



SPRING 2022

# Table

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

**Biking to the Co-op**

*Sustaining Our Food System*

**Using Bulk Ingredients**



# Table

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Front & back cover photos by Monica Peabody

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### Editor's Note



One part of our mission statement is to "to make human effects on the earth and its inhabitants positive and renewing and to encourage social and economic justice."

In this issue we explore some of the ways to work on this goal, through our everyday shopping habits and relationships.

There is always more work to be done. As we swing into our 45th year of this cooperative business experiment, it will continue to be an important theme for us all.

*- Maureen Tobin, editor*

## Corrections To Winter Issue

Maureen Tobin and Desdra Dawning would like to apologize for historical inaccuracies and colonizer-focused language that appeared in an article about Colvin Ranch. While the article was motivated by a desire to highlight the work of this local farm and valued Co-op vendor, it strayed into language about the history of the land and Native peoples that was both inaccurate and hurtful to today's native communities. For example, the Tenino tribe was referenced in the article when the accurate peoples to refer to in the history of the land would be the Chehalis. From the website of the Confederated Tribes of the Chehalis Reservation, "For many centuries, two large groups of Salish-speaking people lived along the Chehalis River. They lived in cedar longhouses with one end open to the water from which they received a bounty of salmon and other river-based sustenance. These two groups were the Upper and Lower Chehalis, and they thrived for a long time, until the encroachment of white settlers forced them to give up their ancestral lands." Reference to the Homestead Act without acknowledging Native American land dispossession created an unbalanced and white-centered view of this history.

Several staff were quick to point out the inaccuracies to us and we are sorry for causing distress rather than working towards a better understanding of our local history, the brutal treatment of Native tribal members, and ongoing acknowledgement of land as Native owned. Please see more information about some local history sources in the sidebar to the right, and feel free to reach out to us with more questions or comments at [newsletter@olympiafood.coop](mailto:newsletter@olympiafood.coop).

*See more corrections on page 5*

## NW Native Authors and Resources



### Rights Remembered by Pauline Hillaire

*A historical narrative and autobiography from esteemed Lummi elder, Hillaire addressed this to both indigenous and non-native peoples. Her hope for writing it was "for greater justice for Indian people in America, and for reconciliation between Indian and non-Indian Americans, based on recognition of the truths of history."*



### When the River Ran Wild! by George Aguilar

*Aguilar is a Wasco elder and enrolled member of the Confederated Tribes of Warm Springs in Oregon.*



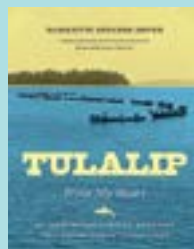
### During My Time by Margaret B. Blackman

*Davidson was a member of the Haida Nation and the daughter of renowned Haida artist Charles Edenshaw. Blackman edited this narrative from over 50 hours of tape recordings.*



### Indians of the Pacific Northwest by Vine Deloria

*Deloria was a noted Native American historian and a member of the Standing Rock Sioux Tribe.*



### Tulalip, From My Heart by Harriette Shelton Dover

*Dover was a member of the Tulalip Tribes.*

***At [chehalisribes.org](http://chehalisribes.org), you can find copies of the Chehalis Tribe's monthly newsletters and lovely current and historical photos.***

***The Nisqually Indian Tribe, at [nisqually-nsn.gov](http://nisqually-nsn.gov), has a lively website full of current events and historical information.***



# CSF Fall 2021 Grant Report

By Desdra Dawning, Co-op Member

The Thurston County Community Sustaining Fund (CSF) offers small grants to local projects twice a year—Spring and Fall. The Fall 2021 Grant Cycle came this year right as the Winter issue of the Co-op's quarterly Table was going to print, so this will appear in the Spring Table.



The funds dispersed by CSF come almost totally from the generous folks at OFC who say "Yes" when their cashier asks them if they want to "Round UP". It is amazing how much money can collect just from loose change! And how much good the CSF can do to help local folks with projects that are kind-hearted and sustainable. We thank the Co-op for helping us to be their 'giving arm' in the community!

The CSF Fall Grant Cycle saw only 3 grant applications. (We are curious why so few applications for funding help have been coming our way the past few grant cycles.) We still have funds available from the Sue Lundy Memorial Fund, and were able to help one group that fits the criteria.

On the facing page is a brief report on who they are, what they were requesting in the way of help, and what we were able to offer them.



## Elderberry Elixir

This recipe is shared by Linda Black Elk from Bismarck, North Dakota. Follow her on Instagram for more recipes: <https://www.instagram.com/linda.black.elk/>

- 1 cup elderberries
- 4 cups water
- 2 star anise
- 1 cinnamon stick
- 1 3" piece fresh ginger, chopped

Bring all ingredients to a boil and then let it simmer for about 45 min on medium.

Once it is nice and dark and strong, pour it through some cheesecloth or any material to strain it, squeezing all the juice out.

