

FALL 2023



Table

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

Grace Cox
& Cooperative Service

Get To Know Kingfisher Farm

Year-Round Garden Tips



Table

Published by

OLYMPIA FOOD CO-OP

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Front cover photo by Monica Peabody

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Editor's Note



It's going to be a busy fall at the Co-op! As grocers, we often find that the shorter, darker, and wetter days lead to more intense and busy shopping periods for staff to manage. This year we're also adding in a couple of big store projects that will get us new floors East and a new dishwasher, sink and production area in the back room West. Thanks to all for bearing with us as we make exciting improvements.

The issue finds us with great information about one of our favorite local farms, a couple of interesting recipes, lots of great garden tips to keep you going in the fall, and some proud accolades about one of our longest serving staff members, Grace. We also find ourselves ready for another election season - you might notice its happening a bit earlier than usual - and hope that you'll find a few minutes to vote for new board members. You can do this at our Annual Meeting on September 23rd, online through our website, or at either store.

Lastly, the fall season is a great time to appreciate your local farmers and business owners who have worked a long hot season making sure our local food economy is as vibrant as can be. We are certainly lucky to have so many local food options to fill our kitchens and bellies!

-Maureen Tobin, editor

Community Sustaining Fund

Report on Spring 2023 Grant Cycle

By Lisa Hoffman, Community Sustaining Fund

Thank you for supporting the Community Sustaining Fund! You walk the walk every day when you “round up for CSF” at the Olympia Food Co-op. Your generous donations allow us to fund individuals and organizations that strengthen the fabric of people, environments, and habitats throughout our Thurston County communities. 100% of your contributions go directly into our twice-yearly grant cycles. Every spring and fall, we have the pleasure to help turn your spare change into action.

The most recent CSF Grant Cycle was held this past spring of 2023. Your round-ups allowed us to fund six fantastic organizations:

◆ **Black Power Initiative (BPI)** – CSF was able to provide \$600 to assist BPI in strengthening the financial safety net for black community members through the allotment of small low-barrier cash grants and by offering connections to other community resources.

◆ **Love Abounds (LA)** – CSF was able to provide \$600 to help LA purchase supplies and provide laundry services to people experiencing homelessness in Yelm.

◆ **Our Ark (OA)** – CSF was able to provide \$600 toward the purchase of food to be distributed by OA through street outreach to young people experiencing homelessness.

◆ **Restoring Earth Connections (REC)** – CSF was able to provide \$600 in order to help REC expand their presence in the community with the goal of raising awareness about the symbiotic relationship between people, trees, and the Earth.

◆ **Thurston Housing Land Trust (THLT)** – CSF was able to provide \$600 to facilitate educational events that allow THLT to affirm the role of affordable housing in community well-being

◆ **Treble Voices for Peace (TVP)** – CSF was able to provide \$600 so that the Olympia Peace Choir could create a choir that focuses on music written by and for women and gender minorities, and that welcomes women and gender minorities into a safe, creative space.

Sign up for the CSF newsletter: oly-wa.us/csf

Consider joining our Leadership team: <https://oly-wa.us/csf/About.php>

Follow CSF on Facebook and Instagram to help spread the word!

Round UP! to support Community Sustaining Fund of Thurston County

Your spare change empowers the CSF to invest in local social justice and environmental projects.

Tell your cashier you'd like to round up today!

Thank you again for rounding up at the Co-op! YOU make this all possible.

GRANT SCHEDULE FOR FALL 2023

Grant criteria and application can be found on the CSF homepage: oly-wa.us/csf/. Applications can be submitted via email or hard copy.

