

FALL 2021



# Table

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## Stone Fruit & Fall Recipes

*Healing our Community*

## Board Elections



Published by

**OLYMPIA FOOD CO-OP**

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Cover photo by Monica Peabody

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## Editor's Note



The Fall season is always a busy one for the Co-op—our stores are generally busier than during the summer months (I'm convinced that rain makes people eat more), we have a lot of business to attend to, such as Board elections and our Annual Meeting, kids are back at school, and there are other cool things going on like Buy Local Month, Indigenous People's Day, and Co-op Month, not to mention the best local produce and products you can find pretty much anywhere!

"Healing Our Community" is our theme guiding us through these months, as we recognize that we are not recovered as a society or as a cooperative from all the tragedy and division of the last couple years. Our workers in both stores continue to encounter many difficult interactions with customers about our face covering requirement and this wears on our ability to provide ongoing customer service. Our staff is committed to our mission and requests that members also uphold their rights and responsibilities by treating everyone in our spaces with respect and concern for our community.

Most of our shoppers have shown us only gratitude and support, and to you we are also grateful. Let's keep exploring ways to heal and recover with each other in ways that cause no further harm, as together in cooperation is really the only way to proceed.

- Maureen Tobin, editor

# Time to Vote!

## 2021 OFC Election for Board of Directors

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, four positions are available on the Board.

The Co-op Annual Meeting will be held on November 6 from 1-3pm at the Olympia Center in downtown Olympia for those who wish to attend in person. A Zoom link will be offered also. In consideration of the pandemic protocol, masks will be required for in-person attendance, and food will come in the form of goody-bags to be handed out at the end of the meeting. Please come—either in person or online—and get an update on what the Staff Collective and the Board have been experiencing this past year, and hear from all members who are running for a position on the Board of Directors.

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! ■

# CO-OPERTUNITY:

Are you interested  
in doing more with  
your co-op?

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of Directors**



Applications are available at [www.olympiafood.coop](http://www.olympiafood.coop)  
& accepted through Sept 30.

For questions or to request a paper application,  
[email ofcboard@olympiafood.coop](mailto:ofcboard@olympiafood.coop)

**Elections begin October 15 and run through Nov 15**

# ENGAGING IN DIFFICULT CONVERSATIONS

by Sage Abella, Staff member

“Communication leads to community, that is, to understanding, intimacy and mutual valuing.”

– Rollo May

We have the possibility of healing our community when we heal ourselves. The Olympia Food Co-op collective staff just had a wonderful opportunity to deepen and hone our communication skills. From April to June, we worked with Cathy Fromme from TrustWorks to participate in a five-part training in Engaging in Difficult Conversations.

Communication can be challenging. It takes courage and focus to be willing to actually step into hard conversations when our natural tendency is to retreat, deflect, attack, or talk with others and triangulate the situation instead of meet what faces us. The ingredients of a conflict are all too familiar. We interact with others, something doesn't go the way we plan, and suddenly we feel uncomfortable and threatened. We're afraid something will not be met - our needs, desires, resources, or values.

This is the moment we choose to escalate or deescalate a conflict. Again, this isn't easy and often things happen so fast they take on a life of their own. If we can slow things down and learn a little more about the process, we realize we have a choice in how we respond. And if we haven't responded well the first time, a commitment to engage in difficult conversations allows us to open up the opportunity to actually take time to find win/win solutions together.

Each of us enters conversations with our own story path. We have rich lives filled with experience, opinions, feelings, and ideas about the topic at hand. This is called a “personal pool of meaning.” When a conflict happens, we see and hear what's going on, tell ourselves a story about the situation, get stirred up, feel whatever is going on for us, and then act in default or familiar ways we've acted much of our lives. In simple terms, for some this means silence - we withdraw, feel frozen, avoid, or mask our response. For others this means violence - we need to control, fight, then start labeling or attacking.

When we learn the ins and outs of engaging in difficult conversations we have a whole toolbox of new skills to try out. We realize these conversations are actually an invitation to practice these skills together, knowing we'll make mistakes, being in situations where we are all learners, and coming together to explore what's in the best interest of the Co-op to cultivate healthy work relationships.

From our Staff Collective Purpose, Vision and Values Statement: “We commit to listen to, and learn from one another with compassion, and we value conflict resolution as a positive force for learning and growth.” Engaging in Difficult Conversation training teaches us that we can come together with mutual respect for each other, be curious about our shared pool of understanding, and practice commitment for finding mutual outcomes.

Cathy taught us several tools as pathways through tangled conversations. First, we start with self-reflection, noticing our own stories and reactions.

Asking:

- 1) What do I want that I'm not getting?
- 2) Notice what happened, what did I do, did it produce the results I want?
- 3) What might I have done differently?
- 4) What are my interests and what's the most effective way to get there?

