



THE COOP *Spoonful*

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

October 2 - 15, 2019

Local Savings

Fog Woman Coffee

Fog Woman starts with coffee that is certified organic and shade grown so it tastes better and is better for you - and the environment. Fog Woman processors roast the beans slowly over controlled heat, so their coffees are smooth and never burned or bitter.

Song birds and hummingbirds that migrate from the coffee farms in Central and South America to Alaska need habitat to survive. When you purchase certified organic coffee, you're preserving this rainforest habitat. Organic coffee farming requires trees to be interplanted with coffee shrubs. This process will fix nitrogen in the soil, prevent erosion, and provide shade for coffee plants. Free from pesticides, organic coffee thrives from beneficial insects.

Organic coffee farmers receive a premium price for their crops and that means a living wage to care for their



families. In 2007, Fog Woman Coffee developed a scholarship for higher education. The organization has also been donating assistance for the people of Democratic Republic of Congo for over 35 years. Fog Woman supports Women in Safe Homes which provides a safe haven for women and their families in Alaska in times of crisis.

Support this Indigenous-owned business by purchasing Fog Woman Coffee with the fifty-cent Local Savings Coupon in this issue of the Co-op Spoonful! ■

The Olympia Food Co-op Celebrates Indigenous Peoples' Day! October 14th, 2019

Indigenous Peoples' Day began as a movement to acknowledge and honor the history and rich culture of the First Peoples of what we now know as the Americas, and to counteract the false Eurocentric narrative that Columbus Day represents. California was the first state to officially recognize Indigenous Peoples' Day. The Indigenous Peoples' Day Movement has been gaining momentum from its beginnings in 1991 in Berkeley, with many states, cities and universities electing to replace the federal holiday of Columbus Day in the second week of October. Currently, Indigenous Peoples' Day is observed by the states of Minnesota, Alaska, Maine, New Mexico and Vermont, as well as

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CO-OP LOCAL
COUPON

50¢
OFF


good for 50¢ off any
ANY VARIETY
FOG WOMAN COFFEE

one coupon per visit
valid thru 10-15-19



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South Dakota, which celebrates Native Americans' Day. Why replace Columbus Day with Indigenous Peoples' Day? Native activists have long argued that holidays, statues, and other memorials to Columbus sanitize his actions—which include the enslavement and murder of Native Americans—while giving him credit for “discovering” a place where people already lived. “Columbus Day is not just a holiday, it represents the violent history of colonization in the Western hemisphere,” says Leo Killsback, a professor of American Indian Studies at Arizona State University (Little, Becky, Oct., 2017, History.com).

In 2014, Olympia, Washington joined the growing list of cities that celebrate Indigenous Peoples' Day. Nearly 150 people showed up to support the city's proclamation at the Heritage Park gathering on Aug. 17th. The event featured traditional songs and speeches by Tribal members representing the Squaxin, Nisqually, Quileute and Quinault Nations. (Hobbs, Andy Aug., 2014, The Olympian.com).

Indigenous Peoples' Day serves as a powerful reminder of whose land we are occupying. The day can be an opportunity for non-natives to acknowledge, consider and contemplate how the effects of Indigenous genocide have directly or indirectly benefited them, and a chance to rethink history outside of a colonized context and mindset.

Please join us for a day of honoring and supporting Indigenous-owned businesses. There will be food sampling at both stores, and Indigenous artist and activist Leonard Peltier's paintings will be on display! Come and learn more about the businesses we will be "spotlighting" during the month of October:

- Fog Woman Coffee (Featured Spoonful Local Savings Coupon)
- Quinault Smoked Salmon
- Native Harvest Manoomin Wild Rice (Eastside only)
- Jalisco Tortilla Chips
- Maggie's Salsa
- Three Sisters Blue Corn and White Corn Tortillas
- Native Northwest Mercantile ■

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 United States 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 United States agricultural sales
- decrease turnover rates in employment from 60% - 15%
- provide housing for 1.5 million families through housing co-ops
- serve 233 million people with cooperatively owned and affiliated insurance. ■

**garden
CENTER**

**Olympia
FOOD
COOP**

Winter Hours

WESTSIDE	EASTSIDE
OCTOBER -	Everyday
DECEMBER 21st	8am - 8pm
Saturdays & Sundays	
10am - 6pm	