



SPRING 2020

# Table

*Spring Recipes*

**RECYCLING, REUSING,  
& REDUCING**

**BEER & WINE UPDATE**



# 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 11AM-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](http://www.olympiafood.coop)

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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.

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### Editor's Note



Welcome to another issue of the Co-op Table, where we've gathered up a variety of news and recipes to share the best happenings in our stores and communities. One of our favorite Co-op sponsored community events is coming up in the form of the Bicycle Commuter Contest, a great way to save money, resources and get lots of fresh air and exercise. Another way to support your community is to visit and consider membership at one of the new co-operatives in town, like Orca Books Co-op. We will have a Round Up at the Register option for those who'd like to help the Orca Books transition in our stores.

We're working hard on our own developments and improvements right now as well, as you'll see as the year goes along. Though we continue to explore options to expand our retail operations, the work happening at our Eastside store will allow us to offer more cheese and deli products, remain more comfortably in our current space and offer safer working conditions to those using the Co-op Kitchen.

In continued efforts to "make human effects on the Earth positive and renewing" we outlined the latest news in recycling, reusing, plastics and bulk buying, and plant-based and low-packaging recipes to expand your spring connection. Stay tuned to our in-store handout, The Spoonful, for more information about local products and current goings-on!

—Maureen Tobin



## WESTSIDE LOCATION

OPEN 11am-7pm, thurs-mon

## EASTSIDE LOCATION

OPEN 8am-9pm, every day

**SAVE THE DATE - SATURDAY, AUGUST 1ST**  
**WORKING MEMBER APPRECIATION PARTY**  
 (LOCATION TO BE ANNOUNCED)

*Working Member*  
**PARTY**  
**FOOD & BEVERAGES**

Many thanks to the JA Morris Construction team for all their hard work on our kitchen remodel. Pictured here, the concrete pouring day.

*Photo by Nancy La Gasa*



*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

### MARCH

TUESDAY 10TH, 12-2 PM

WEDNESDAY 18TH, 1-3 PM

SATURDAY 21ST, 11AM-1 PM

### APRIL

WEDNESDAY 1ST, 12-2 PM

TUESDAY 7TH, 1-3 PM

WEDNESDAY 15TH, 3-5 PM

### MAY

TUESDAY 5TH, 1-3 PM

WEDNESDAY 13TH, 3-5 PM

TUESDAY 19TH, 12-2 PM

### MARCH

SUNDAY 8TH, 3-5 PM

### APRIL

THURSDAY 2ND, 6:30-8:30 PM

SUNDAY 5TH, 3-5 PM

### MAY

THURSDAY 7TH, 6:30-8:30 PM

SUNDAY 10TH, 3-5 PM

### JUNE

THURSDAY 4TH, 6:30-8:30 PM

SUNDAY 7TH, 3-5 PM









# ORCA BOOKS IS BECOMING A COOPERATIVE!

*By Monica Peabody, Staff member*

Orca Books has been a foundational fixture of the Olympia community for 26 years. After all these years of running the bookstore, Linda Berentsen is moving into retirement. Thanks to incredible support and love from our beloved Olympia community, the workers have raised \$150,000 in order to purchase the business, with the intention of forming as a member-owned, worker-run cooperative.

But! While they have enough to transition, they will still need funds for successful management of the store post transition. They need operating capital once Orca Books INC becomes Orca Books Cooperative, to keep the store thriving. Here are ways you can support Orca Books:

Become a Co-op member! Members will receive discounted prices on all goods in the store, as well as voting rights to elect the Board of Directors, which will provide general oversight for the Co-op.

- Round Up at the Register, Donate to our GoFundMe Page, or our Network for Goods Page, links can be found at [orcabooks.com](http://orcabooks.com)
- Shop at Orca and support our store!
- Attend any or all of our upcoming Events!
- Spread the word to all your friends!

With your help the workers can keep the store open and transition into a worker-run, member-owned cooperative business model! Forming a cooperative will enable them to continue providing affordable, quality books to the Olympia community while supporting their staff with secure and fulfilling jobs ... and providing a loving home for everybody's favorite shop cat, Orlando. ■



# Now More Than Ever...

## Pedal in the 33rd Annual BCC!

By Duncan Green, Coop Member



*As an Olympia Food Coop member, shopper or staffer, you are likely interested in preserving our climate and environment, both locally and globally. Choosing locally-produced and organic foods is a healthy choice for us and the planet. Another way we can benefit our personal and planetary health is to make informed and sustainable choices about how we get around in our community.*

Transportation is the source of around half of all greenhouse gases in our state. Choosing to ride a bicycle for local transportation can save a lot of greenhouse gas emissions. Riders in the Thurston County Bicycle Commuter Challenge prevent close to 50 tons of CO<sub>2</sub> from entering our atmosphere each May. Not everyone is able to ride a bike, but for those that are able, it is a significant way to reduce our impact on the environment.

Riding a bike has many other benefits as well. It is a great form of gentle exercise, and an economical, healthy way to get around town, to work, or to school. Studies show that people who commute by bike live longer, healthier lives than those who drive. Bicycling lowers stress and improves physical and mental health. Bicycling for transportation is exercise that's built in to your commute, your trip to school, or your errands!

The annual Thurston County Bicycle Commuter Challenge and Intercity Transit's other bike education programs encourage Thurston County residents of all ages and abilities to try bicycling as a means of transportation, to any destination. Participating in the BCC is a great way to find the support you may need as a beginner, or to join the fun and be counted if you are an old hand. Plus, you can win prizes, including a new bike, or the Grand Prize: a bicycle vacation with Adventure Cycling Association.

Visit [bcc.intercitytransit.com](http://bcc.intercitytransit.com) to learn more and sign up for the 33rd Annual BCC!

