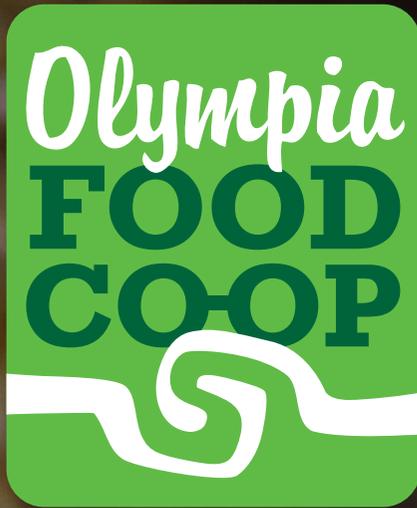


FALL 2020



# Table

A Quarterly Publication of the Olympia Food Co-op • [www.olympiafood.coop](http://www.olympiafood.coop)

*Cozy Up for Quarantine*

*Putting Food By*

**BOARD ELECTIONS AND FALL BALLOT**



Published by

**OLYMPIA FOOD CO-OP**

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Cover photo by Monica Peabody

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## Editor's Note



Greetings! It is with the utmost feelings of gratitude and appreciation to introduce our fall issue. You may or may not have noticed that the time for our summer Table passed by without a print issue produced; one necessary victim of emergency response to a global pandemic was the labor and cash outlays required for the Co-op Table. So, just to be able to create this creates a sense of gratitude.

But there are so many things that come to mind when I say gratitude here- my many personal blessings in the form of continued health for myself and my loved ones, but also a strong sense of appreciation for the Co-op and all that makes us keep beating along to a necessary rhythm of life, based around healthy food and wellness. I'm grateful to all the essential workers out there who kept us going the last many months. I'm grateful for the Black Lives Matter movement and all the people of color in our community who keep going despite a culture that continues to endanger them and to uphold white supremacy.

My list is long, of course, and can't be finished here. Suffice to say, I thank you all, this Co-op community, for you bring so much this world needs. You'll find lots of similar reflections in this issue and hopefully some inspiration to spend our fall months enjoying the bounty of harvest, health, family, friends and community.

—Maureen Tobin

# Time to Vote!

## 2020 OFC Election for Board of Directors

by Desdra Dawning, Co-op Member, and Jason Baghboudarian, Staff Member

Every year at this time, the Board of Directors of the Olympia Food Cooperative look to the November ballot as a time to open their doors to incoming new directors. This process is one of the key ways that members can help to guide the direction of their Co-op. Participating in the Board elections—either by running yourself, or encouraging a friend, family or colleague to run for the Board—and by voting, is one of the most powerful and creative actions any cooperative member can offer to our community. Knowing that your Co-op Board has your best interests in mind, and is prepared to stand by them, is grounding and life-affirming. It is participatory democracy at its finest.

The sign-up to apply for the Board election this year runs from August 15-September 30. Voting is held from October 15-November 15. Ballots are made available at both stores. Currently, two positions are available on the Board.

The Co-op Annual Meeting, being held this year on Saturday, November 7th, on Zoom, has the theme, "Inspiring a Just Future." Come join in the discussion, and hear from all members who have applied to run for a seat on the Board. Look for the link coming soon.

Online voting is available. The ballot will be made available on the website: [www.olympiafood.coop](http://www.olympiafood.coop). Please make sure that your email address is correct in Co-op records in order to vote in this manner.

In the same way that participation in voting in national elections is an integral and crucial part of the democratic process, so too does your vote determine the direction your Co-op takes in the years to come.

Please vote and make your voice heard! ■

Elections  2020

## Board Elections Run for the Board

Applications accepted until 9 pm September 30, 2020  
Board Election takes place October 15 – November 15, 2020

### ELIGIBILITY

All members of the Olympia Food Co-op with current contact information on file, and willing to make a three-year commitment, are eligible. We especially encourage members of underrepresented groups to apply.

### BOARD OF DIRECTORS (BOD)

The BOD is the elected body that represents the membership. The BOD holds ultimate legal responsibility for the operations and actions of the Co-op.

### COMMITMENTS

Elected Board Members meet monthly, on the third Thursday, from 6:30 - 9:30 p.m. Each Board Member is also required to join committees.

### APPLICATION

Please provide the following information in 500 words or less:

- 1a.) Name) 1b.) Email 1c.) Phone
- 2.) Why do you want to join The Co-op Board of Directors?
- 3.) What abilities and skills would you bring to the position?
- 4.) What vision do you have for The Co-op?
- 5.) What else would you like to share?



Attach a current digital image of yourself.  
Submit all materials by 9:00 p.m. on September 30th to:  
[boardapplication@olympiafood.coop](mailto:boardapplication@olympiafood.coop)

[www.olympiafood.coop](http://www.olympiafood.coop)

# Some Tips on Cozying Up with Yourself for the Long Haul Quarantine

Text and Photos by Monica Peabody, Staff Member

Who thought quarantine would last this long?! What started as an opportunity to complete projects and engage in some self-care has become too lengthy and something to endure. I spoke with Co-op staff member, Mary Frei, about her tips for cozying up with herself for the long haul.

"I love to cook. I've always cooked for myself, but did often go out for convenience. I am now cooking 100% for myself and it's healthy, tastes good and I've saved so much money. I miss the socialness of my local restaurants. I miss interacting with the bartenders and the people I would see there. Restaurants have an important role in this town. Those small conversations keep our community woven together. I'll look forward to being able to meet up with my friends in them again. Occasionally I'll still treat myself to a Bar Francis coffee! They taste so good.

I revamped my pantry, pulled everything out and put it in glass jars. I have a lot of little bits from the bulk department. I've been cooking through that and adding things to make it fun. That's satisfying.

I've invested in a couple of nice cookbooks, which help me focus on healthy eating. I'm cooking my way through them and tweaking recipes as I go. There are things that other cooks put together that I wouldn't have thought of. That's been fun.



If you are staying at home more, you are probably shopping less often though purchasing more groceries per shopping trip. You have to think about portions and food rotation. It's a little easier as a single person to make something that serves eight. I then put some portions in the freezer.