And then, we practice a more open approach that helps us understand what's really going on with the other:

- “Let me make sure I heard you correctly...”
- “Tell me more, help me understand...”
- “That was not my intent.”
- “Wow, I'm really sorry. I didn't mean it that way. Let me try that again.”

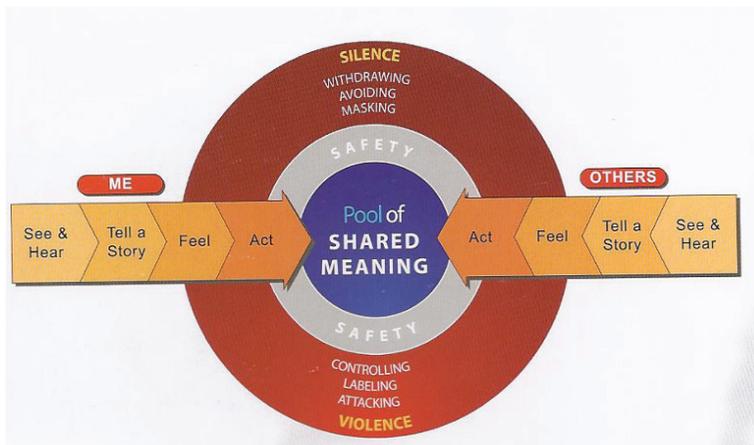
By using these tools, we notice what we might've done differently, then we get the opportunity to apologize and move into new action.

# Practice... Listen for understanding, rephrase or reframe each others story... And ask questions!

In learning to listen to understand we learned about the natural stress response of our nervous system. When stressed and surprised by conflict our stress response jumps, flight-fight-freeze body reactions are triggered, and it can take an average of 20 minutes for that agitation to dissipate.

While we can't change the situation, we can change our responses to the situation. By being aware of this biological wave of response we know that meeting difficult conversations isn't about immediate problem solving.

It's about holding space for each other to stay present and tend to our own responses in a way that allows us to listen and come to a pool of shared meaning. We're invited to ask questions and stay curious. When we give time for ourselves and the other to calm and get more centered there's time to engage the simple act of asking questions. Those questions can then lead us into an entirely different conversation; a conversation that helps us realize, we actually share a lot of values in common.



Cathy taught us to prepare for successful conversation by pausing to notice:

- What's my purpose in this conversation?
- What am I committed to for myself, for others, for this relationship?
- How will we sustain our commitment to mutual benefit and gains?
- How will we maintain a positive tone?
- How will we maintain safety?
- Do we need to clarify shared expectations or ask for more information?
- What is a good time and location to meet? Who will participate?

Engaging in difficult conversations is all about getting centered enough to

own the responsibility for our behavior and choices, noticing how we acted and what we were thinking in the middle of the challenge. We do our best to get clear about the real issues with no assumptions. We look at our own interests, the other's interests, and common interests.

The training reminds us we are part of a collective and a co-op, in relationship with each other in a variety of different roles. Conflict is part of all relationships. While we tend to think conflict is bad, it actually, if met and navigated with compassion, patience, and effective engagement, can strengthen our connections.

Healthy conflict invites different points of view, surfaces potential issues asking for creative solutions, builds commitment, can increase trust for situations resolved well, and teaches us we have the personal resources to meet challenges together. Engaging in Difficult Conversations Training puts us into a learning curve together, with shared tools, and a renewed commitment to finding solutions in the midst of challenge.

We are grateful to Cathy Fromme for bringing her talent, skills and knowledge to our organization, building the framework for better working relationships and problem solving among staff members. ■



## **ROAST CHICKEN, SALAD AND WINE POACHED PEARS WITH ROSEMARY CREAM**

*Recipes and photos by Monica Peabody, Staff member*

I learned to cook this meal from the French, or at least from my French cookbook, *Potager*, which I bought on a whim when I was young. It is one of my favorite cookbooks, though at first I thought it contained typos. Surely, they don't mean 1 ½ tablespoons black pepper on the roast chicken! They can't mean 2 tablespoons rosemary in the cream sauce! But indeed they did, with delicious result. Now I think nothing of adding a quarter cup of chopped ginger to a soup or tablespoons of red chili flakes to my pickles. In the American cookbooks I grew up using, there were no tablespoons of spice, only scant teaspoons. I'd like to share the roast chicken and wine poached pears from this lovely cookbook by Georgeanne Brennon. If you enjoy them, buy the cookbook, because there are many more delights, as well as lovely kitchen garden photos. *Potager* is the French word for kitchen garden.



