

WINTER 2019/2020



Table

Local Farms

CO-OPS CHANGE

Community

ELECTION RESULTS & ANNUAL MEETING



Table

published by

OLYMPIA FOOD CO-OP

WEST

921 ROGERS ST NW • OLYMPIA, WA 98502

(360) 754-7666

open daily 8AM-9PM

GARDEN CENTER daily 10AM-7PM seasonal (hours/days vary)

EAST

3111 PACIFIC AVE SE • OLYMPIA, WA 98501

(360) 956-3870

open daily 8AM-9PM

Both stores are open every day except for May 1st

BUSINESS OFFICE

608 COLUMBIA ST SW • OLYMPIA, WA 98501

(360) 357-1106

www.olympiafood.coop

EDITOR & ADVERTISING COORD. Maureen Tobin

NEWSLETTER COMMITTEE Maureen Tobin,
Desdra Dawning

GRAPHIC DESIGN & ART DIRECTION Jason B.

PHOTOGRAPHY Monica Peabody, Misael A.
Martinez Melo

CONTRIBUTORS Monica Peabody,
Maureen Tobin, Desdra Dawning,
Jackie Krzyzek, Jill Lieske, Robyn Wagoner,
Misael A. Martinez Melo, Media Room,
Zayd Zaytoon, Nancy Montuori,
Ordinary Vegan, Jim Hutcheon

Opinions expressed in the **Co-op Table** are those of the authors and do not necessarily reflect the views of the Co-op Staff, Board of Directors, Co-op Advertisers or anyone else. Co-op members are welcome to respond.

The **Co-op Table** is published on a quarterly basis and comes out in March, June, September, and December. Contact newsletter@olympiafood.coop to discuss your article idea or advertising inquiry. You may also leave messages in the newsletter box at either store, Attention: Co-op News.

Acceptance of advertising does not indicate endorsement by the Co-op, or the product or service offered.

cover photo by Monica Peabody

IN THIS ISSUE

Local Farm Profile: Silverwell	p. 4
Local Farms Program	p. 9
Co-ops Change Community	p. 10
Stuffed Winter Squash	p. 12
Annual Meeting	p. 14
Fig and Arugula Flat Bread	p. 14
Community Sustaining Fund	p. 19
Financial Report	p. 20
Eastside Kitchen Expansion	p. 21
Board Report	p. 23



The staff collective would like to recognize the diversity within our community. If you have thoughts on our store hours we would love to hear from you at customerservice@olympiafood.coop

BOARD ELECTION RESULTS



☒ **Cristina Rodriguez (287)**

☒ **Linda Meyers (173)**

Many thanks to all the Co-op members who participated in voting this year, we had a lively turnout of more than 500 members. There were 309 electronic ballots verified and 220 paper ballots.

The results are as follows:

There were two Board of Director positions open, with the winners being

Cristina Rodriguez with 287 votes and Linda Meyers with 173 votes. They will begin their three-year term in January of 2020. The other candidates received the following votes:

Jace Denton 167

Jon "Eppo" Epstein 99

Bruce Wilkinson 47

Trudy Springer 92

John O'Brien 32

Tami Bennett (withdrew)

Thanks to all these members for taking the time and effort to run for the Board and offering so many great choices for our membership this year.

The totals for the beer and wine vote were

Yes- 305

No- 199

Welcome to our new Olympia Food Co-op Board Members!

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!

Sign up for an introduction tour at either store today!

WESTSIDE

EASTSIDE

DECEMBER

MONDAY 9TH, 4-6PM
THURSDAY 12TH, 1-3PM

JANUARY

THURSDAY 2ND, 6:30-8:30PM
SUNDAY 5TH, 3-5PM

JANUARY

TUESDAY 14TH, 2-4PM
WEDNESDAY 22ND, 1-3PM
TUESDAY 28TH, 2-4PM

FEBRUARY

THURSDAY 7TH, 6:30-8:30PM
SUNDAY 10TH, 3-5PM

MARCH

SATURDAY 7TH, 6:30-8:30PM
SUNDAY 10TH, 3-5PM

FEBRUARY

TUESDAY 11TH, 2-4PM
MONDAY 17TH, 4-6PM
WEDNESDAY 19TH, 1-3PM





Community Supported Agriculture:

Growing and Cooking Local

An Interview with Jen Witherspoon of Silverwell Farm

Recipes & Photos by
By Monica Peabody, Staff member

I interviewed my friend and local farmer, Jen Witherspoon, about winter foods and recipes, for two reasons. One, she's one of the best cooks I know and two, she provides a year-round CSA from her home at Silverwell Farm. CSA stands for Community Supported Agriculture and Silverwell Farm describes it as alternative social and economic approach where growers and consumers provide mutual support and share the risks and benefits of food production. In practice, that means that if it is a bumper year for strawberries, members will enjoy the surplus. If it is a hard year for broccoli, members will see less broccoli in their share.

Silverwell Farm is 34 acres of land in the native territory of the Coast Salish Peoples. The Nisqually People in particular have stewarded this land since time immemorial. As settlers who have made Silverwell Farm home, the occupants strive to tend the forests, meadows and wetlands responsibly and to make reparations and live in good relationship with their indigenous neighbors.

Before Jen, I had not heard of a year-round CSA. CSA's I've joined were 20 weeks. Silverwell Farm provides a whole year of vegetables to feed 4 to 6 people, 2 dozen eggs per week, 20 weeks of fresh cut flowers, 10 pounds of dry beans, 10 pounds of grain corn, herbs & maple

Continued on page 6

Silverwell Farm, continued from page 5

syrup, 45 weeks of fresh & delicious food. They also sell grass fed lamb, pasture-raised chicken and heritage breed pork.

The missions of Silverwell Farm and the Olympia Food Co-op share some similarities. We both strive to make good food accessible to more people. Silverwell Farm CSA shares are sold on a sliding scale with payment plans accepted. Their priority is getting food on your table and they happily work with folks who may be priced out of a CSA through sharing the cost of the subscription, offering a pay-what-you-can option to low-income neighbors, and working out trades. Their low end is the base level, which pays less than minimum wage and covers expenses such as seeds, amendments, and overhead. The high end of the sliding scale pays a living wage and leaves some money in the bank for the next spring, to repair tools and equipment, improve infrastructure, and most importantly, provide cost-offset shares to our low-income neighbors. For every five shares sold, Silverwell Farm will provide a Social Justice share to a low-income person in our community who is working towards a more just and egalitarian society. They prioritize women of color, single mamas, activists/organizers, LGBTQ+. They welcome donations to this fund which will directly provide more food to low-income members of our community.