Sept 25 – Grant Round Opens
Nov 6 – Grant Applications due by midnight
Nov 18 – Grant Application Interviews

Grace Cox Wins Cooperative Service Award

By Monica Peabody, Staff member

October is National Co-op Month and it seems fitting that we get to brag about one of our collective members who has dedicated decades to developing and supporting food co-ops and cooperative values both in our little town of Olympia and across the nation. We are so proud of our longtime Co-op staff member, Grace Cox, who was recognized by the Consumer Cooperative Management Association (CCMA). On June 10th in Sacramento, CA, she received a national award for her work in service to food co-ops. The Cooperative Service Award is given to an individual who has made outstanding contributions, whose accomplishments are consistently viewed as models by other cooperators, and who has made a profound difference in store operations and member services. Grace is recognized for not being afraid to take risks to achieve positive change and for being a champion of the cooperative principles:

- Voluntary and Open Membership
- Democratic Member Control
- Member Economic Participation
- Autonomy and Independence
- Education, Training, and Information
- Cooperation among Cooperatives
- Concern for Community



Pictured above: Grace Cox with her Cooperative Service award. Scattered throughout: photos of Grace and comrades across the years, inevitably entwined with and rooted in Co-op community

Recipients of this award are regarded as mentors, innovators, and leaders. Their accomplishments have not only enhanced the stature, reputation, and overall strength of the cooperative community, but the significant changes they have instituted have helped their cooperative to better achieve its goals. Grace has been doing this work for nearly 40 years, representing the Olympia Food Co-op and our values and practices on the national food co-op scene. She has built tremendous respect nationally for what we have achieved here in Olympia as you will see in the following excerpts from the nomination letters submitted from her colleagues near and far.

Over the 39 years Grace has worked at the Olympia Food Co-op, she has been one of the primary forces of leadership, innovation, creativity and mentorship. In 1984, our sales were approximately \$500,000 in 2500 square feet of retail space. With Grace as our Merchandising and Finance Coordinator, we quickly grew to over 1 million in sales by 1989. Grace worked with Harry Levine to plan and create all aspects of our second store and opened the 5,000 retail square foot eastside store in 1994, which became profitable within two years. In 2023, we are expecting \$20 million in combined sales from both stores.

Since 2011 I have witnessed the energy, knowledge and integrity that characterizes the many hats Grace wears at the Olympia Food Co-op. Because of her long tenure, Grace is a valuable mentor, both to staff and Board members. Her institutional knowledge is handy, in terms of practical matters on the floor and in terms of long-term planning. Grace is consistently patient and professional, even under what can sometimes be severely trying circumstances. She's a favorite of long-term shoppers who appreciate her humor. When I visit co-ops in other cities, I will often chat with staff members and inevitably, someone will have a positive anecdote about Grace. I believe it's fair to say Grace's reputation enhances that of the Olympia Food Co-op. I have seen Grace stand up forcefully for the Co-op's values and principles. This means occasionally having difficult conversations and I have long admired Grace's willingness to do the uncomfortable thing in service of the principles that unites us as cooperators. Grace is a positive force in our community. Her musical abilities and her exhortation that "anyone can sing" is yet another way that she encourages others to find their voice.

Twelve years ago, Grace was offered a contract to guide Alberta Co-op in the process of implementing the membership vote in favor of collective management. She took a one year sabbatical from the Olympia Food Co-op to do this work. She entered an organization that was in limbo, operationally and culturally. Most of the staff supported the move to co-management, but many did not. Building trust between staff members could have been a commendable achievement for one year. Simultaneously helping implement policies and procedures to sustain co-management was a tall order. What I witnessed and participated in over one year's time was a remarkably successful transformation. She provided the space to build trust in each other and our new style of management, while ensuring the business embraced best practices and operated at a high level. The gradual improvement in trust among the staff and buy-in to our new operational structures couldn't have been possible without her and her years of experience at a collectively managed co-op. But even more important, she showed genuine care for our success and our journey toward co-management. I ended that year pleasantly surprised by what we'd all accomplished and deeply sad to be saying goodbye to an amazing leader, cooperator, comrade and friend. Grace stands out because of her serious dedication to food access, cooperative business, democratic ideas and worker empowerment.

Grace deeply believes in cooperatives as a force to bring justice to the world. This belief led to her personal involvement as a founding member and long-time board member of the Domestic Fair Trade Association.

