



FALL 2022

Table

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

Cooperative History

Local Chef Favorites

Board Elections



Table

Published by

OLYMPIA FOOD CO-OP

WESTSIDE & GARDEN CENTER

921 Rogers St. NW

Olympia, WA 98502

(360) 754-7666

Open daily 8am - 9pm

Garden Center: Thu-Sun 10am - 3pm thru 1030

Check www.olympiafood.coop for Nov/Dec hours

EASTSIDE & DELI

3111 Pacific Ave. SE

Olympia, WA 98501

(360) 956-3870

Open daily 8am - 9pm

Both stores are open every day except for May 1st

BUSINESS OFFICE

608 Columbia St. SW

Olympia, WA 98501

(360) 357-1106

www.olympiafood.coop

EDITOR & ADVERTISING COORDINATOR

Maureen Tobin

NEWSLETTER COMMITTEE

Desdra Dawning, Maureen Tobin

LAYOUT

Rachel Carns

PHOTOGRAPHY

Monica Peabody

CONTRIBUTORS Monica Peabody, Desdra Dawning, Maureen Tobin, Fauziya Mohamedali, Pat Kolstad, Carol Linnebur

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.

Acceptance of advertising does not indicate endorsement by the Co-op, or the product or service offered.

Front cover photo by Ingo Jakubke courtesy of Pixabay

IN THIS ISSUE

The Co-op Turns 45! p. 3

Meet the Real Maca p. 6

Recipes from Guest Chefs p. 8

Let's Talk Sauces Class Review p. 14

CSF Birthday Bash p. 15

Community Farm Land Trust p. 17

Classes Program p. 18

Finance Report p. 20

Board Report p. 23

Editor's Note



As I write this note in the heat of summer, it gets me thinking about what a big transition fall seems—moving from these 80-degree days to a nice mid-forties rain, focusing meals away from raw salads to squash and oven dishes, following schedules that are less molded by swimming possibilities and more by the work, school and “holiday” calendars. At the Co-op, Fall is one of our busiest times as an organization as we prepare our annual budgets, hold our membership meeting, and work to recruit and elect new board members. I hope many of you are able to participate in our events!

As with all businesses post-pandemic, our paid and volunteer workers are seeing a lot of transition this season as well. We've seen a lot of great folks moving on to new opportunities, have hired lots of new staff and have welcomed back many working members. Working together as a diverse group of dedicated people is very rewarding and can bring challenges, and I think all those involved with our organization must seek personal ways to walk ethically through these times. Open listening and discussion, participating in conflict resolution, being anti-racist, and being dedicated to a cooperative are all parts of this journey. I am grateful to be part of a group that values this work, together and individually.

I hope your transition through Fall is gracious and full of just the right amounts of celebration, work and change.

- Maureen Tobin, editor

The Olympia Food Co-op Turns 45 This Year!

by Monica Peabody, Staff member

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.



Like many food co-ops across the country, the Olympia Food Co-op began as several food buying clubs combined to share resources and space. Food buying clubs were being started throughout the nation in the 1970s by people seeking healthier food options—at that time whole grains and organic produce were hard to find—and to save money through cooperative bulk buying. The original name was the **Fourteen Ounce Okie Doke Buying Club** and the first location was a store front downtown. The Olympia Food Co-op was incorporated in March of 1977 and moved to our Westside location in 1980.

Our Co-op model is based on a set of cooperative principles established in 1844 by the Rochdale Equitable Pioneers Society, a group of artisans working in the cotton mills in Rochdale, England. The weavers faced miserable working conditions and low wages, and they could not afford the high prices of food and household goods. They decided that by pooling their scarce resources and working together they could access basic goods at a lower price.

They also decided it was time shoppers were treated with honesty, openness and respect, that they should be able to share in the profits that their custom contributed to and that they should have a democratic right to have a say in the business. Every customer of the shop became a member and so had a true stake in the business.¹

The Rochdale Principles include voluntary and open membership, democratic member control and economic participation, autonomy, education, training and information, cooperation, and concern for the community.² Because they are driven by values, not profit, cooperatives work together to build a better world through cooperation, fairness, equality and social justice. Because they are owned by the community, not shareholders, the economic and social benefits of cooperatives stay within their communities. Profits are reinvested into the business or shared with the community.³ Our co-op shares profits through community donations and sponsorships and our Co-operative Access Program, which provides free memberships to low-income community members with a 10% discount at the register.



Consensus decision making is a creative and dynamic way of reaching agreement. Instead of simply voting and having the majority of the group get their way, groups using consensus are committed to finding solutions that everyone actively supports, or at least can live with. This ensures that all opinions, ideas and concerns are taken into account. Through listening closely to each other, no decision is made against the will of an individual or a minority. If significant concerns remain unresolved, a proposal can be blocked and prevented from going ahead. This means that the whole group has to work hard at finding solutions that address everyone's concerns rather than ignoring or overruling minority opinions. Consensus is used widely by people around the world working towards a more just and equitable society.

Since our inception, the Co-op has had a whole-systems, values driven approach. Our business is owned by our members, governed by a Board of Directors elected by our members, and run by a staff collective. We are one of a handful of food co-ops left in the U.S. that has remained committed to non-hierarchical, consensus-based governance. *But doesn't consensus take so much time? Isn't it impossible to reach a decision? Wouldn't it be easier just to vote?* These are popular myths spread throughout hierarchical cultures. Seeds of Change in the UK does a great job of explaining why consensus is preferable for businesses concerned with social justice.

Many of us experience very little control over our lives in the wider world, with decisions being made for us by managers, benefits agencies, the police, politicians. We're encouraged to compete with each other and scapegoat whoever is beneath us, instead of questioning why there isn't enough to go round in the first place. Using consensus gives us a taste of how things could be done differently. It aims to dismantle all kinds of hierarchy, and replace it with shared power. It is based on the values of equality, freedom, co-operation and respect for everyone's needs. Consensus is neither compromise nor unanimity – it aims to go further by weaving together everyone's best ideas and key concerns – a process that often results in surprising and creative solutions.