I will make a lot of brown rice and portion it out or roast broccoli and roasted cauliflower and have a cambro of food that's ready to eat. Today I'm going to make a traditional stuffed zucchini and I think it will freeze well. I'm exploring middle eastern cooking right now and am enjoying the amount of flavor you can get with those spices. Toasted and ground coriander and caraway seeds add so much flavor, you don't need to add much sweetener.

I eat almost all of my meals right now outside. I have a designated spot in my backyard. It's a good practice and feels better. Sometimes I set a nice table, it's a nice way to make something special. My mom sends me beautiful place mats that she makes or finds. I put a little effort toward treating myself. Another thing I do to treat myself and beautify my table is to stop at a farm stand to buy flowers. I can take home something beautiful and support a farmer without having to interact with anyone.

Sometimes I do eat with a friend or two. There are safe ways I get together with smaller groups of friends, we socially distance outside, eat with our own utensils and share food that is safe." ■

# Harvest Recipes

## Recipes with Salmon

*By Monica Peabody, Staff member*

In the summer I like quick, light meals but this also works well into the fall when we have lots of great local salmon options. This dish is perfect, takes no more than half an hour to prepare.

### Salmon with Orzo

Salmon

Olive Oil

Lemon

Garlic

Orzo

Butter

Salt

Mustard Greens

Bring a pot of water to a boil for orzo. Meanwhile preheat the oven to 450. (If I'm just cooking for myself, I use my toaster oven.) Rub salmon all over with olive oil and put it on a pan skin side down. Cover with juice from a fresh lemon, finely chopped garlic and a sprinkling of salt. Cook for 10-15 minutes, or until your salmon is cooked through.

Add orzo to boiling water and cook for 10 minutes. Strain orzo and melt in a pat or two of butter and lightly salt. Put your cooked salmon atop a serving of the orzo and cover them with chopped farm fresh mustard greens. Enjoy!

### Gravlax

I've recently discovered how easy it is to make gravlax, thanks to the official website of Sweden, <https://sweden.se>. I plan to have a container of gravlax in my fridge throughout the summer, because it's so versatile for a delicious quick meal. I've been enjoying it on a bagel or rye crisp with cream cheese and chives or green onions. And on a big salad with a creamy dill dressing. Swedes enjoy it with a mustard sauce. It's also yummy just to nibble on when you need a bit of protein.

*continued on page 13*

## Get to Know Miso!

*By Maureen Tobin, Staff member*

Miso is a delicious fermented paste which has played a major role in Japanese culture and cuisine since at least the eighth century. It is most often made from a combination of soybeans, cultured grain, and sea salt in double fermentation process, but other beans and grains are also used and the process can also produce slightly sweet flavors. The term 'umami' is often used to describe miso, as the flavors are complex and unlike other seasonings.

We are lucky to have access to several high-quality miso choices especially from South River Miso, a family owned farm creating hand crafted, wood fired, certified organic miso for over thirty years in the Berkshire mountains of Massachusetts, following traditional methods. Brown rice miso may be the best known in our country, but there are many varieties worth exploring, such as the Dandelion Red Miso as well as the mild, soy-free Chickpea Miso you can find at the Co-op.

Miso is best known as a seasoning for soup, but it can be used for flavoring a wide variety of other dishes as well. Miso offers a nutritious balance of natural carbohydrates, essential oils, minerals, vitamins, and protein of the highest quality, containing all of the essential amino acids.

In traditional Japan, "miso gained a special place in the minds and hearts of generations who came to rely on miso soup as an essential part of their daily life," according to the folks at South River Miso. Many people all over the world believe that regular use of miso in the diet contributes to life-long health.

### Maple Miso Root Vegetable Medley

*Recipe reprinted courtesy South River Miso Company*

Winter storage vegetables take center stage in this recipe from our Chef Jen. Frost-sweetened roots, savory mushrooms, and a festive maple miso sauce help make this the perfect side dish for a holiday meal, or a great way to make an everyday meal feel like a celebration! Bon appétit!

*continued on page 13*

# Surviving in Difficult Times

by Martha Solis, Staff Member

Survival is the art of staying alive. Anyone, young or old, can find themselves in a survival situation. In today's chaotic economic, political, geographic and environmental (for example: COVID-19), it's more important than ever to prepare our families and ourselves for uncertainty.

Planning for an effective response to drastic changes in our surroundings, whether due to human or natural causes, can help us endure stressful times in a healthy physical condition. In general, the human body can survive for three minutes without air; three days without water, and three weeks without food.

There are always exceptions to these estimates, we've all heard stories of people pushing the boundaries and surviving for longer periods. It's incredible what the human body can endure, but our long-term health can suffer due to such trauma. After nine days without water, humans will undoubtedly suffer kidney damage or failure.

In the chaos of a sudden upheaval, people who have not prepared will be desperate for any form of shelter, water and food, and those harmed will need medical care.

## Shelter

The first requirement for any successful survival plan is to identify a piece of property, or some place to go outside of the city. It will be difficult to survive in the cities during any kind of natural, political, or economical disaster. In an emergency situation, devising some form of shelter that will keep you dry and out of the wind will give you respite and a place to gather your thoughts and resources.

## Water

A clean source of water is absolutely crucial for survival. If at all possible, obtain access to your own well with a mechanical hand pump. If this isn't an option, storing at least several hundred gallons of purified water and learning how to purify more water by distillation can help you face a shortage. In an emergency, a LifeStraw personal water filter is one good option. LifeStraw can remove bacteria, parasites and microplastics. These water treatments and products can save your life when you can't access clean water.



## Food

A minimum of a one-year-supply of food (though preferably two or more), properly stored, will help support you and your family, regardless of what happens. One step you can take is to buy extra canned or dried food when you're doing your regular shopping.

Another step is to buy or grow extra fresh foods and learn to preserve the surplus by canning or drying.

