



SUMMER 2022

Table

A Quarterly Publication of the Olympia Food Co-op • www.olympiafood.coop

45th Anniversary

Buy Local Build Community

Amy's Kitchen Boycott



Table

Published by

OLYMPIA FOOD CO-OP

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www.olympiafood.coop

EDITOR & ADVERTISING COORDINATOR

Maureen Tobin

NEWSLETTER COMMITTEE

Desdra Dawning, Maureen Tobin

LAYOUT

Rachel Carns

PHOTOGRAPHY

Monica Peabody

CONTRIBUTORS Monica Peabody, Erin Majors, Grace Cox, Jennifer Shafer, Maureen Tobin, Robyn Wagnon, Tina Schubert, Alejandro Rugarcia, Ana Brinson, Sylvan Yellow Rose

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

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

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Editor's Note

OLYMPIA FOOD CO-OP

And we find ourselves at another anniversary year! 45 years of good for more people deserves a party and this year, plans actually include a "real-live" get together-outdoors of course. We hope you'll join us Saturday, September 10 in downtown Olympia at Heritage Park for all that we can gather of great food, music and a crowd of awesome folks who make our Co-op the special place it is.

As I gathered content during spring for summer focus on working members and local farms and businesses, I came across a long history of such great writing - from our former editor Jen Shafer, who I miss working with very much, to many other talented staff and working members. I want to thank everyone who has helped contribute to our newsletter and our stores over the years in small and big ways. It makes a big difference in the culture of our organization and our community!

If you have art, photos or stories you'd like to share about our cooperative history, we invite your participation and submissions are welcome at outreach@olympiafood.coop.

- Maureen Tobin, editor

New Round Up at the Register Option for Community Print

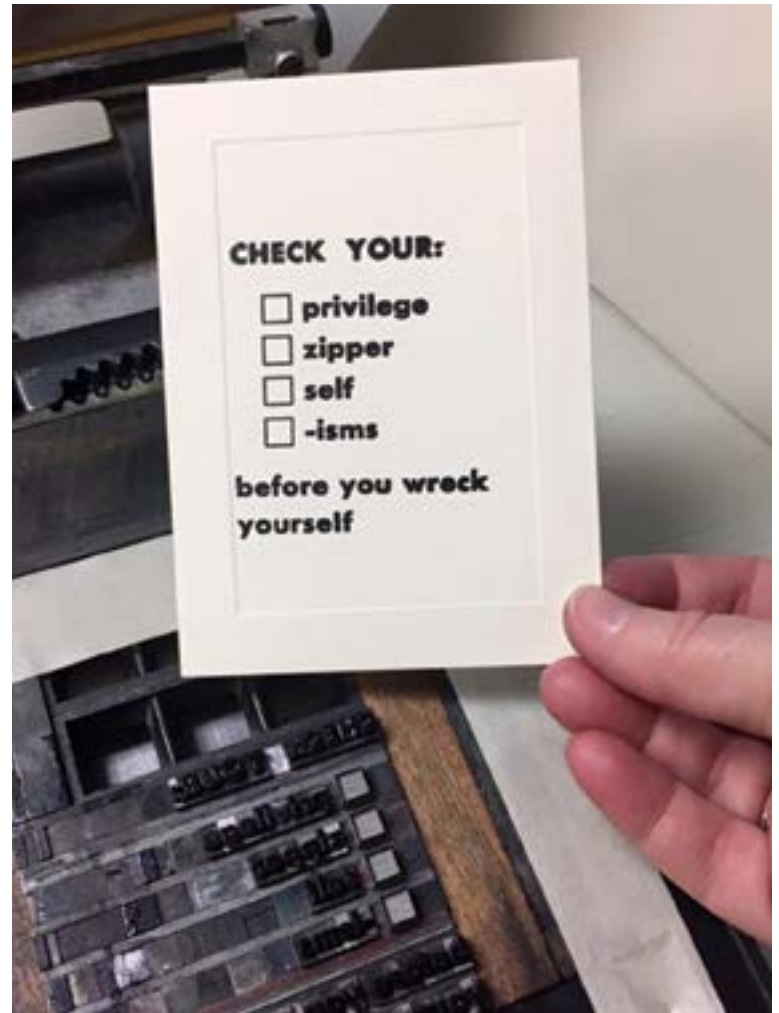
Starting June 1 and continuing to Dec 31, Community Print will be an option for shoppers who choose to Round Up at the end of their purchase.



Community Print has been a letterpress collective in Olympia for over 20 years and has always operated as an informal nonprofit entity run entirely by volunteers. The space was tragically involved in a fire downtown and the collective is currently seeking a new space to continue to offer creative opportunities and instruction in the South Sound.

Community Print has hopes to start teaching classes for teens, providing residency opportunities, and expanding course offerings in a new space. In the meantime, we have been partnering with other area arts organizations including Arbutus Folk School, Sherwood Press, Mayday Press, and the South Sound Studio Studio Tour to continue our work in the absence of a home base. As we emerge from the current pandemic, we hope to set up more opportunities out in the public sphere using some of our smaller, more portable printing equipment.