When everyone agrees with a decision, they are much more likely to implement it. People are more likely to stay involved in a group that is committed to hearing their views and meeting their needs. Many of the people struggling for social justice have recognized that changing the way we make decisions is key to achieving equality and freedom. A just society is one that manages to balance the needs and desires of every individual with those of the closer community and the wider world. These are precisely the aims of consensus.⁴

Inclusive and equitable non-hierarchical consensus-based decision-making

governance has been practiced on this earth since time immemorial. For example, in what is now the United States, five nations – the Cayuga, Mohawk, Oneida, Onondaga, and Seneca – formed the Haudenosaunee Confederation, which still works on a consensual basis today. Consensus decision-making models are used by a diversity of people. "Consensus is rooted in many decentralized models of direct democracy practiced across the world — from village panchayats in India to the indigenous Haudenosaunee Confederacy (aka Iroquois), from Quaker meetings to anarchist spokescouncils."

There is a problem with consensus that is more fundamental and structural. Ironically, the seemingly benign notion that all voices are equal can hide the uncomfortable truth of systemic inequality. Almost inherently, the consensus process can absolve us of actively examining how privilege and oppression shape our spaces.⁵

In an effort to address these problems, many communities and collectives use modified forms of consensus — for example, prioritizing and taking leadership from women, people of color, and those directly affected by the decisions being made, facilitating small break-out groups to ensure more engaged participation; encouraging more debate and discussion rather than just asking for blocks; and actively incorporating anti-oppression principles to prevent harmful opinions from further marginalizing historically disadvantaged peoples.⁶

Among our stated goals are: make good food accessible to more people and support local production. Our focus is on natural, whole and organic foods and our staff collective has agreed to product selection guidelines to support purchasing decisions. We ask questions like these:

"How are the farmworkers who harvested this produce being treated? How does this company treat its workers? Does this product packaging have a negative environmental impact, false or misleading nutritional, environmental, or ingredient claims, or exploitative/oppressive imagery? Is the culture represented by this product benefitting from its sales? Can we get this product from a local grower/producer?"

There are reasons why we have the freshest produce in town, why our deli food is so delicious. You are often buying and eating food picked and brought in that very day by a local farmer. When we choose locally sourced food, we support an alternative economy that sits outside the mainstream food systems, systems that often focus more on marketing spin than nutrients. Our money benefits local artisans, not giant corporations with questionable ethics, and it stays local. We get what we actually need, and support people who are directly stewarding our landscapes and benefiting our watersheds and catchments. Our weekly grocery shopping becomes a tool for increasing local resilience.⁷

And then there's the community aspect, our working member program, our part time flex staff, our stores where you run into neighbors, old friends, have conversations, bring in a stack of shopping bags for re-use, pick up something cool from the free store, share recipe ideas with your cashier, grab snacks for your road trip. The Co-op exemplifies connections, transparency, and good food everywhere we look. ■



Olympia Food Co-op NEWS
921 N. Rogers - Olympia, WA 98502 754-7666 FREE Winter 86

Blue Heron Bakery Flying High

by Peter Korbach and James & Kandis Skum-Kaloria

The Blue Heron Bakery was put into granny gear in 1977 by Greg Reinman, Carmela Courtney, and Teri Turner. Created with the ideas of creating good food, non-hierarchical working conditions, planetary consciousness, and support of local businesses, the bakery is still turning out high-quality organic baked goods. It is located in its original building on the banks of Mud Bay, west of Olympia. Although it has received an out-pour job and a recent interior remodeling, it is still the same place that provided inspiration for the founding members.

Eight years ago, the first years were moved into the building and the bakery went into business supplying whole-grain bread to the Co-op and a handful of restaurants around town. The original retail sales were enough to pay the members sometimes a dollar a day. It was not long before they were able to pay themselves fifty cents an hour, increasing the pay to minimum wage after three years. We who joined the collective in the recent past would like to offer our full gratitude to the founding members for their hard work and perseverance during the early struggles. The wages at the bakery today are designed to be fair and equal, support our families, allow us to take vacations and rests, and not put the collective out of business.

The original strategy of the bakery progressed to our current semi-organized business structure, a fact that the Co-op staff will testify to. The business today supports a total of twenty-six adults, children, and unborn babies. The workers are as follows: Robin Bergman, Anna Hunter Anderson, Margie and Harry Brown, Doug Martin, Steve and Peter Korbach, James Skum-Kaloria, Margie Murphy (bookkeeper), Doug denHelder (granola), and Doris Falga (substitute). The group finds itself balancing in the middle between extreme scarcity (Peter) and extreme organization (Margie, Margie and Anna), as we strive to maintain a successful, socially conscious business in the midst of a grossly warped society.

The collective structure implies no boss, and our decisions are made on the consensus basis. We seek to work in an atmosphere of mutual respect, recognizing the gifts each member has to bring to the bakery. The fact that we are American adults always makes communication a challenge, as we are brought up in a society which tends to discourage true and honest verbal exchange. Another objective of ours is to encourage a flexible work schedule.

cont. page 8

INSIDE

- 3 Recycling and Food Co-ops
- 6 Do you eat organic?
- 10 Time to think "Garden"
- 13 New Falls at the Co-op

Research sources:

¹ <https://www.ica.coop/en/rochdale-pioneers>

² https://cultivate.coop/wiki/Rochdale_Principles

³ <https://www.ica.coop/en/cooperatives/what-is-a-cooperative>

⁴ <https://www.seedsforchange.org.uk/consensus>

⁵ Boyd, A., & Mitchell, D. O. (2016). *Beautiful trouble: A toolbox for revolution*. OR Books

⁶ <https://beautifultrouble.org/toolbox/tool/consensus-is-a-means-not-an-end/>

⁷ <https://www.milkwood.net/2017/05/15/food-co-ops-collectives-3-examples-of-community-food-systems/>



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!

Learn about your co-op from the inside!
Meet your neighbors, gain new job skills and earn discounts on groceries.

WORKING MEMBER VIRTUAL ORIENTATIONS

with Alejandro Rugarcia

Now by appointment!

EMAIL: alejandro@olympiafood.coop




Meet the Real Maca

...from the High Andes



Text by Desdra Dawning, Co-op member; photos courtesy Sol Maiz Maca

Have you met Maca? It is a most amazing heirloom root that grows high up in the Andes mountains of Peru (above 14,000 feet, to be more exact). It has been cultivated and used by the Earth-Caretaking people of the Pacha region of the Andes throughout antiquity and still is today as their culture holds deep respect for the land, those who farm it, and their families. Today in North America and the USA, it is also appreciated by many who care for the well-being of our bodies.