DFTA fosters collaboration between farmers and farmworkers in the US and Canadian sustainable agriculture movement and is dedicated to principles of fairness and equity by uniting those efforts with mission-based traders, retailers and consumers. Grace warmly embodies the co-op values of social responsibility, solidarity, honesty, equity and democracy and always centers the experiences of those who do the work. Grace models continual learning in the way her ear is attuned to those most affected by decisions - she is listening, curious and asking questions. She believes in cooperatives as a business model and social justice as a core philosophy and understands their power when paired. These qualities mean that Grace activates and motivates other leaders within cooperatives and the fair trade movement and that she speaks equally for living wages and fair working conditions for cooperative grocery workers as for farmworkers and other workers in the food supply chain. Her outstanding contributions to these spaces over the decades reflect her personal commitment to living and working with dignity. Grace's ethos of cooperation and concern for community had a solid home at the DFTA. We will never forget the many times she grounded our meetings





ative Grocers Association (NCG). Grace threw herself into the group with passion and zeal for what co-ops could do by working together. Grace is equally passionate about collectives as a management structure, striving to help others build consensus skills wherever needed. Grace is looked upon as a mentor, though it's always done with humor and a sense of cooperative spirit, ensuring that the needs of all are considered and incorporated, or at least heard. Grace regularly stepped up - either to voice her opinion, to get active on a committee and to advocate for all of us.

While many cooperators demonstrate a commitment of service to others, few embody that commitment as fully or as tirelessly as Grace. She served on the Board of Directors for NCG for over a decade. Her sharp knowledge of finances was critical to forming NCG's Risk Management Committee, first on the Western Corridor and later nationally. Grace made it a point to find a way for committee members to learn how to be gracious, all the while helping others be better fiscal managers and offering herself as a resource to any co-op that needed it. NCG is a better organization because of Grace's services. Many of us at NCG and in the larger co-op community see Grace as a moral compass, who insisted that NCG's development not come at the expense of co-op's individual needs or priorities. She advocates for co-ops to take a stand on social justice issues, educating us about the amazing history of activism in the co-op movement and reminding us that co-ops can continue to be an instrument for change and for good. Grace has been a consistent voice advocating for transparency, democracy and a strong member voice in NCG. Her influence is woven into the fabric of NCG. She has pushed the organization from the very beginning to adopt language and structure that align with the cooperative principles and to the values of a just, equitable world. NCG is rich in principled staff and members, but Grace has brought a clarity of vision and a consistent commitment to principles that stands out. I believe Grace's work has made a real difference to co-ops all over the country.

Grace is a passionate champion for labor rights and if you catch her in the right mood, she might sing you amazing songs from the labor movement. She taught many general managers how to deliver critical feedback with respect and compassion, and maybe a little self-effacing humor, without undercutting the substance of the critique. She reminded many co-ops that they can prioritize environmental or social justice causes. Grace represents one of just a handful of co-ops in NCG that are collectively managed and serves as an advocate for her co-op and other co-ops with democratic management structures. In addition to patiently educating many of us about how collectively managed co-ops work, she reminds all of us that anyone can be a leader - not just those with "manager" in their job titles. She sees the potential for leadership in everyone. At the same time, she never sugarcoats what it takes to function as a collective and makes sure other co-ops considering collective management understand the commitment. Collective management relies on employees all contributing extra discretionary time and energy toward leading and managing the business and because of her experience, dedication and passion for non-hierarchical management, Grace has spent decades supporting the success of collective management at her own co-op as well as other co-ops. If there's an opportunity to serve a cause at the intersection of food and activism, I'm never surprised to find Grace has been or continues to be involved.

Grace has served the co-op community and her local community in many

by fully explaining consensus decision making to a room of collaborators with varied experiences. Grace is highly skilled with group processes and wisely, she places trust in environments in which all participants may contribute to and support decisions. Her consistent, calm and distinguished leadership enhances the cooperative movement and its impact. We were all better at cooperating after an afternoon or even five minutes with Grace! Her exemplary desire to truly listen, her mastery of processes and decision making styles and her commitment to cooperative principles is remarkable. Grace believes in our collective ability to build a strong, just future through cooperation. We are grateful for the inspiration her work provides.