*For more information, go to <https://www.community-print.org/>
Contact person: Kelsey Smith
Email: olympialetterpress@gmail.com*



NO Hype
JUST TYPE

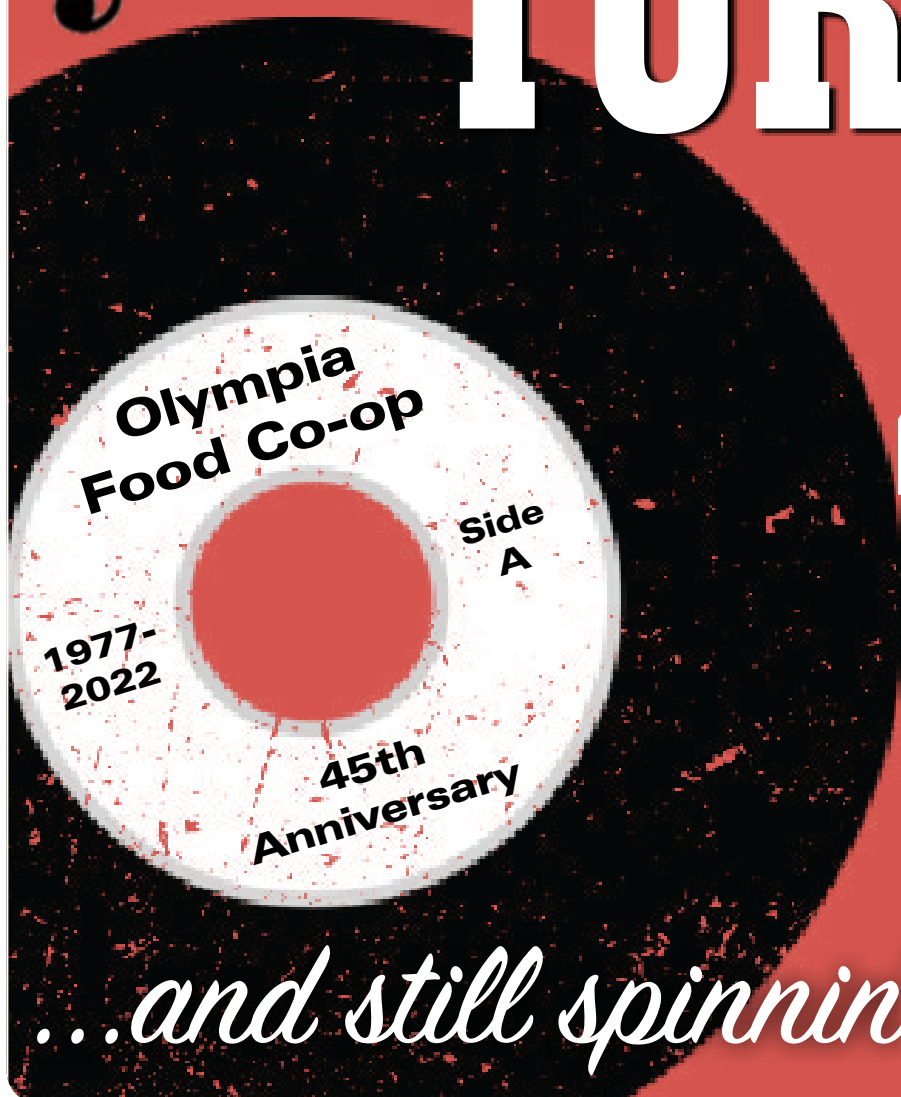
COMMUNITY PRINT is a collectively run letterpress shop operating for over 20 years in downtown Olympia, WA. We work with mostly reclaimed materials, from donated type to paper that was slated for the dumpster. We make beautiful & tangible things in an antiquated fashion.



olympialetterpress@gmail.com
fb & ig: [communityprintolympia](https://www.facebook.com/communityprintolympia)
[Community-Print.org](https://www.community-print.org)

The Community Sustaining Fund will also continue to be an option for round up your purchase. Just Let your cashier know that you'd like to Round Up!

WE'RE TURNING 45



Olympia
**FOOD
CO-OP**

...and still spinnin'!

We invite you to contribute to our anniversary celebration with your art, stories, photos, home movies, and memorabilia!

Submissions will be included in our fall newsletter, as well as at our anniversary event on Saturday, September 10th at Heritage Park from 2-5pm. All contributors will be entered into a raffle for a \$45 Co-op Gift Card!

Please send all content and questions to outreach@olympiafood.coop by August 1st, 2022.

45 Years of Co-op Local

A compilation of local musings by Co-op News writers over the years, including Erin Majors, Grace Cox, Jennifer Shafer, Maureen Tobin, Robyn Wagoner and Tina Schubert

Anniversary years are a great time to reflect on all the things an organization might want to celebrate, and to consider ways to evolve and improve. As we enter our 45th year as a cooperative natural foods store, one of our cornerstone programs is widely considered an ongoing community accomplishment that just keeps getting better—our **Local Farms, Food and Products** program.

Defining Local

You can find the word local across a variety of retail stores these days. But what does it mean when local is advertised? This is an interesting question because it can mean wildly different things from store to store. It could mean regionally sourced, as in it came from within your neighboring states. It could refer to a small farm or business, or, it could mean multi-million-dollar operations, which sell within their home state and beyond.