Contact: Duncan Green at [dgreen@intercitytransit.com](mailto:dgreen@intercitytransit.com), or 360-705-5874

### ***This year's BCC events:***

- ***Bike Commuter Basics classes: March 3 and 7***
- ***Basic Bike Care classes: March 17 and 21***
- ***Earth Day Market Ride: Saturday, April 18***
- ***33rd Annual Bicycle Commuter Challenge: May 1-31***
- ***Bike to Work Day: Thursday, May 14 with "Bike Commuter Stations" around town.***

Intercity Transit provides award-winning public transit including zero-fare bus routes and Dial-a-Lift service, plus vanpools for those with longer commutes. Most Intercity Transit buses have bike racks, and vanpool vans can be fitted with them. [www.intercitytransit.com](http://www.intercitytransit.com)

To find out how to join the Olympia Food Co-op Team, see our website, [olympiafood.coop](http://olympiafood.coop). Bike to the Co-op in May & get a treat, as well as raffle entry! ■



# No Packaging Breakfast

Text and Photos by Monica Peabody, Staff member

*I love baskets and I love breakfast. I attempted to join both these loves in recipes for a yummy breakfast I made myself. And thanks to the Olympia Food Co-op, I had no packaging waste to throw away afterwards!*

## MUSHROOM KALE OMELETTE

10 bulk eggs (I was cooking for 5, I estimate two eggs per person)  
1 lb. crimini mushrooms (I use a cloth produce bag)  
1 bunch lacinato kale (any kale or green will work)s  
1 tablespoon butter or olive oil  
¼ cup milk (cows or unsweetened soy, coconut or nutmilk)  
Salt and pepper to taste

Melt butter or heat olive oil in a skillet large enough to hold all the ingredients. Slice mushrooms and chop kale. Saute until soft and delicious. Sprinkle with a little salt and pepper.



Mushroom Kale Omlet ingredients

Whip milk and eggs in a bowl. Pour over sauted veggies. After it sits for a bit, take a spatula and scrape edges a little toward the center and turn the skillet so the runny parts can fill in. When omelette looks fluffy carefully separate the bottom from the skillet and fold in half. Allow each side to brown slightly and eat hot!



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*Roasted Asparagus over Kale Mushroom Omelette*

## BLACK BEAN BREAKFAST SALAD

*This isn't really a breakfast salad, it can be eaten anytime. I brought leftovers along with some soup for lunch and ate it with chips like a salsa.*

### Ingredients

**Black Beans** (I bought these in a cloth produce bag as well. You only need 2 cups of cooked beans for this recipe, but I like to cook a good sized batch and make chili, black bean dip and many other delicious things.)

**1 avocado**

**1 bell pepper**

**½ of a red onion**

**1 mango**

**½ cup cilantro**

**1 jalapeño** (optional if you don't like spicy, 2 or 3 if you like extra spicy)

**¼ cup lime juice**

**Salt**

Soak black beans overnight then cook covered in water or broth until soft. Or cook beans more quickly, without soaking, in a pressure cooker or instapot.

Chop avocado, bell pepper, red onion, cilantro and jalapeño. Add to 2 cups cooled beans and combine. Add lime juice, salt to taste and enjoy.

## ROASTED ASPARAGUS

Just to be fancy, I roasted some asparagus in my toaster oven while the omelette was cooking. I put it on a pan, drizzled it with olive oil and sprinkled it with salt and toasted it until the ends were crunchy and brown and the rest was soft and pliable. I draped a few asparagus spears over my omelette.

### *Black Bean Breakfast Salad Ingredients*





# Recipes for Plant-Based Protein

By Desdra Dawning, Member

Except for a few years in the 1970's, I have been someone who was quite convinced that the only way I could get enough protein in my diet was to follow the food pyramid suggested by the food pundits and obtain it through various animals. Some forms of protein were considered healthier than others, so I limited my consumption to meats that showed less red blood, like chicken and fish. Today, I am dealing with autoimmune issues in my body, and "inflammation," and am learning that it has become the culprit for multiple health problems for many people. And now I am being told that animal protein can contribute to these problems of inflammation.

I have also become more educated on how the effects of animal husbandry—with the clearing of rainforest land for grazing and the proliferation of factory farms—have become extremely detrimental to the environment, including contributing to global warming. Of course, small and local farmers, offer sustainably grown meat, are in a totally different category, supplying us with food that is not saturated with chemicals and medications, and doing their best to reduce environmental impact.

So now I ask myself, how do I get the proper amount of protein for my body? The answer seems to be to switch to a plant-based diet. But can I get enough protein from grains and veggies, I ask? The food pundits for many years have answered a resounding "NO!" to that question. Yet now plant-based protein, some designed to look and taste much like that from animals—to assuage our psychological need for meat—is finding its way onto our shelves and even into fast food burgers! And documentaries are being created to address this very question (check out *The Game Changers* on Netflix for some scientific data and amazing stories that illuminate and inspire, even offering an online cookbook of recipes for plant-based dishes at [www.gamechangersmovie.com](http://www.gamechangersmovie.com) ).

I am sold. And my Co-op offers me all the ingredients I can hope for to make my transition easy and tasty.

Here are a few delicious recipes that I am finding helpful on my adventure into the world of plants as food for body and soul.



## BIG BREAKFAST BURRITO

From *GameChangersMovie.com* Recipe by *ForksOverKnives.com*

4 Servings/25.9 Grams Protein per Serving

### Ingredients

- 1 cup peeled and finely chopped sweet potato
- 1 cup chopped yellow onion
- 1 cup chopped red sweet pepper
- 2 tablespoons dried basil, crushed
- 2 teaspoons ground turmeric
- 3 cloves garlic, minced
- 1 teaspoon dried thyme, crushed
- 1 pound extra-firm tofu, crumbled
- ¼ cup nutritional yeast
- Sea salt and freshly ground black pepper to taste
- Salsa
- 4 9- to 10- inch whole grain flour tortillas

### Directions:

Preheat the oven to 350°F. In a large skillet, cook the sweet potato, onion, and sweet pepper over medium heat for 10 minutes, stirring occasionally, and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking.