Add 1½ cups of raw honey ...let the honey melt into the juice...don't reheat it or you'll destroy all the good medicine in the honey.

Store in jars in the fridge.

*Note: you don't have to add the honey if you are giving this to someone who is diabetic.*

Right now we are experiencing hard times everywhere... physically, spiritually, emotionally and mentally. Good medicine (my husband's Lakota people call this "pejuta") will help us through these times because of all the love and prayers that goes in to these plants .. even before we harvest them.

We at CSF also hold an open invitation to anyone who appreciates the work we do and would like to participate with us as a member of our Leadership Team. Your own special skills and talents will be most welcome. This is an excellent way to learn more about the many amazing organizations in our area that are doing such good work to make our world more sustainable and kind, and it is very rewarding to us to be able to support them financially in their endeavors. Visit our website at: [oly-wa.us](http://oly-wa.us) (no www) for more information.

## ***2022 Fresh From The Farm: A South Sound Food & Farm Resource Guide***

The Community Farmland Trust publishes a yearly Fresh From the Farm Guide, formerly called the Farm Map. It has grown over the years from a small map of local organic farms and general information into a full-blown free resource-rich publication, featuring food access information, articles on local farming culture, healthy food options and more. In 2021 it expanded to include 91 farms, 33 CSA's, 19 Farmers Markets and 57 Food Banks covering the counties of Thurston, Mason, Lewis and Grays Harbor.

The Farmland Trust acquires and preserves farmland that would otherwise be developed, benefitting communities through their vision of protecting abundant, productive sustainable local farmland that can provide healthy food and contribute to a vibrant and viable farm economy.

The CSF is proud to be able to help the Farmland Trust with \$1,000 from the Sue Lundy Fund toward publishing another year of this excellent publication. Look for it in the Spring of 2022 on local shelves at the Co-op, GRuB, nurseries and farmer's markets.

## ***Prenatal Yoga Teacher Training Development***

Kelli Mae Willis, a Waldorf educator, mindfulness and meditation teacher, is also a local yoga instructor who, for the last 6 years has offered prenatal yoga and children's yoga to our community. She came to CSF asking for help in a project she is passionate about. She sees a great need in our community for more people trained to teach this kind of yoga, and is in the process of creating a training program just for this purpose.

She sees the potential for learning that extends even beyond yoga—into the care-giving sector through group facilitation, education and even home birth-work. She is aware of how this can strengthen resilience for growing families, improve mental health and create a more caring community.

The CSF agreed to fund her \$1,000 toward fees and other costs of starting up this valuable educational program to train others in our area to become Prenatal Yoga Teachers.

## ***Sea Level Rise Flooding Video***

Bill Lange works with several fellow film-makers to create short documentaries designed to educate our community on a variety of concerns. He currently has a video series focusing on sea level rise and how local government agencies can come together to develop and implement an adaptation plan. The primary goal is to inform and involve the public in order to safeguard the community assets in downtown Olympia. Several segments of the series have already been completed, interviewing local business and tribal leaders, City government and Port officials.

In order to help in narrating information for the videos, a teleprompter was needed, along with other equipment including a wireless microphone and lights.

The CSF values the work being done to educate our community on this very concerning reality of sea level rise, and agreed to grant \$1,000 to them for advancement of this project. Look for it on local TV channels.

Thanks once again to all Co-op members who regularly participate in the Round Up at the Register program! You are the life blood of this program to help our local community in so many ways!

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## ***Corrections*** continued from page 3

*In the fall, I helped submit an article written by Melissa Davis, the SNAP-Ed coordinator at Garfield Elementary, who runs the pantry there and helped us coordinate the Garfield food drive last year. I was mostly responsible for being the delivery driver that brought the food to the school. I unfortunately did not proof-read the article and it states that it was my idea to have the food drive. It was actually Virginia's idea and she and I implemented the drive and she was largely responsible for coordinating it in the store. I understand that while this was not intentional, my oversight has the impact of me taking credit for the whole project, and men taking credit or being given credit for women's work is a prevalent practice in our society.*

*I have apologized in person to Virginia and this correction is long overdue. Thank you for listening, and if you have any questions or feedback about this error, please feel free to write to me or have a conversation with me.*

*-Rafael Ruiz, Staff member*



# TAKE YOUR VITAMIN B(ike) ...and Ride To The Co-op In May!

*By Duncan Green, Co-op member since 1985*

*May is National Bike Month, and time for the **35th Annual Bicycle Commuter Challenge!** Bicycling for any reason is great for our personal health and well-being, and great for our community and planetary health too. This year, the BCC and the Olympia Food Co-op are teaming up to encourage anyone who can, to bike to the Co-op in May and beyond!*

The Co-op will offer a free treat to anyone who arrives by bike, and will hold a prize drawing, too. Put your name in to win a Co-op Gift Card! Log your rides to the Co-op (and all your other bike rides in May) at: [bcc.intercitytransit.com](http://bcc.intercitytransit.com) to win prizes and have fun in the Bicycle Commuter Challenge (all rides count)! You can join the Co-op team in the BCC (Olympia Food Co-op) and win Team Prizes too.