Sr. Machacuay hand selects Sol Raiz Maca at 14,500 ft. in The Pampas of Junin, Peruvian Andes

Unlike the thirteen others with varying genus names that are currently being advertised on the world market these days, *Lepidium Peruvianum Chacon Maca* is special. It has a unique shape, several distinct colors, each with its particular nutritional and medicinal qualities, and is the only one containing four alkaloids that affect and nurture the glandular systems in the human body. Traditionally used as an adaptogenic plant (plants that help us adapt to the stresses of life, and can be taken by young and old alike), Maca aids the body in dealing with the physiological, biochemical, and psychological stressors we face daily. It acts to stimulate hormonal reserves by strengthening the body's ability to regain and maintain hormonal homeostasis. And it is the high altitude and soil in the Andes where it grows that give this particular Maca its special qualities.

The Co-op now carries **Sol Raiz Maca**, the only company offering this specific Maca. It includes the name "Chacon" after an exclusive endorsement by Dr. Gloria Chacon, who studied its unique attributes and came to understand what this plant, sacred to those who grow it, has to offer us in benefitting our health. Sol Raiz is a small company, dedicated to supporting the people who grow, harvest, and revere these heirloom roots.



Solmaria Stittsworth (pictured above) is the **Director of Operations** for **Sol Raiz**. She was born and raised in Lima, Peru, and was introduced early to medicinal foods unique to various regions by her grandparents. Each day, her Grandmother would take her to her great grandfather's Emoliente stand, and watch as he would listen to his customers describe their ailments and mix up an Emoliente drink with herbs which were specific to their needs. The Emolientero is a respected member of the community where people of all walks of life and economic backgrounds come in the morning for a quick, healthy start to their day. Maca is a widely used ingredient, as it's known as a superior source of nutrition for over-all wellness.

Solmaria is dedicated to supporting and promoting the community that grows this high-quality Maca. She understands their irreplaceable knowledge of this sacred root and appreciates their culture as it honors the root through its growing, harvesting and

processing practices, most of which are not followed by others selling Maca worldwide today. For example, following ancient traditions, they only harvest once a year, and then that piece of land is left to renew for seven years before more Maca is grown on it. Their curing and gelatinization processing also follows honored traditional methods. As one who works on marketing for Sol Raiz, she looks to cooperative markets who "go the extra mile with their customers" in researching the best and most ethical products available. Wellness Department staff members at the Co-op conducted research on options and brought this excellent product to our supplement shelves.

Because of the unique, traditional growing and harvesting conditions under which this Maca is produced, it contains four alkaloids that have helped thousands of women to alleviate the discomfort of hot flashes, insomnia, depression and anxiety. With its calcium, iron, magnesium, zinc, silica and 21 essential amino acids, it nurtures our endocrine and reproductive systems, affecting sex drive and function, blood pressure, bone and muscle health, cognitive function, even osteoporosis.

The gelatinization process used—a must for direct consumption in smoothies, coffee, drinks, oatmeal or toppings—gets rid of the starches that cause stomach aches and insures maximum absorption of nutrients. Other more industrial-made maca growers and producers cannot match this outcome. From a single ingredient standpoint, or even lab-enhanced blend, you'd be hard pressed to find a more complete superfood.



Next time you shop at the Co-op, consider checking out the Sol Raiz Maca, and see for yourself the benefits it offers. It is the truest, purest and most ethical variety available, anywhere. You will find it in powder or capsule form, and if you are interested in some recipes for its use, please visit solraizorganics.com. ■



Say Hello to Our **GUEST CHEFS**

Intro and photos by Monica Peabody, Staff member

In this issue, we are featuring two guest chefs who are kind enough to share their recipes with you. You might see them ringing up your groceries, as they both work at the Co-op. Let them know if you make and enjoy their recipes.

If you are interested in being featured as a guest chef in our TABLE magazine, contact Monica at outreach@olympiafood.coop.

From The Kitchen of Fauziya Mohamedali:

DAAL

3 servings

Pulses (legumes):

- ½ cup split mung
- ¼ cup split red lentils (masoor dal)
- ¼ cup split yellow peas (Chana)

Wash legumes and soak for an hour.

Add 4 cups water, bring to boil and part cover, simmer till soft and done – about 20-25 min. When pulses are at preferred softness, then...

Add spices, and simmer for another 5 min:

- 1 tsp cumin powder
- 2 tsp Dhana powder (coriander)
- ½ tsp cayenne powder
- 1 tsp salt
- ¼ tsp turmeric
- ½ tsp garam masala (*plus optional ½ tsp for extra “kick”*)
- 1/3 cup fried onions – optional
- ¼ cup tomato sauce (*or couple tomatoes chopped or blended*)

When done, blend slightly if desired or not, add 1-2 Tbs lime/lemon juice, fresh cilantro, and (optionally) another ½ tsp garam masala for more “kick”

Final stage: “Tadka” or Tempering

- 1-2 Tbsp oil or ghee
- 1 tsp cumin
- ½ tsp mustard seeds
- ½ tsp fenugreek seeds (optional)
- 1 tsp crushed garlic
- 1 tsp crushed ginger
- 8-10 curry leaves
- 1-2 Tbsp lime/lemon juice
- Fresh cilantro

Heat 1-2 Tbsp oil or ghee, add mustard seeds, cumin seeds, ginger-garlic paste, curry leaves. Sauté for 1-2 minutes, add to Daal. Adjust seasoning – salt, cayenne etc. Adjust consistency adding water if desired.

Serve over basmati rice or with rotis. Or enjoy on its own!



MY CULINARY INTEREST: *In my tradition and culture, cooking skills are passed onto the next generation from mother to daughter. It is an integral part of education growing up and before you leave your parents' home to start a home of your own. My mother was an excellent cook (cooked just by eyeballing measurements except when baking) and I truly wanted to learn the same tasty recipes and flavors. I enjoyed being in the kitchen during school holidays, made notes and learnt to prep the dishes which my mum used to cook. It made me very happy when my father said "This tastes just like your mom's." I became more passionate about cooking. I learnt more tricks and variations when I lived with my mother-in-law. She was very creative and would not waste anything, even banana peels would be made into a sweet and sour dish!*

I worked as a Graphic Designer most of my life but with health challenges I quit my design job in 2016 (at WSDOT). I transported my love of colors from the computer to the "table". Now I work with "colors in the kitchen". The variety of colors in fresh produce is very therapeutic for me and am most relaxed in the kitchen. Cooking and serving a home cooked meal for my family is my ultimate satisfaction and responsibility, which comes before anything else. Food is a source of love and comfort in any situation. A bad day is made better in the kitchen! Eating together is infectious!