1. Add basil, turmeric, garlic, and thyme and cook and stir for 1 minute or until garlic is softened. Stir in the tofu and yeast, and season with salt and black pepper.
2. Spread the mixture into a non-stick 15×10-inch baking pan. Bake 35 minutes or until tofu is lightly browned, turning occasionally.
3. Spoon the tofu mixture and salsa onto each tortilla, just below the center. Fold the bottom edge of the tortilla over the filling. Fold in opposite sides and roll up the tortilla.

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# Recycling, Reu

## Recycle

On January 1st the City of Olympia made some changes to their curbside recycling program. They will no longer be picking up glass, poly-coated materials like milk/juice cartons, frozen food boxes, etc, and aseptic containers, like soy milk cartons, broth boxes, etc. Your only option, that I'm aware of, for poly-coated and aseptic containers is the garbage. Glossy papers, such as cereal boxes and advertisements can be recycled because they don't contain the extra fibers that are in these containers.

While no one wants to put more things into the landfill, the City of Olympia assures us that modern landfills are designed to keep our waste materials contained and not contaminate groundwater or adjacent soils. Roosevelt landfill, where Olym-

pia's trash goes, captures methane gas and uses it to produce electricity.

Here are some places you can bring your glass for recycling. All of these options are free! We recommend getting together with your neighbors and creating a sort of carpool, for glass recycling. That way you don't have to make the trip as often. Or pay gas money to the neighbor with the truck. Glass should be dumped directly into the bins without bags.



Patrice and Jaime excited about eco-shopping

### • City of Olympia Saturday Drop-off Site

1000 10th Ave SE, Olympia, WA 98501

Glass-only bin available 24/7

### •Yauger Park

503 Alta St SW, Olympia, WA 98502

Glass-only bin available dawn-dusk daily

### •Concrete Recyclers

2935 Black Lake Blvd SW, Tumwater, WA 98512

Open Monday-Saturday 8 a.m.-4 p.m.

### •Thurston County Transfer Station

2418 Hogum Bay Rd, Lacey, WA 98516

Open 8 a.m.- 4:45 p.m. daily, they also have an off leash dog park with two large, fenced fields, one for large and one for small dogs, as well as a walking trail, a demonstration garden of native plants, and a playground made from recycled materials. Bring your dogs and kids to play and recycle!

The glass currently goes to Concrete Recyclers to be crushed and used as aggregate material for road and construction base material. The City of Olympia is asking customers to please comply with these changes. Correct recycling saves the City close to \$100,000 dollars annually, which translates directly to customer rates, and greatly improves the marketability and value of what the City does collect for recycling.

Pioneer Recycling Services, the City's contracted processing facility, finds outlets for recyclable materials both domestically and globally. Because China stopped taking material, resulting in large supplies both nationally and globally, the average value of materials has dropped significantly. Even though the cost to recycle is at or above landfill disposal, it's still better environmentally to recycle. If you continue to put glass into your cart, the City may remove your recycling cart entirely. If you have further questions, contact Kim Johnson at 360.570.5837 or [kjohnson@ci.olympia.wa.us](mailto:kjohnson@ci.olympia.wa.us).

Some other things you can recycle at the Thurston County Transfer station that aren't a part of curbside recycling are:

- Polystyrene (also known as Styrofoam™) molded blocks and rinsed or wiped clean food containers with a #6 recycle symbol. Foam can be put into a clear or translucent bag and food containers in separate bags.

No packaging peanuts, but you can call the packing peanut hotline at 1-800-828-2214. I did a little investigative reporting and called. I spoke with a very nice man in Maryland. While it's a national service, they can take your zip code and tell you who in your community might take packing peanuts. You will still need to contact the business to see if they are currently taking them. He also told me about a national website, [earth911.com](http://earth911.com), where you can enter your zip code and ask about recycling virtually anything and it will offer you a list of places that might take them.

- Household hazardous waste, things that include the words POISON, DANGER, WARNING or CAUTION on the label can be taken to the HazoHouse, which is open daily from 8 - 5, though you must be there by 4:45 to get in. All of these services are free for residents and can be driven to without going through the pay portion of the dump. Businesses must register and pay a fee.

A couple of resources outside the Thurston County Transfer station are:

- Washington State's Department of Ecology's 1-800-RECYCLE, which is both a hotline and an online site, <http://1800recycle.wa.gov/>, for finding out where to recycle, including electronics.

- <https://2good2toss.com/> is Washington's online



# sing, Reducing

by Monica Peabody, Staff member

exchange for reusable building materials and household items.

If your curbside recycling is through Le May, you are still able to recycle glass in a separate recycling bin. Le May also has a website, Waste Wizard, that will tell you where to recycle items you type in, <http://www.thurston.lemayinc.com/>.

## Reusing and Reducing

Clearly, the fewer items we use and more items we can reuse, the better. We have many co-op members who are wizards of reducing and reusing and we want to share their expertise and ideas with you. Introducing three fantastic Co-op Eco Shoppers!



Jaimie's plastic bag reuse system

bought hers at the Co-op and hopes we will sell them again. This system works for Jamie because she makes the time to do it. She recognizes that this may not work for everyone.

Jamie uses plastic clothespins to fasten the bags and write the PLUs (the number the cashier puts into the register) for her bulk items. It works well for the cashiers. She can then wipe the clothespins clean and have them ready for reuse next trip. Jamie prints out her shopping list, in Spanish to keep her Spanish current, and brings it along.



Jamie says that the San Francisco Street Bakery plastic bread bags, cleaned and reused, keep mushrooms very fresh. At some point a bag's usefulness will come to an end, she then uses those bags to wrap meat and fish wrappers in order to keep a cleaner kitchen. She actually prepares the meat or fish right on the bag before tossing it with the wrapper.