The Bicycle Commuter Challenge and its many sponsors, including the Olympia Food Co-op, are offering lots of incentives to get out and ride this May. A discount

coupon from the Co-op will be one of many valuable coupons mailed to you when you log your rides at [bcc.intercitytransit.com](http://bcc.intercitytransit.com). Plus, hundreds of cool prizes from the BCC's local and regional sponsors are awarded every year- maybe this is your year for a new brass bike bell, a gift card from a local store, or some bike bags to carry your groceries home!

At the time of this writing, plans are in the works for some possible fun group rides and events as well, conditions permitting. Stay tuned at [bcc.intercitytransit.com](http://bcc.intercitytransit.com) for up to date info about the Earth Day Market Ride, Bike to Work Day, and a possible Co-op Ice Cream Ride!

There are so many reasons why biking is beneficial, for us, our communities and our planet. One that springs to mind regarding the Co-op is – parking! Have you ever noticed how crowded the parking lots at the Co-op can get? And how there's always plenty of space in the awesome covered bike parking areas at both Co-ops? Biking to the Co-op is just one tangible way you can be a meaningful part of a solution.

*Continued on facing page*

# International Workers Day

by Alejandro Chavez, Staff member

The Olympia Food Co-op will be closed on May 1 for International Workers' Day as a show of solidarity with all workers around the world. It is important for us as fellow workers to look back at the past 12 months to remember and celebrate the struggles workers around the country and around the world have waged this year for better living conditions.



*From October 5th, 2021 to December 21st, 2021, members of the Bakery, Confectionery, Tobacco Workers and Grain Millers International Union (BCTGM) held a 77-day strike against Kellogg's plants in Battle Creek, MI., Lancaster, PA., Omaha, NE., and Memphis TN. They won by approving a new contract with Kellogg's that makes gains and does not include any concessions.*

*In Buffalo, New York, workers at the Starbucks locations pushed for unionization, with one store winning the vote and succeeding. This was the first Starbucks location in the country to succeed in unionizing.*

*In the month of October, nearly 100,000 workers from varying industries including health care, automotive, and entertainment went on strike for better working conditions, higher wages, and better benefits.*

We invite you to learn more about and celebrate the working class roots of this holiday of remembrance. What started as a three-day general strike in support of the eight-hour workday on May 1, 1886, eventually led to the police opening fire on the striking workers on May 3. The resulting death of up to eight workers led to another rally on May 4. A bomb was thrown in this rally, and eight anarchists were eventually imprisoned in retribution. The protesters were tried and convicted for murder although the prosecution conceded that none of the eight threw the bomb. It became apparent that the anarchists were incarcerated for their ideas and for being militant labor organizers. Two received life in prison, one received 15 years behind bars, four were executed, and one killed himself in the days leading up to his execution.

While this day reminds us of the continuous struggles working class people and families around the world face against capitalism, it also reminds us that these struggles intersect with the ongoing struggle to liberate people oppressed by race, sex, gender identity, ability, age, immigration status, sexual preference, ethnicity and religious discrimination. May learning and remembering our collective labor history propel us into taking action to create a world where everybody is treated respectfully and equitably.

## Have a Happy May Day!

*For more information, check out these resources:*

<https://libcom.org/history/1886-haymarket-martyrs-mayday>

<https://www.bpl.org/blogs/post/a-short-history-of-may-day-and-international-workers-day/>

*Continued from page 6*

There are also the many individual health benefits (for body and soul), and the collective health benefits (for community and planet). Transportation emissions account for Washington State's largest share of climate change gases. Riding your bike instead of driving a car can save a pound per mile of CO2 emissions alone, not to mention other air, ground, and water pollutants. Riding your bike just for fun and exercise can reduce blood pressure and stress and improve your mood, coordination and balance.

***For me personally, at least 9 out of 10 of my trips to the Co-op are by bike, and I never regret it. I hope to see you in the Co-op bike parking area one fine day this May!***

For more information, contact me at: [dgreen@intercitytransit.com](mailto:dgreen@intercitytransit.com) or 360-705-5874. ■





# HOMEMADE PASTA *with Three Sauces*

*Recipes and photos by Monica Peabody, Staff member*

My partner has been making fresh pasta and now I never want to eat dried pasta again. Luckily, this recipe is super simple and makes having fresh pasta easy! I'm going to share it with you. Happy pasta making!