Silverwell Farm works with the Thurston County Conservation District and participates in the Voluntary Stewardship Program to ensure our agricultural practices are healthy and safe for wildlife, water and the soil. The collective efforts of the farmers and livestock have cleared acres of invasive species and returned them to healthy, nourishing pasture. They pay attention to the water—our most precious resource—that flows through the land and into the Henderson Inlet, a vibrant shellfish growing area. In collaboration with the USDA through the Natural Resource



Chickens living the good life.

Conservation Service, they planted a 100-foot pollinator hedgerow which features primarily native plants to provide food and shelter for native pollinators. This hedgerow also acts as a filter, allowing runoff from the road to percolate back into the ground where rich root systems and microbial and mycorrhizal colonies clean and heal the water from various pollutants. They hope to see water pass through their land cleaner than how it arrived.

When I asked Jen why a year round CSA she said she worked for Helsing Junction Farms for four seasons and would notice that at the end of the CSA season they would still have a lot of food. They would wholesale that food, but she prefers selling directly to consumers. The intensity of the summer is difficult, but come fall, everything is planted. Jen's model is to keep things small; she currently has 9 members and is planning to expand to 15 by next year. "Sure, it's cold and wet in the winter," she says, "but the weeds don't grow as fast."

"In the garden, she pulled a delicious bunch of turnips"



In the garden, she pulled a delicious bunch of turnips and I remembered that it was from Jen I learned to saute turnips in butter with a little salt and pepper. They have become one of my favorite vegetables. I chop the greens and throw them right in. The greens are very nutritious. "When they are young like this," Jen says, "I just pan roast them whole in butter. Turnips are my favorite greens, I like to braise them with bacon." She adds, "Also, people don't eat the tops of carrots, but they are the most nutritious part of the vegetable."

Next, she pulled up some watermelon radishes. "I do a watermelon radish carpaccio. Slice them super thin, as thin as you can get them, and sprinkle with sea salt. It draws the water out. Let the salt absorb and you can eat it with crusty bread and butter, it's delicious." I tried this at home and noticed it took away the sting and made them much more digestible and delicious!



Watermelon radishes

Butternut and Poblano, ready for Gratin



"...a huge daikon"

She pulled a huge daikon. "They're great because they break up the hard pan because the root goes down so deep."

We discussed our favorite ways to eat delicata squash. Mine is to slice it, skin and all, pour some browned butter with fresh sage, salt and pepper over it and roast it. Jen likes to cut hers in half like little boats and stuff them - with rice, peppers, whatever she has on hand.

With butternut squash, Jen likes to make a delicious gratin. She peels the squash and slices it. She chars and peels poblano peppers, layers them with the butternut and pours over a creamy, buttery, cheesy mix. She tops it with bread crumbs or more grated cheese and bakes.

Jen grows radicchio, which she loves, but realizes not everyone enjoys the bitter taste. If people are interested in learning more about how to love radicchio, they can attend an annual festival in



Butternut Poblano Gratin

Seattle, which originated in Italy, called Sagra di Radicchio, <https://www.chicoryweek.com/>.

Jen says that radicchio is good for your liver. You can soak it in ice water to cut the bitterness. Jen adds a little maple syrup or homemade cherry infused balsamic to dress her radicchio salads to balance the sweet and bitter. They tap big leaf maple trees for maple syrup at Silverwell Farm. Maple syrup is part of the CSA; they also sell it separately.

Silverwell Farm CSA Basket



Continued on page 8

Continued from page 7

Jen grows overwintering cauliflower, cabbage, purple sprouting broccoli and garlic. She grows masa corn from seeds she got from a friend from Mexico. Her ideal CSA member wants to support their whole farm system, which is why she includes the eggs, flowers, grains, eggs and maple syrup, along with the vegetables. The flowers are beautiful, but also the redwing blackbirds were hanging out in the sunflowers last week when the seeds were ripening, the goldenrod over there is winter food and habitat, the bees need food, so many hives are dying each year because they starve. The chickens give us meat and eggs, fertilize the pastures and the offal from the slaughter make great compost.



Egg Collecting

"I like my meat slow cooked. I don't have an instant pot or slow cooker, I just use my dutch oven. I like to brown the meat first. One cut that is pretty affordable, not the most desirable cut, is the shank which is the least meaty part of the leg and a little tough. I fry some bacon, then brown the meat until it has a nice chestnut brown crust on the outside, which seals in all the moisture and adds that umami flavor that people love. I take the meat out and add onions, carrots, celery, garlic and saute that, then deglaze the pot with some red wine, put the meat back in with some bay leaves, thyme, parsley, rosemary, salt and pepper and braise that. You can put it in the oven at 350 and come back in a couple of hours and the meat is just falling off the bone. You can add some potatoes near the end, or serve it over rice or mashed potatoes.

I also make a leg of lamb that I will marinate it with a lot of fresh oregano, rosemary, salt, pepper, lemon, white wine, and garlic. I actually pierce the meat and shove the slivers of garlic right into it. I then slow cook it in the oven until it's falling apart and that's finger licking good. I never have left overs with that dish.

A quick lamb dish I like is meat balls. I'll add garlic or garlic scapes, green onions or shallots, whatever I have, and lots of herbs, then just fry them up in a pan or grill them on skewers. I never liked lamb until I tried Icelandic lamb. Their meat is so much milder than other lamb I've had.

Tending the sheep



Last week I put green tomatoes in my CSA boxes. I love fried green tomatoes. I have an old secret family recipe. You slice the green tomatoes and soak them in cold sugar water for a couple of hours. Then dredge them in seasoned flour, flour with salt, pepper, paprika, cayenne, whatever you like. Then I dip them in buttermilk (now I use sheep milk kefir), then cornmeal, fry them until golden, then top with hot pepper jelly. They

are so good. One of my favorite meals are those atop a bed of greens with a poached egg.

I'm excited about my Cuban Christmas Eve, Noche Buena. We have lechon, which is fresh ham, marinated for a couple of days in sour oranges, which are hard to find here, so I use a mix of limes, lemons and regular oranges, lots of garlic, bay leaves, onion, oregano, salt and pepper. You slow cook it for several hours. It is traditionally served with black beans, white rice and platanos maduros, which are very ripe plantains. The peels have to be black. This year we grew the black beans for this meal. The plantains are not local, but I refuse not to enjoy the foods of my family."