I am most comfortable cooking Indian food but like experimenting with various cuisines. Being a cancer survivor I cater for people in my community who are going through cancer or any illness and in need of special or customized (diet restrictions) home cooked meals or just for anyone else too! I have a valid business license, and I enjoy catering for small private group events.

"You Are What You Eat"

— Fauziya



INDIAN ROTIS (Flat Bread)

2 cups flour (1½ cup whole wheat, ½ cup all purpose/unbleached)

2 Tbs oil, any

1 heaped tsp salt

Warm water approx 1 cup or less

Rolling pin and flour to dust

frying pan or skillet

Butter to smear – optional

Mix flour, salt and oil. Add water gradually and mix by hand until it forms a soft ball (like any soft bread dough) and doesn't stick to fingers anymore. (In case you add too much water, just add a little more flour. This dough is very forgiving – you can't go wrong!) Leave covered for 15-20 min.

Knead again for a couple minutes, then form into 10 balls. Keep balls covered with cloth/towel. Roll out each ball into thin rounds like tortillas, approx 6-7" round. Keep covered.

Heat a skillet or heavy frying pan on med-high heat. Cook rotis one at a time on both sides, flipping to other side until speckles form and rotis puff up a bit, a couple minutes for each roti.

Place on a serving plate and brush with butter if desired. When all done, cool and keep wrapped in cloth or tortilla warmer. Enjoy with curry or on its own with more butter and rolled up!



CHICKEN MASALA

Approx 2lbs boneless and skinless chicken thighs (or breast), cut into bite-sized pieces

2 Tbs vegetable/canola oil

2 Tbs butter

1 cup plain yogurt

1 Tbs minced garlic

1 Tbs minced ginger

2 tsp garam masala

1 tsp black pepper

1 tsp turmeric powder

2 tsp ground cumin

2 tsp ground coriander

1 tsp red chili powder or cayenne

2 tsp paprika (not spicy)

2 tsp salt

2-4 Tbs tomato puree (or ½ c tomato sauce)

¼-½ cup water if needed

4 tablespoons fresh cilantro garnish

In a large pan heat oil and butter. Add diced chicken, ginger, garlic. Sauté for couple minutes on medium-high heat. Add yogurt and sauté another couple of minutes. Add the rest of the dry spices. Lower heat, sauté bit more and let simmer on low. Check for doneness 5-10 min.

When chicken is tender add the purée or tomato sauce. Mix well and cover for few minutes. Add water as necessary for desired consistency, adjust seasoning.

Garnish with fresh chopped cilantro. Enjoy with rice, pita, naan, etc.

RICE

1 cup basmati rice or other, washed and soaked ½ hr

1 Tbs cooking oil

1 tsp salt

One Bay leaf – optional

Bring water to boil, add rice, salt, oil and bay leaf. Let simmer until most water is absorbed. Stir lightly, cover and cook for 10-15 min on low heat. Check for doneness.

Veg Options From The Kitchen of *Pat Kolstad*:

Take your sandwiches to a whole new level. As cooler days are in our horizon, make a warm, rich vegetarian/vegan sandwich that is elegant enough to impress your friends and simple enough to be served up on short order. This is accomplished by learning to play with your pesto. Have any herbs growing in your yard? Make pesto with them; oregano is one of my favorites. If straight oregano sounds overwhelming to you, cut it with some cilantro or parsley. Chives, dill, thyme, marjoram or tarragon are also great additions to pesto. While this recipe uses oregano, remember to be adventurous. Also keep in mind that you can make more pesto than you need for your sandwich, put it in a small jar, cover with a thin layer of olive oil and keep it in the refrigerator to use tomorrow on top of your pasta. If you don't want to use croissants, try ciabatta or a nice quality sourdough. For the nuts, I like to use a combination of pumpkin seeds with walnuts or sunflower seeds, but you can stick to pine nuts if you wish.

PORTOBELLO SANDWICHES

For the pesto:

- 1 medium garlic clove, chopped
- 4 Tbsp nuts of choice
- 3 cups chopped oregano and/or other green herbs
- 3 tsp nutritional yeast or 2 Tbsp parmesan cheese
- Olive oil

For mushrooms and assembly:

- 2 Portobello mushrooms
- 2 croissants cut in half lengthwise, or your choice of bread
- 1 handful fresh salad greens such as lettuce, arugula, watercress
- ½ tomato, sliced thinly

Remove the stem from the Portobello mushrooms and save for another use. Lightly coat the mushrooms on their smooth side with olive oil. Place them smooth side up in a pan and put in the top 1/3 of your oven and broil.

Make the pesto while they are in the oven. Put garlic and nuts in a food processor for about 30 seconds until they are well broken up. Add the greens and pulse to break them up. Add the nutritional yeast, turn it on and slowly drizzle in olive oil until you reach the consistency you like (some like it really smooth and some like it a little chunky).

Take the mushrooms out of the oven. They should be sweating on the gill side by now. Turn them over and generously fill the gill side with pesto. Return them to the oven along with your bread or croissants and toast this while the mushrooms continue cooking. The top of the pesto should have just a little bit of crust when they are done, another 2 minutes or so.

Assemble your sandwiches and enjoy your treat.



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

— Pat



Celebrating 40 Years Serving Our Community

RADIANCE
Herbs & Massage
OLYMPIA • WASHINGTON

Mon-Fri 10-7 :: Sat 10-6 :: Sun 11-5
RadianceHerbs.com :: 113 5th Ave SE, Olympia :: (360)357-5250



Sweet Creek Foods

Family owned & operated
Supporting local
farmers & fisherman

Our products are sold at your Co-op
scf@sweetcreekfoods.com
www.sweetcreekfoods.com