*continued next page*



## **GARLIC RUBBED ROAST CHICKEN WITH TURNIPS, CARROTS AND WILD MUSHROOMS**

*I used our lovely small colorful potatoes instead of turnips and have enjoyed this recipe with whatever root vegetables look delicious at the time. I also forgot the rosemary one time when I was traveling and made an amazing roast chicken with butter instead of olive oil and fresh tarragon. So have fun experimenting, but don't leave out the mushrooms. They are such a fabulous finishing touch.*



**1 chicken**

**1 tablespoon olive oil**

**4 cloves garlic, lightly crushed**

**1 teaspoon salt**

**1 ½ tblsp coarsely ground pepper**

**2 tblsp chopped fresh rosemary**

**5 tblsp chopped fresh thyme**

**6 turnips, large chopped**

**6 carrots, large chopped**

**8-12 ounces mixed fresh wild  
mushrooms**

**1 tablespoon butter**



## DANDELION GREEN SALAD WITH HOMEMADE CROUTONS

*If you love bitter greens as much as me, a dandelion salad makes a great accompaniment to this chicken dish. This salad is also delicious with mixed greens. Homemade croutons are a great way to use leftover bread.*

- 1 bunch of dandelion or mixed greens**
- 1 purple daikon radish**
- A few slices of bread**
- 2 garlic cloves, crushed**
- ¼ cup olive oil, plus a tablespoon**
- Juice of 1 lemon**
- Salt and pepper**

Toast the bread then rub it all over with the garlic cloves. Chop it into bite sized pieces and toss them in a bowl with the tablespoon of olive oil and some salt and pepper. You can add other herbs too if you like.

Make a simple vinaigrette by combining ¼ cup olive oil, the juice of one lemon and salt and pepper to taste. Add more olive oil or lemon until you get the taste you like. Enjoy!

*Continued on page 14*

# Free Groceries to Fight Hunger

By Desdra Dawning, Co-op Member

*Have you heard about or seen the free grocery store in Olympia?*

Its current location at the time of this writing is in the parking lot of Stonewall Youth in downtown.

Kim and Sosa are community members intimately familiar with life on the street, living without a house to shelter them. And they have seen first-hand how the various services designed to serve our houseless population, while all very well-intentioned, still leave a crack for those on the edge to quite easily slip right through. With set scheduled times of operation, rules to follow, ID's necessary, sign-ins and often long lines, these groups can only go so far in helping people who are quite simply hungry and tired and in need of help in-the-moment. "People should not have to ask for their basic needs to be met. When you are really hungry, you should not be asked to wait until tomorrow to have something to eat," Kim says. "People who are pushed to the edge in their lives end up doing things like shoplifting in order to care for their hunger," Sosa adds. Even those with homes are not always free from hunger, and the need for basic necessities.

And so, in May of this year—2021—they decided to do something about it. They rounded up a used refrigerator, got help refurbishing it, and put out the word as best they could to let folks of good heart know that they were setting up a free groceries station. They were looking for both already-prepared food, and fresh produce—food beyond what was already being offered around the community in neighborhood "Free Food Pantry" shelves with canned and packaged non-perishables. They contacted GrUB and some local farmers, looking for contributions. And they found a place to set up shop at POWER (Parents Organizing for Welfare and Economic Rights), located in downtown Olympia. At first, it seemed like a good fit, but quickly (in less than a month) the landlord asked them to leave, stating that there were too many people eating in the area. Stonewall Youth, at State and Capitol, then invited them to use their parking lot and offered to take care of the electric bill for the refrigerator.

By June, they were set up with a medium-sized refrigerator, donated through Instagram, and food was coming in from many directions. They were also getting donations of other items that could be used, such as personal care products and things for children. So, they gathered some used wood and created shelves for the non-refrigerator items. Sosa sees this process of people reaching out to help each other as community-building, and a way to offer help without anyone needing to ask for anything.

It was at this point that something very mean and unkind started to happen. During the night, their refrigerator was destroyed, along with the shelving. This has happened several times, and each time they have found another fridge and wood for shelves. It is also very disheartening to them and to all who benefit from this kind service, to think that anyone would want to destroy what is obviously there to help those of us so much less fortunate.

Kim and Sosa are doing this work pretty much on their own, even though they are part of a growing movement in the US. YES! Magazine recently published an article about this action, called the Freedge movement (freedge.org). Founded by Berone Oehninger, it sprang up to meet the acute need to address food insecurity and has expanded greatly during the pandemic. The article points out that "...he sees the fridges as a visible reminder that many people don't have access to enough food, and also a gateway that could create enough food for all through larger efforts that include the people power of mutual aid projects." The article then goes on to quote Oehninger as saying, "The fridge doesn't solve food insecurity. What it does well is start a conversation about food insecurity." "And that conversation," says YES!, "can lead to a new urban farm, or more urban kitchens, or even systematic changes on a policy level."