I thanked Jen for taking the time to show me around Silverwell farm, sharing some delicious veggies with me, and some great cooking tips with all of us. You can learn more about Silverwell Farm at <https://www.silverwellfarm.com/>. ■

Preparing the CSA Basket



Local Farms Program

By Jackie Krzyzek, Staff Member

An integral mission of the Olympia Food Co-op has been its commitment to support and cultivate local producers and businesses. The Local Farms Program is a system implemented by the Produce Department, and also utilized by our Deli, that puts theory into practice.

The Local Farms Program is a system used to work with local farmers to plan fruit and vegetable purchases for the Co-op. The Co-op and farmers negotiate a prioritization system of farms getting first and second priority selling diverse crops to the Co-op. This way, a farm can plan its growing season, knowing that they will sell certain crops to the Co-op and the Co-op produce buyers can expect to have those crops available to buy. It's a mutually beneficial system for planning ahead and knowing what to expect.

Because part of our mission statement is to "support local business," the Co-op pays farmers more than we pay to buy the same crops from a large distributor and apply a lower margin to keep the retail prices competitive. We will be buying from about 18 local farms next year utilizing this program.

We have a standardized and transparent system for pricing between farmers and the Co-op. With this system, prices are set based on an average market price and agreed upon before each season. This helps farmers know what they will be paid, excluding the added work of negotiation.

Overall, the Local Farms Program has provided the Co-op with more local products throughout the season, creating a more consistent supply. Since farms generally keep the same crop prioritization year after year, they have a sense of volumes, and can plan the seed purchase and planting to better suit their needs and the Co-op's demand. ■



*Laura Moser of Piece by Piece Farm delivering fresh produce to the Deli kitchen.
photo by Zayd Zaytoon*

FRESH! LOCAL!



By Robyn Wagoner, Staff member

Welcome to the final installment for the Olympia Food Co-op's 2019 themed series of articles on how co-ops change everything.

If you missed the first three articles detailing how co-ops change our environment, our economy, and our understanding, you can read them by downloading the 2019 Spring, Summer and Fall editions of the Co-op Table Magazine, respectively, from the Newsletter Archives link located below the image of the current Table Magazine on the front page of our website at www.olympiafood.coop.

The **Seven Cooperative Principles** were traced to the founding membership of the first modern cooperative founded in Rochdale, England in 1844, and adopted by the International Co-operative Alliance. To recap, these are:

- 1.) Open and Voluntary Membership;
- 2.) Democratic Member Control;
- 3.) Members' Economic Participation;
- 4.) Autonomy and Independence;
- 5.) Education Training and Information;
- 6.) Cooperation Among Cooperatives, and
- 7.) Concern For Community.

This final article on co-op change will focus on the seventh principle, and how co-ops' concern for community is changing the lives of our families, friends and

neighbors. Through donations, sponsorships, joint promotions and ad revenue, Olympia Food Co-op invests approximately \$50,000 customer dollars back in to our local community annually, by supporting organizations that further our mission goals. In 2019 alone, The Co-op has invested in the following organizations and events:

Capital City Pride – an annual event recognizing and celebrating our LGBTQIA+ community;

Capital Homecare Co-op - an organization which was built by caregivers that is committed to providing equally rewarding services for those we care for and the caregivers, themselves;

Community Sustaining Fund of Thurston County – an all volunteer-run organization which disperses Olympia Food Co-op Register Round-up donations as grant funding twice per year to local charitable organizations for seed money and projects. The spring recipients included: Canoe Journey Herbalists, Child Care Action Council, The Commons @ Fertile Grounds, Thurston County Food Bank, and Wellspring. See page () for the Fall grant cycle recipients.

Coopatopia – an event produced by the Northwest Cooperative Development Center, which celebrates local cooperative businesses and collectives.

Cooperativa Tierra Y Libertad, a mostly Indigenous farmworker co-op which is building an organic berry farm near Bellingham, Washington in the aftermath of their successful fight for fair compensation from Driscoll associated berry farms.

Empowerment 4 Girls – an organization which educates, inspires and empowers girls and women to cultivate confidence, develop core life skills and reawaken to their authentic power through Empowerment Camps, Conscious Minds – Conscious Bodies™ Sexuality Programs and Teacher Trainings.

Garden Raised Bounty "GRuB" – an organization, which works alongside volunteers and gardeners to build more than 2,500 backyard and community gardens, host workshops, and provide support, training, and resources for new gardeners to find success.

KAOS Radio – an organization, which provides listeners access to the programming of Democracy Now! on National Public Radio; an independent news program featuring international journalists, grassroots leaders, independent analysts, and ordinary people directly impacted by world events and U.S. policies.



Photo by Misael A. Martinez Melo

Northwest Permaculture Convergence – the longest running annual permaculture event in North America, teaching low carbon lifestyles, renewable energy, green building and regenerative farming to help humans thrive within the ecological boundaries of our delicate biosphere;

Olympia Arab Fest and Rachel Corrie Foundation – an annual event to joyfully and authentically celebrate and experience the food, culture, traditions, lifestyles, and peoples of the Arab world and support Palestinian human rights;

Pie Fest - an annual fundraising event benefitting the South Sound Seniors Lunch Program;

Pizza Klatch - an organization which strives to foster resiliency for LGBTQ+ youth and create a safe and positive school experience through weekly support, education and empowerment initiatives;

CIELO - Integral Latino Educational Center of Olympia, an organization which promotes community, self-sufficiency and leadership of Latinae and other underserved people in the South Puget Sound area with educational and mental health services, and social and cultural activities;

Senior News - a free monthly newspaper published by the non-profit organization, The Thurston County Council on Aging. 16,000 papers are produced and distributed monthly through direct mail and to 350 drop-off locations;

South Sound Climate Action Convention – an annual event produced in conjunction with the Thurston Climate Action Team, which is intended to unite our community to learn, share and take action locally on climate;

The Evergreen State College Greener Guide to Olympia – a map introducing Evergreen students to resources within our community;

Tilth Alliance Local Farm Map – a map identifying the farms that are growing local produce in our area;

Thurston County Food Bank – an organization which operates a main location in downtown Olympia, and, in collaboration with community partners, operates fifteen satellite food banks, as well as nine mobile food banks in low income neighborhoods. In partnerships with four school districts, they distribute weekend food bags at thirty-one elementary schools and one Head Start Program. The Food bank also acts as the lead agency for the Emergency Food Assistance Program, accessing food through Food Lifeline and Northwest Harvest, as

well as providing food and technical support to smaller rural operations.