You can also learn about the edible and poisonous herbs growing in your area. This research may be very important in case you need to harvest wild foods. Simply by exploring around your home, you may be able to find medicinal fungi, as well as fruits, nuts, flowers, roots and tubers. Saving your seeds can also bring greater peace of mind.

Examples of some common edible plants:

Dandelion, Plantain, Primrose, White Mustard, Chicory, Wild Sorrel, Buckwheat, Curled Dock, Good King Henry, Fat Hen (or Lamb's Quarters), Chickweed, Watercress, Sweet Cecily, Arctic Willows, Ferns, Cloudberry, Salmonberry, Bearberry, Dewberry, Barberry, Iceland Moss, Reindeer Moss and Rock Tripe.

*continued on page 17*

# Running a Business During a Pandemic

By Monica Peabody, Staff member

The Olympia Food Co-op is a not-for-profit business operated by a staff collective who make decisions by consensus. We have a member-elected Board of Directors who oversees big picture and financial decisions, also by consensus. We believe the consensus process to be inclusive, egalitarian, nonhierarchical, participatory and results in well-thought-out decisions that can continue to be adapted and changed as needed. Like all businesses, the Co-op is facing challenges created by COVID-19. I believe that our long-standing commitment to consensus increased our tools for being responsive to customer and staff needs.

Anyone who has worked for a consensus-based organization knows big decisions are rarely made quickly; they need to be presented, discussed and perhaps altered until everyone believes they will benefit the organization. However, with information and expectations around COVID-19 changing daily, there has not been time to follow our typical process. We needed to act quickly to keep people safe!

We passed an expedited proposal to form a COVID Task Force composed of representatives from many areas of work throughout the Co-op. The Task Force took on the duty of researching the ever-changing COVID information and turning that information into action. They meet as needed, sometimes weekly, sometimes twice a week and for as long as necessary to decide how to proceed.

Based on their research and determining best practices for following state and federal health regulations, the Task Force did make big decisions quickly. We began closing earlier and opening later to ensure the stores were cleaned and safely stocked for the hours we were open. We limit the number of shoppers to allow for physical distancing. We set up an online ordering system so shoppers could maintain isolation and still have access to good, healthy and local food.

Our fabulous Facilities team added safety features like plexiglass barriers between customers and cashiers, plastic curtains between cashiers and staff working in the back office and floor markings to help customers physically distance. We created a greeter position at the front door of each store to explain the new protocol and clean each cart and basket between use.

We are committed to caring for our community.  
Based on advice from the CDC, Washington State,  
and Thurston County, we urge you to

## PRACTICE SOCIAL DISTANCING

each floor tile is 1 square foot

We provide hand sanitizer and gloves and offer masks to those who show up without one.

Our hard work and extra expenses paid off with praise from our community. For example, these comments were posted on social media site, Nextdoor:

***Thank you Co-op board and staff. I felt so safe shopping there: a hand washing station at the front door, gloves if desired, no more than 20 shoppers at a time, and nifty acrylic panes between the checkout volunteers and shoppers. Now this is caring!***

***I love our Co-op! We've been ordering online for pickup because I'm high risk. Thank goodness we're able to do this!!***

***They are doing a fabulous job caring for us and facilitating safety precautions during my shopping experience. Yes, yes, thank you!***

We receive similar feedback from customers every day. Our consensus process and nonhierarchical governance have accustomed us to giving and receiving feedback. The COVID Task Force opened meetings for any staff person to attend, created their agenda around addressing communications from both staff and Co-op members and was able to create a collaborative process, which safeguarded it against becoming authoritative.

Another benefit of our collective management is that when workers get to make their own decisions, they will invariably prioritize things like health care and sick leave. Although always important, these benefits are crucial now. Co-op staff members don't have to choose between paying their bills or being safe; anyone who has flu symptoms or been exposed to someone with flu symptoms takes time off until they have been well for two weeks or receive a negative COVID test. Staff members with health issues that increase their vulnerability can work from home. *continued on page 17*



Plum on it's Tree

Photo by Jason B., Staff Member

# Putting Food By

By Monica Peabody, Staff member

## One thing we can do

during the pandemic is garden. And by the seeds, starts and soils we are selling at the Olympia Food Co-op, it seems like many of you are taking full advantage of this. So, what do you do when you end up with a bed full of basil, too many tomatoes or a tree full of plums?

Food can be preserved through canning, freezing and dehydration. I wanted to share some of my favorite recipes and perhaps some lesser known tricks for turning those fresh, healthy fruits and vegetables into delicious foods that can be enjoyed all year long.

## Canning

Many years ago I lived in an apartment in Seattle with my young daughter. A friend who also lived there invited us every year to drive out to Monroe, pick a flat of strawberries, return home and make and can jam. All in one day. That night I would fall into bed exhausted and sunburned, but with a feeling of great accomplishment and jars filled with the taste of summer. The best part was that she showed me how easy canning is. Now when I have excess fruit, or veggies for pickling, I just whip out the jars and lids and my big canning pot.

Another friend in the neighborhood had a gorgeous plum tree in her yard. Laden with ripe fruit there was nothing more beautiful. However, each year I would add her gift of plum jam to last year's plum jam jars in the back of the cupboard. It was not my favorite; that is until I discovered spiced plum jam!

## Spiced Plum Jam

- 8 cups purple plums pitted & finely chopped
- 3 1/2 cups granulated sugar
- 3 tbsp lemon juice
- 1 large stem of finely chopped fresh ginger
- 6 cinnamon sticks
- 1 tsp ground cardamom
- 1/2 tsp ground nutmeg
- 1/4 tsp ground cloves

Immerse empty jars in boiling water bath canner and simmer until the jam is ready. Combine the plums, sugar, ginger and cinnamon sticks in a large pot. Cook on medium heat allowing plum juices to release. Slowly bring to a boil and add lemon juice, cardamom, nutmeg and cloves. Let the jam cook over med-high heat for 15-20 mins stirring frequently until it looks syrupy. Prepare the pectin according to pectin directions and add to jam. Bring to a strong boil for 5 mins until it's thick and shiny. Remove the pot from the heat and ladle the jam into the prepared jars. Wipe the rims, apply the lids & rings and return to boiling water bath canner for 10 mins (longer for higher altitudes).