As for Kim and Sosa, while they very much appreciate the support from Stonewall, they would like to find another place in town, close to downtown, to set up this loving service—a place where they could secure the fridge and shelves during the night, keeping them and all the donated items safe and protected. They would also like to thank everyone who has been so supportive and generous with them as they take on this daunting task of caring for those on the very edge of our community.

How can the members of the Olympia Food Cooperative help with this project and become part of the community fridge network? Our Westside store has for many years had a Free Store of donated goods. Both stores collect lots of food bank donations. Donating to what is becoming, for our community, a bit of a Free Grocery Store, is a start.

Feel free to contact me for more information. Desdra Dawning: [Desdradawning@yahoo.com](mailto:Desdradawning@yahoo.com) ■

## GARBANZO, BUTTERNUT AND KALE SOUP

By Arturo Sievert, Staff member

**½ pound garbanzo beans**  
**3 stems of celery, chopped**  
**2 medium carrots, chopped**  
**2 medium onions, chopped**  
**4 garlic cloves, minced**  
**1 bunch Lacinato kale, washed and leaves removed from stems, chopped**  
**3 small branches of fresh rosemary**  
**1 medium butternut squash, about 2 pounds**  
**Olive oil, Salt and chili pepper flakes**



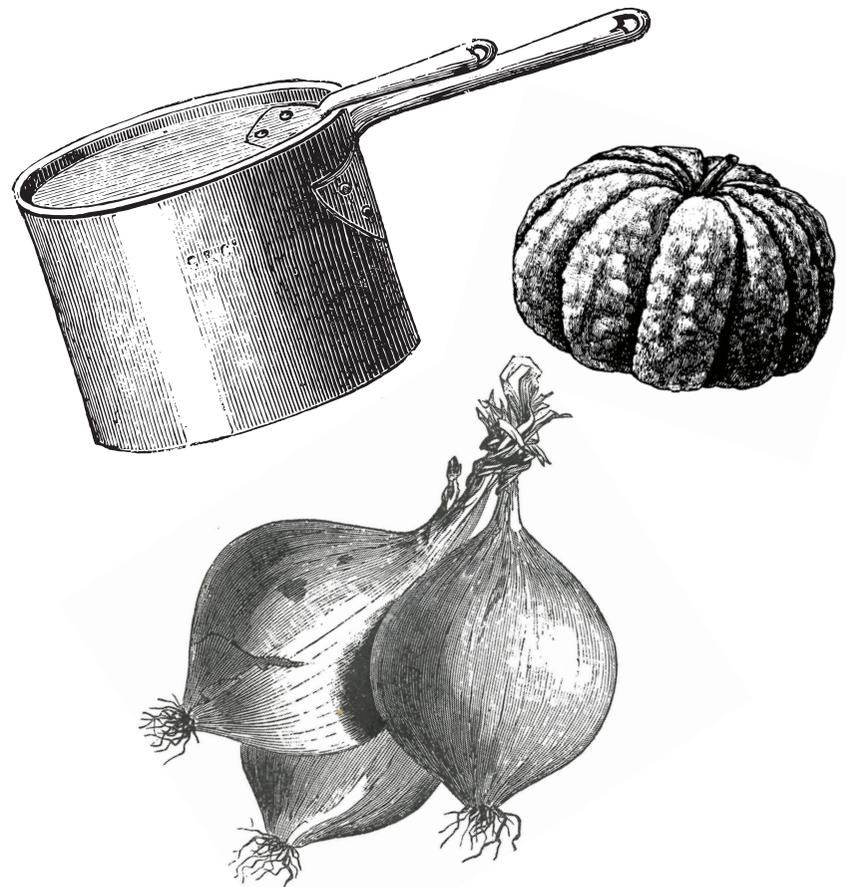
1. Night before: Soak garbanzo beans in water overnight, with about 4 fingers of water covering the beans
2. When you are ready to cook: Drain the beans and place them in a deep soup pot with cold water (about 6 fluid pounds). Add 1 sprig of rosemary and 2 stalks worth of celery, and bring to a boil. Reduce heat to simmer and cook for about an hour. When beans are growing tender, add a little salt.
3. While the beans cook, prepare the squash. Heat the oven to 380 degrees. Peel the butternut squash, cut off the ends and scoop out the seeds. Cut the squash in small cubes and spread them on a large baking sheet. Sprinkle with olive oil and salt, spread around well, and roast for about 25 minutes.
4. Lower the beans to a low heat once they have become tender. Add the roasted squash to the beans and maintain at a low simmer.
5. In a skillet, saute the chopped onions, carrots and celery in about ¼ cup olive oil. Add minced garlic and the last rosemary, removed from stem and leaves minced. Stir for a few minutes and add to the beans on a low heat.
6. Add the chopped lacinato kale to the soup in the last 15 minutes.
7. When all ingredients seem soft and combined, adjust the salt level to taste, turn off the heat, serve into bowls and add a little olive oil and chili pepper flakes to each bowl of soup. This recipe serves about 6 or 7 people.