At our Co-op, **local** has been a foundational value from day one. It is the bedrock to so many of our choices in operations, because as both workers and shoppers, our choices can make or break meeting our organizational mission and goals.

...to provide 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 believe our community supports these values and has shown us this throughout the ups and downs of our economic realities. It is an inspired, unwavering understanding that people matter; that this planet matters; that our food matters. Most of all, it is the knowledge that when you come through the Co-op's doors, you won't have to wonder exactly what definition of local buying is being used, because Co-op Local is clear. It means that we work directly with the food producer, building longstanding relationships with people and businesses in our areas that love what they do and the food they make.



Staff members Adam and Chie modeling the fruits of local farming

Across our departments, from Chill to Wellness, we value these relationships and prioritize our time and resources to support them. Many of our department managers over the years have helped small businesses get into retail sales and discover best methods to market their wares. We currently purchase directly from more than 125 local or regional farms and producers, with the list getting longer all the time.

Continued on page 6



Exquisite N' Traditional is one of many Olympia area producers that we carry.



Magic Kombucha is made downtown using Olympia's artesian well water.

★ *Co-op Local is Direct, Fresh and Strong Community. Every time.*

Tina says it best, "When I think about it, it gets to the root of why I've been a member of the Co-op for so many years. As a shopper, I can make my selections with confidence, knowing exactly where my delicious food has come from. And as a Staff member, I can see the impact of our Co-op Local every time I receive a delivery in the warehouse and sign an invoice from a local producer. Knowing that each of those dollars will circulate within our communities for somewhere around a hundred times before it leaves our local economy, leaves me with a great sense of purpose and pride. I see this phenomenon every day and for me, that is the power of Co-op Local."

★ *Local Farms Program*

In our Produce Department specifically, "Co-op Local" means the food is grown on farms ranging from ½ an acre to 50 acres in size and travels from Thurston, Mason, Lewis, Pierce, and Grey's Harbor counties. This arrangement ensures the freshest possible food on our plates, while saving resources, protecting the environment, strengthening local economies, and building community networks.

The Local Farms Program also creates regional direct purchasing agreements with farms further away who don't utilize a distributor, often supplying us with the stone fruit and apple bounty of Eastern Washington. An example is Brownfield Orchard who has faithfully delivered high quality, small farm fruits for more than two decades throughout the growing season. Fun fact: Brownfield was the first certified organic grower in Washington State!

Our Local Farms Program is an example of successful cooperative negotiations between suppliers and buyers. Our area is so lucky to have literally dozens of talented local farmers who can grow truly amazing amounts of top notch produce. The program encourages local farmers to work together, rather than competing with one another. For example, when a farm who has been growing a crop for the Co-op runs out, they may alert another farmer who they know is growing the same item. This keeps local dollars circulating laterally among growers, as well as from the Co-op produce aisles to the farmers' fields.

Our produce managers over the years have worked to streamline the process of purchasing produce from local farms to improve year-round consistency and diversity of produce and to satisfy the farmers' desires for a dependable living wage. We meet with our farmers annually and agree upon an average market price prior to each season. This allows farmers to apportion their planting time and seed money more effectively, helping our shoppers and the whole community have plenty of fresh fruits and vegetables year-round, and allows us to feature them in our deli and salad bar preparations.



Locally-grown beets from Rising River Farm in Rochester, WA

By decreasing our profit margin, the Co-op can offer our local farmers good prices for their crops without substantially increasing the amount our shoppers pay. We can do this because we're a not-for-profit enterprise, and making surplus money is not our guiding motivation.

At the Olympia Food Co-op we're celebrating this last half of our 5th decade of bringing more healthy food to more people by supporting local farmers and producers who strive to use sustainable methods and ethical business practices. ■

Round UP!

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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!



You can also choose to Round Up for **Community Print!** See details on page 3.

Celebrate our 45th Year with Chocolate-Cherry No Bake Pie

by Erin Majors, Staff member

Pie Crust:

8 medjool dates
1 cup raw unsweetened coconut
1 cup nuts (I've used both raw and toasted, both are good)
1/4 teaspoon of sea salt
2 teaspoons of vanilla

Chocolate Avocado Pie Filling:

4 ripe avocados, cut into chunks
1/3 cup honey
2 Tbs maple syrup
1/2 cup raw cocoa powder
1 teaspoon vanilla extract
pinch of salt

1 lb fresh cherries, plus optional nuts for garnish

Place all crust ingredients into a food processor with the "S" blade. Pulse and mix until moist and formable. Transfer raw pie crust mixture to a pie pan of your choice and press into the sides of the pan.

Make pie crust first. Place in the refrigerator to chill while you are working on the other ingredients.

In a food processor, blend avocado until smooth. Add all other ingredients (except cherries and nuts), blending until mixture is uniform. Chill for half an hour in the freezer.

About 1lb cherries, pitted...go on, pit those cherries! You can look online for ideas on things you might have in your kitchen that work well, such as chopsticks or pastry bag tips.