# FRESH PASTA

*This makes enough pasta for 4 servings.*

2 cups flour, plus flour for rolling out pasta

½ teaspoon salt

4 eggs

Combine ingredients until they form a ball. We use a food processor; you could use KitchenAid or your arm, though it will take a fair amount of elbow grease. Put your dough ball onto a floured board and cut into four pieces. Using a rolling pin or jar, roll out each piece until it is as flat as you can get it. At this point, you can run it through your pasta maker or cut it into noodles by hand. We bought the KitchenAid attachments and love them, because you have a hand free for guiding the dough through the rollers and can choose spaghetti sized noodles or fettuccini. Bring a large pot of water to boil and cook for 4-8 minutes, depending on the size of your noodles and the consistency you like. If you are making the scallop recipe, reserve some pasta water.



## ARUGULA PUMPKIN SEED PESTO

*Spring is the time for tender, fresh and luscious greens. I find I enjoy pestos made from a variety of greens. If you like arugula, you will love this refreshing, gorgeous pesto.*

3 bunches arugula

1 bunch parsley

1 cup toasted pumpkin seeds

3 garlic cloves

1 cup olive oil (or more to make a thinner pesto)

Juice of two lemons

Salt and black pepper

Put all the ingredients into your food processor or blender and blend until smooth. Or put all the dry ingredients into your mortar and pestle and grind, adding olive and lemon juice as needed to until you achieve a paste. Add to pasta. If you like you can garnish with Parmesan cheese and more toasted pumpkin seeds.





## SCALLOPS IN CREAM SAUCE

6 tablespoons butter  
 2 tablespoons flour  
 ½ cup heavy cream  
 ½ cup grated parmesan cheese  
 Salt and black pepper  
 ½ pound scallops  
 2-3 garlic cloves  
 Juice of ½ a lemon  
 Parsley

Melt 4 tablespoons butter into a skillet. Whisk in flour and cook until thick. Lower the heat and add heavy cream and parmesan cheese, salt and pepper to taste. Stir until blended, then add pasta water until you reach the consistency you like. Turn off heat and cover. Melt remaining 2 tablespoons butter in another skillet and add finely chopped garlic and scallops. Cook for 2-3 minutes then flip and cook for another 2-3 minutes until the scallops are a golden brown, opaque and slightly firm, though still soft. Overcooking will make them tough and chewy. Cover pasta with cream sauce, top with cooked scallops and garnish with finely chopped parsley.

## ROASTED RED PEPPER PESTO

*I discovered how easy it is to roast red peppers! Why was I buying the expensive ones in jars?*

6 red bell peppers  
 ¾ cup toasted pine nuts  
 1 bunch basil  
 3 cloves  
 ½ cup olive oil (or more as needed for the right consistency)  
 Juice of ½ a lemon  
 Salt and black pepper

Turn oven onto broil. Chop bell peppers in half and take off seeds and stem. Place cut side down on a baking sheet and place in the top third of the oven. Cook for 20 minutes or until peppers soften and skin is charred. Put immediately into an airtight container and set aside to cool. Toast pine nuts and combine with the rest of the ingredients into a blender or food processor. Take cooled red peppers and peel. The skin should come off easily. Add them to the rest of the ingredients and blend until smooth. Taste and add more salt and pepper if needed. Add to pasta. If you like you can garnish with goat cheese.





## WATERCRESS FRUIT SALAD

*Bright, bitter greens like watercress bring a lovely counterpoint to a pasta-centric meal. In Italy, the tradition is to eat salad last, to stimulate digestion and cleanse the palate.*

3 bunches of watercress

Handful each of sliced kumquats, strawberries, whole blueberries (or whatever spring fruit you fancy)

¼ cup toasted pecans

6 tablespoons olive oil

1 shallot, sliced thin

3 tablespoons white wine vinegar

1 tsp Dijon mustard

Salt and black pepper to taste

Remove large stems and tear watercress into bite sized sprigs. Combine with fruit and nuts. Heat olive oil in a small frying pan and add shallot. Sauté until golden brown. Whisk in the vinegar, mustard, salt and pepper. Adjust seasonings to taste and pour warm dressing over salad. Enjoy!

# Round UP!

to support  
Community  
Sustaining  
Fund of  
Thurston  
County

*pocket change  
makes real  
change*



Your support enables the CSF to invest in local environmental and social justice projects.

**Tell your Co-op cashier you'd like to round up!**



*Been to [www.olympiafood.coop](http://www.olympiafood.coop) lately?*

**Check out our new  
webstore and try the  
convenience of**

# CO-OP CURBSIDE!



# Recipe Ideas from the Bulk Section

By Arturo Sievert, Staff member

## Black-eyed Peas with Citrus Salsa

- 1 cup black-eyed peas
- 4 cups water
- 1 onion, diced
- 1 grapefruit, peeled and cut into sections
- 2 oranges, peeled and cut into sections
- 3 hot peppers (serranos, jalapenos, or a mix) seeded and diced
- 1 bunch cilantro, chopped
- 2 limes, juiced
- 2 Tbsp olive oil
- Salt and pepper

Combine dried peas with water; bring to a boil then reduce heat to medium and cook until tender (about an hour), then drain and cool. In a glass bowl, add the peas, onion, grapefruit and oranges, hot peppers and cilantro.