Works In Progress – a free newspaper, which is volunteer-run, with the aim to confront injustice and encourage a participatory democracy based on economic, social, and environmental justice. Works In Progress is dedicated to providing a voice for those most affected by the exclusionary and unfair practices that seek to silence the oppressed.

The Olympia Food Co-op also participates in the National Co-op Grocers' Co-op Explorers program giving free organic fruit to kids when they shop.

Our Working Members even manage a **Free Store** at our Westside location, where our community can donate items and retrieve whatever they need in the way of clothing, books, dishes and other small household items.

Through prioritizing community giving, organizing, education, resource sharing, wholesome values, and democratic control, co-ops help to tackle social and environmental problems, and improve the lives of underserved people in a huge variety of ways. Join us. ■

Stuffed Squash Recipes

Text and Photos by Monica Peabody, Staff member

STUFFED PUMPKIN

This is a delicious way to eat pumpkin and a very pretty and impressive party dish. Give yourself plenty of time, because it can take a while to cook thoroughly.



Stuffed Pumpkin Ingredients

- 1 5-10 lb pumpkin
- 1 lb loaf of day old crusty bread
- 6 ounces grated Gruyere cheese
- 2 T olive oil
- 1 lb sausage, can be plain or any flavor you like
- 1 onion
- 3 garlic cloves
- ¼ cup dry white wine
- 3 cups finely chopped greens (spinach, chard, kale all work nicely)
- 4 eggs
- 1 cup milk
- 1 cup heavy cream
- 2 t dijon mustard
- 1 T kosher salt
- Several sprigs of fresh thyme
- Freshly ground pepper
- ¼ cup grated parmesan cheese

Preheat oven to 350. Line a baking sheet with parchment paper. Carve a lid off your pumpkin as if you are making a jack-o-lantern. Scrape away seeds and pulp. Seeds can be saved for roasting, (see recipe that follows).

Combine bread cubes and Gruyere cheese. Cook sausage in oil, about half-way through, add onions and garlic. When sausage is browned and thoroughly cooked, add wine and scrape the pan until wine is almost evaporated. Stir in the greens and half the salt and remove from heat.

Whisk eggs, milk, cream, mustard, the other half of salt, pepper and fresh thyme. Pour over the bread and cheese, add the sausage mixture and stir all together well. Stuff the mixture into the pumpkin. Extra stuffing can be baked in a separate oiled dish. Put the lid onto the pumpkin and bake for 1 - 2 hours, or more, depending on the size of your pumpkin. When the flesh of the pumpkin feels soft when you pierce it with a knife, remove the lid and sprinkle with parmesan cheese to crisp up the top of your stuffing. Bake until parmesan cheese is browned.

Cool, then serve by cutting vertical slices of pumpkin with stuffing. Enjoy!



Stuffed Pumpkin



Stuffed Kabocha Ingredients



Stuffed Kabocha

STUFFED KABOCHA

This dish is also very impressive. It's vegetarian and can be made vegan.

- 1 kabocha squash**
- ½ cup dry polenta**
- 2 cups boiling water**
- 1 cup cheddar cheese or 1 cup nutritional yeast**
- 2 cups cooked black beans**
- 1 chopped onion**
- 1 chopped bell pepper**
- 1 chopped jalapeño**
- 3 t salt**
- 2 t cumin**
- 1 bunch fresh cilantro, chopped**

Preheat oven to 350. Carve a lid off your squash as if you are making a jack-o-lantern. Scrape away seeds and pulp. Seeds can be saved for roasting, recipe to follow. Rub 1 t salt around the inside of the kabocha.

Add polenta slowly, while stirring, to 2 cups boiling water. Remove from heat when it reaches the consistency of a thick paste. Stir in remaining salt, cumin and cheese or nutritional yeast. Mix in the beans, onions, bell pepper and jalapeño. Stuff the kabocha. Extra stuffing can be baked in a separate oiled dish.

Bake for about an hour or until a knife can easily pierce the kabocha flesh. Cool and cut into vertical slices of kabocha with stuffing. Sprinkle cilantro over each serving.

ROASTED PUMPKIN AND KABOCHA SEEDS

Remove seeds from pulp, spread them evenly over a large cookie sheet and allow them to completely dry out. If they are in a warm place it takes a few hours, if not, perhaps overnight. Scrape them into a bowl, lightly sprinkle with an oil of your choice (olive, peanut, sunflower) and salt and pepper. You could also add smoked paprika or Aleppo pepper or za'atar or any spice combination you enjoy and stir until seeds are coated, then spread them back over the cookie sheet. Bake them at 350 until they are brown, crunchy and delightful as snacks, salad topper, soup garnish, and more! ■



Stuffed Kabocha

THE OLYMPIA FOOD CO-OP 42ND ANNUAL MEMBERSHIP MEETING

By Maureen Tobin, Staff member

A lively crowd of members got together on Saturday, November 2 at the Olympia Community Center. We were lucky to gather to live music from the Citizen's Band and enjoyed some coffee and tea while everyone got settled.

Joanne McCaughan, Board member, acted as our emcee and helped the gathering go smoothly from start to finish. Ben Sittingbull, Staff member, shared a drum song and blessing to begin our agenda and center everyone in acknowledgment of our use of the land for our meeting that day and the cooperative at large.

Jim Hutcheon, Board member, shared some thoughts and news from the Board's perspective, and as he is also the author of the report on page () you can find out more in Jim's own words there.

Your's truly came up with some thoughts for the staff report, which explored some of the ongoing work around creation of a new Humane Resources team, efforts at expansion and remodeling, and training efforts in several areas with working members and staff throughout the year.

Fred Meldicott, Board member, reviewed the Year to Date Finance report and an early look at the 2020 budget process.

James Scott and Harry Levine, staff members, treated the crowd to an

Many thanks to Misael A. Martinez Melo of Media Room for the beautiful photography work at our annual meeting.



oldie but goodie "Ain't No Beer at the Co-op," song while we set up some new materials for the presentation about carrying beer and wine as part of our product selection. Robyn Wagoner, staff member, led everyone through the power point that was originally presented during the Co-op Conversations held during the summer on the topic. Many members asked questions and shared stories and opinions during the discussion that followed. So many involved and passionate voices gave the conversation a lot more depth than we'd seen before. I, for one, am grateful for such a good turnout.