## KABOCHA SQUASH SOUP

By Arturo Sievert, Staff member

**Kombu seaweed, 1 piece about 4-5 inches long**  
**2 Tbsp neutral oil (sunflower, canola, grapeseed)**  
**8 ounces firm tofu (crumbled or chopped into pieces)**  
**1 Kabocha squash, depending on size about 2 cups, peeled and diced small, about 1/4 inch pieces**  
**6 to 8 shiitake mushrooms, sliced into strips**  
**3 Tbsp tamari soy sauce**  
**Salt to taste**  
**Green onions chopped into ½ inch pieces, about ½ a bunch**

1. Heat 4 cups of water, clean the piece of kombu and add to water. Before it fully boils, turn off heat and let sit for at least 15 minutes.
2. Heat oil over medium heat in a saucepan with deep sides. Add the tofu and stir until the pieces start to brown, then add the squash and mushrooms, stirring and cooking for a few minutes
3. Pass the broth through a colander and add to the deep saucepan. Simmer mixture for about 12 minutes. Turn off the heat and season soup with tamari and salt to taste.
4. At the very end before serving add the chopped green onions. Serves 3-4 people.



# Co-op Endorses th

## A Totem Pole Journey for P

*Photos and Text by Desdra Dawning, Co-op Member*

On July 15, 2021, the Board of the Olympia Food Co-op enthusiastically agreed to endorse a very important journey for a totem pole from the Pacific Northwest to Washington, D.C.

In June, I had the opportunity to join with many others in seeing and blessing a beautiful totem pole, carved by the House of Tears Carvers of the Lummi Nation. Its 25-foot, 5,000-pound body was reclined at Percival Landing in Olympia on a long flatbed, pulled by a large truck, as part of a caravan traveling from its Lummi home, to be delivered to the Biden-Harris Administration in Washington DC. Jewell James, Master Carver, spoke eloquently about the dire state of environmental conditions globally, and the need for this totem pole to make this journey, doing its work as a teacher-storyteller, consciousness-awakener and healer.

Along the way, as I write this, it is stopping for ceremonies and live-streamed events with indigenous communities—those leading major efforts to protect sacred places in their area—places that are currently imperiled by resource extraction and industrial development, and where old treaties have been broken.

From their website: [RedRoadtoDC.org](http://RedRoadtoDC.org) (they made it possible to join virtually on the journey with updates), I gathered the following information about some of their major stops along the way:

### *Snake River*

#### *—Washington and Idaho*

Work is currently being done to restore wild salmon in the Pacific Northwest's Columbia and Snake Rivers and their tributaries—once the greatest salmon rivers in the world—by asking for the removal of 4 outdated and expensive dams on the lower Snake River. These dams have affected the salmon and thus the Nez Perce People's subsistence, culture, spirituality and way of life for many years.

### *Bears Ears—Utah*

Situated in the Four Corners region (Colorado, New Mexico, Arizona and Utah convergence), the area called Bears Ears is considered sacred by those who have long lived there. It is a landscape of ancient shrines, petroglyphs and cultural artifacts and mineral resources, and is also the home of many native plants and animals, all of which have become the center of desecration, looting and disrespect. Work is currently being done to create a Bears Ears National Monument, in order to protect it from further harm.

# The Red Road to DC

## Protection of Sacred Places



### *Chaco Canyon*

#### *—Northern New Mexico*

The ruins in Chaco Canyon were once, 1,000 years ago, a part of a large ceremonial center for the ancestors of today's Pueblo people. It is now a National Historical Cultural Park and designated as a World Heritage site. And yet, it is in the midst of an area in which 93% of the resources are being leased by the BLM for oil and gas activities. This and recent explosions on fracking fields, and the havoc brought on by that, have brought activists out in protest of this use of sacred lands.

### *Black Hills*

#### *—South Dakota*

Mt. Rushmore has, since it was first carved, been seen by the Lakota as a symbol of white supremacy and colonization. They are working for the return of the Black Hills to their care. The area of Norbeck Wildlife Preserve and Harvey Peak—a place that spiritual leader Black Elk described as “the Center of the World”—is now seeing roads being built in preparation for logging. There is great concern for the old-growth trees there, and the potential impact on water systems and wildlife.