Plums in Bowl with Water (Background) Photo by Jason B., Staff Member

## Dehydrating

Unless you live where the heat regularly stays above 100 degrees, you will probably not be sun drying your food. However, I was able to find a dehydrator at a thrift store for next to nothing. Even new, they are pretty affordable. The oven on low heat works just as well. I like to chop the fruit or in the case of cherries, just pit them, and have jars of dried fruit in my cupboard. Fruit leather can also be a joy and you can get creative, mixing fruits, adding spices. You can roll it and have jars in your cupboard for healthy snacks.

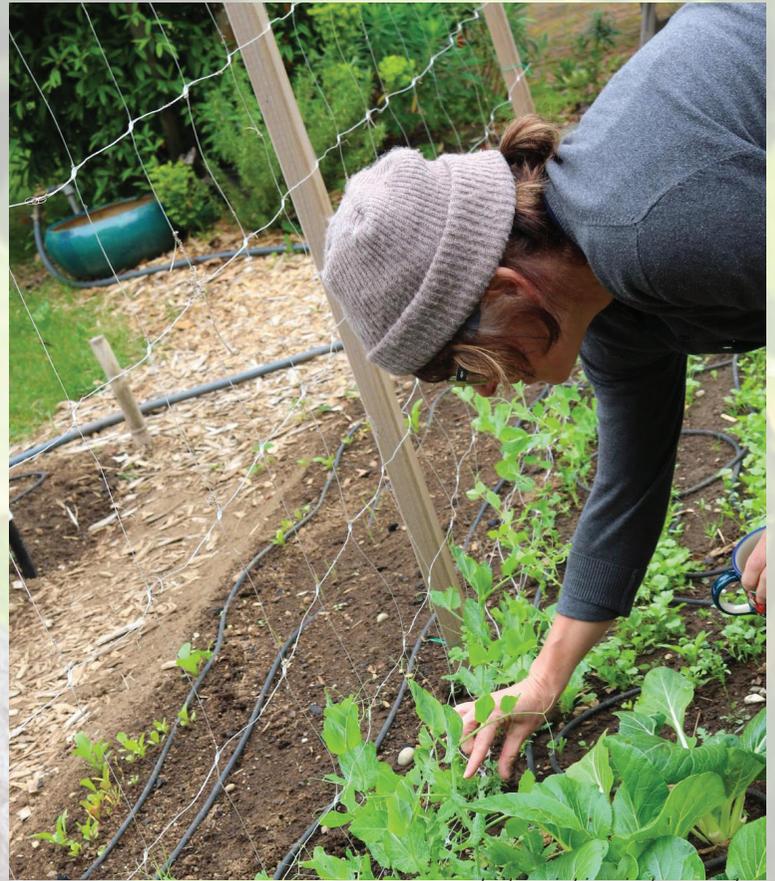
### Fruit Leather

1 - 2 lbs chopped fruit

¾ cup sugar

1-2 tablespoons fresh lemon juice

Preheat the oven to 200 degrees F. Combine the fruit, sugar and lemon juice into a blender or food processor and puree until smooth. You can add whatever spices you like as well, like cinnamon and ginger to apples or salt and cayenne to mango. Simmer over med-high heat, stirring often until mixture becomes thick, 35-45 minutes. Line a 12 x 17 inch rimmed baking sheet with a silicone mat or parchment paper and spread fruit out in a thin layer and bake until barely tacky, 3 - 3 1/2 hours. Cool and peel. If the underside is wet, it can be put back into the oven, wet side up, for another 20 minutes. Cut into strips, roll and store.



*Jodie picking in her garden*

*Chickens and Bamboo*

*Photos this page by Monica Peabody*

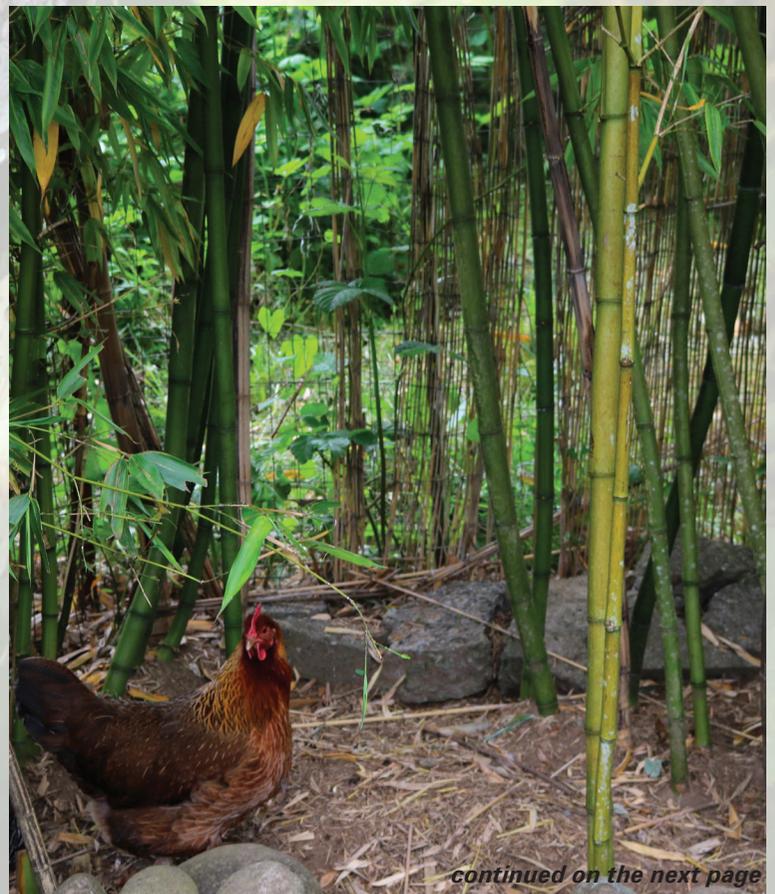
## Freezing

When I started thinking about freezing foods from the garden the memory of a particular flavor sensation flooded my mind. It was a slow cooked tomato and basil paste made by my friend, and garden to table wizard, Jodie Dubois. So I called and asked if I could interview her about her recipes and tips.