We then had a chance to meet the Board candidates who shared a few words about what brought them to run for the Board. The Co-op was lucky this year to have many talented members to choose from during the elections, and we continued the member comment period further after hearing from potential board members.

Everyone was grateful for a terrific lunch spread, delivered to us by local restaurants--The Parkside Café and Rush In Dumplings. Citizens Band again helped the mood with fun live music as we finished up our day talking, eating and discussing possibilities for the Co-op's future. Thanks to all who turned out and participated in our Co-op community! ■





FIG AND ARUGULA FLATBREAD WITH GRAPES AND BALSAMIC VINEGAR

By Nancy Montuori, reprinted, with photo, courtesy of Ordinary Vegan

Ingredients

- Prepared pizza dough for 1 pizza (recipe below)
- ½ onion, sliced
- 3 tablespoons balsamic vinegar
- 1 teaspoon vegan butter
- 10 brown figs, halved
- 2 teaspoons extra-virgin olive oil (split) (or more if desired)
- 1 clove garlic, finely minced
- ¼ red onion sliced
- handful of arugula leaves
- 14 grapes, halved
- sprinkle of red pepper flakes
- salt & ground black pepper to taste

Instructions

1. Place a pizza stone in the center rack of the oven. Pre-heat oven to 500 degrees F.
2. In a medium saute pan, heat one teaspoon of olive oil. Add the onion, stirring occasionally, until onion slices begin to soften. Continue cooking until the onion caramelizes. Set caramelized onions aside. If onions are sticking, add a tiny bit of veggie stock to keep from sticking rather than more oil.
3. In a small pan over medium-low heat, simmer the balsamic vinegar until it reduces almost by half to a syrup consistency. You should have about 3-4 teaspoons.
4. Wipe out the saute pan, add the butter and heat. Add the figs in a single layer and quickly sear the figs cut side down. Sear quickly enough for color, but not cooked. 30 seconds or so. Set the figs aside.
5. Stretch out the pizza dough to your desired size or approximately 9 inches.
6. Sprinkle the dough with remaining 1 teaspoon of olive oil and a tiny bit of red pepper flakes.
7. Top the olive oil with the finely minced garlic.
8. Drizzle the dough with the balsamic vinegar. Sprinkle the red onion and caramelized onions over the top. Place the fig slices around

the pizza, cut-side up. Season with a pinch of salt and black pepper.

9. Bake the flatbread until the crust has risen and browned. This can take 5-10 minutes depending on oven.

10. Cut the flatbread as desired. Scatter the arugula and grapes over the top and serve.

Pizza Dough Ingredients

- ¼ ounce package of active dry yeast
- ¼ cup warm water
- 1 teaspoon of maple syrup
- ¾ cups cold water
- 2-2 1/2 cups white whole-wheat flour (or all-purpose flour)
- 1 tablespoon olive oil
- 1 teaspoons salt
- 2-4 tablespoons of cornmeal

Pizza Dough Instructions

1. Dissolve the yeast and ¼ cup of luke-warm water. Let mixture stand until yeast begins to foam - approximately 10 minutes. Mix the cold water with olive oil, salt and maple syrup.
2. Put 1 cup of flour in mixing bowl fitted with a dough hook. Add the yeast mixture and begin mixing. Add more flour and water mixture and continue mixing. Adding more flour as you go and more cold water as needed. Mix until the dough forms a ball, pulls away from the sides of the bowl and is smooth and elastic. Remove from mixer and knead by hand for another few minutes. Transfer to an oiled mixing bowl, cover with a damp towel, and let rise in a warm area for 30 minutes, or until the dough has doubled in volume.
3. Spray a 19-inch pizza pan with olive oil and sprinkle with the cornmeal. I prefer an oven pizza stone that has been heated up for 40 minutes in a 500 degree oven. I use the cornmeal on the pizza board for easy sliding.
4. Turn the dough out onto a lightly floured work surface and cut into three separate balls and knead for about 5 minutes. Put onto a plate and cover with a damp towel. Let the dough balls rest for another 10 minutes.
5. Stretch out the pizza dough to your desired thickness and cover with toppings. ■



THE STEAM PLANT
 113 Thurston Ave, Olympia WA 98501
 (360)819-4293
steamplant@holylamborganics.com
 Thursday – Monday 10am – 6pm
 Tuesday & Wednesday by appointment



THE LITTLE BIT
 Production & Customer Support
 104 West Pine, Oakville, WA 98568
 (888) 359-1362
sales@holylamborganics.com
 Monday – Saturday 9am – 5pm

Natural and organic bedding now in downtown Olympia!

connect . learn . grow

Revitalizing the local grain economy in the Cascadia Region

www.cascadiagrains.com

LOCAL GRAIN DINNERS

TASTINGS

HANDS-ON CLASSES

PRODUCER EDUCATION

NETWORKING

LOCAL BEER GARDEN

& MORE!



Olympia
FARMERS MARKET

10AM – 3PM

JANUARY – MARCH
SATURDAY ONLY

APRIL – OCTOBER
THURSDAY - SUNDAY

NOVEMBER - DECEMBER
SATURDAY & SUNDAY

WE ACCEPT EBT 

OLYMPIAFARMERSMARKET.COM



TUMWATER Farmers Market

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

April 17 - September
Wednesdays • 10am - 2pm

Credit, Debit & EBT cards accepted

tumwaterfarmersmarket.org



BLUE HERON BAKERY

*Bring your family & Friends
to the new*
Blue Heron Bakery and Cafe

NEW CAFE LOCATION!

We ARE open 7 days a week 7am-7pm!
4419 Harrison Ave Suite 108
ONE BUILDING WEST OF JAY'S FARMSTAND

Let's do Lunch!

blueheronbakery.com **360-866-2253**

Toast, soup, sandwiches to-go, pizza,
our new original ice-cream, along with
all our classic baked goods...
We've got indoor and outdoor
seating—so come, sit down, and enjoy!

Sweet Creek Foods

Family owned & operated
Supporting local
farmers & fisherman

Our products are sold at your Co-op

scf@sweetcreekfoods.com
www.sweetcreekfoods.com

ALWAYS SAFE & LOCK, inc.

www.alwayssecurity.com

SECURITY TECHNOLOGY SPECIALISTS

Card Access • Video Surveillance • Intrusion Alarms
Handicapped Operators • Safes • Locks • Keys

Auto Chip Keys & Remotes

(360) 357-8500
815 4th Ave. E. Fax: (360) 754-8331
Olympia, WA 98506 mail@alwayssecurity.com



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!