Remove pie crust from refrigerator. Place half the pitted cherries on top of the crust in a uniform pattern. Top with chocolate filling (I only used about 3/4 of the filling recipe in the pie). Top with remaining cherries, and garnish with nuts if using. Serve immediately or keep in the refrigerator for later enjoyment.



Local cherries from Eastern Washington



Quick, Easy & Delicious **Summer Meals**

Recipes and photos by Monica Peabody, Staff member

Sometimes the best recipes are foods that need no recipes. These meals are simple to make and you can vary the ingredients to your tastes.

CEVICHE

Ceviche is something I absolutely love, but seemed mysterious enough that I only ever ate it at restaurants. However, it's super simple to make and with a little research I discovered that you don't have to spend a pretty penny finding sushi grade fish at your local fish market. Of course, there's nothing wrong with that and it might result in a superior ceviche, but I made three delicious ceviches from fish we sell in our frozen meat section here at the Co-op. The bonus with using frozen fish is that freezing kills the parasites and bacteria that can be a concern with fresh uncooked fish.

Voila, my shrimp, cod and salmon ceviche. There is a lot of disagreement about salmon. Some people say it makes lovely ceviche and others say to stay away from oilier fish like salmon. I thought all three ceviches were delicious and the salmon behaved perfectly, also lending its beautiful pink color to the ceviche, which made it quite beautiful. In my future batches, I'll mix all three together to provide a variety of color, texture and taste.

You will need:

- Fish
- Limes
- Onion
- Garlic
- Jalepeños
- Cilantro
- Salt and pepper
- Other vegetable additions optional

Here's how to get started. Chop your fish into bite sized pieces and cover completely with lime juice. Typically this will take one cup of juice per pound of fish. Do not use bottled lime juice, but take the time to squeeze your own. With a good lime press it's not too taxing.

Next add chopped red onion, garlic and jalepeño. Let it marinate for one to two hours, then stir in salt, pepper and cilantro to taste. That's a basic ceviche. This can be eaten with tortilla chips, atop a tostada, inside an avocado, on cucumber slices, over rice, inside a lettuce leaf and (your idea here). Also, other vegetables can be added, especially if you want to bulk it up into more of a meal than an appetizer. Tomatoes, avocados, radish, roasted corn, cucumber, mango...you get the idea. All this and you don't have to turn on your oven or stove!





Tofu & Mushroom Tacos

You will need:

- One block tofu, crumbled
- Spices
- One pound mushrooms, chopped
- One onion, chopped
- One head garlic
- Jalapeños, chopped
- Cooking oil
- Corn tortillas
- Cilantro
- Salt and pepper
- Any other additions: tomatoes, cotija cheese, sour cream, avocados, roasted corn, mangoes, etc.

Coat the bottom of a large skillet generously with cooking oil and heat. Add half of the chopped onion and 6 cloves of finely chopped garlic and as many jalapeños as you like. If you like a lot of heat, leave the seeds in, if you like the flavor, but less heat, core and take out seeds before chopping. Saute until onion is translucent and garlic is starting to brown then add crumbled tofu. Sprinkle with spices, I like cumin, coriander, chili powder, oregano, paprika, salt and pepper. Saute in until the tofu is nicely browned and fragrant. Remember, it's hard to over spice tofu, because it soaks up flavor.

In another skillet, heat more oil and add chopped mushrooms and another 4-6 cloves of garlic. Let the mushrooms fully brown on the first side before you stir them. Saute until they are browned and fragrant and add salt and pepper.

In a third skillet or griddle, heat more oil and quickly fry tortillas until they are warm and pliant. Build your tacos with tofu and mushrooms separately or conjoined, add more of the chopped onion, jalapenos, cilantro and any other additions you choose, sliced avocado, tomato, etc. Enjoy!

STRAWBERRY CHOCOLATE TART

I got this crust from Bon Appetit. It's very different than my very simple pie crust I shared several episodes ago, but not too hard and lovely for a tasty tart.

Crust:

1 cup all purpose flour
¼ cup sugar
½ lemon, zested
½ tsp baking powder
Pinch of kosher salt
5 ½ Tbl unsalted butter
1 egg
¼ tsp vanilla

Pulse flour, sugar, lemon zest, baking powder and salt in a food processor to combine. Add butter and pulse until mixture has the consistency of wet sand. Add egg and vanilla and pulse until mixture looks crumbly, but holds together when squeezed in your hand. Squeeze into a ball then smash flat, wrap in plastic and chill while you prepare the filling. Dough can be made up to 2 days ahead and doubled for more than one tart.

Preheat oven to 350.

Filling:

1 pint strawberries
Juice of ½ lemon
¼ cup corn starch
Pinch of kosher salt
¼-½ cup sugar (sweeten to your taste)
4 ounces chocolate (use your favorite chocolate)

Destem and cut your strawberries in half. Mix in lemon juice, corn starch, salt and sugar until strawberries are coated. Chop chocolate into small pieces.

Roll out dough on floured board to ¼ inch thick and carefully lift into a 9 or 10 inch tart pan with a removable bottom. Press the dough into the edges of the pan and trim edges flush with the top of the tart pan. Sprinkle chocolate across the bottom of the crust. Spread strawberry filling over chocolate. Bake on lower rack for 40 - 50 minutes. Let set for 15 minutes before cutting.