I met Grace at the 1984 Provender Alliance Conference where she filled the room with her warmth, her really big laugh, her loud voice and her passion and enthusiasm for the work we were doing. She made everyone feel welcome, as if they were part of something great, which we were and still are. We worked together to form the first regional Northwest Cooper-

ways over the years. Perhaps most consequential for the long-term future of the co-op world at large was her work on the team that negotiated the first regional supply contracts with Mountain Peoples Warehouse which later became United National Foods, Inc. (UNFI). Those contracts created substantial cost of goods saving for co-ops in the west. Grace was part of the first national negotiating team that then went on to serve on advisory committees related to the contracts. Today, the NCG national supply contracts with UNFI are integral to the success of co-ops all over the country.

For Grace, promoting cooperatives, workers rights and justice is not something she just does at work, it's who she is. Grace has always been the first to remind or teach everyone about the importance of giving voice to and respecting the work and opinions of all workers and people who are normally marginalized. She would be the first to question the sourcing of products and whether a company abuses its workers or pays only lip service to publicly aspirational ethical standards. On many occasions, Grace had the courage to be the only voice in the room reminding us of our shared, higher values. The only voice, that is, until she persuades the rest of us with her great intelligence and remarkable humor. Over the years, Grace became a mentor to countless other leaders in the cooperative movement, due in part to her energy and willingness to spend so much time lending a hand to the movement she loves. Fundamental to understanding Grace's impact on so many people in the cooperative world is understanding that when our mission, values and morals become the very fabric of our businesses, and include the voices of the many, we do real good. Grace has never wavered in stating her opinion, but has always done so kindly and with great humor. She is wildly inspirational, incredibly smart, innovative, compassionate and handles opposition, may I say "gracefully," while helping the rest of us thrive.

Most US food co-ops that started in the 1960s and 70s experimented with alternative management systems, including co-management and collectives. But throughout the 80s and 90s, most converted to more traditional management systems. Today, very few food co-ops are collectively managed. The Olympia Food Co-op is the oldest consumer co-op with a collective management structure that operates with consensus decision making. It has been doing so for its entire 46-year history. Next year will mark Grace's 40th anniversary at the Olympia Food Co-op. Grace's contributions at the co-op have been extensive and wide-ranging, in the grocery department, in merchandising, training, as well as finance. The Olympia Food Co-op is well recognized nationally and Grace is consistently called on to provide advice, support and often technical assistance on how to sort through and improve on collective management systems. Grace has worked tirelessly to make sure that the Co-op fully lives up to the international co-op principles as well as core co-op values, especially democracy, equality, equity and solidarity. Those principles and values are not just a poster on the wall at the Olympia Food Co-op, they describe everyday interactions on the retail floor and in the back rooms of the co-op. Based on her deep commitment to the co-op as well as racial and social justice, Grace's impact has extended far beyond Olympia. She has been a steady force for supporting the growth and development of all area co-ops, even those operating using different management structures. Existing co-ops and new co-ops have reached out to Grace for help, guidance and the support needed to build a thriving cooperative economy.

You can see why we are bursting with pride to see Grace be recognized for her many years of labor, commitment and excellence, not only to our co-op, but to the national co-op movement. ■



And a word from Grace herself:

I went to Sacramento expecting to present the annual award for Cooperative Service to my dear friend Kelly Dean Wiseman from Community Food Co-op in Bozeman, Montana. Imagine my surprise when I heard my name called to also receive the same award. I never ever expected to be honored in this way. And honestly, I don't deserve this. I have never done anything by myself. All of the work (and fun) mentioned in the article was done shoulder to shoulder with some the finest, smartest, most dedicated people I know. The Olympia Food Co-op has given me opportunities I never expected to have. I have been inspired by the best teachers and activists. I am forever in their debt. This award may have my name etched in the glass but the honor and recognition belong to innumerable comrades and friends. Thank you all.