Pam with her tools

Pam Chase is another shopper with some great eco shopping techniques, similar to Jamie's. She keeps the equipment she needs in her kitchen. She has a large shopping list with PLUs that she prints out and checkmarks the things she needs. She has it on a clipboard with an attached pen, all ready for her next shopping trip.

Pam has specific containers, each one the specific size and shape that is appropriate for that item, which she labels with the name, PLU and tare (weight of the container) on masking tape, on the sides so she can see them in her cupboard, and on the top, for the cashier. Pam showed me a Nancy's yogurt container she still uses that dates from the 90's. They're very durable, she says.

Like Jamie, Pam brings totes for carrying her groceries. She also reuses plastic bags, but dries hers on a clothesline that is strung above her washer and dryer with clothespins. She values making her own food. She eats a lot of grains and beans, which she buys from bulk. The food tastes better and is way more affordable that way. Although Pam is going the extra mile, once she got this system set up she says that it really does save her time.



Pam shopping Bulk spices

Amber Ferrano hates to waste anything. She saves money every way she can so she can afford to water her garden and other things that are important to her. She brings washed and sterilized containers into the

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# SPRING UPDATE ON BEER & WINE

by Robyn Wagoner, Staff member, Beer & Wine Task Force

As you may have heard, our membership spoke during the 2019 Annual Election last November, and the organization listened. Beer and wine and low-alcohol products are coming to the Olympia Food Co-op this year.

## History

At 2:1, the vote in favor of this 43-year-old consumer co-op adding adult beverages to our product mix was not a landslide victory. Less than 600 members participated out of the many thousands of members who were contacted about the ballot and eligible to vote in the election.

Previously, over 1500 members had participated in an online survey seeking input on the possibility of the Co-op carrying beer, wine and hard cider. This inquiry, completed in October of 2018, had more than twice the number of participants than voters who cast 2019 ballots. Of these participants, 70% favored this change to the product mix.

As early as the year 2000, the majority of Co-op members casting their annual ballots were in favor of carrying beer and wine. The official vote was considered an “advisory ballot” and the Board of Directors at the time decided not to pursue adding these products to our stores.

Other product decisions have come before the membership in the past as well, such as when our membership voted to add meat and sugar to our product selection guidelines.

## Motivation

Members who have publically supported the change have cited the convenience of purchasing their adult beverages from the same location where they purchase their groceries.

Other members skip the Co-op because they are suffering from time deficit, which forces those in financial hardship to be constantly in a hurry. Time deficit continues to squeeze the working class (exerting its destructive power disproportionately upon single mothers).

Still others are concerned about the impact that multiple trips to the store will have on our climate. For at least these reasons, one-stop shopping appears to be a major motivator for members choosing to avoid the Co-op for a portion of their non-alcoholic purchases.

A large group of members have also commented that they depend upon the Co-op’s Product Selection Guidelines to ensure that the members’ purchases are healthy and ethical. These members prefer to consume adult beverages that have passed the Co-op Staff’s scrutiny, and hope to have access to more local, organic, environmentally sound and cooperatively-produced options for these products

## Timeline

During the Co-op’s annual budgeting process, our Board and Finance Team agreed that beer and wine sales would begin at the Eastside location on April 1st and at the Westside on July 1st. This staggered approach will afford the opportunity to tweak our systems and training on the Eastside before rolling out the Westside changes.

We have filed for our Eastside license, and the search is on for Beer and Wine Department Managers. During March, we will train our Cashiers in the process for selling these new products, and also plan to complete the Eastside Grocery Department reset by the 31st of the month.

## More Info

Updates on the roll-out will be published in the summer issue of the Co-op Table Magazine and in our Co-op Spoonful at registers, as well as on our Facebook page and our website: [olympiafood.coop](http://olympiafood.coop). Please send questions and comments to [beerandwine@olympiafood.coop](mailto:beerandwine@olympiafood.coop) ■





# 2019 Finance Report

by Jill Lieske, Staff Member

Tax season equals Spring, right? Over here at the Olympia Food Co-op, we are wrapping up the compilation and adjustments of the 4th quarter financial numbers for 2019, getting ready to send to the accountants so they can calculate the taxes we will owe for the year. To me, this is reminiscent of Spring.

Financial transparency is an important way for us to show our members the Co-op's place in the local economy. As members of the Olympia Food Co-op, this is YOUR Co-op. YOU are helping to grow the local economy. Below is a review of how the Co-op is performing financially.

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.

This 4th quarter report is showing strong sales numbers for the year, coming in at \$17,539,595. However, after subtracting the Cost of Goods Sold and other expenses our total Net Income is (\$113,435) under budget.

The two expenses that are over budget for the year are Staffing and Operations. Staffing involves line items such as; Payroll Wages, Payroll Medical Benefits, Payroll Taxes, Payroll Vacation Pay and Payroll Retirement Benefit. There are many reasons for the staffing overage, from unexpected work needing to happen due to unforeseen circumstances, which also increases the payroll taxes, to unfortunate and unexpected medical issues. The bottom line here is that we take care of our staff, our most valuable asset.

Operations expense includes many line items that are pertinent to keep the Co-op running smoothly. The items that stood out were credit/debit charges which were approximately \$11,000 over budget and our M&R (Maintenance & Repair) expense line that is about \$23,000 over budget.

Our most notable expense, the one we are most proud of, is our discount program that enables qualifying Cooperative Access Program (CAP) members and working members to purchase everything at reduced prices. We provided about \$430,000 worth of discounts to our shoppers this year, through our combined discount programs.

