



THE COOP *Spoonful*

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

Nov. 13 - Dec. 3, 2019

Local Savings

Gothberg Farms Cheese

Rhonda Gothberg has been an inspirational leader and mentor in the Washington Artisan Cheese community. She was instrumental in starting the Washington Artisan Cheesemakers Association and annual festival and she previously served as its board president. She cries when she talks about her goats, being so full of love and gratitude! Rhonda and her husband just announced their retirement and are selling wheels at half price. Price was an impediment to the Co-op regularly stocking their cheese and it has been a long time since we've had any. We are thrilled to honor Rhonda's passion and work over the last 15 years by featuring some of her last existing wheels. Use the Local Savings Coupon in this issue of the Co-op Spoonful to save 50 cents on what may be your last chance to purchase Gothberg Farm Cheese! ■



Last Chance to Vote!

On November 15th, at 9 p.m., the ballot boxes will be removed, and the online voting will be discontinued.

Vote now in stores or visit our website, www.olympiafood.coop, to make your voice heard in this important election. ■

Bulk Department Update

Lemongrass has been discontinued by our distributor, but marjoram is back! ■

Turkeys & Specialty Meats

The Birds

We are offering Mary's brand turkeys again this year. There are two types:

- Certified organic, and by definition GMO-free, and free-range. We are keeping last year's price at \$3.99/lb.
- Free-range and certified GMO-free by the Non-GMO Project. We will keep last year's pricing on these at \$2.99/lb.

The Deliveries

The eastside is expecting a delivery of frozen turkeys on Thursday, November 14th for people like getting a bird early. This delivery will be a mix of sizes, and be both organic and free-range. Folks can come in for these as soon as we get them, and we'll try to have a few in the display for them to shop, but can only fit a couple.

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CO-OP LOCAL
COUPON

50¢
OFF


good for 50¢ off
GOTHBERG FARMS
CHEESE

one coupon per visit
valid thru 12-3-19





The eastside is expecting a delivery of fresh (as in not frozen) turkeys on Monday, November 18th. This will be big. Lots of everything. We will try to keep a variety in the fresh display so folks can purchase from there.

The eastside is expecting one last delivery of fresh birds again on Thursday, November 21st.

The westside is getting one delivery of all their turkeys on Thursday, November 21st.

The Sizes

The true finished weight of a turkey is never known until after processing. Sometimes we sell more than expected of one size and less of another. Some years we get shorted on a size range because the birds were larger or smaller than expected for whatever reasons that year. We will discuss with each person what we do have available, and work with them to get the best bird we can for their needs.

How big a bird should I get?

There is no official rule. There are suggestions, but even these can vary depending on the size of bird. Meat to bone weight ratio changes the larger the bird gets and can throw off any rule that you may apply (such as 1.5 pound turkey per person).

We also will have turkey parts available! Delivery of Shelton's brand turkey drumsticks, thighs, and bone-in breasts is expected on Tuesday, November 19th. These will come frozen, and be kept frozen. Sometimes adding a few parts to a bird that is smaller than they wanted is a great way for folks to get a little more, especially if they love dark meat or want more breast meat.

A Few Other Important Points

1. There are no guarantees during turkey time

We never know what is gonna happen, such as a truck could be late. Turkey sizes could be different than what we requested, patience and understanding can go a long way.

2. "Fresh" is the word we use to describe not frozen, but...

... please know that all the turkeys are "fresh". They all get slaughtered at the same time (in October!) and they will be fine until meal time.

3. No special orders or reservations

First come, first served. We will not take names to hold turkeys. Our "Holding Product Policy" does not apply to turkeys. We have too many bad experiences with this practice to uphold this as an option. We have never run out of turkeys, but I did order less this year based on last year when we had 50 birds leftover.

Other Meats

We will have a few Mary's free-range non-GMO-certified ducks available throughout the season (into the New Year). We order these as needed. We received a delivery of Niman Ranch specialty hams on November 7th. I ordered a few boneless uncured half hams and a few bone-in uncured spiral half hams with glaze packet. These are arriving fresh and will be sold fresh, displayed in the fresh cooler.

If folks want other cuts of meat, we can take a special order and the meat department managers will work to determine if we can get it or direct them to a meat shop that they can work with directly such as Heritage Meats. ■

Local Squash!

We have so many beautiful squash varieties right now! Winter squash comes in a wide variety of colors, sizes, and textures... why not try them all and see which ones you like best? Winter squash is an excellent source of vitamins A & C, both of which are helpful for supporting your immune system during cold and flu season. Winter squash is also a very good source of dietary fiber, vitamin B6 and manganese, as well as a good source of potassium, vitamin B2, folate, vitamin K, omega-3 fatty acids, magnesium, and niacin. Though the flesh is the part of the squash that most people eat, don't forget about the seeds. They are also edible and very easy to make into a tasty and nutritious snack in your oven. ■