Vegan Sloppy Joe

By Daniel G. Bernstein, Staff member



- 1 Tbsp olive oil**
- 1 spring onion, diced**
- 1 small red onion, diced**
- 1 broccolini stalk, chopped**
- 1 small red bell pepper, diced**
- 1 small yellow squash, medium diced**
- 1 c purple cabbage, chopped**
- 1 pkg Sloppy Joe flavor PUMFU***
- 2 Tbsp BBQ sauce of your choice**
- Hot sauce of your choice** (*I used vegan wing sauce*)
- 1/2 c Violife Mexican Style Shreds**

On medium heat, heat the oil in a medium sauté pan. Add diced spring and red onions and sweat for about 5 minutes. Add the broccolini, red bell pepper, yellow squash, and purple cabbage, and sauté until tender, about 10 minutes. Stir in PUMFU, BBQ sauce, and optional hot sauce, and heat thoroughly, about 10 minutes. Stir in cheez shreds and heat until melted.

I like to toast the bun/bread, and then slather it with the Karam's Garlic Sauce (hot tip: Karam's is EXCELLENT slathered on the outside of your bread for the browning fat on a grilled "cheez" sandwich).

Pile on the sloppy joe - and bon appétit!

**PUMFU is a soy-free tofu made from organic, non-GMO pumpkin seeds; you can sub another flavor of PUMFU, or use tofu instead*

46th Annual Membership Meeting

Saturday Sept 23 11-4pm

Olympia Center & Percival Landing

Working Member
Appreciation!



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.

Indigenous Peoples Day is Monday, October 9



Modeled by Jennifern Falknor

Help the Co-op support the Native Northwest Reconciliation Fund by purchasing an orange "Every Child Matters" shirt. 50% of all proceeds fund initiatives that support Indigenous wellness, learning and culture. Featuring a unique design by Ts'msyen (Tsimshian) artist Morgan Asoyuf with the words "Every Child Matters" inscribed

in the center, these shirts help raise awareness of the impact of residential schools on Native People today, on those who did not make it home, and on their families.

WORKING MEMBER VIRTUAL ORIENTATIONS

with Alejandro Rugarcia

Now by appointment!

email: alejandro@olympiafood.coop





MAXIMIZING *Your Gardening Efforts*

By Jennifern Falknor, Staff member

Now that the frenzy of harvest is starting to slow down, this is a good time to start planning your next year's garden. Here is a brain-dump of ideas to utilize in your garden.

Many folks think our gardening season is between our last frost and the first frost in the fall, and even then, only when it stops raining and the sun comes out. In our zone, 8a, last frost can be anytime between 3/13 and 5/5 or even later, and first frost around 10/6-11/28, more or less. And while it may be true that the beloved warm-weather veggies like tomatoes, cukes and peppers do best in the hot sun (in fact they only grow when the temperature is above 60°), this does not apply to others like onions, parsnips (or, as I like to call them, "sweet roots"), kale, garlic, chives, peas, parsley, and many, many more.

We are blessed with a mild, maritime-influenced climate, without the scorching summer temperatures of a lot of our continent, as well as avoiding the crushing, long-lasting ice-chill of the rest of North America. Summer and winter are both gentle in our area, and this allows us to extend our gardening season to 12 months, with a little assistance. If you have a greenhouse, accomplishing this is so much easier. But even if you don't have a fancy greenhouse, you can be planting and harvesting throughout the year.

Winter gardening has a lot of advantages, such as less watering and work, as well as fewer weeds and pests. I also utilize other techniques, like companion planting, plant rotation, mulching, and square foot gardening.

Gear

If you don't have them already, a good rain poncho, rain pants and waterproof boots are essential for your comfort. It makes getting out there on cold, wet days very comfortable (and it makes me feel invincible), and easily shed when it's time to come in for a nice, hot cuppa. A good pair of waterproof gloves (fleece lined is even better) and you are ready for anything! For the summer, a wide brimmed hat, breathable gloves, a water bottle, and a sleeved cotton shirt are items I find indispensable. If I get hot, I water myself and, problem solved! The damp cotton wicks away the heat and all is good!

A PSA about Tools

Protect your tools! After using them, always clean and dry them, and on those boring rainy days oil, sharpen and store in a dry spot, like the garage or tool shed. This will increase their life by many years. I am still using some tools that I got 50 years ago. When you must buy tools, splurge on quality. A bargain is not a bargain if it breaks with its first use.