In Celebration of 45 Years Building Community Together Through the Volunteer Working Member Program

By Alejandro Rugarcia, Staff member and Desdra Dawning, Co-op member



Alejandro Rugarcia

I have had the privilege to work at the Co-op for the last 17 years, 15 of which have been managing the Working Member Program.

Through all these years I have been able

to observe the physical, emotional and mental improvement and even healing of our members—people of all ages, from multiple races, economic status and sexual orientation—through the nutritious food we provide to our community members.

The Working Member Program we provide offers a unique snapshot into the world of cooperatives and what it takes to operate a community store. The Olympia Food Co-op was created and incorporated in 1977 by a small group of enthusiastic people who valued the cooperative principles and wanted to give their community the many benefits that are gained from a cooperative food market. For the past 45 years, their creation has been offering its goodness to our region of the Pacific Northwest.

I extend my thanks to the many thousands of people who, during these 45 years, have been supporting the Co-op, working to accomplish the goals of our mission statement. Some of these goals and values include: to bring good food to more people, enhance the diversity in our community in its many forms, to offer education about healthy food, increase the democratic process, foster a socially and economically egalitarian society, support local businesses and assist in the development of other local cooperative resources. Many people over the years have made this work possible.

This article cannot even begin to reach and thank all who have been cooperating to create this in our community—Olympia. Nevertheless, to all of our readers, we want to extend our gratitude and our joy that today we still have our doors open and we continue to share in the desire to provide goods and services that allow us to be healthy and to build strong families and businesses in our community. We have been demonstrating through the years, including through this recent event of Covid-19 pandemic response, that we can cooperatively work together and learn together, and that we can move on as we progress through these sometimes trying times.

With this celebration of our 45 years in operation, we want to invite and welcome you anytime to participate in our long-standing Working Member Program.

Members of this program are able, in a safe way, to outreach and network with our rich membership, to learn about and understand better and healthier eating habits, to give and receive and socialize, as well as to experience the deep sense of belonging that comes along with working in a cooperative environment.

We offer working members a discount on their purchases at the Co-op.

We also have free and low cost memberships, extra discounts for those most in need, and also our co-op deals program, with specials every day for all members.

I want to invite you to inquire at either store, east or west side, about our Working Member Program Orientation and welcome you to join us—or welcome you back, if you were participating before the pandemic.

For more information, you may reach Nyna at nyna@olympiafood.coop or me at alejandro@olympiafood.coop. You can also grab a brochure of the Working Member Program at either store, or ask any staff member about these opportunities. ■



Working Member Appreciation in Co-op Newsletter, 2013

Working Member Fun Over the Years...



Heather, Keziah, Diana, Alejandro & Tatiana at the Capitol Theater, 2011



Connie & Alejandro coordinated together in 2009



Working Members Elena & Souriyah, 2017



Lilly Love with Working Member t-shirts, 2013



Working Member Appreciation Party, Lions Park, 2014

Active participation of
members
is the foundation
of any cooperative



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with Alejandro Rugarcia

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Amy's Kitchen Boycott

By Sylvan Yellow Rose, Staff member



This spring, the staff collective at the Co-op consented to honoring a boycott of Amy's Kitchen products. This boycott was called by food justice organizations Food Empowerment Project and Veggie Mijas after meeting with workers from Amy's Santa Rosa production facility. The boycott aims to pressure Amy's CEO Andy Berliner to meet with workers and their advocates, Teamsters Local 665, to address issues of workplace safety, wages, benefits, and unionization.

Workers face increasingly fast line speeds, being required to roll a minimum of 10 burritos a minute. This fast-paced, repetitive work has caused many injuries to workers, and OSHA has cited numerous workplace safety violations at the plant.

For this difficult and risky work, employees are offered inadequate compensation and benefits. Workers make below the living wage for Santa Rosa and pay over \$750/month for family insurance coverage. Their insurance has minimal coverage and frequent billing errors have landed workers in collections for thousands of dollars.

As workers have begun seeking out ways to improve working conditions, Amy's has hired union-busting firms. Workers report that they have become afraid of discussing unionization openly due to fear of retaliation.

I had the opportunity recently to attend a meeting with workers and their advocates facilitated by People's Food Co-op. I learned a lot, but what struck me most is how hard life at Amy's has become for the workers who've been willing to speak out publicly about working conditions. These workers have sat in staff meetings where management has accused them in front of their coworkers of lying in an attempt to sabotage the company. They have reported that a coworker was sent to

infiltrate their group and spy on them for management. Amy's has been holding rallies in support of the company, and offering workers who attend the rallies special shirts and masks. Workers advise each other to wear the swag, because they have found that those who wear the pro-Amy's gear are offered lighter duty work and are less likely to get in trouble with management.

Amy's products have been incredibly popular at the Co-op for many years. We have been able to source good replacements for many of their products, but boycotting Amy's has left some large holes on our shelves. This comes with risks of losing sales and inconveniencing customers. However, supporting workers in their struggle is essential to our mission and goals. These goals include supporting efforts to increase democratic process and efforts to foster a socially and economically egalitarian society.