Jodie has a large and beautiful garden where she grows a lot of food, flowers and has chickens for eggs. I asked her what she does when too many fruits or veggies ripen at once. She loves freezing them. She shared some of her favorite tricks.



*Wisteria*



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## **Tomato Basil Spread**

**Roma tomatoes**

**(Juliette romas are the perfect roma to grow for this recipe)**

**Basil (This can also be made with rosemary)**

**Garlic**

**Olive oil**

**Salt and pepper**

Preheat oven to 300. Cut tomatoes in half and spread out into a single layer in a rimmed baking dish. Add basil, garlic and olive oil to a blender or food processor and blend to a thick liquid. Drizzle over tomatoes. Add salt and pepper. Bake at 300 for three hours.

This is delicious on crackers, pasta, other dishes, like fish, chicken, tofu. My favorite is to slice a baguette, toast the slices then rub with raw garlic.



# Berries and fruits,

she spreads onto a tray for a quick freeze before putting them in jars or freezer bags.

Excess herbs she blends with a little olive oil, then freezes the slurry in ice cube trays.

Once frozen, they can be put in a freezer bag and are the perfect size to add to soups and other dishes. Extra basil she blends with all the ingredients for pesto, minus the nuts and cheese. It's ready to thaw and make fresh tasting pesto throughout the year.

Jodie also dries herbs by hanging them upside down and once they are dried, they can be added to jars. She saves seeds, which saves her money the following year. She says some are easier than others and worth the time. Arugula and cilantro are a must. They go to seed quickly, making the seeds easier to gather. Sow them every couple weeks throughout the summer for a continual harvest. They're great Olympia crops. They don't require much sun!



Another way she likes to use extra herbs and fruits is to make simple syrups by boiling the herb in water and sugar. She uses a 1/1/1 ratio and lets the herb steep until cool, then bottles, labels and stores them in the refrigerator. The simple syrups can be added to cocktails, sparkling water, lemonades, sorbets, whipped cream and desserts.

Jodie says that blanching is the key to freezing vegetables. This means dipping them into boiling water, a quick cold rinse, then drying them with towels and putting them in freezer bags. This keeps them vibrant and fresh tasting and from turning into sludge when frozen. ■

*Facing Page:*

*Top: Ingredients  
Mid-Left: Tomato Basil Spread  
and Sourdough  
Mid-Right: Irises*

*This Page:*

*Right: Chicken Coop  
Left: Seed Saving  
Bottom Right: Garlic  
Bottom: Roots and Berries*

*Photos by Monica Peabody,  
Staff member*



# Harvest Recipes

continued from page 5

## PESTO PASTA WITH CAPRESE SALAD

Here is another favorite meal that takes very little time to make. It can be made vegan; forgo the Parmesan cheese in the pesto or sub a vegan Parmesan. Toasted cashews make your pesto very creamy, so I use them for vegan pesto. Any toasted nut will work in pesto though.

### Ingredients

#### Pasta

- 3 bunches basil
- 1 bunch parsley
- 1 cup toasted nuts
- 3 cloves garlic (more or less depending on your taste)
- Juice of one lemon
- 1 cup grated Parmesan cheese (optional)
- Olive oil
- Salt and pepper

### Pesto Pasta

Boil a pot of water for pasta. I like a short noodle pasta like fusilli or torchiotti. Add the rest of the ingredients, except for olive oil and salt and pepper, to a food processor. Purée while slowly pouring in the olive oil until you reach the consistency you like. Salt and pepper to taste. Stir into warm pasta.

### Caprese Salad

- Tomatoes
- Fresh mozzarella or vegan cheese
- Basil
- Olive oil
- Balsamic vinegar
- Salt and pepper

Slice tomatoes and arrange them flat on a platter. I love to splurge on the delicious heirloom variety, like the ones pictured. Top with slices of fresh mozzarella and sprinkle with basil leaves, either whole or chopped, your preference. Drizzle with olive oil then lightly sprinkle with balsamic vinegar. Salt and pepper to taste.



Photo by Monica Peabody, Staff Member

# Recipes with Salmon

And the best part is, it takes about two minutes to make, though the raw salmon must cure for at least 26 hours, so it does take some forethought.

## Gravlax

### Ingredients

- 1 ½ lbs of salmon fillet with skin
- 3 oz sugar
- 4 oz salt
- ½ cup fresh dill, chopped finely
- 1 tsp crushed white pepper

Scale the salmon and remove small bones, but leave the skin on. Make a few cuts through the skin so the marinade can penetrate. Place salmon in a baking dish with sides. Mix the salt, sugar and pepper and sprinkle beneath and on top of the salmon. Sprinkle chopped dill on top. Place a weighted cutting board on top of the salmon and let it cure at room temperature for 2-4 hours. Refrigerate for 24 - 48 hours, turning the salmon a few times. Rinse the salmon in cold water and cut into thin slices off the skin when you are ready to eat it.



Photo by Monica Peabody, Staff Member

# Get to Know Miso!

## Maple Miso Root Vegetable Medley

### Ingredients

- 2 large turnips or rutabagas
- 6 large carrots
- 1 celeriac root (optional)
- 2 onions
- 1 bulb of garlic, peeled cloves
- 2 cups cremini or other mushrooms
- Olive oil
- Salt and pepper
- ½ cup South River Chickpea Miso
- 2 tbsp Maple syrup
- 2 tbsp dijon mustard
- 2 tbsp mirin (optional)
- 2 tbsp brown rice vinegar
- 2 tbsp thyme, fresh
- 2 scallions or fresh parsley to serve

### Directions:

1. Preheat oven to 350° F.
2. Bias cut roots and onions. Cut the mushrooms into quarters. Keep each vegetable separate.
3. Toss each vegetable separately in olive oil, salt and pepper.
4. Arrange the carrots, celeriac, turnips, and rutabaga in a single layer on a baking sheet. Roast for 30 minutes. Vegetables are done when they are soft on the inside and browned on the outside. If your baking sheet is too small for a single layer of roots, use another one to avoid crowding and ensure browning.
5. At the same time in the oven, on a separate baking sheet, roast the mushrooms, onions and garlic cloves for 20 minutes. Make sure to watch your vegetables while roasting and stir after 15 minutes.
6. To make maple miso mixture, combine miso, maple syrup, dijon mustard, mirin, vinegar and thyme in a bowl.
7. When all vegetables are cooked, toss together with maple miso mixture and serve. Garnish with chopped scallion or parsley as desired.