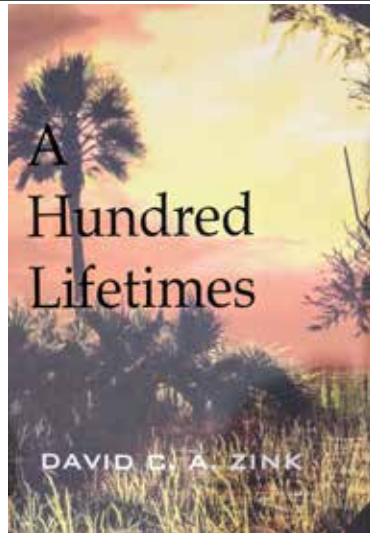
PO Box 1234
Olympia, WA 98507
www.olykraut.com

probiotic cultures

A Hundred Lifetimes

by Dave C. Zinc

An Eco-Socialist novel about climate change and how it can ruin a nice planet.



Now available at Orca Books — your Olympia Cooperative bookstore.

"Zink spins a science-fiction yarn rooted in scientific fact. A brisk, fun read filled with interesting characters who are surprisingly human despite not being human at all. It's a thin allegory with a disturbingly prescient moral we'd do well to take to heart."

--Fort Lewis Ranger

"A Hundred Lifetimes is Avatar on steroids. It considers a varied, and at times, confused political left. It addresses unity and the dire consequences of disunity."

--People's World

WE BUY VINYL & CDs!

Since 1973 Rainy Day RECORD CO.

www.rainydayolympia.net
(360) 357-4755

DOWN TOWN OLY

FRESH! LOCAL!

find us at [Yinyangmamma@facebook.com](https://www.facebook.com/yinyangmamma)

YOGA TRAPEZE

with Lori

Private and Public Classes call for info 360-451-3179

Around The Circle Midwifery, LLC

2120 Pacific Ave. SE
Olympia, WA

Comprehensive, family-centered care for your pregnancy and birth

Midwife attended birth in our birth center or your home

Most insurance accepted, including Medicaid

Call to Schedule a Free Consultation

(360) 459-7222

aroundthecirclemidwifery.com

Celebrating 40 Years Serving Our Community

RADIANCE

Herbs & Massage
OLYMPIA - WASHINGTON

Mon-Fri 10-7 :: Sat 10-6 :: Sun 11-5
RadianceHerbs.com :: 113 5th Ave SE, Olympia :: (360) 357-5250

Craniosacral Therapy & Energetic Unwinding

Gentle Pain Relief

headaches, neck & back pain, joint pain, whiplash injuries

White Tiger Medicine

360 890-2715
209 E Fourth Ave, Ste 207
Downtown Olympia

www.whitetigernaturalmedicine.com

Community Sustaining Fund Fall Grants Report

By Desdra Dawning,
Board Member

Thank you, members! For your ongoing participation in the Co-op's Round Up at the Register program! And for signing up for the Reminder to Round Up system now available at the registers. It is paying off! All of us at the Community Sustaining Fund (CSF) are delighted to announce that this new reminder system is helping to bring in more small-change funding for our Fall grants cycle, and hopefully for any other Round Up's available now and into the future.

On November 16, the Community Sustaining Fund held interviews with local groups who applied for grants to fund their projects. This report will give readers an overview of those awarded grantees, the community work they do, and the help they asked for and received from CSF.

Strengthening Sanctuary, with a large network of volunteers, was formed in 2016, when Olympia, in the face of disastrous immigration policies set forth by the US Federal Government, became a Sanctuary City for those affected in our area. Our local Temple Beth Hatfiloh became a place of sanctuary in our city. Their current project is to host their Annual Washington Immigrant Solidarity Network Legislative Advocacy Day on January 23, 2020. 200-250 activists are expected to attend. They received \$500 toward office supplies and food for the event.

Thurston County Inclusion is a new organization now forming in our community, with the goal of bringing about social change by organizing Summer Camps that will serve and engage youth with and without intellectual disabilities. Their plan is to create a space to gather and to form mentorships between older and younger people with disabilities, and to bring awareness to our community through a disability-positive message. Their request was for marketing funding to inform our community about this new organization and enlist support. They are currently working toward non-profit status. They received \$340 for basic office and marketing needs.

Bird Song Children's Garden is a new school just being formed, through the Olympia Farm and Forest organization, to be located at Calliope Farm. With a plan to open in the fall of 2020, those involved are developing a curriculum in which academics arise through hands-on immersive work on the farm and in the forest. They are also applying for non-profit status. Their current need is for the Use of a Tractor to prepare the fields, mow, and move necessary supplies for the project. They received \$400 toward their request, and encouragement to hold other fundraisers, so be on the lookout.

South Sound Food System Network partners with other local organizations to integrate food security, economic development and environmental stewardship, with a shared vision to educate and engage local residents in addressing health disparities and support small and mid-scale agriculture. Their current project is to host the 2020 South Sound Food Summit to be held on March 14, 2020 at the Lacey Community Center, to celebrate the local food culture. They requested help in funding scholarships to low-moderate income families for event registration and Community Sustaining Agriculture (CSA) subscriptions, as well as support for publicity. They received \$400 toward their request.

Nature Nurtures Farm is a 23-acre farm in the Delphi Valley. Founded in 2013 with the goal to bring young people and animals together to build empathy and teach environmental responsibility, they partner with local youth and environmental agencies. It is their belief that "connecting children with nature and animals is essential to the heart of our society and the future of our planet." The MacLane Creek, a yearly route for spawning salmon, flows through the farm, its banks filling with invasive blackberries. Their request for Natural Habitat Restoration was looking to funding for supplies to remove the blackberries without the use of chemicals. They received \$400 toward their project.

Legion Print Shop is a multi-use community event space with a print shop and media lab, located in downtown Olympia. It has been set up as a small collective to serve local social justice and other local groups with their outreach needs, and to "increase possibilities and capacities of autonomous, community-oriented projects in Olympia." They host fundraisers, offer self-defense trainings and other classes, hold book talks, have movie nights and art shows, and support recovery groups. Much of their equipment is used and on loan. Their current Screen Printing Press is leaving town with its owner. They requested help to replace it. They received \$450 toward their request.

