



SPRING 2023

Table

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

Garden Planning

Deli Favorites

Supporting New Co-ops



Table

Published by

OLYMPIA FOOD CO-OP

WESTSIDE & GARDEN CENTER

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Olympia, WA 98502

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Open daily 8am - 9pm

Garden Center: Open every day thru July 30

Check www.olympiafood.coop for hours

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Both stores are open every day except for May 1st

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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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Front cover photo by Vince Brown
Back cover photo by Whitney Bard

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Editor's Note



While it is not unusual for the Olympia area to enjoy a "first spring" in February, I noticed this year how quickly many of us turned toward the anticipation of longer days and excitement for gardening and new projects. To help with this, the Co-op Table has been blessed with gardening words of wisdom as well as recipes from the smart chefs of the Co-op Deli that are sure to fill a good spot in any spring menu planning.

I learned as I worked on this issue that our Co-op community lost one of its founding members recently, Mr. Fred Schug, and I wanted to take this chance to honor his memory. Fred was one of the first collective staff members I trained with, back when we had about 35 staff and Fred was on his second or third career. Fred joined the collective in 1994 when the Eastside store opened, after retiring from social work and other work he enjoyed, such as modifying vehicles for people living with disabilities. As his wife Ellen says, "He gave a lot of attention and energy to what he did," and I have to say I agree.

Harry remembers about Fred, "The group that started the storefront used to meet in his living room in 1976 to plan for the opening in 1977. Fred was very proud of that. He was a very funny man. Radical too... He embraced the Collective and our ideals and he worked really hard."

Here's to you Fred. You are part of our rich fabric. Thanks for being such a great and caring person, and for sharing your time with us.

-Maureen Tobin, editor



GIVE A HOOT

...and Bike To The Co-op In May!

By Duncan Green, Co-op member since 1985

*May is National Bike Month, and time for the **36th Annual Bicycle Commuter Challenge!** Bicycling for any reason is great for our personal health and well-being, and great for our community and planetary health too. It's easy to feel pessimistic these days, but even in times like this, hope is still a choice, and a first step toward the world we want to live in. Let's saddle up and pedal hopefully, toward a better world!*

Riding your bike instead of driving a car can save a pound per mile of CO2 emissions alone, not to mention other air, ground, and water pollutants. Riding your bike just for fun and exercise can reduce blood pressure and stress and improve your mood, coordination and balance.

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

This year, the BCC and the Olympia Food Co-op are teaming up to encourage anyone who can, to bike to the Co-op in May and beyond. The Co-op will offer a free treat and a stamp on your rider card to anyone who arrives by bike during the month of May. Fully stamped

rider cards can be entered into a drawing to win a Co-op Gift Card! Log your rides to the Co-op (and all your other bike rides in May) at: bcc.intercitytransit.com to win prizes and have fun in the Bicycle Community Challenge (all rides count)! You can join the Coop team in the BCC (Olympia Food Co-op) and win Team Prizes too.

The Bicycle Community Challenge and our many sponsors including the Olympia Food Co-op, are offering lots of other incentives as well, to get out and ride this May. A discount coupon from the Co-op will be one of many valuable coupons mailed to you when you log your rides at bcc.intercitytransit.com. Plus, hundreds of cool prizes from the BCC's local and regional sponsors are awarded every year- maybe this is your year for a new brass bike bell, a gift card from a local store, or some bike bags to carry your groceries home!

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

For more information about the BCC or any aspect of biking in Thurston County, contact me at: dgreen@intercitytransit.com or 360-705-5874.

WHOOOOOOO IS GOING TO RIDE THIS MAY?? ■

Stay tuned at bcc.intercitytransit.com for up to date information about the Earth Day Market Ride and Bike to Work Day, too!

SNOWDROPS: *fairy cakes*

By Kaia McCracken, Staff Member



I'm a big believer in the power of little things. Each time I shrink something down, whether it's a physical form or a concept, it becomes both more accessible and adorable. Consciously choosing to focus on the small things in life is something that has brought me great healing and happiness. In the case of small cakes, it also makes them just a little more delicious, because tiny food tastes better! While I don't entirely know why, I do have a couple of theories. The first of which is that savoring anything forces us to be more mindful while we enjoy it. Pure logic. On the other hand, my second theory lies in magic. Perhaps those mysterious creatures we call faeries just like to infuse things of an appropriate size with their special pizzazz? What do you think? Is it science, otherworldly energy, or perhaps a pinch of both?

These cakes were created for a performance I did recently in celebration of Imbolc, for which I baked 99 of the wee darlings. They were made as gifts for the audience, but I thought it would be sweet to share them with you all too, by way of recipe. For anyone unfamiliar, Imbolc is a pagan holiday that marks the halfway point between winter solstice and spring equinox. As such, it's a midpoint between the darkness and energetic rest of winter and the returning to growth and action of spring. It has special connections to flames and fertility and I personally also think of it as being about deep nurture. The kind of nurture needed to come out of a long hibernation or to heal a great fatigue or wound. So, I use this time to cultivate this kind of presence, aiming to truly allow myself to sink into the relaxing lull of the end of winter as well as share that gentleness with my kindreds. For soon it will be time to let go and embrace the flurry of excitement that is the nature of spring!

Snowdrop flowers are linked to Imbolc as well, being such early bloomers, so that's where I got the inspiration for the name. Beware, though, because snowdrops are poisonous and the floral flavor in these comes from rosewater. Rich and whimsical, they're a moist vanilla cake topped with rose lemon buttercream frosting. I wanted eating them to feel a bit like eating a taste of pure sweet nurture itself, in the form of a tiny cake. But not just any tiny cake... One flavored by snow faeries who had carefully hoarded their specially crafted rosewater in tiny jars, somewhere deep within wee cupboards.