# Beer and Wine

By Monica Peabody, Staff Member

Photos by Monica Peabody and Jason B., Staff Members

It's been a long time coming, but our membership has voted and with our licensure complete, we are now selling beer, wine, hard cider and mead at both Co-op stores.

As is representative of our values at the Co-op, our new Beer and Wine Department Managers have begun building relationships with local producers. While many of you may be familiar with these local favorites, now you'll be able to add them to your one-stop Co-op shopping list. Adult beverages can also be purchased through our Online Order for Pick-up System at the Eastside store. Your ID will be checked when you arrive to claim your order.



**Whitewood Cider** is South Puget Sound's first craft cidery. Co-owners Dave White and Heather Ringwood make hard cider seasonally, pressing apples in the autumn, fermenting them slowly and racking and blending their flavorful ciders in the late Winter and early Spring. Dave and Heather believe cider making is an art and that the best heirloom and cider apple varieties make the best possible cider.

**Axis Meadery**, are known for crafting delicious, quality, small batch meads in Lacey. Their locally inspired flavors, like Habanero Raspberry, Black Currant, Raspberry Chocolate and Raspberry Hibiscus will be hard to resist.



Photo by Monica Peabody

The Westside offers its first selection of Beer, Wine, and Hard Cider.



# e at the Co-op



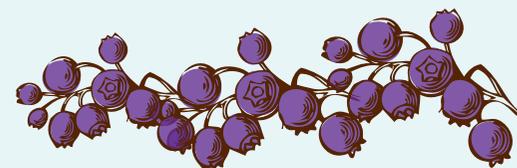
**Tart Cider, LLC**, is both a woman- and veteran-owned company, brewing small batch ciders by hand in Tumwater. Owner Zoe Van Schyndel is committed to sourcing products locally, maintaining a U.S. base for raw materials, doing things naturally and creating a delicious, natural product for any person older than 21.

**Fish Brewing Company**, Founded by Crayne and Mary Horton, and a few dozen local investors, Fish Brewing has been hand-crafting beers since 1993. From humble beginnings, they have grown steadily. Fish is now an award-winning craft brewer with distribution throughout the Pacific Northwest - and beyond. At the turn of the century, Fish stepped in a greener, healthier direction, releasing Fish Tale Organic Amber Ale. They have now included an organic IPA, Porter and Wild Salmon Organic Pale Ale.



**Three Magnets Brewing Company** represents the fruition of Nathan and Sara Reilly's dream to open a brewpub. They met Pat Jensen at a music festival to which he'd brought a lot of impressive homebrews. He became their head brewer when they opened in 2014 and has since founded **Matchless Brewing**. The Reillys use locally sourced quality ingredients to celebrate the flavors of our terroir by paying close attention to the nuances of the brewing process.

In addition to these fabulous beverages, the Co-op is offering a wide selection of organic and well-rated craft IPA's, ales, pilsners, bitters, stouts and ryes. Our dedicated Beer and Wine Department Managers are also working to bring in gluten-free beer. Many of our wine selections are organic, sustainable and some are biodynamic. While the majority originates in Washington, some will travel from choice vintners in California and Oregon, Italy, Spain, and France. We are excited to offer as wide a variety as possible in a small space, so the products will be rotating based upon seasonal availability, quality, and affordability, so if you find something you like, buy a lot of it. ■



*continues on next page*

# Beer and Wine at the Co-op

*continued from previous page*

## Local Resources for Addiction Treatment in Thurston, Mason, Pierce & Grays Harbor Counties

### Thurston County

Alternatives Pro Counseling Inc. 203 4th Ave. Olympia, WA 98501 (360) 357-7986

Discovery Counseling Alcohol & Drug Services 306 2nd St. NE Yelm, WA 98597 (360) 400-2242

Nisqually Substance Abuse Program 4816 She-Nah-Num Dr. SE Olympia, WA 98513 (360) 459-5312

Northwest Resources II 2708 Westmoor Ct. SW Olympia, WA 98502 (360) 943-8810 [www.nwrii.com](http://www.nwrii.com)

Northwest Resources II 200 Lilly Rd. NE Bldg. C Olympia, WA 98506 (360) 918-8336

Northwest Resources II 3773 Martin Way E Suite A-105 Olympia, WA 98506 (360) 688-7312

Sea Mar Behavioral Health Centers 6334 Littlerock Rd. SW Olympia, WA 98512 (360) 570-8258

Sea Mar Behavioral Health Centers 202 Cullens St. NW Yelm, WA 98597 (360) 400-4860

True North Student Assistance & Treatment Service System 1315 Yelm Highway Yelm, WA 98597 (360) 458-6233

### Mason County

Northwest Resources II 235 South 3rd St. Shelton, WA 98584 (360) 426-0890

Social Treatment Opportunity Programs (STOP) 611 W Cota St. Shelton, WA 98584 (360) 426-5654

### Pierce County

Peninsula Counseling Inc. 3214 50th St. Ct. NW Gig Harbor, WA 98335 (253) 851-4600

Puyallup Tribal Treatment Center 2209 East 32nd St. Bldg. 4 Tacoma, WA 98404 (253) 593-0247

Puyallup Outpatient Lakeside Milam 405W Stewart Ave. Suite A Puyallup, WA 98371 (253) 840-8687

Social Treatment Opportunity Programs (STOP) 13921 E. Meridian, Suite 101 Puyallup, WA 98373 (253) 770-4720

Substance Abuse Disorder Clinical Care Liggett and 3rd Ave. Tacoma, WA 98433 (253) 967-2202

### Grays Harbor County

Harbor Crest Behavioral Health Grays Harbor Community Hospital North H St. Aberdeen, WA 98520 (360) 537-6200

Sea Mar Behavioral Health Centers 1813 Sumner Ave. Aberdeen, WA 98520 (360) 538-1461

Social Treatment Opportunity Programs (STOP) 114 North Park St. Aberdeen, WA 98520 (360) 533-4997 ■



## Surviving in Difficult Times

### Medical

Two basic resources are mandatory: a medical emergency kit, kept readily available, and the knowledge of how to use it. Be sure to keep an extra supply of any necessary medications and prescriptions, including spare glasses, on hand. Masks and gloves and extra disinfectant are also important, as we have learned.