2019 4Q Year to Date Budget Report For The Year Ending 12/31/19			
	2019 ACTUALS	2019 BUDGET	\$ OVER BUDGET
Revenue:			
Sales	17,539,595	17,471,436	68,159
Cost of Goods Sold	11,377,866	11,310,137	67,729
Gross Sales Revenue:	6,161,729	6,161,299	430
Other Revenue:			
	23,331	20,350	2,981
Total Net Revenue:	6,185,060	6,181,649	3,411
Expenses:			
Community & Marketing	268,973	296,863	-27,891
Staffing	4,545,648	4,378,339	167,309
Member Discounts	429,312	466,045	-36,732
Operations	1,005,537	991,377	14,160
Total Expenses:	6,249,470	6,132,624	116,846
Total Net Income:	-64,410	49,025	-113,435

While this amount was under our budgeted projection, it is still significant. This program follows one of the goals of our mission statement to make good food accessible to more people and this includes people who face financial barriers to buying good food.

In conclusion, we have had a great year regarding sales. We budgeted for a combined storewide growth of 1.61%, and came in at an actual growth of 2.01%. Our cash flow, which we monitor on a weekly basis, remained steady through our recent emergency mold remediation work at our downtown office and other unexpected upgrades of equipment. So, despite some of our large expenses which significantly impacted our Net Income, the Co-op is showing strong financial stability and steady growth.

In 2020, you will see the Co-op's continued efforts to sustainably grow with a remodel of our production kitchen and hopefully a make-over of the entire East-side store to follow. Any comments or questions about this article, send directly to [jill@olympiafood.coop](mailto:jill@olympiafood.coop); questions about finances you can often find Corey at our business office 360 357-1106. ■





# Recycling, Reusing, Reducing

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Co-op for people to use for their bulk goods and salad bar. She even brings in wine bottles always with the corks attached by rubber bands. They're great for soaps, oils and vinegars and some people take them for their homemade kombucha or wine. She keeps a hanging organizer on her kitchen door that has a section for reused plastic bags and the containers she is bringing to the Co-op.

Amber urges people not to bring in containers that aren't useful, clean and sterilized. She's had the experience of having her food mold because a used container wasn't sterilized. She would also like to see more people using these containers. She encourages the Co-op to have signs near our new containers reminding people that there are containers for reuse. She's had the experience of using a new container for her maple syrup, forgetting to use a used container even though she had just brought some in!



Amber Ferrano

I agree and want to remind people that they can get \$.30 off soup and salad bar if they use their own container and \$.05 off their coffee, tea or latte.

Amber has many clever upcycling ideas, some she's come up with herself, some from Pinterest. For example, when she only uses part of a seed packet, she's found that labeled medicine or jam jars will keep the seeds fresh for planting next year. She's had a possum chew through her plastic containers to eat all her seeds.

You can also organize screws and nails and bolts in jam jars and if you want to get fancy, you can nail the lids to a board that you hang and screw the bottles into them, thereby saving space on a table.

Amber takes her emptied plant containers to her local Master Gardners. She sows seeds in egg cartons. She has found that plastic coffee cups with dome lids make perfect little greenhouses. Put a little gravel in the bottom, soil over top and it's a mini terrarium. She also adds styrofoam under the soil in her large pots to make them lighter.

She saves suet containers and then makes her own suet. She takes wine bottles and cuts the tops off to make wind chimes and used the bottoms to make terrariums. She's known people who have used the bottom circles in their walks. Once people get ideas, Amber says, they just keep going. ■

# Recipes for Play



WaverlyWashingtonEnjoys Breakfast

## BIG BREAKFAST BURRITO (CONT.)

Tips:

For more flavor, add some sliced tomato, onion, and avocado along with a few drops of hot sauce before rolling the burritos.

## QUINOA BOWL WITH ROASTED SWEET TATERS & BLACK BEANS

From GameChangersMovie.com

Recipe by Derek Sarno

3 Servings/29.4 Grams Protein per Serving

Ingredients:

4 cups quinoa, freshly prepared or pre-made from packaged  
2 medium sweet potatoes, diced into cubes  
1 head broccoli florets  
1 cup peas, frozen or fresh  
1 can black beans, drained and rinsed  
1 cup baby spinach  
½ cup cherry tomatoes, halved  
2 green onions, slivered  
1 teaspoon garlic, granulated  
½ teaspoon smoked paprika  
Coarse salt and pepper to taste  
Mint leaves, shaved (optional)  
Chili peppers (optional)

Directions:

1. Preheat oven to 400 deg.
2. Have a baking sheet lined with parchment paper ready.



# nt-Based Protein

Continued from page 11

3. Prepare the quinoa and add the peas (thawed if using frozen, blanched with boiling water if using fresh). Add the mint and a pinch of salt and pepper and stir together (optional). Set in a bowl to one side.

4. Boil the sweet potato in a ½ full medium sized pot of water for roughly 5-10 minutes until just soft enough to pierce with a fork. Add the broccoli florets and cook for a further 1 minute, drain and add both to a large mixing bowl and lightly toss with the granulated garlic and a pinch of salt and pepper. Add to the baking sheet assembled to one side.

5. Heat a large pan on medium heat, add the cherry tomatoes and sauté for one minute. Add the black beans and smoked paprika and a pinch of granulated garlic, salt and pepper and sauté for another minute. Add neatly to baking sheet next to the broccoli and sweet potato.

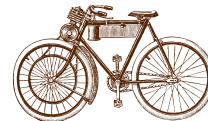
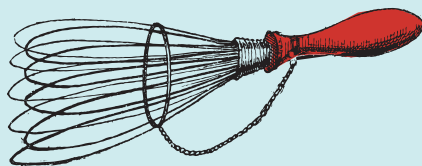
6. In the same large pan add the baby spinach and sauté for one minute until slightly wilted. Remove from the pan and add the baking sheet.

7. When ready to serve, roast all the vegetables on the baking sheet for 10 minutes to heat and finish. This helps crisp up the broccoli, adding flavor and warms all the veggies perfect for serving.