You can easily make them in a mini muffin pan if you don't feel the need to own a miniature cake mold. As the recipe was originally for a human sized cake, also no need to fret if that's your current cake ideal. Just be sure to investigate tiny cakes if you like the little things in life too, because it's a cute and rewarding world of baking. Plus, they really do taste better. If you do choose to make these in miniature though, be sure to keep an eye out for the swift moving fae, because they might just come looking to bless the right sized efforts made from their own magical floral water!



For the Cake:

1½ c gluten-free flour

(I used Bobs 1:1 gluten free flour, sold at both stores and available in bulk; I believe that regular cake flour would work, but cannot guarantee it as I only bake gluten free)

1 c less 1 Tbsp granulated cane sugar

2 tsp baking powder

1/3 tsp baking soda

½ tsp salt

2 eggs

1/3 c canola oil *(could also use safflower or melted coconut oil)*

1 Tbsp white vinegar

1 tsp pure vanilla extract

½ c milk *(dairy or non-dairy will work but skim or fat-free not recommended)*

I used a miniature silicon baking mold that makes 15 2.5 inch by 1 inch round cakes and this recipe was little over. You could use a mini muffin pan and make as many as you can, filling them half-way, or just make a regular round 8" cake.

Bring all ingredients to room temperature. Preheat oven to 325 F. Line with parchment rounds if not using silicon mold(s). If using silicone, grease well with butter or vegetable oil.

Sift the dry ingredients (including sugar) together in a bowl. In a separate mixing bowl, whisk liquid ingredients, except milk. Slowly pour dry mix into the liquids and begin to stir, adding the milk while stirring to keep flour from flying up and out of the bowl. Continue to beat at medium speed just until the lumps are gone, and the batter is smooth and lump free. Pour batter into prepared pan(s). Allow to rest in the pan for 10 minutes before baking.

Bake for 20-35 minutes depending on size, until a toothpick comes out clean when the center is poked. For small cakes or cupcakes check at 20 minutes and continue to check every 5 minutes until fully baked.

Remove and cool on a wire rack. To remove from mold, wait until totally cool and then invert by flipping it upside down in your hand or gently pressing the bottom of the silicon mold.

Frost with buttercream:

Lemon Rose Buttercream

1 c (2 sticks) butter, salted or not depending on preference

(typically buttercream is made with unsalted butter, but I prefer using salted butter here)

2 - 4 c confectioners' sugar or more to taste

(You could use up to 4 cups if you want it on the sweeter side; I used 2)

1 Tbsp fresh lemon juice

1 Tbsp rosewater

2 Tbsp heavy cream or half and half

With a handheld or stand mixer beat the butter on medium speed until creamy, about 2 minutes. Add confectioners' sugar, lemon juice, rosewater if using and heavy cream or half and half. Add more sugar if more thickness is desired or more cream if too thick and mix well.

Cover tightly and store up to a week in the fridge. Allow to warm to room temperature before frosting and beat again for a few seconds if kept in fridge.

If floral is not your thing, you can omit the rosewater from the frosting by using only lemon juice to end up with a nice, not overly sweet yellow cake with lemon buttercream icing.

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!



Supporting Local Cooperatives

It's an exciting time to watch cooperatives locally and around the state begin, grow and thrive! Thanks in part to the Northwest Cooperative Development Center, cooperative businesses are popping up like mushrooms, all over the place. The Cooperative principles that all co-ops operate from include, "Cooperation among cooperatives" and "Concern for community" and we certainly see these values at play as local businesses work to enhance our local economy and provide sustaining work to more people.

There has been lots of growth in housing cooperatives, worker owner models, as well as retail ventures. From Twisted Strait Fibers in Port Townsend, to Tokeland Hemp Cooperative, Chesed Farms in Walla Walla to Sound Audio here in Olympia, there are lots of reasons to be hopeful for continued growth in our area. Look out for information about 2023's Cooperative Academy, happening this spring in Lewis County.

And new cooperative ventures need our support! We are highlighting two in this issue, Capital Homecare Cooperative (page 8) and Blue Heron Bakery Co-op (below). We hope you'll learn more about these local businesses and find ways to support them, at the Olympia Food Co-op or beyond!

Spotlight on Blue Heron Bakery: *Olympia's Cooperative businesses are growing!*

By Kate Tossey, Staff Member

Blue Heron Bakery, serving our community for over 40 years, will become a community-owned cooperative in 2023. The bakery joins a number of successful businesses operating as co-ops, to the benefit of both workers and consumers. "Our intention is to keep the legacy of the bakery vibrant for future generations," said current owner Evan Price. "We have been sustained through community support all these years, so it makes sense to entrust the bakery to our customers and workers."

The new Blue Heron Co-op will be worker managed and owned by both consumer and worker members. Both member groups will have seats on the Board of Directors. The mission of the members is to nourish a vibrant local economy and culture by keeping money

in the community, and by partnering with other local businesses and cooperatives.

For the past several decades, Blue Heron Bakery has provided the area with delicious natural food. Since they opened in 1977, some things haven't changed, such as their strong sense of community and high-quality ingredients. A few years ago, they moved from Mud Bay to their current location on Harrison, next to Don Juan's Mexican Kitchen and Cantina. This allowed Blue Heron to expand into a café, which led to a larger menu.