OFC
garden
CENTER

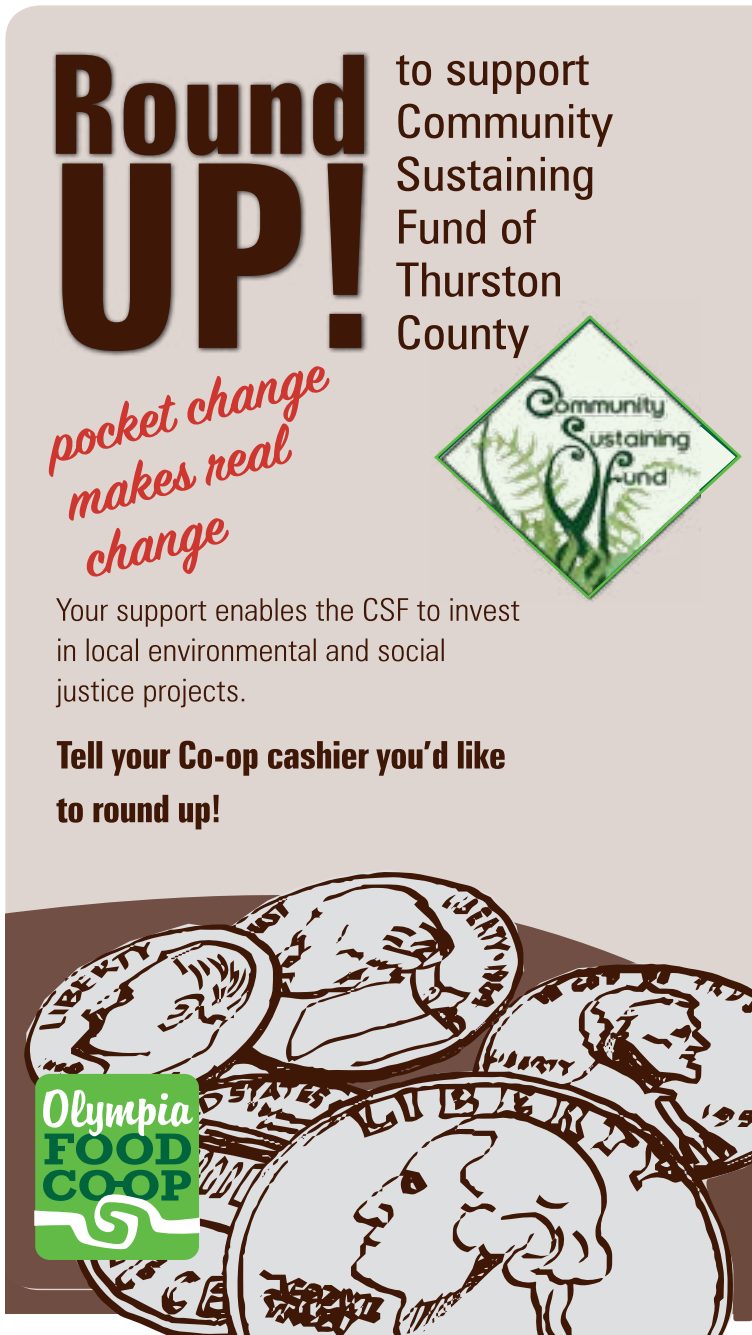
Fall Hours Westside

Thu - Sun 10am-3pm until 10/30!

check www.olympiafood.coop for Nov/Dec hours

Our Westside space features a large selection of seeds and starts, several types of soil, amendments and compost, as well as tools, gloves, lovely perennials and planters, great gifts and garden miscellanea. Come check it out!

Eastside Garden Center is open 8am - 8pm year-round




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!**




...you can also choose to Round Up for
COMMUNITY PRINT!

LET'S TALK SAUCES

Class with Monica Peabody

By Desdra Dawning, Co-op member

The Co-op offers a variety of classes, for a very reasonable price, some even free, to not just Co-op members, but to anyone, anywhere who uses Eventbrite. Not all are about food, but the one I joined in to learn about was "Let's Talk Sauces." It was definitely about food, and it was free!

On July 24th, from 4-6 PM, Monica Peabody, staff member who does a lot of good cooking for our Co-op Deli, presented a class that taught about three different sauces. Not only did she teach about the sauces, but she cooked three separate dishes, each with its own special sauce. Because the class was presented online, Monica was able to do her video version of Julia Childs right from her excellently equipped kitchen! Recipes with all ingredients were sent out ahead of time and attendees were asked to purchase them if they wished to try and cook along with her. It was a mixed group of observers and chefs.

Each sauce made the food it topped doubly delicious. They turned carrots and cauliflower and cod into something totally different—scrumptious to look at and much more flavorful. Over the course of two hours, Monica managed to not only create, but also teach about three delightful dishes, pictured at right: Apricot Tahini Cauliflower (with dried apricots inserted into the cauliflower before roasting), Roasted Carrots with Muhammara (a middle eastern sauce with roasted red peppers and pomegranate molasses—find it at the co-op!), and White Fish Baked in Hollandaise (need I say more?)

It looks like Monica will be offering more cooking classes in the future. If preparing yummy food for your family or friends (or yourself of course!) is up your alley, try out one of her classes! The video is also available on the Co-op's YouTube channel if you're interested.



Hey You! You're Invited!

Come Celebrate Our BIRTHDAY BASH with Us!

We are the Community Sustaining Fund (CSF)

*Providing funds twice a year for local sustainable projects from
community donations and from Olympia Food Co-op
Members who Round Up at the register!*

and we're 35 years YOUNG!

Sept 17, 2022

4-6pm

Lions Park, Olympia

800 Wilson St SE

Birthday Cake & Drinks ★ Live Music

Story Sharing from our Grateful Grantees



The Community Sustaining Fund and the Olympia Food Co-op have been in a working partnership for the past 35 years. In fact, the CSF is celebrating its 35th birthday this year alongside the Co-op's 45th birthday celebration. This partnership has served as one of several ways that the Co-op, over the years, has given to our community in the way of charitable donations. Through the continual willingness of the Co-op to coordinate the Round Up at the Register program and the accounting required to gather, save and disperse the funds collected, the CSF has been able to offer small grants to hundreds of worthwhile organizations and community efforts, bringing with it the caring sense of community that sets food cooperatives apart from the corporate market world. We are very grateful for this ongoing partnership.

On September 17, from 4-6 pm, at Lions Park, the CSF is celebrating this anniversary of our partnership with a Birthday Bash. We are inviting those who have received grants from us over the years to celebrate with us, along with any staff and members who wish to partake in the merriment of food and music at the park. The birthday cake and drinks come courtesy of a generous donation from our Co-op partner. We hope to see you there!

WE BUY VINYL & CDs!



Rainy Day RECORD CO.