Stir gently, then add the lime juice, olive oil, salt and pepper.

Stir gently again and allow to sit at least 30 minutes for flavors to meld. Goes well with fried fish, fried chicken, or baked tofu. Enjoy!



## 3-1-1 Pancakes a la Mariposa Café

(I named these pancakes after the café I worked at for many years in Austin, TX, where they were very popular!)



- 3 cups all-purpose flour
- 1 cup blue corn flour
- 1 cup cornmeal flour
- 1 Tbsp baking soda
- ¼ tsp salt
- 1 ½ cup buttermilk
- 2 Tbsp olive oil
- Maple syrup

Pass all the flours and baking soda through a sifter into a large bowl.

Make a space in the center and add the egg. Stir with a wood spatula and start adding the buttermilk by half a cup at a time and stirring gently, adding olive oil last. If the mixture seems too dense, add a little more buttermilk.

On a pre-heated griddle, add oil (I like to use coconut oil).

Start making pancakes, about 2 to 3 Tbsp batter for each.

Once bubbles form and you see a little crust on the edge, flip to the other side. They should take about 5 minutes per side.

Have maple syrup ready and enjoy!

## Prunes and Figs Compote

½ pound prunes

½ pound Turkish figs

1 cinnamon stick (approx. 3" long)

1 lemon (3 strips thinly peeled, plus the juice)

*Place dry fruits plus enough water to cover to soak in a stainless steel or ceramic pan. Leave overnight.*

*Add sugar and cinnamon stick and bring to a boil, then lower the heat and add the lemon peel as well as the juice from the lemon (strained).*

*Cook over low heat for about 15 minutes.*

*Discard the cinnamon and lemon peel and serve at room temperature.*

## Red Dried Kidney Bean Dip



1 pound bulk kidney beans

1 ½ cup chopped sweet onion

¼ cup olive oil

¼ cup fresh parsley, chopped

¼ cup fresh cilantro, chopped

2 Tbsp fresh tarragon, chopped

½ tsp ground fenugreek

½ tsp ground coriander

*Soak beans overnight then cook in cold water (about 2 inches above the beans) until soft. Drain the beans in a colander, set aside.*

*Heat 2 Tbsp olive oil in skillet, add and saute onions over medium heat.*

*Add all herbs and stir for a few minutes, then remove from heat and rest.*

*In a food processor, puree the beans in at least 2 parts with some olive oil, salt and the onion mixture.*

*When all is mixed and smooth, chill to meld the flavors, but serve at room temperature.*



Co-op member Jamie Rainwood is ready to stock up on bulk items!

Active participation of  
**members**  
is the foundation  
of any cooperative



Join a long tradition of Working Members helping to build Olympia Food Co-op into the community-based organization we all deserve!

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# Supporting a Resilient & Sustainable Food System

By Maureen Tobin, Staff member

In my time at the Co-op, the question of how to plan for the future, in a collectively-managed, consensus-based organization, has always been a topic of conversation. Sometimes on the front burner and sometimes on the back, the additional layer of need to address climate change and our ecological footprint as we plan and create has been added to the bigger questions. *What are the best ways for the Co-op to continue to meet our mission and goals in the face of all these factors?*

*Recent studies suggest that more than a third of all human-made greenhouse gas emissions are generated by food systems. They also show that food systems generate an average of 2 tons of carbon dioxide equivalent (CO<sub>2</sub>e) emissions per person annually. One thing we can all do is to maximize our consumption dollars in the best ways possible. While consuming less is the best way to achieve a smaller "eco-footprint," we all still gotta eat! Here are some ideas about ways to shop for food while supporting a more sustainable food system.*

## SUPPORT LOCAL PRODUCTION

Transportation and food packaging requirements to help food travel well create huge environmental footprints, so focusing on how you can support local agriculture and other local food businesses is an essential part of our community path to sustainable eating. The Co-op works hard to make sure local produce and products are found on our shelves throughout the year. With so many farms and companies to mention, the list is rather long.

Investing in a CSA, or a community supported agriculture share from a local farm, is another great way to reduce your food footprint, sustain local livelihoods, and fight climate change. You can find an exhaustive list of local farms offering CSAs - many of them still have room for 2022 shares - at [communityfarmlandtrust.org/2022-csa-guide](http://communityfarmlandtrust.org/2022-csa-guide) as well as the latest Fresh from the Farm Guide appearing this spring.

## SHOP IN BULK & AVOID EXCESSIVE FOOD PACKAGING

Food packaging has an impact on the environment, and is responsible for many problems, including raw material extraction, litter on both land and in the ocean, and emissions. Even biodegradable products come with an ecological price tag. That's why choosing durable and re-usable containers, and then reusing them, is a key step in this chain. Food packaging can also generate and contain chemicals that are harmful to human and animal health.