Their primary motivation for the change was the ability to have a café, where guests can enjoy freshly-made breakfast, lunch and light dinner items. Along with meals and bakery items, the café has a coffee bar where they serve Blue Heron Blend dark roast espresso as well as other locally roasted coffee. Another addition was an ice cream bar where Blue Heron's team creates ice cream using their house-made flavor mixes. On top of all that, they also offer a toast bar, grab 'n' go sandwiches, fresh pastries and two soups of the day.

Besides serving food that is healthy and wholesome, Blue Heron provides many options for those on alternative diets.

Blue Heron Bakery granola, which is distributed across the entire west coast in addition to our co-op locations, is sweetened with whole fruit, making it both delicious and vegan. In the café, their soups of the day always have vegetarian or vegan and gluten-free options. They also always stock a gluten-free pizza option. The pizza dough is a special blend of four flours, including tapioca flour, developed at the bakery. Two other gluten-free items to explore on their menu are a gluten-free focaccia bread and gluten-free loaves.

Like their tagline states, Blue Heron Bakery was “Natural Before it was Fashionable.”

Blue Heron Bakery started during a time of great social movement seeking more sustainable food and economic systems. Sharing a birth year together, the Blue Heron Bakery, the Olympia Farmer's Market and the Olympia Food Co-op were all products of this counter-culture food movement and continue to bring delicious products and innovative ways to support healthy local foods to Olympia today.

“We have the best gluten-free pizzas. I’m not big on gluten-free, and even I like it,” says Evan. “People are mad about it!” The vegan peanut butter spelt cookie Blue Heron Bakery serves ready-made is one of the most popular items for many years running. There is also a great tempeh reuben, which has a vegan option. It comes with slaw or sauerkraut, and a house-made marinade.

Being community-minded, Blue Heron Bakery distributes delicious products to many local retailers, including the Olympia Food Co-op, a booth at the Olympia Farmers’ Market and more. They also donate to many local organizations including EGYHOP, GruB, SafePlace and the Thurston County Food Bank.

How will the new membership work? The membership cost is \$77, and folks have to be 18 or older to join. The price is FULLY refundable. If you decide to leave the co-op, the co-op will purchase your share back from you. This is the norm for how co-ops operate. (It’s the same with the Olympia Food Co-op, for example.)

The Blue Heron Co-op Board has set the member discount rate at 7%. This means that if you buy a loaf of bread and a bag of granola every week, members will save that \$77 in about a year’s time. That’s a good investment — for members, for our community, and for a sustainable food system for our future! ■



The worker and member owned cooperative model has many benefits for all! photos courtesy eatdrinkseeoly.com

THE OLYMPIA FOOD CO-OP IS HIRING!

The Olympia Food Co-op is Hiring Full Time Employees

- \$18.42/hour with annual increases
- Medical, dental, and vision insurance
- Vacation and sick pay
- 20% discount on groceries
- Participate in a democratic workplace
- Make good food accessible to more people
- People from all backgrounds are strongly encouraged to apply



Staff Applications are available on our website and in-store at the customer service desks and, online at: olympiafood.coop/join-us/employment/staff-job-description. Questions? contact hiring@olympiafood.coop

Applications include a general description of our staff positions, requirements and preferred qualifications, as well as wage, benefit, and hours information.

Applications must be submitted by 9pm on March 31st



Spotlight on Capital Homecare Cooperative:

Round UP!

*at the register
to support
Caregiver Ownership*

Capital Homecare Cooperative is a fairly young, worker-owned venture reaching out for community support and help spreading the word about their good works. CHC is a team of extensively trained Home Care Aids and Certified Nursing Assistants working together to provide compassionate care for elders and people living with disabilities. From transportation to meal planning to personal care support, CHC caregivers are working every day to help vulnerable members of our community stay in their homes with safety and dignity.

Providing care at home is an essential service in our area and caregiving work is challenging, with a workforce that typically sees high turnover and training difficulties. That's just one of the reasons that the cooperative model is a great solution for both workers and clients. At CHC, the empowerment and stability that comes with a sense of ownership also fosters a more nurturing environment for clients. Caregivers at CHC have a voice in all business-related matters and have a share in profitable periods. Clients are also more empowered in this model, having the final say in how service is provided, transparent communication with all parties about the care plan, and allowing for deeper relationship building with caregivers.

Making it through the pandemic was difficult for most businesses, and despite recovery CHC has been struggling with low client hours and the ongoing need to hire more workers. Funds gathered through this latest Round Up at the Register would be utilized for ongoing staff development and training as well as to encourage more people in our area know about & utilize this service. CHC needs community support to grow and to continue to provide exceptional service to seniors and folks with disabilities in our community who rely on daily care to remain at home in a safe and supportive environment. Let your cashier know that you'd like to Round Up, the next time you are at either of our stores.



Scott Dixon, care coordinator, & Paulette La Douceur, general manager

pocket change makes real change!

CO-OP MEMBER SPRING SURVEY

By the Member Relations Committee

Today, no matter how modern, and sometimes divisive, the world continues to grow, sharing with each other still means caring. Our voices are an essential part of cooperative life and a vital contribution to how our co-op serves the wellbeing of our community. For us as members—whether it's in person at the cash register, in the comment section of the website, in the suggestion box, or through the grapevine—our feedback matters. It is crucial in helping our staff and board members to understand what our community needs, address things needing change, and to prioritize what our community considers most important.