If you would like to join us in supporting Amy's kitchen workers, there are a number of ways they are asking people to help out. Their webpage: teamster.org/amys-kitchen-workers or their facebook page: facebook.com/amysworkers have a link to their petition and a form to sign up for more information. Consider asking other stores you shop at to honor the boycott. You can utilize your social media to spread the word (#boycottamyskitchen). Finally, you can reach out directly to Amy's to demand the company honor the worker's requests. Contact information for Amy's leadership can be found below:

- andy.berliner@amys.com (CEO)
- jenny.giacomini@amys.com (his assistant)
- pr@amys.com (the PR dept)
- 707-762-5915 (direct), 707-480-8611 (direct)
- 707-781-7535 (general complaints)
- 707-781-6600 (corporate)



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Summer Salad Ideas

Salads — they aren't just lettuce anymore! Delicate yet hearty grains take center stage in these surprisingly refreshing summer salad recipes. Enjoy!

Simple Summer Rice

Contributed by Ana Brinson, Co-op Member

One of my favorite dishes is very simple - cooked rice, freshly snipped herbs (basil, chives, parsley, summer savory or tarragon or thyme, etc), butter and salt. My mother used to make it often all summer with herbs from her garden and I have also been doing the same for many years. I can write a real recipe if you are interested, but mom just snipped 'enough' herbs in the 'right' combination. She probably measured the water and rice but nothing else.

2 cups jasmine rice, cooked
Handful of fresh herbs
Butter or butter substitute
Salt

Method: As described above, cook the rice of your choice. Choose fresh herbs you have on hand (such as parsley, chives, and/or basil), rinse, and either snip or chop into fine pieces. Once the rice has cooled a bit, mix in butter in a fluffing motion with a fork, then add herbs and sprinkle with salt. Can be eaten warm or cooled.

Quinoa & Black Bean Salad

by Erin Majors, Staff member -- adapted from Gourmet, July 1994

I've made this salad lots of times, and it really is the perfect dish for summer. It's great for parties and barbecues, as it keeps well and makes a great big bowl. It's also nice to have in the refrigerator so you don't have to worry about making lunch or cooking dinner later in the week when you're hot and tired. The other cool thing about this salad is that it uses a lot of fresh vegetables, and you can be pretty flexible with what you put it. I found the original recipe on epicurious, and though I've kept the ingredients pretty similar, I've changed the preparation method for the quinoa to simplify the recipe- it's a lot faster and easier to prepare. It does take a bit of time to chop everything up, but other than that it's an easy and satisfying main dish that does a great job of showcasing fresh, seasonal summer produce.

1 ½ cups quinoa
1 ½ cups cooked black or pinto beans
(or a combination of both), rinsed if canned
1 ½ tablespoons red-wine vinegar
1 ½ cups cooked corn (cut from about 2 large ears)
1 chopped green bell pepper
1 chopped red bell pepper
1 small yellow summer squash, sliced small
1 small red onion, finely chopped
A few green onions, thinly sliced
½ pint (or more) cherry tomatoes, sliced in half
1 avocado, cut into cubes
½ cup (or more) finely chopped cilantro
A few pickled jalapenos, sliced

For dressing:

5 tablespoons fresh lime juice, or to taste
1 teaspoon salt
1 ¼ Teaspoons ground cumin, or to taste
¼ -½ cup olive oil
Generous squirt of sriracha hot sauce

In a large bowl whisk together lime juice, sriracha, salt, and cumin and add oil in a stream, whisking.

Add warm quinoa to bowl with dressing and mix well. Stir in all vegetables and beans, taking care to add soft vegetables like avocado and tomatoes last and to stir them gently. Cool in the refrigerator until ready to serve.

Boil 2 ¾ cups water. Add quinoa and reduce heat to simmer. Cook quinoa 15 minutes or until water is absorbed. Remove lid and remove from heat. You do not want to overcook the quinoa! It is much better to err on the side of undercooking rather than overcooking.

While quinoa is cooking, toss beans with vinegar in a small bowl.



By Monica Peabody, Class Coordinator

We have exciting classes coming this summer!

Most will be in person, one will be on zoom. In person classes will cost \$7 to help us cover costs. Zoom meetings will continue to be free as you will be purchasing your own supplies. Please register for our classes at our website, <https://olympiafood.coop/event/>, or by emailing classes@olympiafood.coop.

Saturday, June 11, 11am-1pm
Two Rice Dishes with Pat Kolstad
In person, Location TBD

Let's go international with flavor filled rice dishes. Risotto that is feel-good light with peas and lemon, and basmati that will transport you to southern Asia. Learn how to get into those baby coconuts with ease as we make our own coconut milk for the basmati rice.

Pat got into the international cuisine scene in college where she had many friends from all over the world and enjoyed dinner and party get-togethers with them. She spent a year working in a Seattle Korean restaurant while living with the family. In the late 1980's Pat started investigating the raw food aspects of culinary practice and typically eats a mostly raw food diet in the summer months. She is currently studying with chef James Sant in his online Plant Food Culinary Program.