Preparing to survive a wide array of collapse scenarios leads us naturally to consider a more self-sufficient future. Webster's dictionary defines self-sufficiency as:

*"The ability to maintain oneself without outside aid: capable of providing for one's own needs."*

In practical terms, this can refer to the ability to run your home without dependence on grid-tied electricity. It can also refer to one's ability to produce enough food. Self-sufficiency means disconnecting from public utilities and resources - be it mass food supply, water or medical system - and providing these things on your own.

While self-sufficiency can be forced upon us due to a sudden catastrophic event, it can also be an intentional path, as in "going back to the land." When chosen outright, self-sufficiency creates a condition of independence, equated with dominion over one's own life. To live in balance with our environment is to reap the physical and psychological benefits that nature generously provides. Actualized, this transformation is a powerful healing force.

Lao Tzu believed that every great journey begins with a step, and Victor Hugo said, "Nothing is more powerful than an idea whose time has come." So take that step, because the time has come, and with adequate preparation, we can do more than just survive.

We can heal. ■

### References

The Survival Center, Inc., Basic Preparedness, 1994  
Tzu, Lao, Dao De Jing, 6th – 4th Century BCE  
Wiseman, John, SAS Survival Handbook, 2009

## Running a Business During a Pandemic

So far, we have not had any staff members test positive for COVID.

Our biggest concern throughout this is how to continue to keep our doors open, our shelves stocked and our staff and customers safe. Whether or not to wear a face covering and what type has been a controversial issue to deal with. We began asking people to wear face coverings in our stores when it was recommended and allowed for medical exceptions. We received a lot of feedback from members that they would feel safer if we required face coverings.

Now face coverings in public have become mandatory, per the Department of Health, and our policy is that everyone must wear a face covering to shop and work in our stores. Most people are happy to comply with all of our safety requests, however there is a small minority who are not. Threatening staff, sharing your beliefs aggressively with our workers, or other difficult behaviors will not change our policy or make our space a better place to shop and work. The best thing we can all do during these stressful times is to treat each other with patience, kindness and respect.

Fortunately, we have options for members who feel safer not coming into our stores or who are unable to wear a face covering. Co-op groceries can be ordered through our online Order for Pickup program at our website [www.olympiafood.coop](http://www.olympiafood.coop). Or, if you know someone who can wear a face covering and is willing to do your shopping for you, we now offer working member credit to shopping assistants. You can email [workingmembercat@olympiafood.coop](mailto:workingmembercat@olympiafood.coop) to learn more about this program.

As you can see by our Finance Report also in this issue, these extra steps have been expensive, while we've also seen a decrease in sales. We have started selling beer and wine, which has given us a little extra revenue. To ensure our business continues successfully we will begin to explore hiring temporary workers and reducing our labor hours to only absolutely necessary functions. You can be assured that your community Co-op will be listening to your feedback, appreciating your support and doing our collective best to be around another 43 years. Shop local! ■

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# 2<sup>nd</sup> Quarter 2020 Finance Report

By Jill Lieseke, Staff Member

Everybody's talking about the unexpected turn of events that have taken place, changing the way the Co-op and the rest of the world are operating.

What can I say about the finances of the 1st and 2nd quarters? These were not normal operations. The Co-op received some financial help from the Small Business Administration (SBA). Many members helped by donating money to the 'Pick Fee', a Miscellaneous Revenue account which originated as an option with the online ordering addition to our operations. As well, the Co-op had record high sales in March at the start of the pandemic, with lower sales following in April, May, and June. The bottom line is that the Co-op's 2nd Quarter 2020 YTD Budget Report shows a YTD Net Earnings loss of (\$103,509). YTD stands for Year To Date, meaning that it is referring to a period of time beginning the first of the year to the current date. (In this case the current date is June 30th)

Second Quarter YTD Sales are approximately \$27,000 over budget. The Cost of Goods Sold is proportionately expensed due to higher sales at about \$25,000 over budget. The Misc. Revenue from the newly added 'Pick Fee' donations show a significant amount of \$64,000 over what the Co-op budgeted. The Co-op sincerely thanks all those who were able to donate to the Pick Fee option on the online ordering platform as well as the continued support from all of our members.

The Co-op adopted an 'essential work only' work ethic, as a means to cut expenses. "Essential," meaning work that is essential for the operations of the business to keep the doors open. Line items that were not deemed as essential, such as Outreach & Education, Advertising, Newsletter, Conferences & Training, and Expansion cut expenses by approximately \$40,000. However, the extra expense of Supplies due to the need to keep our members and ourselves healthy and safe during this time added an extra \$20,000 to the Supplies line expense. And then the Payroll Wage Expense line is over by nearly \$200,000 due to the new shifts created for the online ordering system, the added door person shifts, and hazard pay for the staff working at the stores.

The Finance Team is closely monitoring the Co-op's cash flow. We have created a worst-case cash flow scenario through 2021. We are using that to propose possible future actions. The tricky part is prioritizing which actions have a large impact on cash and less impact on members and staff; which can be put into action now and which should be ready to implement when/if a certain threshold is met. As our revenue and expenses change, this financial cash flow tool will be updated monthly to allow us to project based on current trends.