Member Relations Committee of the Board has created a Member Survey that asks us to dive deeper into what matters most to us. Please take time to share your thoughts with us, either online at olympiafood.coop or with a take-home-and-return survey from the store, available at check-out and customer service. This survey will be available until March 31st, and we will be following up with Co-op Conversation events throughout 2023 to help assist in the process of inclusive communication and visioning.

Olympia Food Co-op at Spring Arts Walk

Stop by and check out the artwork of Co-op staff and members! At our Olympia downtown office location, 610 Columbia Street, April 27 & 28.



ceramics by Joelle Montez

36th Annual Thurston County Bicycle Community Challenge

Whoooo is going to



ride their bike today?

**Log your rides for fun or
transportation and win prizes!
Get a free treat for biking to the Coop!**

**Learn more & sign up at:
bcc.intercitytransit.com**

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DELI FAVORITES

Intro and photos by Monica Peabody, Staff member

Great food does not need to be complicated or difficult to make. If you are starting with fresh, organic, local (if possible) food, you will not need a lot of extra ingredients for these dishes to shine. What you want to do is get out of the way and let the amazing flavors express themselves.

In our Co-op Deli, we get to do just that. Staff members are often making soups, meals and salads with produce delivered by local farmers that morning! We buy local ingredients when we can and use all organic produce. We have a lot of simple recipes and would like to share a few of those with you.

Siobhan, Elaine and I are sharing recipes for items you may have already tried. You will find them regularly at our salad bar at our Eastside store or in the grab-and-go at our Westside store. They are easy to make, don't have a lot of ingredients, but end up being impressively tasty.

If you'd like to learn more deli favorites recipes, attend Monica's class, Deli Favorites, on Saturday, March 18th, 4-6 pm. You can learn more and register at our website. <https://olympiafood.coop/event>

CURRY CHICKEN SALAD

Recipes this page by Monica Peabody, Staff member

We make many types of chicken salads in our Deli and serve them on sandwiches or packaged. Here's one of my favorite chicken salads, eaten my favorite way, on romaine lettuce leaves.

3 - 4 chicken breasts
2 Tbsp olive oil
2 Tbsp fresh chopped garlic
2 Tbsp grated ginger
1 Tbsp turmeric
1 - 2 tsp salt
2 tsp black pepper

1/3 cup dried cranberries
1/3 cup toasted chopped almonds
4 scallions, chopped
1/2 c to 1 c mayonnaise
Juice of 1/2 to one lemon
1 Tbsp curry powder
Salt and pepper to taste
Romaine lettuce leaves

Rub chicken breasts with olive oil. Mix garlic, ginger, turmeric, sea salt and black pepper and rub over chicken. Roast in a 350° oven until the thickest part of the breast is registering 160° on a meat thermometer (the heat will increase to 165° as it sits), or if you don't have a thermometer, until they are cooked all the way through and the juices run clear. Let chicken cool, then shred.

Sprinkle cranberries, almonds and scallions over shredded chicken. Combine mayonnaise, lemon juice and curry powder and mix until smooth and creamy. Mix into chicken. Taste and if needed add more salt and pepper. Spread onto romaine leaves and enjoy!



DILLICIOUS CUCUMBERS

This is a fun, easy and delicious salad I like to make when I have fresh dill at hand. It's like eating pickles before they're pickles. You can make this as large or small as you like, it keeps well for a few days in the fridge. As a result, I won't include amounts in the recipe.

Cucumbers
Red onion
Fresh dill
White vinegar
Water
Salt
Pepper

I like to ribbon strip my cucumbers, leaving thin lines of the peel on. Or you can leave all the peel on or strip all the peel off—however you best like to eat cucumbers. Slice cucumbers and red onion and combine. Chop dill fine and add to cucumbers. Make a dressing of equal parts white vinegar and water. (You can substitute other mild vinegars.) Add salt and pepper to taste and pour over cucumbers. Mix well and enjoy!





SWEET POTATO PATTIES

By Elaine Hacker, Staff member

This recipe is for 4 patties. Serve warm, with Cilantro Chutney (recipe follows).

1 yam, cooked and mashed
(peel on or off)

1 Tbsp curry powder

1 tsp cumin

1½ tsp sea salt

1 tsp black pepper

1 tsp paprika

1 egg

½ c panko (gf panko works great)

2 Tbsp flour (gf flour works great)

1 Tbsp olive oil

Mix all ingredients together except olive oil, which you will use for cooking. Shape into patties. Pan fry until patties are heated through and nicely browned. Alternatively, bake in a 350° degree oven for 20-25 minutes.

ROSEMARY BEETS

By Monica Peabody, Staff member

Perhaps one of our easiest recipes aside from lemony kale, rosemary beets are definitely a Deli favorite. Again, you can make this salad as large and as small as you like, from one beet, if you're eating alone, to 25 pounds of beets, like we do in the Deli. I won't include amounts in the recipe.

Beets

Fresh rosemary

Olive oil

Balsamic vinegar

Salt

Pepper

In the Deli kitchen, we boil our beets. At home, I chop and roast my beets. Either way works to make this delicious salad. If you have the time, you can boil the beets whole. It takes a fair amount of time until they are soft all the way through, which you can check periodically by piercing them with a knife. You will probably need to add water from time to time until they are done. So, unless

you are cooking a lot of beets, it makes sense to chop them into bite-sized pieces before boiling or roasting them. If you are roasting them, drizzle with a little olive oil, then roast in a 400 degree oven or toaster oven until they are soft through. It doesn't take long once they're cut up to cook them either way.

Add chopped rosemary to the cooked beets and drizzle with olive oil, balsamic vinegar and salt and pepper until they taste the way you like. Enjoy!