Land and Freedom Housing Collective has recently been formed by a collection of renters in the Olympia area to address the rise in rental costs and in resulting evictions. Their plan is to buy houses in the area, and use the equity gained to buy more houses, all available in a rent-controlled environment, managed by the residents themselves. This will be their initial outreach fundraiser in the community. Their project, Take a Bowl Home for Housing, is planned to be a night of soup and presentations, with those attending to take home with them their bowl, made by a local potter. Funds to go toward hosting the event. They received \$250 toward their request.

That's it for this CSF Grant Cycle. The next will be in six months, in the spring. Please consider, if you haven't already, signing up at the Co-op, to be given a gentle reminder by your cashier to Round Up when you are at the register to check out. It will always be your choice whether or not to say yes. No pressure. Only gratitude for how a little small-change can do such good work! ■



3rd Quarter 2019 Finance Report

by Jill Lieske, Staff Member

Third Quarter 2019, July through September, is showing strong financial health for the Co-op. As we are over our budget for Total Net Revenue by a little more than \$20,000 our strong financial numbers are stemming from our expenses being under budget by roughly \$113,000. Cutting some of our budgeted expenses, resulted in a Net Income of \$171,263, which is \$133,826 over our 2019 budget.

In the accompanying table, our 2019 Budgeted numbers are represented compared to the 2019 Actual numbers with a column showing the amount over or under the projected budget.

Sales minus Cost of Goods Sold (COGS) equals Revenue, and after subtracting all the other expenses from the Revenue, the result is the Net Income. The expense of Cost of Goods Sold is the inventory of products that we sell to generate revenue. So, the fact that COGS is over budget makes sense when the Sales are over the budget.

The other expenses shown are consolidated numbers from a more detailed list, which are not shown. Community & Marketing include budget line items of: Outreach & Education, Advertising, Newsletter, Conferences & Trainings, and Anti-Oppression. While the cutting of expenses has resulted in a higher net income than what was budgeted; it poses the question, if we used the budgeted amounts for certain line items such as Advertising, Outreach, and Newsletter, perhaps these forms of marketing would have raised sales generating more revenue through higher customer counts and basket rings.

The expense of Staffing involves line items such as; Payroll Wages, Payroll Medical Benefits, Payroll Taxes, Payroll Vacation Pay and Payroll Retirement Benefit. Payroll Wages, which are the biggest expense by far, are 1.6% over the projected budget creating an overage in Payroll Taxes as well. There could be many reasons for this; one possibility could be summer time vacations or leaves in which other employees are covering work, working overtime, making overtime pay. Another possibility could be that unexpected work popped up; such as our recent mold remediation of our downtown office. However, the Payroll Medical Benefits and Payroll Vacation Pay are a combined \$73,000 under budget resulting in the current under budget Staffing Expense of \$35,912.

2019 3Q Year to Date Budget Report

For The Year Ending 9/30/19

	2019 ACTUALS	2019 BUDGET	\$ OVER BUDGET
Revenue:			
Sales	13,117,997	13,069,848	48,150
Cost of Goods Sold	8,488,001	8,461,302	26,699
Gross Sales Revenue:	4,629,996	4,608,546	21,451
Other Revenue:			
	14,428	15,700	-1,272
Total Net Revenue:	4,644,424	4,624,246	20,178
Expenses:			
Community & Marketing	189,796	228,409	-38,613
Staffing	3,230,455	3,266,367	-35,912
Member Discounts	324,511	348,674	-24,163
Operations	728,399	743,358	-14,959
Total Expenses:	4,473,161	4,586,808	-113,648
Total Net Income:	171,263	37,437	133,826

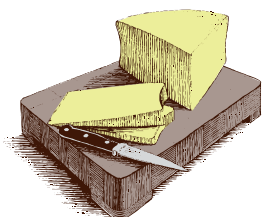
Anyone familiar with our co-op knows that we offer a few different member discounts ranging from Working Member discounts to Cooperative Access Program discounts as well as discounts for nonprofits or trade businesses. This line item is 6.9% under budget saving the Coop a significant \$24,163 of Budgeted Expenses. An interesting fact, the discounts the Co-op is providing to our community this quarter are worth over \$300,000.

Operations expense includes all the line items that are pertinent to keep the Co-op running smoothly. This consolidated line item has many individual line items totaling \$14,959 under budget. Some of the more significant variances will be discussed. Specifically, the line item Telephone Expense is 19.1% over budget, the Co-op has recently installed a new telephone system that can page from store to store and to the downtown office. This new telephone system also answers with store hours, then fields the calls, and has many more features. The dollar value of this is only \$2799, the percentage over budget is what caught the attention. The Point of Sales (POS) line item is 22.2% under budget, with a dollar value of only \$4440, but again it is the percentage variance that raises a question. Depreciation Expense and Board of Director (BOD) Expense are both considerably under budget; with Depreciation Expense almost \$16,000 (\$25.1%) under budget and BOD Expense a little more than \$10,000 (80.9%) under budget. Significant percentage and dollar amount variances in both of these line items raise ideas to be further reviewed. Although, the BOD Expense might even out in the upcoming quarter.

Another line item from the Operations Expense to be discussed is Credit/Debit Charges at 4.8% over their budgeted expense of \$155,006. This overage is probably due to higher sales. The use of credit/debit probably creates higher sales for us, and makes shopping at the Co-op more convenient while following our mission of making good food accessible to people, acknowledging that people sometimes need to buy food on credit. Yet, just the acknowledgment of this huge expense is worth thinking about and discussing.

Sales are high, with certain departments selling more than others, at this time. Expenses are low, creating a nice profit. The Co-op is always striving for product quality, local if available, with a balance of low pricing options. Making good healthy food accessible to more people and raising our sales to sustain our Co-op. We also strive to maintain a healthy financial relationship which involves analyzing our finances. Simple but complicated, meaning the raising of sales and lowering of expenses to create maximum profit to sustain the business while maintaining our values and mission and giving back to the community.