Single use plastic is taking a huge toll on our earth and the Co-op has been working to reduce the amount of items that fall into this category on our shelves. But we all have a long way to go to solve the plastic dilemma! Each shopper can help to reduce and reuse by choosing to shop from our large containers holding bulk foods.

## CHOOSE COMPANIES WITH SUSTAINABILITY ETHICS

We work to maximize shelf space for both locally produced goods and also the best selling natural food products available from companies who share the goal of reducing the food production footprint through a variety of means. We work to highlight companies with ethical labor practices such as fair trade sourcing and ownership/employment opportunities for less-served communities, such as BIPOC and women.

A few companies to explore include OlyKraut, Quickie Too, Mel O Soup, Frontier Natural Products, Organic Valley, Nancy's Creamery, Siete Family Foods, Nature's Path, Ajiri Tea, Numi Organic Teas, Inspired Earth Tea, Alvarado St Bakery, Barnana, One Degree Foods, and Equal Exchange, naming only a few!

## SPREAD THE JOY OF COOKING

One of the best ways to make sure you are utilizing whole food ingredients with less packaging is to take a do-it-yourself attitude towards more ingredients. Everyone is busy and no one is perfect, but taking on even a couple of new recipes in life can dramatically impact how you shop, eat, and enrich your life with more great food. My recent goal is to try making pasta (a staple in my house) by hand at least a few times as Monica suggests in this issue. No plastic bag involved!

## REDUCE FOOD WASTE & COMPOST SCRAPS

Cooking with a plan to minimize food waste is another way to reduce your footprint. Food waste is a huge contributor to lost money in your wallet as well as methane emissions in our landfills. So, making sure you cut up that cucumber and eat a salad before it goes moldy is actually a really big deal! And if you do fail to see that lost cuke in the back of fridge, keeping it out of the landfill is your next step in the right direction. Backyard compost, worm bins, or the yard waste bins from the city are all ways to keep biodegradable stuff out of our landfills, thereby cutting back on climate change contributors.

***I'm sure lots of Co-op shoppers have more ideas on ways to create a better world for our community now and for those who follow. Let's keep up the conversation as we celebrate our 45th year in 2022!***



***We just brought in a new line of teas from the San Juan Islands called Inspired Earth Tea. They use herbs grown or wildcrafted on the islands. Our Westside Store is the first store on the mainland to sell them!***



## Body Butter with Shea & Coconut

*By Kaia McCracken, Staff member*

### Ingredients and Supplies:

1/2 cup shea butter

1/4 cup coconut oil

1/4 cup almond, jojoba or grapeseed oil

10-15 drops essential oil

Jar for storage

### To Make & Use:

Combine all ingredients except essential oils in a double boiler and heat until everything is melted.

Remove from heat and allow to cool for an hour or so, until the oils appear to be starting to re-solidify (if too liquid you won't be able to whip it).

When the mixture is starting to solidify around the edges add essential oils and beat with a hand mixer until its appearance is similar to whipped cream forming stiff peaks.

Transfer to jar and store normally at room temp (lasts indefinitely)

### Essential Oil Suggestions

*Dry/mature skin:* ylang ylang & rose, rose geranium, palmarosa, frankincense

*Oily skin:* lemon, bergamot, rose geranium

*Warming:* sandalwood or orange ginger vanilla

# Considerations on Eco-friendly Co-op Shopping

By Mel Bilodeau, Co-op member

**What are your thoughts around Earth friendly buying? Let's take a look at how and what we buy to lessen the impact on our ever-growing population and changing planet. Yes, the prospects look dim for our children.**

So, imagine you are hungry, it's meal time. You are now at the Olympia Food Co-op looking for a quick snack. You are so grateful for the cornucopia of options, sweet and salty, local and convenient. You might choose something in one of those resealable ziplock packages. Is it plausible that you will reuse this bag once you wash and dry it out? Or is it just another plastic bag that will end up in a landfill? You might have the best of intentions and later learn that your reusable plastic bag drawer is brimming. You might wonder if they are reproducing under that cabinet. Because of reading this article, you might remember that the bulk section has snacks and you think there may be a (very clean) cloth bag, mug, reusable container or plastic bag in the car. Most of the time you forget to place these kinds of things back in the car but miraculously this time you know you remembered. You just forgot they were in there when you got out of the car.

***THIS!.....this is transformative. Eff YA!! The lasting moment of bliss. All of the pieces of the puzzle are ready and found, to connect the most beautiful picture that takes your breath away. Like a masterpiece. You can practically hear future generations whisper "thank you".***

Can you also imagine the future when the bulk section is even larger and extends into the grab and go cooler, because more and more "game changers" shifted the opportunities? Not to mention the customer washing sink for produce snacks like carrots, celery, bok choy, peppers, radishes, apples and pears. Retail businesses love to switch things up to maximize trends-- this too can be part of our future. At the time of writing this, the West side bulk department has delicious plantain chips and a blend of veggie chips.