### *Missouri River—South Dakota*

The Mni Sosa (Missouri River) is currently being managed for economic rather than ecological or culturally-competent imperatives. The Dakota/Lakota/Nakota communities are working together to pass a resolution that would recognize the sovereignty and rights of the Mni Sosa and restore indigenous rights to be the caretakers of this mighty river.

*Continued on page 17*

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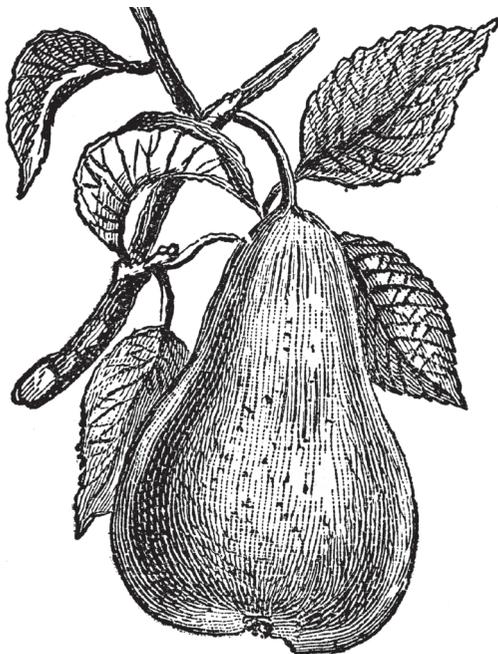
## **GARLIC RUBBED ROAST CHICKEN WITH TURNIPS, CARROTS AND WILD MUSHROOMS**

Preheat oven to 350 F. Rub the chicken with olive oil and garlic; add spent garlic cloves in the chicken cavity. In a small dish, mix together salt, pepper, rosemary and thyme. Rub half the mixture on the outside of the chicken. If you have extra rosemary and thyme sprigs, stuff them into the chicken cavity.

Put the chicken into a roasting dish and surround it with the chopped root vegetables. You can add chopped giblets too if you like. Sprinkle with remaining herb mixture.

Roast for 1 ¼ to 1 ½ hours, occasionally turning the root veggies so they can be coated with pan juices, until the juices from the thighs run clear or the internal temperature of the chicken is at least 165.

About 10 minutes before the chicken is done, melt the butter until it foams, then saute mushrooms over medium heat until they are tender. Leave the smaller mushrooms whole, slice the larger into big pieces. Add the mushrooms with their pan juices to the chicken dish and enjoy!



## **LEMON GINGER PEAR CRISP**

*By Corey Meyer, Staff member*

### **The Filling:**

**3 to 3-1/2 pounds fresh pears**

**(about 8 pears, we have preferred Bartletts)**

**1/2 cup golden raisins**

**2 tsp cinnamon**

**1/2 tsp nutmeg**

**1/4 cup lemon juice**

**1/4 cup water**

**1/4 cup diced candied ginger**

**(we've used what is available in Bulk from the Co-op)**

### **The Topping:**

**1/2 cup Gluten-free flour**

**1/2 cup Gluten-free rolled oats**

**1 cup raw sugar**

**1/8 tsp salt**

**1/2 cup cold butter**

Combine all topping ingredients together and cut in the butter until

mixture is crumbly; set aside. This topping has less oats and more

sugar than that for many other crisps.

Preheat oven to 375 degrees. Peel and core the pears; cut into quarters

and then again into eighths. Place the pears and raisins in a bowl and

toss with cinnamon and nutmeg. Turn the fruit into a 9x13 inch baking dish and drizzle with lemon juice and water. Sprinkle the candied ginger evenly

on top, then sprinkle on the topping mixture. Bake for about one hour until fruit is tender.

(but not mushy) and topping is golden brown.



## LATE SUMMER PEARS POACHED IN YOUNG WINE

**4 pears**  
**1 ½ cup red wine**  
**2 tablespoons sugar**  
**½ cup heavy cream**  
**2 tablespoons finely chopped fresh rosemary**

Halve the pears lengthwise, scoop out seeds and pull out the string that runs down the center from the stem. Bring wine and 1 tablespoon of the sugar to a boil in a saucepan large enough to hold all the pear halves in a single layer. Cook on high heat for 3 to 4 minutes. Reduce heat and add the pears. Poach them until they are just tender, 10-20 minutes. Don't let them get mushy. Transfer the pears in their liquid to a glass or ceramic dish and let them stand for several hours at room temperature.

Mix the heavy cream with the remaining tablespoon of sugar and the rosemary. I like to shake the mixture in a jar until it just starts to become whipped. Spoon cream onto a plate, top with a pear and a drizzle of poaching liquid. Enjoy! ■





Article and photos by Monica Peabody, Staff Member

Hello! The staff collective has consented to me becoming our new Community Classes Program Coordinator. I'm looking forward to working with all of you to restart this important community resource.