8. Build bowls by adding quinoa-peas, broccoli, sweet potatoes, beans and tomatoes and spinach. Top with green onion and diced chili peppers (optional).

#### Tips:

Add walnuts to the quinoa for added crunch. Season the beans and tomato with a sprinkle of cumin and chili powder for more Mexican-style flavors. Top with roasted tofu or tempeh for even more protein. ■



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# Plastics and Bulk Buying

*By Abigail Haddock & Desdra Dawning, Co-op members*

Our co-op, from its very beginning in the 1970's, has been a champion for sustainable living. Back when few were addressing environmental issues that affect the health of all of us—humans, all other life here, and Planet Earth herself—The Co-op was making conscious, well-researched decisions about what products to carry, and what farms and companies to support. That process for product selection continues today at the Co-op. However, since then, one product that has inched its way into every aspect of our daily lives, has also found its way into our Co-op and onto our very shelves. It is almost impossible to order anything without this being a part of the product we wish to carry. PLASTIC.

## PLASTIC TODAY

We see, feel, eat, drink and wear plastic from the moment we wake up in the morning until we close our eyes at night. We can't even brush our teeth without it.

Plastic is a wondrous petrochemical product with many diverse uses. Its prime qualities include durability, cost, weight and mold-ability into a diverse array of products. And it lasts practically forever.

Originally seen as a big advantage to humankind, its durability has now become a huge environmental hazard, both on land and at sea. It has become one of our worst pollutants.

Plastic also has another dark side. It can be toxic. The jury is still out on whether plastic polymers are toxic, but it is the chemicals that are added to plastic that are definitely toxic. The added chemicals used to make plastic harder, softer and more pliable, also make plastic very difficult to recycle. Plastic has become

a planetary toxic soup of chemicals that are not easily separated and so are difficult to recycle into new products.

Toxic chemicals leach out of plastic into our water supply, and tiny beads of microplastic, used in many beauty-care products, have found their way into the fish in the sea. They have been discovered in the blood and tissue of nearly all of us, including the animals we eat. Exposure to them is linked to cancers, birth defects, impaired immunity, endocrine disruption and other ailments. Their creation dates back to 1907. The first manufactured plastic was Bakelite, which still exists on earth, resting in landfills, floating in oceans or sitting in stream beds.

## PLASTICS AND FOOD STORAGE

This product, once thought of as a boon to humans, has become the container or wrapping for so many products these days. World-wide. It has become the leading material used for food packaging, transport and storage. Glance down the aisles of any market, including our Co-op, and you will see how prolific it is.

## REDUCING PLASTIC USE THROUGH BULK BUYING

We all know that it is possible to reduce our use of plastics by purchasing as many products as possible from the Bulk Department or bulk options throughout our stores. Of course, shopping in this way takes a little more time, and requires us to plan ahead when we go to shop, bringing our own containers of glass and mesh or paper bags along with us. Each shopping trip becomes a conscious commitment to doing our part to help our environment. And contacting companies

### Soft Scrub

Add enough Dr. Bronner's soap to 1/8 cup baking soda to make a thick, creamy mixture. Apply to grimy surface with a sponge to clean; rinse the surface well. Dry with a clean cloth. Discard mixture after use.

### Appliance Cleaner

Dry baking soda shines up small appliances and even removes bread wrappers burned onto the toaster. Try rubbing a teaspoon onto your grubby blender or food processor with a clean flannel cloth.

### Toilet Cleaner/Deodorizer

Sprinkle the toilet bowl with 1/4 cup baking soda. Drizzle with 1/4 cup vinegar, then scour with a toilet brush. Flush toilet to rinse clean.

### Oven Cleaner

Sprinkle oven with 1/2 cup baking soda (more if needed) and spray with water. Let sit for several hours or overnight before scraping off stains and spills. Rinse thoroughly with water. Wipe dry with a clean cloth.

### Hardwood Floor Cleaner

In a pail or bucket, mix 1/4 cup distilled white vinegar in 1 gallon warm water. Mop wood or laminate floors, then rinse with water, making sure not to leave large pools to dry.

([www.bhg.com](http://www.bhg.com) Better Homes and Gardens)

### Toothpaste

Mix together:

- 2/3 cup baking soda
  - 1 tsp fine sea salt (optional – direct application of the minerals in sea salt is great for teeth, but can be left out if the taste is too salty)
  - 1 – 2 tsp peppermint extract or 10-15 drops peppermint essential oil (or add your favorite flavor – spearmint, orange, etc.)
  - filtered water (add to desired consistency)
- ([www.diynatural.com](http://www.diynatural.com))



to request that they begin changing how they package their products helps too.

Think of all the products that are currently held in a plastic container that gets used once, then discarded. Dish soap. Laundry detergent. Hand lotion and shampoo. Toothpaste and mouthwash. The list goes on and on....

## MAKING OUR OWN HOUSEHOLD PRODUCTS

One way we can get off the plastic packaging train, in addition to shopping bulk options, is to make some of those products ourselves. With a few basic ingredients, we can not only get away from contributing to the plastic in the landfills, but we can also bring into our homes more cost-effective, friendlier, toxin-free cleaning and household products.

## DIY HOUSEHOLD RECIPES

### BASIC INGREDIENTS

These simple ingredients, most available at the Co-op, some in bulk, can be combined to make up a large number of household products currently being purchased and contained in plastic:

- Baking Soda
- White Vinegar
- Hydrogen peroxide
- Borax
- Essential oils, like tea tree oil, lavender oil, eucalyptus oil, or lemongrass oil
- Castile soap (like Dr. Bronner's soap found in bulk at the Co-op)
- Fresh herbs, citrus, or citrus peels
- Olive or vegetable oil
- Water

([www.apartmenttherapy.com](http://www.apartmenttherapy.com))

It is time to move away from using plastic in relation not only to food, but in many other aspects of daily life. We can choose items free of single use plastic packaging and move away from plastic shopping bags, beverage containers, food containers, cutlery, and straws and make a huge impact on our plastic footprint on earth. There is no plan B for the earth.

