in person at either store between the hours of 11am - 6pm. Registration is not available online. There is a $7 non-refundable registration fee per class/per person unless otherwise noted.
Farming with Fungi
with Sami Kempf of Fungi Perfecti
Date: Sunday, November 10th
Time: 12 - 2pm
Location: GRuB

Farming with Fungi: This talk is an overview and exploration of a variety of ways that mushrooms can be incorporated into a sustainable farming practice. From benefiting soil structure, to increasing bloom production and supporting the health of your animals, fungi are your farms newest old friend.

Warm Vegan Soups For Fall and Winter
with Ana Clark
Date: Sunday, November 10th
Time: 2:30pm - 4:30pm
Location: GRuB

Learn how to make delicious, hearty, vegan soups. I will demonstrate how to make a chickpea curry, a lentil-potato soup, and a shiitake-bok choi soup. The completed soups will be available for sampling, and recipes will be provided.

Pie Making
with Martha Chubb
Date: Sunday, November 17th
Time: 1:00 - 4pm
Location: GRuB

You will learn how to make flakey and delicious pie crust with fruit filling. The recipes that I provide are for 1 double crust pie or 2 single pie shells. If you like you can make a SINGLE PIE SHELL that we can bake in the class, or you can take home to bake. If you plan on making a pie shell, bring a pie pan and rolling pin. I will have pie for you to sample.

OCTOBER IS NATIONAL CO-OP MONTH

Every October, the cooperative community reflects on the benefits cooperatives bring to their members, and to the world at large. Co-ops change our environment, our economy, our understanding and our communities. During the month of October, consider how you can share your experience as a member of the cooperatives you support with someone who is not a co-op member. Consider your sharing of time, expertise, resources and love, and what you (and the community) receive in return.

The Olympia Food Co-op in association with National Co-op Grocers will be offering specials during the whole month of October in celebration of the success of co-ops all across the country.

In the US alone, co-ops:
• provide 2 million jobs
• create 74 billion in wages
• create revenue of 650 billion
• generate $1.60 in the local economy for every $1 that is spent at a co-op
• power 18 million buildings with more than 900 electricity co-ops
• provide 1/3 of the population with credit union financial services
• account for 62% of all US agricultural sales
• decrease turn over rates in employment from 60% to 15%
• provide housing for 1.5 million families through housing co-ops
• serve 233 million people with cooperatively owned and affiliated insurance

This October, you can share the love! Start conversations with family, friends, co-workers and neighbors about the benefits of membership, and shake up your social media with the hash tags:
#CoopMonth,
#ByTheCommunity, and
#ForTheCommunity.

Membership is ownership!
Attend a Board Meeting!

Board of Directors meetings are held on the 3rd Thursday of every month from 6:30-9:30 pm at the Co-op’s downtown business office, 610 Columbia Street SW Olympia, WA 98501 (unless otherwise noted). The Olympia Food Co-op Board of Directors welcomes the attendance of active Co-op members at Board meetings. Board meetings may include an executive session, which is closed to members in order to discuss matters requiring confidentiality. For more information contact the Board of Directors at ofcboard@olympiafood.coop

Olympia Food Co-op Mission Statement

The purpose of the cooperative is to contribute to the health and well being of people by providing wholesome foods and other goods and services, accessible to all, through a locally oriented, collectively managed, not-for-profit cooperative organization that relies on consensus decision making. We strive to make human effects on the earth and its inhabitants positive and renewing, and to encourage economic and social justice. Our goals are to:

- Provide information about food
- Make good food accessible to more people
- Support efforts to increase democratic process
- Support efforts to foster a socially and economically egalitarian society
- Provide information about collective process and consensus decision making
- Support local production
- See to the long term health of the business
- Assist in the development of local community resources

Seven Cooperative Principles

1. **Voluntary, Open Membership**
   Open to all without gender, social, racial, political, or religious discrimination.

2. **Democratic Member Control**
   One member, one vote.

3. **Member Economic Participation**
   Members contribute equitably to, and democratically control, the capital of the cooperative. The economic benefits of a cooperative operation are returned to the members, reinvested in the co-op, or used to provide member services.

4. **Autonomy And Independence**
   Cooperatives are autonomous, self-help organizations controlled by their members.

5. **Education, Training And Information**
   Cooperatives provide education and training for members so they can contribute effectively to the development of their cooperatives. They inform the general public about the nature and benefits of cooperation.

6. **Cooperation Among Cooperatives**
   Cooperatives serve their members most effectively and strengthen the cooperative movement by working together through local, regional, national and international structures.

7. **Concern For The Community**
   While focusing on member needs, cooperatives work for the sustainable development of their communities through policies accepted by their members.
Board Report

by Desdra Dawning, Board Secretary

Every year, a Board committee—the Member Relations Committee (MRC) of the Olympia Food Cooperative—hosts an Annual Meeting for all members of the Co-op. Our bylaws require such a meeting in order for the Board and Staff collective to report to the members on the activities of the previous year. However, this gathering is meant to be more than that. It is envisioned also as a time to celebrate the fact that we even have such an amazing thing as a food cooperative in our community. And a well-established, long-lasting one at that! It has served as a place for old friends to check in with each other, for Board and Staff to share their thoughts and visions about the Co-op’s future, and for us all to come together over something we do very well—bring good food to people!

Each year, the Annual meeting has a theme to center its activities around. This year, the Member Relations Committee has rallied around the theme for the entire year, established by the staff outreach team—Co-ops Change Everything. Each quarter, from this overall theme, we look at something specific that we see as a change our Co-op makes to give us a better world.

This final quarter of the year focuses on the idea that Co-ops Change Understanding. The MRC has been looking at this idea from the angle of how it can shape our Annual Meeting. Some Staff collective members feel strongly that the primary way our Co-op changes understanding is by bringing to our community an awareness of the devastating affects on all of us of racism, white supremacy and oppression. Others of us hold a slightly different vision. While we agree that the world desperately needs to wake up to the destruction being caused by the old, patriarchal ways of thinking and moving in our world, we also choose to look in the direction of how we can individually and collectively replace these old, worn-out, life-denying, punitive approaches to living with ones more life-affirming, kind, conscious and intelligent.

With these two approaches in mind, the Member Relations Committee is working to give our members a most meaningful and hopefully heart-warming gathering this November 2nd. We also welcome and encourage input from members. After all, this meeting is being created for YOU! If you have any ideas on how our Co-op is changing things that you would like to share, please come to our Board meetings, held every 3rd Thursday of the month, at the Co-op downtown offices, with member comment starting shortly after the meeting begins at 6:30. We would very much like to hear your thoughts on this subject!
Join us for our 42nd Annual Olympia Food Co-op Membership Meeting!

at the Olympia Center, 222 Columbia St. NW

Saturday, November 2nd

11am - 2pm

Music
Catered Lunch
Meet the Board Candidates
Beer & Wine Ballot

Elections 2019
• Co-op Board of Directors
• Shall we carry Beer & Wine?

October 15 – November 15