SINCE 1973 **DOWN TOWN OLY**

www.rainydayolympia.net
(360) 357-4755

ALWAYS SAFE & LOCK, inc.

www.alwayssecurity.com

SECURITY TECHNOLOGY SPECIALISTS

Card Access • Video Surveillance • Intrusion Alarms
Handicapped Operators • Safes • Locks • Keys

Auto Chip Keys & Remotes

(360) 357-8500
815 4th Ave. E. Olympia, WA 98506
Fax: (360) 754-8331
mail@alwayssecurity.com



Olympia FARMERS MARKET

10AM – 3PM
Year Round
High Season APRIL - OCTOBER **THURS-SUN**

100+ LOCAL VENDORS • OPEN YEAR ROUND • LIVE ENTERTAINMENT

LOCAL PRODUCE • ARTISAN FOODS • HANDCRAFTED GIFTS • WINE • RESTAURANTS • SEAFOOD
PLANT STARTS • CUT FLOWERS • FRESH & CURED MEATS • BAKED GOODS • JAMS & PRESERVES

olympiafarmersmarket.com

• PRESERVING FARMLAND IN THE SOUTH PUGET SOUND •

CFLT Farms Grow Biodiversity and Local Food



Scatter Creek Farm & Conservancy
GRuB (Garden-Raised Bounty)
James Family Historic Farm
& Oyster Bay Farm (pictured here)

1997 **25 YEARS** 2022

Donate TODAY!!
\$25 for 25 years of CFLT
<https://bit.ly/CFLT25for25>
TEXT to 44-321: **\$25FOR25**

• **KEEP FARMLANDS GROWING** •
CommunityFarmLandTrust.org
P.O. Box 12118, Olympia, WA 98508



Been to www.olympiafood.coop lately?

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

**CO-OP
CURBSIDE!**



OLYKRAUT
★ RawTradition ★

We make raw fermented sauerkraut and kimchi right here in Olympia with as much local produce as possible. We support our farmers and so should you.
Eat your (fermented) vegetables!



PO Box 1234
Olympia, WA 98507
www.olykraut.com

probiotic cultures

Farms Grow Biodiversity & Local Food

by Carol Linnebur, Community Farm Land Trust

On Community Farm Land Trust's preserved farmland – Scatter Creek Farm and Conservancy, GRuB (Garden-Raised Bounty), Oyster Bay Farm, and James Family Historic Farm – our farmers follow organic certification practices. They use no industrial pesticides, herbicides or fungicides. They build soil fertility and soil organic matter with natural materials and cover crops. They follow best management practices recommended by organizations such as the Conservation Districts, Salmon-Safe, and Federal Organic Certification.

- *By building soil organic matter, our farms are enhancing the microbial and invertebrate diversity of the soil food webs. These food webs in turn support the food webs that all wild creatures depend on.*
- *By avoiding industrial, broad-spectrum pesticides and herbicides our farms are especially protecting struggling bee and butterfly populations together with their food plants.*
- *By following best management practices our farms help ensure clean water for our streams and rivers and the fish that depend on them.*



Community Farm Land Trust (CFLT) is a nonprofit celebrating 25 years dedicated to preserving farmland to keep it farmed forever and promoting vibrant local farms and food. CFLT concentrates on the areas in the South Sound including Thurston, Lewis, Mason, and Grays Harbor Counties.

True FOR You
NUTRITION

IMPROVE YOUR HEALTH
through
MEDICAL NUTRITION THERAPY

Heal your relationship with food through Intuitive Eating.

Cathy Visser
Registered Dietitian Nutritionist
& Certified Intuitive Eating Coach
trueforyounutrition.com
360-207-4052

AFFORDABLE • ACCEPTS INSURANCE

Living in WA State is a dream come true.

We rank among the best for life expectancy and low unemployment. Owning property here is one of the great privileges of life. I love the area and would love to show you around. I'm convinced you will love it too. I can answer all your real estate questions like: When to buy? When to sell? Where to buy? What neighborhoods to avoid? Am I getting the best deal possible in today's market? These are some of the questions I can help you answer.

I love the real estate journey and have been a full-time broker since 2012. I have the experience and local knowledge to help you make the best possible decisions. Markets are driven by supply and demand. Low inventory, high buyer demand and rising prices continued through 2021. This means that WA State is a great place to make your real estate investment.

Call me at (360) 515-1103 and let's talk!

Bobbi Kelly

(360) 515-1103
Sold@BobbiKelly.com
www.bobbikelly.com



A logo featuring a yellow sun with rays and two green trees.

South Sound Solar, Inc.

Your Local Solar Experts!

Questions About Solar? Lets Talk!
360-352-7869
or
Info@southsoundsolar.com

Residential | Commercial
Community Solar | Service
Battery Hybrid and Off Grid Systems



By Monica Peabody, Class Coordinator

We have exciting classes coming this autumn!

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.

Sunday, September 18, 2 – 5pm
Summer Produce Preservation Workshop
 GRuB Farmhouse

Do you have a veggie garden or would like to start one? Do you hunt for good deals in the 4000 produce bin at the Co-op? Would you like to increase resilience against possible food supply disruption? If you do, this workshop is for you!

This is the first in the series of workshops by Everyone's Food Sovereignty School to explore why food sovereignty matters to everyone and how we can strengthen community-based food resiliency. Every workshop includes four elements: skill development (cooking, gardening, etc), network building, knowledge sharing, and the relationship-with-land cultivation. You are welcome to join the entire series or a single workshop.

In early days of the COVID pandemic, I (megumi) was working at the

Co-op. Looking at the empty dry-good shelves for weeks, it became very clear to me that I needed to increase food self-reliance. This realization, combined with life-long involvement in the food movement, lead me to develop this workshop series. It is intended to be a forum to share knowledge and skills to strengthen community-based food sovereignty. As this particular workshop will take place at the end of summer, we focus our attention on stretching season's bounty by putting them up. We will practice basic canning, fermentation, and dehydration techniques.

Saturday, September 24, 4 – 6pm
Composting with Worms
 Garden Center at the Westside Olympia Food Co-op

Learn how easy it is to compost with worms. Each participant will receive one bag of African red wiggler worms.

Jennifern Falknor started gardening when she was six years old. Her grandparents were charter members of Rodale press Organic Gardening magazine, and she learned a lot from them. Jennifern has been a farmer, had a landscape maintenance business, a native plants nursery, and has always had a huge organic garden. While she employs many methods of gardening, including mulching, composting, beneficial insects, greenhouse starts, etc., her favorite garden enhancement is worm compost. It's the easiest and fastest way to compost your kitchen and yard waste – up to four times faster than other composting methods!

Tuesday, October 11, 5:30 – 8:30 pm
Palestinian Recipes from the Cookbook Falastin
 GRuB Farmhouse

Come join staff member Erin Majors and former board member Jim Hutcheon for an evening of preparing delicious dishes from the Palestinian cookbook Falastin. This cookbook contains 120 fabulous recipes as well as many gorgeous photographs and a history of Palestinian cuisine. The cookbook contains both meat and vegetarian recipes, but the dishes we prepare will all be vegetarian and may contain dairy, wheat, and eggs. You will receive a packet of recipes to take home with you when you come to the class, and you can also order the cookbook ahead of time if you wish: <https://www.orcabooks.com/book/9780399581731>.