It can be easy to make cloth bags out of unwanted t-shirts and a stapler. Bags and containers that you bring from home should show a "tare" weight (when you share this number at the register, it is subtracted from the total weight of the bulk item). I like to use pillowcases for leafy greens. When I get home I wet the whole bag a bit because they seem to last longer when stored in slightly wet cloth bags. Another win against plastic is storing root veggies in cloth bags that are moistened when you get home. We want the veggies we purchased with our



hard-earned money to last as long as they can.

I know people who also want to move away from plastic packaging. We are learning that places where trash/waste ends up, encroach on habitats and homes for a diversity of creatures that don't have a voice, as well as encroaching on marginalized communities.

Yes, it could be called environmental justice when we figure out how to eliminate waste and find restorative structures and systems for our resources.

There is much work to do. While the Co-op workers and shoppers do a lot to reduce our impact, we need to find more ways to reduce waste, reuse more, and recycle more of what we can't reuse.

A local company called Ridwell is slowly approaching our area. They recycle more stuffs than our current system. Check them out at <http://www.ridwell.com>.

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By Monica Peabody, Class Coordinator

We had five fantastic cooking classes this winter. We made soups, salads, entrees, desserts, raw, vegan treats and learned some fantastic instant pot recipes! And we did it all by Zoom from the comfort of our own kitchens. It's not the same as sharing space and cooking and eating together, but it was fun and informative, nevertheless. And no one had to travel. Also, people could join from anywhere! We had participants as far flung as British Columbia, North Carolina and Iowa, as well as many folks from our Co-op community. Best of all, since we had to purchase our own ingredients, we made the classes free!



Winter Squash Goat Cheese Pie from a class taught by Erin Majors

We will be attempting a combo of Zoom and outdoor classes this Spring. If you are interested in teaching a class, contact [classes@olympiafood.coop](mailto:classes@olympiafood.coop). Sharing a skill you are passionate about is such a gift to your community and can be a lot of fun. As the Co-op Classes coordinator, I am happy to attempt to provide you with the support you need to make your class a success.



Here are some topics Co-op members have identified wanting to learn more about:

- ◆ How to use dried mushrooms and seaweeds in cooking
- ◆ How to reduce cholesterol by cooking more vegetarian while still getting enough protein
- ◆ Using more oat flour
- ◆ How to use essential oils
- ◆ Sauces



*If you have some wisdom to share around these or other topics, consider teaching a Co-op Community Class. Keep your eyes on our website at [olympiafood.coop/event/](http://olympiafood.coop/event/) so you can sign up for upcoming classes this spring and summer.*

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# 4<sup>th</sup> Quarter 2021 Finance Report

By Jill Lieseke, Staff Member

Whoa! Inflation! We are noticing huge price increases in food, and we are pretty sure you all are noticing this too. This will be the next big challenge that we will all have to face. The Co-op is committed to keeping our prices as low as possible, while continuing to offer discounts to those in need as well as the option to join our robust volunteer program that offers discounts for a few hours of work a week. That being said, let's talk about the fairly successful year we just finished.

The Co-op is finishing 2021 on a pretty high note. As it is true that we budgeted conservatively in preparation for some rocky times due to unprecedented circumstances, we have also been diligent at keeping our expenses to a minimum. So, it is definitely a combination of strategies that has helped us to have a successful year. Again, we want to remind you that one of our main goals is to offer good food at an affordable price and we will do our best to honor this goal through this time of rising prices.

For your review is a condensed version of the 'Combined EAST/WEST 4th Quarter 2021 Budget Report.' This report shows our actual numbers compared to our 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 "Year to Date", to what we budgeted for 2021, our sales are slightly less than what we projected, about \$20,000 less. As SALES are under budget, COGS are under budget as well, however COGS are under budget by \$275,000, resulting in a "Total Gross Sales Revenue" of \$6.4 million. Compared to the budget, this is approximately \$250,000 more than what was projected for the end of the year.

The actual 2021 'Other Revenue' is a significant \$50,000 over what was projected. A large contributor to 'Other Revenue' is the online order donations. The Co-op is sincerely offering a HUGE Thank You to all of our members who contributed to the voluntary donation fee on our online ordering platform. The online ordering accommodation is such a great benefit/option for some of our members that we decided to keep it and refine it by using an improved service called Webcart to make it a more efficient experience.

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 continued to be diligent about keeping all of our expenses in check to offset the impact of lower than projected sales. Our expenses are about \$400,000 under what was budgeted, producing a 'Total Net Income YTD' for the 4th quarter of 2021 at \$531,306. This is more than \$700,000 over the amount that was projected for net income.