Sunday, June 19, 1-2:30pm
Mindful Mealtime and Planning with Mindfulness teacher and writer Jacquelyn Roque
In person, Location TBD

In this 90 minute workshop we will learn and practice some mindful meditations, visioning, and organization for better eating, digesting, and living. Mindfulness can align our actions with our ethics and intentions. Together we can slow down and rediscover our basic needs and desires to move our lives and moments to more wholeness, wellness, and ease.

"I have been practicing, studying, and teaching Yoga, mindfulness and meditation for over a decade. My students are ages 3-83 and practice at all experience levels. I currently specialize in gentle asanas and meditations where I break down the basics, explore our relationship to space and each other, and create a space where we can realign our attention with our intention. My current projects include taking the authority with my own wellness, offering mindfulness workshops, training as mountaineer and exploring permaculture design." — J. Roque

Saturday June 25th, 1-3 pm
Urban Foraging with Melany Vorass Herrera
In person, convene at Westside Co-op. Workshop will be 100% outdoors.

Participate in this 'weed walk' and learn how to identify and gather some of the most common edible weeds and wild foods available in your garden and in other disturbed areas. Many gardeners are already recognizing many of the benefits of these 'interlopers.' However, when it comes to serving them up in the kitchen, few of us have learned to take full advantage of these labor-free gifts. This hands-on workshop includes discussion on gathering ethics, local rules and regulations, safety, and general information about how to cook with weeds. Attendees receive a handy take-home flier with foraging and cooking tips.

Wear comfortable walking shoes, weather-appropriate clothing and bring a cloth grocery bag and a scissor. Our walk will be less than a mile.

Instructor Melany Vorass Herrera studied ethnobotany at Evergreen State College and holds a degree in environmental policy. For well over 20 years, her public policy work focused on such subjects as stormwater, hazardous waste, solid waste, environmental cleanup and the Endangered Species Act. Her book, The Front Yard Forager, brings DIY harvesting right to your door, making foraging easy, accessible, and fun for everyone even in the middle of the city or suburbia. Check her out at frontyardforager.net

If you have a special skill you would like to share with the community, contact us at classes@olympiafood.coop. Get working member credit towards discounts on groceries for preparation and teaching time!



Saturday, July 30, 10:30am-12:30pm
Cold Soups with Arturo Sievert
In person, Location TBD

Using what is in season, tomatoes, cucumbers, beets, etc, I'll show how to make cold soups.

Arturo cooked around Austin, Texas in the late 80's and early 90's, making middle Eastern and modern American food, including at a very special Deli called Cooks Night Out and a very special Cafe called Mariposa Express. He owned a restaurant in Valencia in the nineties where he offered food from traditional recipes from South America, mostly from Peru, and Mexico. He then spent many years in the Co-op Deli offering a variety of soups from around the world.

Sunday, July 24, 4-6pm
Let's Talk Sauces with Monica Peabody
Via Zoom, link and recipes will be sent to registered participants

You can take this class from the comfort of your own kitchen, via zoom. We'll make three dishes, each with a special sauce, and share information on our favorite sauces.

Monica Peabody is a Deli Collective member at the Olympia Food Co-op and enjoys cooking for the soup and salad bar. We'll make roast carrots with muhammara, apricot cauliflower with tahini sauce and fish baked in hollandaise.

Saturday, August 13, 11am-12:30pm
Two Salads with Pat Kolstad
In person, Location TBD

Two salads that can each solo as a complete meal. One stars shrimp and greens, and the other stars your choice of either broccoli and cauliflower or green beans. Learn to make your own dressings. We will make a tahini dressing to put on simple greens and an olive oil vinaigrette dressing for our two salads.

Pat got into the international cuisine scene in college where she had many friends from all over the world and enjoyed dinner and party get-togethers with them. She spent a year working in a Seattle Korean restaurant while living with the family. In the late 1980's Pat started investigating the raw food aspects of culinary practice and typically eats a mostly raw food diet in the summer months. She is currently studying with chef James Sant in his online Plant Food Culinary Program.

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1st Quarter 2022 Finance Report

By Jill Lieseke, Staff Member

Almost to the halfway mark of 2022, seems we are all learning to either live with the changes that we had to make or getting back to a semi-normal life. The Co-op is going strong, and we really want to thank YOU, our members, for your continued support. Hoping this rainy Spring will bring many healthy goodies our way in the coming months!

For your review is a condensed version of the Co-op's Combined East/West 1st Quarter 2022 Budget Report. This report shows our 2022 '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 sales less the cost of the products that we sold. While comparing to what we budgeted for 2022, our sales are significantly higher than what we projected, more than \$360,000. Since sales are over budget, then COGS are also over budget, resulting in a 'Total Gross Sales Revenue' of \$1.66 million. Compared to the budget, this is almost \$160,000 more than what was projected for first quarter. Even though we budgeted for inflation, inflation is still most likely a major player in the higher than budgeted sales. However, there is also an increase in transactions, which shows it is not all inflation.

'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/Loss' for the quarter. Last year, we were diligent at keeping our expenses low. This year we have started to spend a little more however, we have currently spent about (-\$60,000) less than what we had budgeted for first quarter. We had initially budgeted for a loss of almost (-\$150,000) for this period, due to the breakout of some of our costs. Although with the higher than budgeted sales we are showing a net income of \$76,845. This is \$226,336 more than what we budgeted.