Erin says: Every recipe I've made from this cookbook has been incredible. The dishes are layered with flavor, color, and texture. I borrowed the cookbook from Jim and as soon as I made two of the recipes, I knew I had to get my own copy. There is also so much information about the history of Palestine and Palestinian cooking. We had a hard time deciding which recipes to make because there were so many great ones we wanted to share. I am mostly vegetarian but occasionally eat fish. This cookbook contains several excellent fish dishes and a recipe for a "fish spice" blend that also works well with tofu.

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!

Jim says: As a long-time vegetarian with a love of trying new cuisines, this cookbook has been a fantastic resource. Muhammara (roasted red pepper dip), one of the recipes we will prepare in this class is one of my current favorites. It has also been a big hit at potlucks. We put together this menu based on some of our own preferences and we hope it will be a tasty initial foray into a delightful cuisine.

Sunday, October 16, 3 – 4:30 pm
Mindful Meal Planning Tips: Lunch!
GRuB Farmhouse

This class is an opportunity to align what you need with what you eat. We will practice mindfulness meditation, explore our food values and lunch packing habits, and learn about macronutrients to bring wholeness and energy to that midday meal.

Jacquelyn is a Nutrition Coach, yoga teacher and writer. She has 10 plus years experience studying and facilitating yoga and wellness classes. Her current projects and specialties include everyday mindfulness workshops, permaculture design and designing holistic and realistic nutrition programming.

Sunday, October 23, 10:30am – 12:30pm
Learn to Make California rolls and Korean Sushi (Gimbap)
GRuB Farmhouse

This class can be open to vegans and non-vegans.

Rina Scharf is from Japan. She then migrated to Hawaii where she lived for 24 years. She came to Washington where she began volunteering at a Japanese senior meal site in Pierce County. She currently works as a chef at this meal site serving Japanese and Korean cuisine for senior citizens. Rina previously attended classes at the Co-op and was inspired to teach a class where anyone could learn how to make simple, healthy, and delicious Japanese/Korean-style food.

Sunday, October 30, 2 – 5pm
Perennial Food Source Workshop, Featuring Chestnuts
GRuB Farmhouse

What if food was falling down from sky every year? The chestnuts are one of the closest things to the gift from the sky! Historically, chestnuts were the staple food for many indigenous peoples of North America. They are also widely enjoyed in various culinary traditions in Europe and Asia, both as sweets and savory dishes. This is the second in the series of workshop by Everyone's Food Sovereignty School to explore why food sovereignty matters to everyone and how we can strengthen community-based food resiliency. Every workshop includes four elements: skill development (cooking, gardening, etc), network building, knowledge sharing, and the relationship-with-land cultivation. You are welcome to join the entire series or a single workshop.

Perennials—such as nuts and fruit trees, kales, strawberries, and

asparagus—are great food sources that bless us year after year. In this workshop we will explore how we can partner with perennials to build up our food resiliency. In particular, we will learn multiple ways to cook chestnuts.

Sunday, November 6, 3 – 5pm
Easy Homemade Pasta and Sauces
Zoom Class

Join me to learn a fantastically easy dough to work with for homemade pasta. We'll make some delicious pasta sauces to enjoy it with as well.

Monica enjoys cooking for the Olympia Food Co-op Deli as well as at home. She loves to share her favorite recipes with others and has found Zoom to be a fabulous platform for cooking classes. You can see some of her other zoom classes at Olympia Food Co-op's You Tube Channel, <https://www.youtube.com/c/OlympiaFoodCooperative/videos>.

Sunday, November 13, 2 – 5 pm
Flour Magic Workshop #1: East Asian Dumplings
GRuB Farmhouse

Culinary cultures around the world seem to have dishes made up of dough filled with filling: empanadas, calzones, pierogi, pasties, momo, samosa...and the list goes on. What's less known in the US is that dumplings are quite easy to prepare and very versatile. It is a great way to make amazing meals out of what's in season and/or preserved.

In this workshop, we cast spotlight on dumplings from East Asian traditions, such as gyoza, and baozi. Once you learn the basic techniques, let your creativity take over. The sky is truly the limit in what you can do with dumplings.

This is the third in the series of workshop by Everyone's Food Sovereignty School to explore why food sovereignty matters to everyone and how we can strengthen community-based food resiliency. Every workshop includes four elements: skill development (cooking, gardening, etc), network building, knowledge sharing, and the relationship-with-land cultivation. You are welcome to join the entire series or a single workshop.



2nd Quarter 2022 Finance Report

By Jill Lieseke, Staff Member

As I write this article, we are just about one third of the way through the third financial quarter. Sales are still strong; prices are still rising weekly. This is the time that we start to work on our 2023 budget, wondering what will be in store for all of us in the next year.

For your review is a condensed version of the "Combined East/West 2nd 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 in 2022, our sales are significantly higher than what we projected, just about \$570,000 higher. Since sales are over budget, then COGS are also over budget, resulting in a 'Total Gross Sales Revenue' of \$3.4 million. Compared to the budget, this is about \$299,000 more than what was projected for second quarter.

Inflation does play a major role in these strong-looking numbers. According to the US inflation calculator, the reported national inflation rate in July 2022 for food-at-home prices has jumped to 10.9% (For perspective on how fast inflation is moving, the reported percentage was a 9% rise in prices in June 2022). However, there are so many complexities in the way that inflation relates to sales and margin and how to measure these metrics. So, while analyzing these complexities, it seems to be showing strong sales related to inflation as well as steady sales due to shopping behavior. Our strong community base is contributing to these sales numbers, as is inflation. The Co-op recognizes that our members are spending more and getting less due to this high inflation period. As we do not have control over inflation, we are working with the National Co-op Grocers (NCG) to offer some special deals and special prices on product lines to hopefully help alleviate some hardships. All the while, hoping for inflation to come down in a soft manner, to not tip our economy into recession.

'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. We have currently spent about (-\$10,000) less than what we had budgeted for by this point in second quarter (YTD). Due to the breakout of some of our costs, we budgeted for a loss of just about (-\$60,000) for 2Q 2022 YTD. Instead, we are showing a 'YTD Net Earnings' of \$246,080. Factoring in the loss that we budgeted for, this is \$309,528 more than what we budgeted.