CILANTRO CHUTNEY

1 bunch cilantro (I use the stems)

2 Tbsp olive oil (optional)

½ c lemon juice

½ c agave

½ tsp salt

½ tsp black pepper

1 tablespoon fresh ginger

Mix ingredients in a blender or food processor until well combined. Serve with patties.

BASQUE BURNT CHEESECAKE

By Siobhan Lim, Staff member (adapted from Bon Appétit). Makes one 10" cake.

For this recipe you will need: 10" springform pan, measuring cups/spoons, stand mixer, mesh sieve, rimmed baking sheet, parchment paper, spatula

unsalted butter (for pan)

2 lb cream cheese, room temperature

1½ c sugar

4 large eggs

2 c heavy cream

1 tsp kosher salt

1½ tsp vanilla extract

1/3 c all-purpose flour

Place a rack in middle of oven; preheat to 400°. Butter pan, then line with 2 overlapping 16x12" sheets of parchment, making sure parchment comes at least 2" above top of pan on all sides and in an "x" pattern. Because the parchment needs to be pleated and creased in some areas to fit in pan, you won't end up with a clean, smooth outer edge to the cake; that's okay!

Do Ahead: Cheesecake can be made 1 day ahead. Cover and chill. Be sure to let cheesecake sit for several hours at room temperature before serving.

Place pan on a rimmed baking sheet. Beat cream cheese and sugar in the bowl of a stand mixer fitted with the paddle attachment on medium-low speed, scraping down sides of bowl, until very smooth, no lumps remain, and sugar has dissolved, about 8-10 minutes depending on cream cheese temperature.

Increase speed to medium and add eggs one at a time, beating each egg 15 seconds before adding the next. Scrape down sides of bowl, then reduce mixer speed to medium-low. Add cream, salt, and vanilla and beat until combined, about 30 seconds.

Turn off mixer and sift flour evenly over cream cheese mixture using a fine-mesh sieve. Beat on low speed until incorporated, about 15 seconds. Scrape down sides of bowl (yet again) and continue to beat until batter is very smooth, homogenous, and silky, about 10 seconds.

Pour batter into prepared pan. Bake cheesecake until deeply golden brown (or "burnt" looking) on top and still very jiggly in the center, 60–65 minutes.

As it cools, it will fall drastically. Let cool completely, then unmold. Carefully peel away parchment from sides of cheesecake. Slice into wedges and serve at room temperature.



Planning and Planting Your Garden:

BASICS FOR A SUCCESSFUL HARVEST

By Jennifern Falknor, Staff member What can be better than the joy of living off the land, harmonizing with nature, picking fresh fruits and vegetables for your evening meal? But before you even buy your seeds or seedlings, you need to consider several important questions.

Planning Goes a Long Way

What space do you have for your garden? Where is it located? How much light does it get? Will it be in containers, raised beds, or at ground level? What is the soil type and what amendments will it need? How much garden can you manage? It's better to start small and build upon success than to start with 10 acres that quickly get out of hand.

You might want to start with window boxes, porch containers or a small kitchen garden just outside your door. These are great for fresh herbs that can wonderfully enhance your meals.

Outdoors, with yard space, you could have raised beds: boxed or simply heaped up, depending on your resources.

Ground level gardening is another option, if the soil is rich and well-draining. However, in our rainy cool climate, you might prefer to use raised mounds or rows. Some plant roots, like tomatoes, carrots, and parsnips, go deep - 2 or 3 feet. Others, like alliums and herbs, will maintain more shallow root systems.

What do you really want to grow? You may love peaches and figs, but some garden projects and crops can be tricky and sporadic. I think it's better to start with the ones that will give you a better chance of success. Crucifers and alliums love our climate, for example. Melons, on the other hand, will need extra help to survive.



Deep Harvest Farm and Seeds of Whidbey Island has a great planting chart, found at deepharvestfarm.com/planting-calendars

Once you have made a few choices about the types of plants you'd like to grow, next consider the question, *how deep will the soil need to be for the roots of your chosen plants?* Then, you can move forward with the containers and beds you've decided on and get ready for planting.

Over-planting is ok! Not every crop will provide bounties every year, but if you have bumper crops, you have some to share with your neighbors, and they may have some others to share with you.

Amend soil before you plant!

Determine what kind of soil you are dealing with: is it sandy, loamy, more like clay? And then consider a test for pH and available nutrients.

Most veggies we eat and grow evolved in the Mediterranean region and need rich, loamy soil that is more alkaline than acid. You might need to add compost, manure, lime or other amendments for successful growing. Investing in a pH tester is very helpful, although with a little practice you can learn a lot from the smell and texture of a handful of soil, e.g., acidic soil smells sour; alkaline soil smells sweet. Your soil should hold together when it is moist but crumble up easily. Whatever soil you are dealing with, adding more organic matter will always help.

Maintaining your garden

Watering: you can hand water (good for seedlings), use an overhead sprinkler (ok for cool, thirsty crops with shallow roots), or use a soaker hose (more efficient, less waste, and better for hot weather plants). The important thing is not letting your soil dry out, and watering deeply enough to get to the feeder roots. Mulching can help to keep soil at an even temperature and retain moisture. It makes a better environment for tiny animals - beneficial and harmful alike, but monitoring things should keep potential problems at bay.

You might think about rain collection, and using household wastewater to supplement your watering system. Again, this needs an article by itself. And the internet has tons of useful info.