You will find it useful to have some other things like tomato cages or stakes (I get bamboo canes from my neighbor), ties (I have used pea string, twisties, velcro, butcher's twine, Christmas ribbon - just about anything will do in a pinch!), cover cloths for protection from frost or the hot sun (I wet old cotton sheets tossed over my hydrangeas when there's a heat wave), plant labels (copper ones are nice, but popsicle sticks or kindling and a sharpie can work) - my ongoing motto is, "be creative!"

What to Plant

Don't bother planting crops you wouldn't normally eat. I also don't plant things easily and cheaply gotten in the produce section. For instance, this year I planted purple potatoes and Peruvian yellow potatoes. Rather than planting red beets, I plant golden. Scarlet Runner beans are the tastiest and will often come back the next year. I love Merlot lettuce, which is a slow bolter, and you simply can't find it in the stores! And when did you last see Ground Cherries at the grocer? They're delicious! Those are some of my favorites; you'll find yours.

Save Seeds! I save seeds and starts from crops that do well in my yard, and are not troublesome to grow. So, I'll save the biggest, fattest ground cherry and leave it in a dry, airy spot to continue to ripen and dry out. It's related to tomatoes, and needs the fruit to be super mature. For tomatoes, I let the best one ripen into mush, then rescue and rinse the seeds thoroughly, and spread to dry on paper, then store in a paper envelope. I save the biggest garlic heads that I harvest the end of June, then replant in July for next June's harvest. (No, I don't wait until October or November to plant them.) I let two of my biggest parsnips go to seed, and in August I snip off a few seed heads and compost the rest. In early spring, as early as the ground can be worked (February is not too early) I sow them right into the ground, and later thin them to about 6" apart. They are best harvested after a frost or two, so I mulch them late fall, and pull them out all winter long. Yummy! I also save calendula and columbine seeds, and any other flowers or veggies that I really liked. One caveat: this works well for heirloom seeds that have stood the test of time, but hybrid seeds, while better their first year, may not perform the same the next. Carrots, for instance, will often revert to their wild relative, Queen Anne's Lace. And always choose your best plant for seed - the one with the biggest, fullest, most colorful, most flavorful traits for best results.



Planning the Layout Draw a map and measure things. Keep paths wide enough for your garden cart. How much sun does an area get? Full sun is at least 6 hours, but many plants like lettuce and cilantro do well with partial shade. How far to your water source? Do you want to use soaker hoses or sprinkler systems? Or a watering can? Consider raised beds. They can be fancy corrugated steel, treated wood, or simply mound up soil with a flat top a foot high. You have options! All of these allow our soggy soil to drain and warm earlier in the spring, which can extend your gardening season. Consider some spots for perennials, like strawberries, sunchokes and day lilies. I like to grow calendula, peas, lettuce and nasturtiums in my strawberry bed. They all seem to benefit from the company. In fact, I grow a lot of flowers in my veggie garden. They not only feed the eyes but also attract pollinators and even help with pest control.

Got Herbs? Many of our favorite herbs are perennial, so having them available for the kitchen is invaluable. Chives, rosemary, oregano, thyme, tarragon, marjoram, and sage can all be harvested most of the year. Basil is frost tender, but can do quite well in a pot on a sunny windowsill indoors.

Mulch Mulch Mulch! Don't leave bare soil around! I mulch everywhere, and use landscape cloth with cardboard underneath (thanks, Co-op!) on my garden paths. In the veggie and garden beds I sow ground cover crops (last year was Crimson Clover and this year Beneficial Bug Mix). I talked to one member who used Fava Beans, and loved walking around picking and eating them! I use straw in the veggie garden, and wood chips or leaves in the flower beds for mulch. Leaves can protect your perennials, herbs, bulbs and tubers over the harshest part of the winter and help them to come back next year stronger and happier than before. You will save on water, and the mulch will break down into more fertilizer. One caveat - slugs love cool, moist habitat provided by mulch, so you will have to up your game on dealing with them.



Starting Plants

You can buy starts from a garden center, or start your own from seed. I like to use small containers indoors to start many things, and you don't have to go to great expense for the containers. I have used paper egg cartons or yogurt containers to start them. However, I do splurge on good seed-starting potting soil. It just makes life easier.