As I mentioned above, the Co-op is moving forward strong, and staff and volunteers are working hard, striving for this continued growth. Thank you again for shopping with us! Curbside shopping is still available for members and there is no fee applied for this service.

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. Questions? Comments? Email: jill@olympiafood.coop .■

1st Quarter 2022 BUDGET REPORT

For The Year Ending 03/31/22

	2022 ACTUALS	2022 BUDGET	\$ OVER BUDGET
Revenue:			
Sales	4,610,572	4,248,399	362,173
Cost of Goods Sold	2,945,851	2,742,402	203,449
Gross Sales Revenue:	1,664,721	1,505,997	158,724
Other Revenue:	13,547	5,517	8,030
Total Net Revenue:	1,678,268	1,511,514	166,754
Expenses:			
Community & Marketing	15,568	29,248	-13,680
Staffing	1,206,728	1,284,350	-77,622
Member Discounts	106,033	101,750	4,283
Operations	273,094	245,657	27,437
Total Expenses:	1,601,424	1,661,005	-59,582
Total Net Income:	76,845	-149,491	226,336



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

Olympia FOOD COOP

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!

OFC Board of Directors



Linda Myers
President



Grace Cox
Secretary (interim)



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

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

"COMMITTEES! COMMITTEES! COMMITTEES!"

A large portion of the Board of Directors' work is accomplished through the work of Board Committees. These committees are made up of Board members, Staff members and Co-op members. Suggestions, recommendations and proposals are brought to the Board through our committees.

Members are welcomed (and needed!) to serve on Board Committees. Serving on a committee gives members the opportunity to actively have a voice in the work of the Co-op. Described below are committees looking for member participation. If you have interest in any of these committees, please email the Board at ofcboard@olympiafood.coop and a representative of the committee will contact you.

- **ADVOCACY** – Present to the BOD the opportunities to endorse relevant local, regional, national and international political causes relevant to the Co-op's Mission.
- **BOARD DEVELOPMENT** – Oversee and facilitate board development including recruiting, training and evaluation.
- **CAPITAL CAMPAIGN** – Oversee the raising of capital to finance projects for the Olympia Food Co-op.
- **COOPERATIVE HEALTH** – Monitor and support cooperative health at the Olympia Food Co-op.
- **ECO PLANNING** – Propose, design, and implement programs, activities, and infrastructure that move the Co-op toward environmental regeneration and sustainability over time
- **EXPANSION** – The broad purpose of the Committee is to explore and pursue options for expanding the Co-op through opening additional locations, improving existing locations, or moving to new locations.
- **LOCAL** – Help strengthen ties between the Olympia Food Co-op and local/regional food and product producers.
- **MEMBER RELATIONS** – Facilitate communication, awareness and engagement between the Co-op Membership, Staff and Board.

Board Development

The Board continues its engagement with Columinate, participating in the Cooperative Board Leadership Development program. There are many different webinars offered on subjects such as Financial Training for Directors, Explorations in Governance, Developing Board Leaders, The Board Elections Process, Quarterly Board President Roundtables and more.

Jade Barker is 'our' Columinate consultant and is available to us for the remainder of this year. Her areas of expertise: Board governance, board leadership development and coaching, facilitating conversations and/or trainings about race, equity and inclusion, support for startups and capital campaigns, crisis management and conflict resolution.

Jade attended our April Board of Directors meeting. After a short introduction she took us through an exercise that showed us that with a 'system' the Board will have the ability to effectively accomplish its work of overseeing the Co-op's business. We currently do not have an operating system (governance) that states how the Board is to accomplish its job of 'overseeing the management' of the cooperative. Establishing a governance system (most co-ops use Policy Governance) is a long-term project on the agenda for this Board. The legal statute under which the Co-op is incorporated in the State of Washington (RCW 24.03A) places the oversight of the cooperative's management in the hands of its board of directors and we need an operating system to help direct that work.

The Board will soon be embarking on the task of recruiting prospective Board candidates for the election that will occur in October-November. Watch for opportunities to interact with current Board members either in person or on Zoom to find out how you get involved in YOUR Co-op.

Our Board meetings are open to our membership and we welcome you to attend our meetings on the third Thursday of each month at 6:30. We are currently meeting on Zoom (though hope to be in person soon). Email ofcboard@olympiafood.coop to receive the Zoom link. ■

Working Members

...KEEP THE CO-OP STRONG!

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



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A large red background with a black vinyl record on the left. The record has a white label with "Olympia Food Co-op", "Side A", "1977-2022", and "45th Anniversary". Musical notes float above the record. The text "WE'RE TURNING 45" is in large white letters. The Olympia Food Co-op logo is at the bottom right, and the text "...and still spinnin'!" is in a script font at the bottom left.

**WE'RE
TURNING
45**

Olympia
**FOOD
CO-OP**

...and still spinnin'!

***Celebrate
with Us!***

A stylized red swirl logo.

**Saturday
September 10
2-5pm**

at Heritage Park

Food ★ Drinks ★ Birthday Cake
Working Member Appreciations & Gifts
★ DJ COOLHANDZ LUKE ★
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