Our classes program has been a beloved part of our Co-op mission for many years, including such fun and educational offerings as cooking, nutrition, homemade medicines, gardening, raising chickens, buying your first home, visiting local farms, and more. Community classes came to a stop due to lack of coordination and the challenges of running a retail business during a pandemic. I'm looking forward to gathering again as a community to share skills and learn skills, perhaps at first via zoom to keep us safe, but let's hope before too long, in person.



I would like to hear from you! What would you like to see happen with the Co-op Community Classes program? What classes would you be interested in taking? In teaching? We've tried to keep the classes affordable so they can be accessible to everyone. What can you afford? What would you think about a sliding scale cost?

You can contact me, Monica, at [classes@olympiafood.coop](mailto:classes@olympiafood.coop) with your ideas. I look forward to hearing from you! ■



**10AM – 3PM**  
*Year Round*

JAN - MAR Every SAT	APR - OCT THU thru SUN	NOV - DEC SAT and SUN
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[olympiafarmersmarket.com](http://olympiafarmersmarket.com)

# A Totem Pole Journey for Protection of Sacred Places

*continued from page xyz*

## *Standing Rock—North Dakota*

We remember the summer of 2016 when 300 Native Nations and several thousand supporters gathered in alliance against the Dakota Access Pipeling (DAPL). This project, like oil pipeline projects in other areas, risks jeopardizing the primary water source for the Standing Rock Sioux Reservation and 17 million people downstream. This struggle continues to this day.

## *White Earth—Minnesota*

At the headwaters of the Red and Mississippi Rivers, Enbridge—a Canadian corporation—is proposing a new route for their Line 3 oil pipeline through a pristine, water-rich environment. The groups, Honor the Earth and Water Protectors are working not only to deal with aquatic invasive species in the waters and fight pollutants to the river, but the even bigger task of stopping the Line 3 pipeline from being built across this land.

## *Mackinaw City—Michigan*

The Straits of Mackinac connect the sacred waters of Lakes Michigan and Huron. Since 1953 the Enbridge pipeline, already past its 50-year lifespan, has seen numerous ruptures, spilling over one million gallons of oil and natural gas into the surrounding area, impacting the health of the entire region. The Bay Mills Indian Community and other tribal nations in the area rely heavily on fishing for their annual income, and healthy waters in these rivers. Now, the company proposes a tunnel under the Straits, which will only endanger the area more.

## **Washington DC**

The final destination for the Totem Pole is its delivery to the Biden-Harris Administration in Washington, DC. Planned is a final blessing ceremony, press conference and public viewing outside the Smithsonian National Museum of the American Indian. It is hoped that it comes to live in a place of prominence where all citizens can learn about its travels through these sacred indigenous lands. ■

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# 2<sup>nd</sup> Quarter 2021 Finance Report

By Jill Lieseke, Staff Member

As the incredibly hot Summer comes to an end and Fall peeks around the corner, so it is time to report on the 2nd Quarter 2021 Finances. The Olympia Food Co-op's finances keep trekking along, rolling with the ups and downs in these uncertain times. The Finance team has been closely monitoring the trends and making adjustments to ensure that we make it through the challenges.

For your review is a condensed version of the Co-op's combined East & West 2nd Quarter 2021 Budget Report. This report is showing our 2021 "Actual" numbers compared to our 2021 "Budgeted" numbers and the variance between the two.

The Co-op buys products called Cost of Goods Sold (COGS), and we sell these products (SALES). When COGS are subtracted from SALES, this equals "Gross Sales Revenue." This is how much money was made from our sales, less the cost of the products that we sold. While comparing to what we budgeted for 2021, our sales are significantly less than what we projected, about \$400,000 less. Since SALES are under budget, then COGS are under budget, resulting in a "Total Gross Sales Revenue" of approximately \$3 million dollars, compared to the budget, this is only \$11,643 under what was projected for 2nd quarter.

"Other Revenue" includes such things as membership fees, dues, and the online order donation fee. The online order donation fee has been a big contributor to this line item. Actual other revenue is \$50,000 more than what was budgeted for Year-to-Date (YTD) 2021. This results in the "Total Net Revenue" showing at \$62,000 over what was budgeted. The Co-op has decided to make our online ordering system permanent with upgraded inventory that will allow shoppers to click on products instead of the current need to fill in blanks. Everyone is looking forward to this upgrade-- look for our NEW online ordering system soon.

The "Expenses" on this report are consolidated into four categories. When these "Expenses" are subtracted from "Revenue", which is the money that was made from selling products, then we find the "Total Net Income" for the quarter.