Some things do better sown right in the ground. Radishes, carrots, lettuce and leeks, for example, all seem to do better sown straight in the ground as soon as the soil can be worked. Do succession planting, and sow some every couple weeks for continual harvests through the season. You can sow many things up into August!

Extend Your Season

Consider if you might want to cover things in the early spring and fall. Greenhouses are awesome, but sheets, blankets, cardboard boxes, large plastic bags, cloches, cold frames, hoops and sheeting - all these things can help your plants make it through a few nights of frost. Or grow tender plants in a protected spot next to the house. Or in pots and other portable containers so you can move them into the garage on cold nights. Some plants, like peas, will start producing again after a heat wave, so don't be so quick to tear them out just because some leaves have yellowed. Mine happily cohabitate with the beans. When your lettuce looks like it wants to bolt, cut off the top, leaving a few leaves at the base. Soon they will start producing new leaves. After you harvest your giant broccoli head, leave the plant and soon you will have lovely broccolinis all over it.

Kale, collards and other brassicas taste better after some frost. Leave them to overwinter, and you can keep picking leaves all winter and spring. Big bonus: the kale flowers in the spring are delicious and sweet, and lovely in salads, and the buds and flower stalks are the best broccolini ever!

A note on salads: remember there are many ways to garden indoors. One of the best is sprouts. Mung beans, alfalfa, and others are easy to grow in a jar, ready in record time, and make delicious salads and/or stir fries. With them, you'll never be without fresh veggies in the winter!

You Have Friends

And be kind to spiders, wasps, yellow jackets, millipedes, and lady bugs. They are your best allies in the garden as they eat all the plant-eating and -sucking bugs out there. I have found that if I move slowly around them and don't try to bat at them, we cohabitate quite well. Spiders are smart and easily trained to build their webs in the row rather than across the row. And get to know what ladybug eggs and larvae, aka aphid lions, look like so you don't accidentally destroy them.

Alliums Rule!

Save the root end of green onions and stick them in the ground in your garden. In no time you'll have more green onion tops, or let them go a little longer for "spring onions". Chives will just keep producing the more you cut them, and the chive flowers are delightful sprinkled over a salad. Then there's garlic scapes - delicious! I eat garlic and leeks all year long. I over-plant them so that in spring I can thin them and take the shoots inside for cooking in place of onions. Then I harvest the delicious scapes. Then when the leeks are nice and fat and before they flower I harvest them, slice them up and throw in ziplock bags in the freezer. I break off a chunk and throw them into soups and stir fries all year long.

Divide and Conquer

Extend your strawberry harvest in two ways. First, get everbearing varieties. Second, expand your strawberry patch by allowing one new plant per runner (the subsequent ones won't be as strong). Strawberry plants produce best in years 2-4, so this way you will always have replacements for the old plants.

There are other plants that this works with as well. For instance, brambles, such as raspberries, thornless blackberries, Logan berries and Marionberries love to send out new suckers. Most of those you will weed out, especially if they're spindly, but consider extending your briar patch by transplanting strong canes at the end of the row, if you have room.



And Finally... Think Outside The Box!

Day lilies are not only beautiful, but delicious! Not only are the flower buds excellent sliced up in a salad, but the tubers in fall roast up well with other root vegetables. Grape leaves work better to crisp your pickles than using alum. Dahlias come from Mexico and have been cultivated as food and medicine by Native People there; the stems have even been used as water-pipes. You will discover many other useful plants as you delve into the world of never-ending harvesting.

The most important rule is to have fun with it. Recapture the joy of squishing mud through your fingers, browsing on flowers and warm, juicy tomatoes fresh off the vine, the smell of wisteria or valerian flowers wafting on the breeze. Carpe annum! ■

KINGFISHER

Farm



Photos and Text by Monica Peabody, Staff Member

I went to the Kingfisher Organic Farm along the Black River on the north end of Rochester and spoke with Jacob Wilson and Teva Grudin. They are amazing farmers who have been providing our community with delicious, fresh, local, organic produce since 2006. They farm with their children, Aurelia and Tove, and a dedicated farm crew. Starting as Calliope, they have since become Kingfisher Organic Farm and we wanted to share their story.