The main take away for 2021 is that the Co-op is financially healthy. We will continue to monitor our finances and adjust to ensure the continued financial health of the business. We will do our best to keep prices as low as possible and to aid those in need by offering discounts and volunteer opportunities for a deeper discount. The support of our community is really important to our financial health, and we want you to know that we could not have done it without you! Questions? Comments? [jill@olympiafood.coop](mailto:jill@olympiafood.coop). ■

## 2021 4Q Year to Date BUDGET REPORT

For The Year Ending 12/31/21

|                       | 2021<br>ACTUALS | 2021<br>BUDGET | \$ OVER<br>BUDGET |
|-----------------------|-----------------|----------------|-------------------|
| <b>Revenue:</b>       |                 |                |                   |
| Sales                 | 17,840,569      | 17,862,524     | -21,955           |
| Cost of Goods Sold    | 11,360,562      | 11,636,444     | -275,882          |
| Gross Sales Revenue:  | 6,480,006       | 6,226,080      | 253,927           |
| <b>Other Revenue:</b> |                 |                |                   |
|                       | 87,550          | 36,160         | 51,390            |
| Total Net Revenue:    | 6,567,556       | 6,262,240      | 305,316           |
| <b>Expenses:</b>      |                 |                |                   |
| Community & Marketing | 92,953          | 113,480        | -20,527           |
| Staffing              | 4,475,284       | 4,860,822      | -385,538          |
| Member Discounts      | 419,447         | 432,130        | -12,682           |
| Operations            | 1,048,565       | 1,028,416      | 20,149            |
| Total Expenses:       | 6,036,250       | 6,434,848      | -398,599          |
| Total Net Income:     | 531,306         | -172,609       | 703,915           |

Have a hard-to-buy-for friend? Or tired (like us!) of credit card fees?

How about a Co-op Gift Card?



by Linda Meyers, Board member

We have become a non-cash-carrying society and therefore, most members pay for their groceries by using a bank credit or debit card. Did you know that the expense to the Co-op for credit card use is over \$200,000 over a year's time? Each 'swipe' incurs a fee, in addition to a percentage of the total charge. It adds up! That's about what it cost to remodel and equip the deli at the Eastside store.

Here's a way to put that money in the Co-op's pocket instead of the bank's pocket. Use the No Fee ATMs at the stores for cash to pay and/or to purchase a Co-op gift card to use for your purchases.

Our gift cards are free to you and can be refilled an unlimited number of times. (They also make great gifts!)

Get one at the register the next time you shop!

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**Trudy Springer**  
Vice President



**Tanzania Ertel**  
Director



**Christina Rodriguez**  
Director



**Wendy Davis**  
Director



**Joanne McCaughan**  
Treasurer

## *Attend a Board Meeting!*

Board of Directors meet 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 Board welcomes the attendance of active Co-op members at Board meetings, though 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 Linda Myers, Board member

**The Board began the new year by welcoming three new directors: Tanzania Ertel, Wendy Davis and Trudy Springer. They join Linda Myers, Joanne McCaughan, Christina Rodriguez and Staff Representative Grace Cox. It is notable that this is the first all-female Board of Directors!**

At our first meeting on January 20th, officers were elected and committee positions were (almost) filled. Officers for 2022 are Linda Myers, President; Trudy Springer, Vice President; Joanne McCaughan, Treasurer; Secretary as yet to be determined.

The Board has contracted with Columinate, a national consulting cooperative that serves mission-driven organizations such as food co-ops and nonprofits, to engage in a year-long Cooperative Board Leadership Development program. We will be participating in webinars on many topics, such as Board Processes: Intentional & Focused, Financial Training for Directors, Trust and Betrayal in the Board/Management Relationship, Explorations in Governance, and more. Additionally, a consultant from Columinate will work directly with the Board throughout the year. This person has worked with 100 different food co-ops from around the country, guiding board leadership in preparedness for the ever-changing grocery business.

With our consultant we will be looking at various governance operating systems for boards of directors. As with operating systems for computers, the system itself is not the point of the board's work; the system simply provides an underlying framework on which boards can build further agreements and activities. The governance system helps answer these questions: Who decides? Who has a voice? Who speaks for whom? How do we get things done? And, What is our purpose? This co-op's Board of Directors has never had an official written system with which to frame our work.

The Board meets on the third Thursday of every month. Members are encouraged to come to these open meetings, meet the Board members, and voice their concerns, comments and opinions. We are currently meeting by Zoom. Email [ofcboard@olympiafood.coop](mailto:ofcboard@olympiafood.coop) to request a link if you'd like to attend. We very much encourage and appreciate member participation. ■

## Working Members

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Sign up for an orientation today!  
See sidebar on p 13 for more details

## 35th Annual Thurston County Bicycle Commuter Challenge Take Your Vitamin B<sub>ike</sub>!



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