Let's make 2020 a year of plastic awareness at the Olympia Food Co-op. We will offer plastic education and alternative products. Please join us in changing our plastic habits this year.



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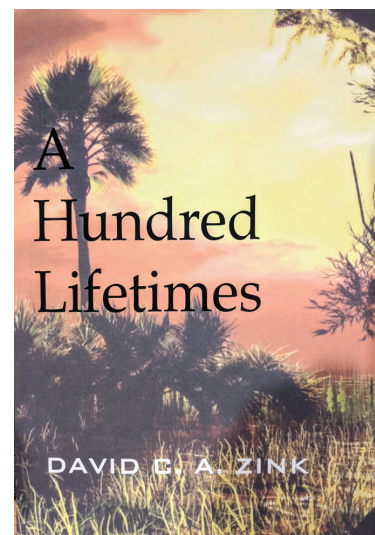
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# Community Classes

## Spring 2020 Schedule

For full class descriptions,  
See [olympiafood.coop](http://olympiafood.coop)

### 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

#### Olympia Food Co-op Westside Little House

921 Rogers St NW  
Olympia WA 98502

### Registration

#### Pre-Registration is Required

Register at [www.olympiafood.coop](http://www.olympiafood.coop), or in person at either store between the hours of 11am - 6pm. Registratoin is not available over the phone. There is a \$7 non-refundable registration fee per class/ per person unless otherwise noted.

#### Starting Plants from the Grocery store:

##### Tomatoes, Basil, Green onions, and More

Date: Sunday, March 8

Time: 1pm - 2:30pm

Location: GRuB Farmhouse

Facilitator: Anna Clark

In this class We will be learning and practicing several types of propagating plants on grocery store basics, including, but not limited to tomatoes, basil, and green onions. We will talk about and practice seed starting, starting from cuttings, and starting from tubers. Attendees will take home cuttings to start their own plants. Follow Ana Clark on Instagram: @teacher\_and\_gardener

#### Pie Making

Date: Sunday, March 8

Time: 3pm - 5:30pm

Location: GRuB Farmhouse

Facilitator: Martha Chubb

You will learn how to make flaky and

delicious pie crust. I will demonstrate how to make a double crust pie 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.

#### Make Your Own Reusable Bag from a T-shirt

Date: Sunday, March 15

Time: 2pm - 4pm

Location: OFC Downtown Classroom

Facilitator: Abigail Haddock

#### FREE

Make your own reusable bag from a T-shirt. Bring your own t-shirt and scissors, no sewing required.

Class is free but please register, as space is limited.

#### Make Your Own Reusable Beeswax Food Wrap

Date: Sunday, March 22

Time: 2pm - 4pm

Location: OFC Downtown Classroom

Facilitator: Abigail Haddock

Make your own reusable beeswax food wrap. Bring your own fabric and we'll show you how to turn it into an eco-friendly reusable food storage solution.

#### BeeMushroomed: How Fungi Can Help Give bees a chance

Date: Sunday, March 29

Time: 12pm - 2pm

Location: GRuB Farmhouse

Facilitator: Loni Jean Ronnebaum of Fungi Perfecti, LLC

Paul Stamets and Fungi Perfecti, makers of Host Defense, have teamed up with Washington State University to study the effects of fungal extracts on bees. Together our efforts have raised over 5 million towards this important cause! We will discuss our past research, future plans and what, as individuals, we can do to give bees a chance.

#### Mochi Ice Cream Workshop

Date: Sunday, March 29

Time: 2:30pm - 4:30pm

Location: GRuB Farmhouse

Facilitator: Megumi Sugihara Olympia Food Co-op West Grocery Co-manager

In this class, we will be making vegan, gluten free, dairy free Mochi Ice Cream together.

#### What to do with this?: Arame, Hijiki, & Wakame

Date: Sunday, April 5

Time: 1pm - 3:30pm

Location: GRuB Farmhouse

Facilitator: Megumi Sugihara Olympia Food Co-op West Grocery Co-manager

Seaweed is a great source of minerals such as iodine, calcium, and iron. In this class the participants will learn how to make tasty dishes using three kinds of seaweeds: arame, hijiki, and wakame.

#### Pie Making

Date: Sunday, April 5

Time: 4pm - 6:30pm

Location: GRuB Farmhouse

Facilitator: Martha Chubb

You will learn how to make flaky and delicious pie crust. I will demonstrate how to make a double crust pie 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.

#### Introduction to Zero Waste

Date: Monday, April 6

Time: 6pm - 9pm

Location: OFC Westside Little House

Facilitator: Jace Denton

#### FREE

Learn about the fundamentals of zero waste living, the zero waste pyramid, and how to shop zero waste at the Olympia Food Co-op. Learn more about Jace Denton at [jacedenton.wordpress.com](http://jacedenton.wordpress.com)

## Zero Waste Household Goods

Date: Monday, April 13

Time: 5:30-8:30pm

Location: OFC Downtown Classroom

Facilitator: Jace Denton

Learn how to make zero waste laundry and dish detergent, toilet cleaning bombs, and scented vinegar cleaners. Learn more about Jace Denton at [jacedenton.wordpress.com](http://jacedenton.wordpress.com)

## Bach Flower Remedies for Pregnancy and Postpartum

Date: Saturday, April 18th

Time: 2pm-3pm

Location: OFC Downtown Classroom

Facilitator: Lulu Barnad, BFRP

Pregnancy and Postpartum are times of many changes, not only physically but also mentally and emotionally. Did you know that Bach Flower Remedies can help you navigate the rollercoaster of emotions with more ease? In this class, I will share with you what Bach Flower Remedies are and how they can help you during your pregnancy and after you have your baby.

