



THE COOP *Spoonful*

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

October 16 - 29, 2019

Local Savings

Olympia Coffee Roasting Co.

Olympia Coffee Roasting Company has developed direct trade partnerships with coffee farmers in eight countries across three continents. But they began in 2005 as a wholesale coffee roaster, housed in an unmarked downtown Olympia warehouse. Sam Schroeder was the first employee to do production and make deliveries; he's now a co-owner with Oliver Stormshak. In 2007, Olympia Coffee opened a coffee bar two blocks away from the original location. The store had just four tables, and showcased the roasting process through windows into the roastery.

In 2009, Oliver Stormshak came on board, and organized a direct trade project with Costa Rica. Direct trade allows Olympia Coffee to have unprecedented control over the coffee flavors through varietal selection, day lot separation and experimental



processing. Olympia Coffee has gained increased understanding of the science behind roasting. Their detailed approach to coffee selection and processing had led to their success.

Sam and Oliver say that, "Success and recognition feels great but what we really love is for creating and sharing extraordinary coffee with our community in the Pacific Northwest and with our friends throughout the world."

This fortnight, the Olympia Food Co-op is excited to offer fifty cents off any

purchase of Olympia Coffee Roasting Company coffees, Big Truck, San Fermin, and Morning Sun, with the coupon in this issue of the Co-op Spoonful! ■

La Riojana Cooperative's Organic Fair Trade Extra Virgin Olive Oil

In the 1940s, La Riojana's founders arrived from Italy to Argentina and began cultivating wine vineyards and olive trees as a companion plant. In 2000, they were certified organic and by 2006, their crops were certified Fair Trade by Fairtrade International.

Today, La Riojana is one of the largest cooperatives in Argentina and the nation's third largest wine exporter. La Riojana's over 500 members have invested over \$730,000 USD in a new drinking water supply for the village of Tilimuqui, new community centers, medical equipment, and in 2010, a new

**CO-OP LOCAL
COUPON**

**50¢
OFF**


good for 50¢ off
any variety of
OLYMPIA COFFEE

one coupon per visit
valid thru 10-29-19



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secondary school, all primarily from the sales of their organic and Fair Trade wines. The school offers free education in agriculture to children age 13 – 18, and free computer courses to adults.

Transitioning more of their growers to the equivalent of USDA Certified Organic is another goal. La Riojana Cooperative is improving their water management, and investing in the use of solar/bio energy and reforestation, with a focus on becoming carbon neutral.

Support this wonderful organization and buy their specialty olive oil while supplies last! Visit lariojanawines.com ■

Biscuits & Gravy Weather

The wind is whipping, the leaves are falling, and the people are asking for biscuits and gravy. Fear not, it is returning by popular demand. The Co-op is once again selling gluten-free sausage gravy along with housemade biscuits on the salad bar starting at 9:30 am on Sundays. Keep your eyes peeled for packaged gravy to be sold additionally in the freezer aisle in the coming weeks. As a fun fall preview, the deli will soon be doing a test run of Chai tea on Mondays. We here at the Co-op want you to know that we care about you staying warm and calorically satisfied with hot food and drink in these blustery times. Happy Fall! ■

Brie, Fig, and Onion Panini

Reprinted by permission from StrongerTogether.coop Find more recipes and information about your food & where it comes from at strongertogether.coop

These elegant panini sandwiches combine delicious caramelized onions with seasonal fresh figs and melting Brie cheese.

Ingredients

- 1 tablespoon olive oil, plus more for the grill
- 1 large red onion, slivered to make 4 cups
- 1/2 teaspoon salt
- 1 large baguette, 18 inches long
- 12 medium fresh figs, sliced crosswise into rounds
- 4 oz. Brie, rind removed

Preparation

Heat the olive oil in a large heavy-bottomed saucepan over medium heat. Add onions and cook, stirring frequently, until the bottom of the pan is coated with reduction, about 5 minutes. Add 2 tablespoons of water and scrape up reduction with a wooden spoon. Continue cooking, adding water and scraping up browned bits until onions are softened completely and have a deep brown color, about 15 minutes. Add 1/2 teaspoon salt. Remove from heat and allow to cool.

Cut the baguette into four sections, then slice each in half lengthwise, leaving one edge uncut so it opens like a book. Tear out a bit of the middle of the baguette to make room for the filling. In each section, place about 1/4 cup of onion, 3 sliced figs, and a quarter of the Brie. Heat a griddle or large cast-iron pan over medium-high heat until the surface is hot. Lightly brush both the tops and bottoms of the sandwiches with olive oil, and place the sandwiches in the hot pan, then place a second pan or heavy pot on top of them. Cook for about 2 minutes on the first side, turn over and replace the pot. Cook for another 2 minutes until the cheese is melted and the bread is lightly toasted. Serve hot.

Nutritional Information

460 calories, 12 g. fat, 30 mg. cholesterol, 920 mg. sodium, 72 g. carbohydrate, 7 g. fiber, 15 g. protein ■



Biscuits & Gravy*

*gravy is gluten-free & dairy-free

EVERY SUNDAY ON
THE SALAD BAR