For a recap, we have been looking at YTD numbers, showing 1st Quarter numbers combined with the 2nd Quarter numbers. Second Quarter numbers come from the period of April, May & June. Unsurprisingly, these three months were an anomaly, thank goodness!

While looking at the month of July Combined EAST/WEST Sales Record the changes to Sales are already showing positive growth in most

2020 2Q Year to Date Budget Report			
	2020	2020	\$ OVER
For The Year Ending 6/30/20	ACTUALS	BUDGET	BUDGET
<b>Revenue:</b>			
Sales	8,965,994	8,938,354	27,639
Cost of Goods Sold	5,809,776	5,785,124	24,652
Gross Sales Revenue:	3,156,218	3,153,230	2,987
<b>Other Revenue:</b>			
	82,582	9,240	73,342
Total Net Revenue:	3,238,800	3,162,470	76,329
<b>Expenses:</b>			
Community & Marketing	94,548	149,504	(54,956)
Staffing	2,521,505	2,290,971	230,534
Member Discounts	219,028	221,856	(2,828)
Operations	518,661	521,280	(2,618)
Total Expenses:	3,353,742	3,183,611	170,131
Total Net Income:	(103,509)	(21,140)	(82,369)

departments, with the exception of the Deli department. The Deli sales are understandably close to \$400,000 below what we budgeted, making our bottom line for July about \$10,000 under budget. We are currently working with the Deli department on ideas to implement to raise deli sales without a salad bar. On the Co-op's balance sheet as of June 30th, 2020, the SBA's Payroll Protection Program loan with a possible forgiveness portion is showing the Co-op looking very strong. However, it is still unclear how much of this loan may be forgiven.

Other financial indicators that we monitor such as the Current Ratio, which compares the number of Assets to the number of Liabilities, is at a healthy 2.12:1, Assets to Liability. This ratio shows the Co-op's ability to pay short term obligations, and how the Co-op can maximize the current assets on its balance sheet to pay off its current debts. Just for comparison, the Co-op's 'Current Ratio' history (also a fairly healthy number) is usually 1.25:1. The balance sheet is not printed here for review but is available upon request.

This positive financial information means that the Co-op may not need to be looking at the worst-case scenario for the upcoming budget projections. Although, the finance team will want to continue monitoring closely the cash flow and projecting cash flow into the next few months as these current events press on into our reality. The finance team will also continue to work on ideas and solutions to any upcoming cash loss expectations, to ensure the sustainability of the co-op. Again, we truly thank each and every one of our members, it is YOU who is keeping this amazing Co-op, that we have all built, afloat during these unexpected times.

Any Comments or questions about this article, send directly to [jill@olympiafood.coop](mailto:jill@olympiafood.coop). ■



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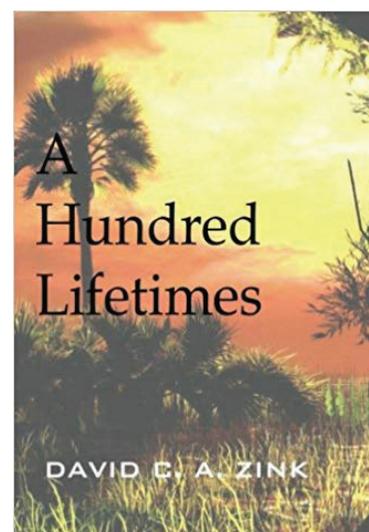
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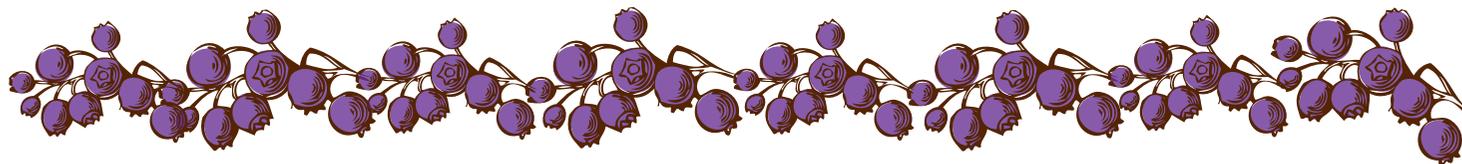
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Board photos by OlyHilary Photography olyhilary.smugmug.com

## *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

By Jim Hutcheon, Board President

Like other parts of the Co-op, the Board has felt the effects of COVID-19 in a variety of ways. Looking after the long-term and the financial well-being of the Co-op is one of the key mandates for the Board of Directors.

**COVID-19 Task Force** – This task force is made of up staff members to enable rapid response by the Co-op to the changing realities that COVID presents us with. As a business, the Co-op also has an obligation to meet a variety of changing requirements from the State of Washington. This can at times be confusing and frustrating. The Board is fully supportive of the thoughtful efforts that staff have put in to keep the stores running and to keep people safe and healthy.

**Temporary hires** – You many have noticed some new faces in the stores. As a temporary measure to help us keep stores open and meet our staffing needs, the Board authorized the hiring of several temporary workers to fill needed positions, especially cashiers. COVID-19 has decreased the number of customers allowed in the store at one time, but it has also made staffing the store a challenge. Working members have likewise been putting forth a tremendous effort and we are grateful for the many roles that working members fill to help keep the stores running.

**Black Lives Matter** – The Board of Directors recently consented to add our voice to the Amplified Voices call for action to the City of Olympia. We believe this statement is in alignment with the mission statement of the Co-op and we want to stand with other community members, organizations, and businesses in recognizing the seriousness of this issue.

**Zoom meetings** – The Board has been meeting by Zoom for the last several months. We still welcome member comment and attendance. If you would like to attend a Board meeting, either to make your views known or simply to watch the proceedings please send an email to [ofcboard@olympiafood.coop](mailto:ofcboard@olympiafood.coop)

**Elections** – There is an election in November for positions on the Board of Directors. This year there are three positions open, each for three-year terms. The requirements are minimal, one need only be a member of the Olympia Food Co-op to run for a position, and the rewards include getting to sit through multiple meetings a month and to have a positive impact on the policies and direction of the Olympia Food Co-op. ■

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