There are many strategies for gardening. Each of these deserve their own article, but there is a lot of info online. Some that you may want to explore are:

*Square foot gardening / Companion planting
Winter gardening / Rotational planting / Cold frames
Kitchen Gardens / Victory gardens / Greenhouses*



Plant clumps of flowers amid your veggies to attract beneficial pollinators

Diseases and pests

First of all, all that life out there is part of nature - we are the interlopers! But we can fit in, in an environmentally friendly way. Think of bugs, diseases and other pests as indicators. A healthy, organic garden may have a few bug bites, but that has been proven to make plants stronger, and send out signals to others for defense.

Some that are wiser than me have said that 85% of your garden is for you to harvest, 10% is for wildlife, and 5% for gleaners. Don't bother trying for 100%; it's not going to happen.

Having said that, there are some critters that will try to wipe out your healthy, lush, abundant plants. Deer, rabbits, and voles for instance will crop your prized lettuces to the ground, and thank you kindly with manure droppings. Luckily, there are many ways to protect your plants.

Chemical warfare? Some folks say they have success with this. I have saved my eggshells and ground them up in a meat grinder, added blood meal and sprinkled it on every leaf to protect them from deer and rabbits. It works until it rains. Same with using Sluggo or beer baits for snails and slugs. Others use predator hair (from humans, dogs and cats for instance) hanging from trees and shrubs to deter hungry vegetarians.

continued on page 16



Gardens, continued Whirligigs and fluttering streamers may help to scare critters away. Scarecrows can work for a time, if they have some movement in the breeze. The Havahart Scareaway is triggered by movement to send out a spray of water to send them running. The trick is to be smarter than the wildlife (not as easy as it sounds), as they can learn to ignore many deterrents after noticing that there is no predator danger around (us).

For bugs and diseases, keep in mind that a healthy garden will be abundant with insect life. Some eat other insects, and spiders are your friends! I move their webs from across the path and place them between my raspberry canes, and they learn that it's ok to weave their beautiful webs there. Yellow jackets and bees are very polite if you move slowly and don't try to swat them, and while the bees are pollinating, yellow jackets vacuum each leaf and stem, top to bottom, eating all the aphids, caterpillars, white flies, etc. as they go. Millipedes eat many

bugs on or in the ground. It's the same for the birds; yes, they will eat a slice out of a perfect strawberry or raspberry, but they also love to eat insects and are vital to a healthy garden. Let them have a few berries. They will reward you with their songs and fewer insects.

Safer has many products that can help. Think of these products as triage. They will take care of the immediate problem, but diseases and insect damage are indicators of a deeper problem: are your plants getting enough water? Nutrients? Light? Are the roots too crowded? Soil too dense? Try to figure out why your plants are struggling. Take a damaged or discolored leaf to your local extension agency and they can tell you whether your plant is magnesium deficient or is being attacked by leafhoppers, for instance. Aphids prefer stressed out plants that are not getting enough water or nutrients. So, make sure your treatment fits the problem.

Chickens and ducks can be a big help in the garden. Keep them out when you have a lot of tasty seedlings, but when your plants are bigger, they can eat a whole lot of bugs. Ducks love slugs! Some folks plant catnip around the yard to encourage neighborhood cats to hang out, which will keep rabbits away. I know of one organic filbert farm that keeps the squirrels at bay by allowing their neighboring coyotes to roam freely. Be creative!

And when all else fails, use deer netting and fencing, and bird netting to protect your crops.

Gardening is a labor of love

You can't plant your garden and then walk away and expect a harvest in September. It doesn't work that way. Plan your garden for the amount of time and other resources that you genuinely have to ensure success. Start small and build on success. Rotate your crops, and plant things that like each other together. With good planning and a little work, you can harvest food 12 months out of the year. There is nothing better than making a salad out of the lettuce, chives, and nasturtiums freshly picked from your garden! And, above all, have fun with it!



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Community Sustaining Fund

Spring 2023 Grant Recipient Report

By Desdra Dawning, Co-op Member

For 36 years the Community Sustaining Fund (CSF) has funded individual's and organizations' efforts to strengthen the fabric of people, environments & habitats that make up our Thurston County communities. We sincerely thank all who support the grant fund through the Olympia Food Co-op's Round-Up at the Register program. Round Up is made possible by the Co-op Board's sustained vision and commitment to community building, the invaluable Staff and Working Member cashiers who ask members if they would like to round up their purchase and explain the program to those who want to know more. And, of course the amazing Co-op members who kindly Round-Up to sustain a grassroots grant fund in their communities.

All grant funds are sourced from community member donations - and 100% of donations go directly into the grant fund! CSF grants are awarded annually in the Spring and Fall. Available funds vary each cycle. Sign up for the CSF newsletter at oly-wa.us/csf to receive notice when the grant rounds open. Follow the Community Sustaining Fund of Thurston County on Facebook and Instagram to help spread the word that we have a local grant fund!



These are the recipients of the last grant cycle of 2022, supported by extra giving at the Co-op register:

Nisqually Reach Nature Center (NRNC)

NRNC is located on the Puget Sound, as part of the Billie Frank Jr Nisqually National Wildlife Refuge. This small non-profit center handles important research through their Forage Fish Citizen Science Surveys Project. Local citizen scientists, using microscopes for the research, examine sand gathered from beaches in the area during the season when forage fish (surf smelt and sand lance) spawn, laying their eggs in the sand. Their life cycle is an important part of that of the salmon who feed on the forage fish. We helped them with \$605 toward a new and better microscope.