If you have any questions or concerns about this article, please email jill@olympiafood.coop. If you have any questions or concerns about our finances, or want to know more about the detail behind them, you can contact Corey by email at corey@olympiafood.coop or by calling our downtown business office, 360-357-1106, ext. 12. ■



Michelle Noel, ACS CCP, and Ange Duval, Cheese Department Managers, with a rahter large wheel of aged cheese.

photo by Zayd Zaytoon

EASTSIDE STORE KITCHEN EXPANSION

By Monica Peabody, Staff member

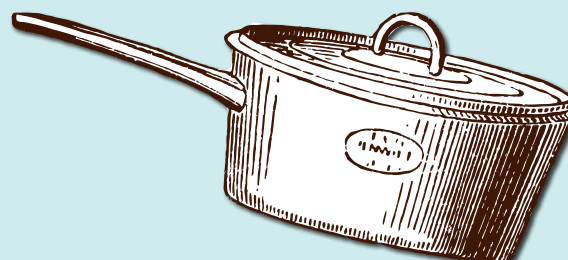
In an effort to help our Eastside store better fit our growing business, Phase 1 of our Eastside Remodel Project will be beginning on February 1st. Those of you who love our soups, salads and sandwiches, and have seen our kitchen, often express amazement that so much delicious food could be prepared in a space barely bigger than a hallway. We share your amazement and have long wished we could have a little more space for a safer and more efficient work space.

The kitchen is shared by the Deli Department who uses the space from 7 am, sometimes earlier, until 9 pm, often later. The Cheese Department also spends a fair amount of time in the kitchen cutting, wrapping and prepping for the cheese case. Collective staff and working members also make monthly meals to serve at a homeless shelter. Those wonderful produce samples you occasionally get to enjoy are also prepped and cooked in our tiny kitchen.

We will be pushing out two walls into the warehouse to create more work space, getting some updated equipment to speed heating our soups and alleviating some of our heavy lifting. We will be improving lighting and ventilation, making our workspace more healthy. We will have a dedicated storage space closer to the kitchen and the Cheese Dept. will be able to have dedicated work space. There will also be a space dedicated to the Bulk Department for some packaging needs and perhaps developing our own Co-op granolas and trail mixes.

The Cheese and Deli Departments will be renting an off-site kitchen for the month of February, so while we will have to reduce the amount of food we will be providing, we will not have to stop altogether. In the Cheese Department you may see more pre-packaged items than usual, but still a nice variety of your favorites. You will see some new Deli creations, perhaps more in the form of box lunches and other delights to ease the transition. And when we re-inhabit our new, expanded kitchen in March, we will be able to increase our production of lovely soups, salads and entrees for your enjoyment.

Thank you for your patience with our process. You can email expansion@olympiafood.coop with any questions. ■



OFC Board of Directors



Jim Hutcheon
President



Grace Cox
Staff Representative



Joanne McCaughan
Vice President



Mel Bilodeau
Director



Benjamin Witten
Director



Jaime Rossman
Treasurer



Desdra Dawning
Secretary



Cristina Rodriguez
Director



Linda Meyers
Director



Peter Brown
Director



Frederick Jack Meldicott
Director

Board photos by OlyHilary Photography olyhilary.smugmug.com

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

Board Report, Winter 2019

Written by Jim Hutcheon

Beer and Wine – The Board was presented with a proposal to establish a beer and wine department early at our January meeting in 2019. We decided that such a large decision, while within the Board's authority, was best left to the membership itself. With the results in, the next step is determining the best way to implement this decision, keeping in mind the many concerns that were raised by membership.

The Board is involved in many other things that get less attention and arouse less controversy. Committees of the Board are active all year round.

Expansion - is continually looking for ways to improve our space or consider alternatives. There is going to be some remodeling done in the deli kitchen on the Eastside. This is going to cause some temporary changes. However, the remodel will improve safety for deli workers and hopefully improve efficiency which means in the long run more delicious deli food. The overall project might look small, but a lot of time and effort has gone into this.

The Local Committee was involved in the Indigenous People's Day Co-op event that took place on Oct 14 at the Co-op. This included raising awareness about many of the products that the Co-op carries that are created by Indigenously owned companies and craftspeople. Customers also got a chance to sample some of the foods, including Nisqually caught salmon and wild rice.


The Olympia Food Co-op Ecological Planning Committee has a revived energy for the many tasks at hand and has been working on several fronts.

One of the committee's charter goals is to eliminate waste, and in service to that goal, they are creating a team of volunteers we dubbed the "Zero Waste Camp." Some of the projects to be undertaken include action and education around reusables and recyclables. The committee is also exploring the possibility of discontinuing free unlimited plastic


produce and bulk bags and replacing them with compostable alternatives.

Which brings me to my last point, which is that the Board of Directors is a volunteer board. The election for the Board of Directors is a major annual event, but there are many opportunities to contribute your time at the Co-op that are not limited to serving on the Board or being a working member. Several of our committees (including Eco-planning and Member Relations) have places for members-at-large. We are always interested in the skills and ideas that people might want to bring to the table. ■

**REAL EDUCATION
FOR PEOPLE
WHO BELIEVE IN
REAL FOOD**



**BECOME A NUTRITIONAL THERAPY
PRACTITIONER OR CONSULTANT**



NUTRITIONALTHERAPY.COM | 800-918-9798

CALL ME FOR ALL YOUR REAL ESTATE NEEDS

Who Am I? I'm not a lifelong local. I moved here on a leap of faith and I haven't found one reason to go. Instead I've found a million reasons to stay. I love it here. I'm not in the sales business.

I'M IN THE SERVICE BUSINESS

I don't mince words. I deliver information as facts, not opinions. If you contact me, I answer. Or get back to you ASAP. I help sellers market their home across every medium available. No stone goes unturned. I help you weigh every offer in context so that you can select a quality buyer for your home. The details are handled without hassle or fuss.

**SELLING A HOME IS A PROCESS, A JOURNEY.
I'M JUST HONORED TO BE YOUR GUIDE**

Bobbi Kelly

bobbikelly@comcast.net
360-515-1103





**South Sound
Solar, Inc.**

Your Local Solar Experts!

Questions About Solar? Lets Talk!
360-352-7869
or
Info@southsoundsolar.com

Residential | Commercial
Community Solar | Service
Battery Hybrid and Off Grid Systems



Olympia Food Co-op

3111 Pacific Ave SE
Olympia, WA 98501

Address Service Requested

STANDARD
US POSTAGE
PAID
APEX MAILING
SERVICES INC

The Co-op will be open
DECEMBER 25
from 8am - 5pm
&
JANUARY 1
from 8am - 5pm

The staff collective would like to recognize the diversity within our community. If you have thoughts on our store hours we would love to hear from you at customerservice@olympiafood.coop

Thanks! 