The Co-op has been diligent about keeping all of our expenses in check to offset the impact of lower sales. This has resulted in spending about \$200,000 less (YTD), than what was budgeted for these consolidated items.

2021 2Q Year to Date Budget Report For The Year Ending 6/30/21	2021 ACTUALS	2021 BUDGET	\$ OVER BUDGET
<b>Revenue:</b>			
Sales	8,674,536	9,069,334	-394,798
Cost of Goods Sold	5,516,607	5,923,048	-406,440
Gross Sales Revenue:	3,157,929	3,146,287	11,643
<b>Other Revenue:</b>			
Other Revenue:	78,483	27,980	50,503
Total Net Revenue:	3,236,412	3,174,267	62,146
<b>Expenses:</b>			
Community & Marketing	47,863	55,983	-8,120
Staffing	2,244,338	2,429,961	-185,623
Member Discounts	206,995	219,528	-12,534
Operations	510,817	520,082	-9,265
Total Expenses:	3,010,013	3,225,555	-215,541
Total Net Income:	226,399	-51,288	277,687

In summary, "Total Net Income" year-to-date yields a growth of \$226,399, when we had projected a loss of \$51,000. This is \$277,687 over the amount that was budgeted.

The Co-op will continue to monitor our finances and make adjusting decisions to ensure the financial health of the business. We rely on the support of our community and want you to know that we really appreciate your business and your continued support to see us through these challenging times.

Questions? Comments? [jill@olympiafood.coop](mailto:jill@olympiafood.coop). ■

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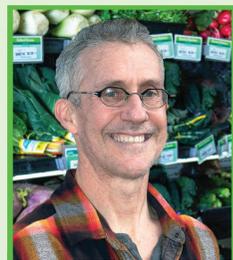
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**Open Seat to 2022**

## *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 Jayanna Marshall, Board Secretary

The Board of Directors for the Olympia Food Co-op has continued to meet via Zoom throughout the second quarter of the year. Luckily, there have been little to no interruptions with the benefit of this technology. Committee meetings are conducted via Zoom.

Board meetings are held every third Thursday of the month. If you wish to make a comment, attend the meeting as a Co-op member, please email a request to [ofcboard@olympiafood.coop](mailto:ofcboard@olympiafood.coop).

Temporary workers continue to be an asset to the Co-op. A few temporary workers have been offered employment at the Olympia Food Co-op and we are grateful for their contribution to the coop.

The Co-op is looking for people to join the Board. If you'd like more information, review the website or call a Board member directly. Board elections run from October 15-November 15.

## Annual Meeting

November 6th from 1-3pm. Look for a zoom link on the website soon.

## Board Retreat in July 2021

The Board has committed to include persons from departments at the Co-op who can present in depth conversations regarding the products, processes, and procedures of their role. This passed retreat, the Board was fortunate enough to have a team member from produce join us for an educational conversation about how the Co-op sources it's delicious produce from as many local farmers as possible. This practice is part of what makes the Co-op unique and a desired place for customers to shop for produce.

## Board Accomplishments for 2021

- 3 new Committees
- Flex worker policy consented for implementation
- Board Retreats (one more in 2021)

## Committee Reports

### **Eco Planning Committee:**

The proposal for a Composting Project is still gaining steam. Anyone who might have interest in volunteering or skills to volunteer are needed. This committee is a great way for people to learn more about things like composting and our fabulous Co-op.

### **Board Development:**

The Board Development committee works diligently to ensure the Co-op Board is in full working order. Look for more information regarding Board recruitment in the upcoming election cycle.

### **Cooperative Health:**

This committee is focused on the health of the Co-op as a whole.

### **Finance Committee Reports:**

The Finance Committee is hard at work during this time of the year! 2022 Budget season is upon us. The Co-op was fortunate enough to have the PPP Loan forgiven. The Finance Committee would like to thank the Co-op members for their generous donations this year. This money is valuable to our operation to serve the community and take great care of our staff.

### **Member Relations:**

Member Relations Committee looks forward to seeing everyone at the Annual Meeting in November.

### **Personnel Committee:**

This is a Committee who's time is spent on hard tasks. The Personnel Committee handles Human Resources type information at the Co-op and is a group of well qualified and dedicated people who wholeheartedly serve the Co-op mission and values.

The Olympia Food Co-op Board of Directors would like to mention there's always an opportunity for members to get involved! Please contact us for a list of committees to consider a member at large. Or please contact the Co-op and find out how to become a working member! ■

**Board Applications accepted until 9/30, 9p. Visit [www.olympiafood.coop](http://www.olympiafood.coop)**



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# VOTE

## BOARD ELECTIONS

### OCT 15- NOV 15