Jolt News

Jolt News is a "Journal of Olympia, Lacey and Tumwater", reporting online on local issues. Danny, the Project Coordinator, spoke with us during our interview session about the need for stipend funds for their writing contractors, part-time editor, reporters and researchers. There is no local non-partisan news source that covers so many of the various meetings, citizen actions, and other important happenings in our tri-city communities, particularly those related to social justice, community-building and the environment.

In order to gather all of this information, 5 reporters and 2 assistant editors are employed. They came to CSF hoping to help with stipends for these important members of the news team. We were able to fund them with \$1,500 toward their request.

Community Farmland Trust (CFLT)

CFLT supports local farmers and the land upon which they do their vital work—bringing forth the food that we all depend upon for our very sustenance. They do this by securing land that might otherwise become subject to development and retaining it for agricultural use. They also produce a comprehensive yearly publication, "Fresh From The Farm", which lists farms, CSA's (Community Supported Agriculture), and Farmer's Markets in our region, along with other valuable information.

They are in the process of migrating and updating their Information Technology services from Washington State University to an in-house system, which will greatly reduce their costs for this service. We were able to help them with \$750 toward their request.

Community Nature Foundation (CNF)

This local non-profit works to protect the ecosystems of urban forests and open spaces from development through community projects. CNF came to us to help with a fundraiser for a project they call "Save Ferngully Forest". This piece of land, located in East Olympia, is next to a wetlands and Indian Creek. It is up for sale and potential development, and CNF is planning a fundraiser in the hopes of purchasing the land to stop any development from happening.

Still in planning stages, this event is being designed to bring in high-level entertainment in order to draw major funding to complete a sale currently being negotiated with the owners. CSF was able to fund them with \$750 toward their request.

The Community Sustaining Fund of Thurston County: "Building community one grant at a time."

GRANT SCHEDULE FOR SPRING 2023

Applications for micro-grants to local projects aimed at creating a more democratic, equitable, nonviolent and ecologically sound society can be submitted to: oly-wa.us/csf/

April 1 – Grant Round Opens

May 8 – Grant Applications due by midnight

May 20 – Grant Application Interviews

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To join, visit our storefront at 4419 Harrison Ave. NW #108, or online at BlueHeronBakery.com/join

OFC garden CENTER

Spring Hours Westside

OPEN EVERY DAY!

Mon - Thu 10-3 Fri - Sun 10-6

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
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Spring Co-op Community Classes 2023

We only have two submissions at the time of printing for Spring classes, but I'm imagining some may still be coming in, so keep an eye on the classes page on our website: <https://olympiafood.coop/event/>

Saturday, March 11, 1 - 3pm

Planning and Planting Your Garden

Co-op Downtown Classroom — 608 Columbia St SW, Olympia WA 98501

What can be better than the joy of living off the land, harmonizing with nature, picking fresh fruits and vegetables for your evening meal? But before you even buy your seeds or seedlings, you need to consider a few things. What space do you have? Where is it located? How much light does it get? Will it be a window box, containers, raised beds, or at ground level? What is the soil type and how rich is it? It's better to start small and build upon success than to start with 10 acres that quickly get out of hand. This class will cover the basics of how to plan and plant your garden according to the resources that you have available to you - space, budget, time, and other practicalities.

Jennifern Falknor gardens, has always gardened, and will probably always garden. Jennifern has been a farmer, had a landscape maintenance business, a native plants nursery, and has always had a huge organic garden. Few things give her more joy than sharing knowledge, seeds, and experience with others.

Saturday, March 18th, 4 - 6pm

Co-op Deli Favorites

Online Zoom Class

Do you enjoy eating from the Co-op Deli? Have you always wondered how we make a particular salad, soup, pickle, or dessert? This is your chance to learn how to make your deli favorites. Join Monica Peabody, Co-op Deli Collective member, who will take your suggestions of what to cover in this two hour online zoom cooking class.

Monica has been cooking for the soup and salad bar for 8 years and loves making good, fresh, organic and healthy food for the Olympia community and beyond.

If you would like to teach a Co-op class, please contact us at classes@olympiafood.coop. You can share your knowledge with the community, meet others with your interests and receive a Co-op discount card as a thank you for your time. Please contact us with your class proposals for this spring, summer, fall. Is there something you'd really like to learn? Is there someone you know who might be interested in teaching a Co-op class? Let us know. We look forward to hearing from you and hopefully seeing you at an upcoming class, as a learner or an instructor.

By Monica Peabody, Class Coordinator

Our winter classes have been truly inspiring! We have learned to take care of ourselves through aromatherapy, making healthy Japanese and Korean soups and sides and creating a pasta meal totally from scratch. We've learned to take care of our environment through Bokashi fermentation composting and growing fruit in our gardens. We've gotten to play with clay and make pots for our houseplants. I'd like to extend a hearty thank you to all of our skilled and fabulous teachers for sharing their knowledge and enriching our lives.



Interested in teaching a Co-op class? If so, contact our classes coordinator at classes@olympiafood.coop. You can earn Co-op working member hours for class preparation and teaching time!

4th Quarter 2022 Finance Report

By Jill Lieseke, Staff Member

We are well into the new year, year 2023. Many things that were once strange to us have now been normalized, and many things have gone back to “normal”. We are near the end of Winter and approaching Spring, which always brings with it new and fresh thoughts, ideas and a renewed sense of hope. Looking at the Co-op’s 4th Quarter 2022 financial report is also bringing new, fresh thoughts and ideas as the numbers are looking strong and stable. Inflation plays a part, however the continued support of our amazing Co-op community is really what is driving this thriving Co-op.