The Co-op will continue to monitor our finances and make adjusting decisions to ensure the financial health of the business. We rely on the support of our community and want you to know that we really appreciate your business and the continued contributions of our membership. Questions? Comments? Email: jill@olympiafood.coop. ■

2nd Quarter 2022 BUDGET REPORT

For The Year Ending 06/30/22

	2022 ACTUALS	2022 BUDGET	\$ OVER BUDGET
Revenue:			
Sales	9,408,589	8,839,933	568,656
Cost of Goods Sold	6,013,800	5,693,239	320,561
Gross Sales Revenue:	3,394,789	3,146,693	248,096
Other Revenue:			
	62,574	11,034	51,540
Total Net Revenue:	3,457,363	3,157,727	299,636
Expenses:			
Community & Marketing	43,921	46,913	-2,992
Staffing	2,382,683	2,443,871	-61,188
Member Discounts	215,642	211,800	3,842
Operations	569,037	518,591	50,446
Total Expenses:	3,211,282	3,221,175	-9,892
Total Net Income:	246,080	-63,448	309,528



STELLAR JUICES

Organic Juice + Smoothie Bar

Wellness is a daily commitment

Juices
Smoothies
Smoothie bowls
Wellness shots
Plant-based snacks

Organic + locally sourced
Monthly specials

623 5th Ave SE Olympia, WA 98501
360-878-2421
Now offering pick-up catering, call for details.

find us at [Yinyangmamma@facebook.com](#)

YOGA TRAPEZE

with Lori

Private and Public Classes call
for info 360-451-3179




HOLY LAMB ORGANICS®
Hand-crafted in Oakville, WA since 2000

★★★★★

"I consider myself a discerning consumer in terms of product quality, labor policies and service culture a company provides- and HLO exceeds all my expectations for these values!"
- customer review

Olympia Bed Store
The Flagship Showroom Store for Holy Lamb Organics and More, located in the heart of downtown Olympia, WA!

hello@holylamborganics.com 418 Washington St SE
Mon-Fri 10-6; Sun 11-5 Olympia, WA 98501

holylamborganics.com | olympiabedstore.com

Around The Circle Midwifery, LLC 2120 Pacific Ave. SE
Olympia, WA

Comprehensive, family-centered care for your pregnancy and birth

Midwife attended birth in our birth center or your home

Most insurance accepted, including Medicaid



Call to
Schedule a 'Free
Consultation'

(360) 459-7222
aroundthecirclemidwifery.com



BLUE HERON BAKERY

"Natural before it was fashionable"

NOW OPEN 8 to 4 EVERYDAY

BREAKFAST & LUNCH
SERVED ALL DAY

BREAD BAKED FRESH
(Mondays, Thursdays & Saturdays)
HOMEMADE SOUPS & SANDWICHES,
MADE TO ORDER PIZZAS,
OLYMPIC MOUNTAIN ICE CREAM
...AND MORE
PLUS GLUTEN FREE & VEGAN OPTIONS

CALL FOR PREORDERS AND TAKE-OUT
360-866-2253



WWW.BLUEHERONBAKERY.COM • blueheronbakery@yahoo.com
4419 Harrison Ave. NW Suite 10 Olympia, WA 98502

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 Joanne McCaughan, Board member

The Co-op has been the go-to natural foods store in Thurston County for nearly 45 years. Over that time, we have grown from a tiny group of committed friends and neighbors who formed a food buying club, to a vibrant and eclectic community of more than 85 collective staff, 20 'flex staff', and many dozens of working members. It takes all of us working together to keep our ship afloat and the business operating smoothly.

Over the last two years, with the onset and the continuing impacts of the covid pandemic, our business has continued to be strong due to the efforts of our staff, volunteers, and board members, not to mention our loyal members and shoppers. However, there were unseen impacts due to staffing shortages and ability to cover shifts. During this time, the Board was called on to approve changes regarding staff positions by implementing the 'flex worker' program, to provide back up for staffing the stores with folks who did not want/need to work in full time positions with management responsibilities. These workers can choose their own hours based on hours available that are unfilled by collective members. The new positions have been hired and are working to fill in staffing gaps.

Our mission statement addresses food justice on several levels, beginning with the purpose of 'providing wholesome foods and other goods and services, accessible to all,' and continuing with the goals of 'providing information about food, making good food accessible to more people, supporting efforts to foster a socially and economically egalitarian society, and supporting local production.' Although this statement itself is not controversial, concerns were recently raised about the use of the word 'mission' in our organization and that concern is being discussed.

The Board has also been considering the adoption of policy governance, a method of organizational development that clearly lays out the policies that govern our operation. Most co-ops across the country have adopted these tools for managing their businesses, and we have been working with a consultant who can lead us through the adoption process.

More about this in the months to come, and at our annual meeting scheduled for November 5th at the Olympia Community Center. Finally, we have begun recruiting for members who have an interest in serving on the Board, with the election approaching; terms are generally 3 years, and two terms in succession are allowable. ■

Board of Directors Elections:

JUMP ON BOARD!

Olympia Food Co-op Board of Directors



**Elections Run
Oct 15 - Nov 15**

**Apply by 9pm
Sept 30, 2022**

By Linda Meyers, Board member

Every year at this time, the Board of Directors of the Olympia Food Cooperative look to the November elections as a time to open our doors to new directors. This process is one of the key ways that members can help guide the direction of their co-op. The Second Cooperative Principle is: Democratic Member Control - directors are elected by the membership and are accountable to the membership. Participating in the Board elections by running for a position and by voting is your opportunity to register your opinion and make a difference. The membership is a large diverse group and it would be wonderful to have that diversity represented on the Board of Directors. So, **Jump On Board** and consider running for a Board seat.

The sign-up period to apply for a Board position runs from August 15-September 30. Voting will be held from October 15-November 15. Paper ballots will be available at both stores and voting will also take place online. Go to our website to find the application (www.olympiafood.coop). There are 5 open seats to be filled. Three 3-year terms, one 2-year term, and two 1-year terms. ■

Working Members

...KEEP THE CO-OP STRONG!

Sign up for an orientation today!
See sidebar on p 5 for more details



Olympia Food Co-op

3111 Pacific Ave SE
Olympia, WA 98501

Return Service Requested

STANDARD
US POSTAGE
PAID
APEX MAILING
SERVICES INC

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'!

**ANNUAL
MEETING!**



**Saturday
November 5
2-4pm**

*at Olympia
Community Center*

222 Columbia St NW

★ SNACKS & BEVERAGES ★
REPORTS from BOARD & STAFF