Lulu Barnad is a Bach Flower Registered Practitioner at the Bach Center in England. [lulubarnadbachflo.wixsite.com/website](http://lulubarnadbachflo.wixsite.com/website)

## Zero Waste Spa Day

Date: Monday, April 20

Time: 5:30-8:30pm

Location: OFC Downtown Classroom

Facilitator: Jace Denton

Self-care meets zero waste. Face masks, sugar scrubs, epsom salt soaks, epsom salt soaks, and cotton face wipes. Learn more about Jace Denton at [jacedenton.wordpress.com](http://jacedenton.wordpress.com)

## Zero Waste Crafts

Date: Monday, April 27

Time: 5:30-8:30pm

Location: OFC Downtown Classroom

Facilitator: Jace Denton

Learn how to make bottle cap flowers, scrap paper notebooks, cotton face rounds, wrapping paper with upcycled materials diverted from the landfill. Learn more about Jace Denton at [jacedenton.wordpress.com](http://jacedenton.wordpress.com)

## Healing Heartburn Naturally

Date: Thursday, May 7

Time: 7pm-8:15pm

Location: OFC Downtown Classroom

Facilitator: Dr. Jennea Wood

Heartburn and acid reflux encompass a com-

monly experienced spectrum of symptoms that range from pesky to downright distressing. Conventionally, these conditions are treated by blocking or neutralizing stomach acid with medications. But the long-term consequences of this approach are nasty. Come learn about the true root causes of acid reflux and how to start down the path of healing.

Dr. Jennea Wood is a naturopathic physician practicing with Tummy Temple in Greater Olympia/Lacey.

## Basic Soil Science for Gardeners

Date: Sunday, May 31

Time: 10am-11:30am

Location: GRuB Farmhouse

Facilitator: Anna Clark

Learn the basics of soil science for gardeners: how to tell what kind of soil you have (clay-y, sandy, silt? rich in organic material or not?), how to improve your soil through organic amendments, cover crops, and mineral supplements. Feel free to bring a sample of your soil to learn with. Follow Ana Clark on Instagram: @teacher\_and\_gardener

## Magnificent Mycelium

Date: Sunday, May 31

Time: 12pm-2:00pm

Location: GRuB Farmhouse

Facilitator: Taylor Fairbrother of Fungi Perfecti LLC

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 the use of mycorrhizal fungi, gardening with edible mushrooms, and how fungal sugars may benefit bees.

## What To Do With This? : Sauces From Around the World

Date: Sunday, May 31

Time: 2:30pm-5:00pm

Location: GRuB Farmhouse

Facilitator: Megumi Sugihara Olympia Food Co-op West Grocery Co-manager

Thai curry paste, Ethiopian turmeric sauce, Indian simmer sauce ... these and other sauces from around the world can expand your cooking repertoire in no time. Come learn easy and tasty ways to cook with sauces!



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# OFC Board of Directors



**Jim Hutcheon**  
President  
Term: 2019 - 2021



**Grace Cox**  
Staff Representative



**Joanne McCaughan**  
Secretary  
Term: 2018 - 2020



**Mel Bilodeau**  
Director  
Term: 2019 - 2021



**Benjamin Witten**  
Director  
Term: 2018 - 2020



**Jace Denton**  
Director  
Term: 2020 - 2021



**Cristina Rodriguez**  
Vice-President  
Term: 2020 - 2022



**Linda Myers**  
Treasurer  
Term: 2020 - 2022



**Peter Brown**  
Director  
Term: 2018 - 2020



**Frederick Meldicott**  
Director  
Term: 2019 - 2021

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](mailto: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

Written by Jim Hutcheon, Board Member

The Olympia Food Co-op's Board of Directors held their first meeting of 2020 on January 16. This year's Board consists of returning members Joanne McCaughan, Ben Witten, Peter Brown, Mel Bilodeau, Fred Meldicott, Grace Cox, and Jim Hutcheon and newly elected members Cristina Rodriguez and Linda Myers. The Board's numbers were reduced by the resignation of Desdra Downing and the Board took the step of appointing Jace Denton, who had received the next greatest number of votes in the November election.

The Board selected officers for the coming year: Secretary – Joanne McCaughan; Treasurer – Linda Myers; Vice President – Cristina Rodriguez; President – Jim Hutcheon

Assignment of Board members to committees was our other major task. The bulk of the Board's work occurs in committees. To give some idea of the scope of Board concerns a list of committees and their portfolio of responsibilities follows:

**ADVOCACY** — This committee handles all requests from the community for Co-op participation and advocacy of their particular area of interest. Member-at-Large position available.

**ECO-PLANNING** — Looks for ways to support our mission of community sustainability. Member-at-Large position available.

**STANDING HIRING** — Serves the Staff Collective whenever a hiring cycle becomes necessary.

**PERSONNEL** — Deals with sensitive personnel issues within the Staff Collective.

**FINANCE** — Reviews quarterly financial statements and overall budget process.

**EXPANSION** — Involved in the planning aspects of the Co-op's physical growth.

**LOCAL** — Coordinates with local vendors to meet the Co-op's commitment to local products.


**MEMBER RELATIONS** — Coordinates engagement with the membership through methods like the Annual Membership Meeting, Board elections recruitment and more.

The Eco-planning and the Member Relations committees are both accepting members-at-large. If you are a member and have any interest in participating on these committees, please contact the Board of Directors at ofcboard@olympiafood.coop.


The Board also approved funding for the Deli expansion to improve our facilities and make the work environment safer and more efficient for our staff. The Board also established a Capital Campaign Task Force to look into possibilities for financing future projects.

The Board meets on the third Thursday of every month. Members are encouraged to come to these open meetings, meet the Board members, and voice their concerns, comments and opinions.

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