For your review is a condensed version of the Co-op’s Combined East/West 4th 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. Comparing actual sales to what we budgeted, our sales are significantly higher than what we projected, a little over \$1million higher. Since sales are over budget, then COGS are also over budget, resulting in a ‘Total Gross Sales Revenue’ of \$6.8 million. Compared to the budget, this is \$363,829 higher than what we expected for the end of year, seen in “Total Gross Sales Revenue.”

In the last Finance Report, it was mentioned that at the end of second quarter, the finance team re-worked the budget to be able to raise our staff wages for an ‘out of cycle’ cost of living increase. This was to be able to help keep wages more livable for our staff, which is why the staffing line item is showing about \$240,506 over what we had budgeted for in 2022. Operations is another consolidated line item that is showing that we budgeted for less than what we actually spent. There is one line item within operations that is significantly over budget--credit/debit fees. We have been looking into a different credit/debit processor to hopefully lower the expense of this line item for 2023 and beyond. There will hopefully be more information about this in the next newsletter.

‘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 a little over \$290,000 more than what we had budgeted for year-to-date. The Co-op is currently showing a ‘YTD Net Earnings’ of \$180,723. This is \$123,018 more than what we budgeted for the year 2022.

The Olympia Food Co-op will continue to ensure the financial health of the business, by monitoring the finances and making adjusting decisions when needed. The support of our community is what holds the Co-op together making us rock solid and we want you to know that we really appreciate your business and value your continued support. Questions? Comments? Email: jill@olympiafood.coop. ■

4th Quarter 2022 BUDGET REPORT

For The Year Ending 12/31/22

	2022 ACTUALS	2022 BUDGET	\$ OVER BUDGET
Revenue:			
Sales	19,245,723	18,195,504	1,050,219
Cost of Goods Sold	12,368,599	11,682,208	686,391
Gross Sales Revenue:	6,877,124	6,513,296	363,829
Other Revenue:			
	72,436	22,068	50,368
Total Net Revenue:	6,949,561	6,535,364	414,197
Expenses:			
Community & Marketing	103,115	97,070	6,045
Staffing	5,136,677	4,896,171	240,506
Member Discounts	430,064	435,914	-5,850
Operations	1,098,982	1,048,504	50,478
Total Expenses:	6,768,838	6,477,659	291,179
Total Net Income:	180,723	57,705	123,018

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



How about a
Co-op Gift Card?

by Linda Myers, Board member

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

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

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

Get one at the register the next time you shop!

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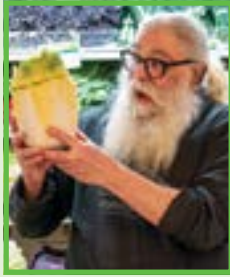
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Vice President Term 2021-23



Tanzania Ertel
Secretary Term 2022-24



Trudy Springer
Term 2022-24



Kate Cox
Term 2023-25



Andie Giron
Term 2023-25

Bernie Myer, who was elected in Fall 22 cycle, chose not to accept the Board seat. He shares,

"I feel that my proposed membership does not jive with the work of the Board to keep the Co-op going daily. I'm withdrawing my application. I still think that George Monbiot's book provides an excellent long term posture and encourage the Coop to consider that...Most important for me are my concerns about the dangers of nuclear weapons and human caused climate disruption. These realities have intensified since applying for board membership, as if intensification is even possible."

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

At its January meeting the Board of Directors welcomed two newcomers, Andie Giron and Kate Cox, while welcoming back Jim Hutcheon and Linda Myers. The board is currently meeting in person with a zoom hybrid option on the third Thursday of each month at 6:30 p.m. Come to the downtown office at 610 Columbia Street for the in person meeting or send an email to ofcboard@olympiafood.coop to request the zoom link.

Much of the work of the Board of Directors occurs in board committees. The committees are made up of Board members, Staff members and members at large. There are opportunities for members to be involved in getting things accomplished at our co-op through these committees. Committees actively soliciting for members at large are Member Relations, Expansion, Board Development, Eco-planning, and Local Farm, Food and Products. Email the Board if you have interest. (ofcboard@olympiafood.coop)

The Member Relations Committee is planning for member engagement opportunities as we truly want to hear what our members think about how things are working for them at the Co-op. The Board is planning some informal "meet and greet" opportunities out front of the stores for members to have the chance to meet and talk with directors.

In addition to member engagements, a new Board/Staff Relations Task Force, made up of board and staff members, has formed to address ways that these two groups can work together.

The Expansion Committee continues to meet and talk about the possibility of an expansion. Member feedback on this subject is invaluable so please let us know what you're thinking.

The Board Development Committee continues working with our Columinate consultant Jade Barker, writing the policies that will guide the Board's work. This committee will also be looking at the development of an 'application/orientation process' for applicants wanting to run for Director seats. Stay tuned.

Winter is quickly turning to spring and soon the Garden Center will be full of plants and supplies for your garden. Come on down to the Co-op, where you'll find starts and seeds, soil amendments, tools and all sorts of garden related items. Happy Spring! ■



Board members gather monthly, either in person or virtually

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
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International Workers Day

The Olympia Food Co-op will be closed on Monday, May 1 for International Workers Day. Closing for May Day is one way our staff collective has chosen to show solidarity with the struggle of workers around the world for fair compensation, safe working conditions, ability to unionize, and so much more.

Cecososola, a cooperative and collective in Venezuela, won the Right Livelihood Award last year, for "establishing an equitable and cooperative economic model as a robust alternative to profit-driven economies." It has achieved this in the face of serious problems in Venezuela — a financial crisis, food shortages, hyper-inflation, and a massive out-migration of 7 million people.