"We started our farm at Calliope in west Olympia. That location had that name since the 70s so we used it when we rented land there and started farming. We eventually bought our own farm and wanted to leave the name there because it had been known as Calliope for so long. The people at Calliope are currently hosting the Kiwanis Food Bank Garden, a new farm called Sundowner Farm rents land there, and they are holding events, most recently the String and Shadow puppet show.

We were super fortunate to be able to buy this beautiful piece of property and we chose the name Kingfisher Organic Farm because there are so many kingfishers here along the river and the name reflects the wild and scenic nature of the property. It was raw land so it took a long time to build all the infrastructure we needed to move here. It was an epic project. We're happy to be over the hump. A house for Teva's parents is currently under construction. Multigenerational farming is part of our vision.

We're on riparian areas being so close to the river. We farm on both sides of the river and have two distinct soil types. One side is deep silt loam accumulated from years of flooding and the other side has gravelly prairie soil which is more well drained. We have our early season side of the river and our main season side.

A cool thing about the property, which is a pro and a con for farming, is how wild it is. You cross the bridge to the back fields and it's like an oasis, we're on the edge of a lot of wild areas. To the south of us Capitol Land Trust has conservation easements on a property and owns another property, which preserves a lot of habitat. Animals from the local Endicott elk herd you often see when you drive around this area pass through our fields. It is incredible to get to see them so close, but it's also important to have most of our elk prone crops out of the ground when they are most likely to pass through our property in late fall. We collaborate with Washington Fish and Wildlife and are learning how to work with the wildlife and how to avoid conflict.

Selling to the Co-op feels like our most direct link to the broadest customer base. We do most of our family shopping at the Co-op when we drop off produce, and see other local farmers doing the same. We also do a CSA and sell to some smaller local distributors, Evergreen United, which sells to Seattle restaurants and the Southwest Washington Food Hub. They have a CSA program with local farmers and they're also a hub for supplying larger orders that smaller growers can team up on, so that's a pretty cool organization. We are now able to focus more on wholesale crops rather than trying to grow everything all the time, which gives us a better quality of life. We still focus on a lot of crops for the Olympia Food Co-op. Some crops are steady and some crops come and go with the seasons, or with the challenges we face as organic farmers. Some of the crops we grow for the Co-op include purple daikon, radicchio, gold potatoes, carrots, garlic, onions, yellow zucchini,





purple cabbage, red butterhead lettuce, kale, baby bok choy, some winter squash varieties, and the list goes on. This year we established a large field of stinging nettles to supply the Co-op and other customers in the coming spring. Back in the day we sold nettles to the coop from a small wild patch at Calliope but supply was super limited. This new planting looks beautiful and we're stoked to have a deep supply for next spring!"

We walked by a dead tree and I commented on how beautiful it was. Teva mentioned that it is also a great habitat for wildlife. I sure appreciate Teva and Jacob's approach to sharing the land with the wildlife who preceded them as well as their local, organic produce we sell in our stores. Our Deli also buys produce directly from Kingfisher which we turn into fantastic soups and salads. I love telling people the vegetables they're putting into their containers were delivered by local farmers that morning.

I asked Teva and Jacob to share a favorite recipe:

Here is a recipe for our favorite radicchio salad. This recipe was inspired by a book called Bitter, which is a good source for cooking with chicory family vegetables.

Radicchio Salad

1 head radicchio, chopped
1 fennel bulb, shaved on a mandoline
or very thinly sliced *(optional)*
Shaved parmesan cheese

For the dressing:

1/2 cup olive oil
1/4 cup freshly squeezed lemon juice
1-2 tsp dijon mustard
2 large cloves of garlic, minced
1-3 anchovy fillets, minced
(optional but highly recommended!)
freshly ground black pepper

Combine dressing ingredients in a wide mouth jar, blend with an immersion blender to make a thick and creamy dressing, or if you don't have one you can do this in a food processor. If not using the anchovy, add a half teaspoon of salt.

Combine radicchio and fennel in a large bowl. Pour on about a third of the dressing and incorporate into the salad, then taste to see if more is needed. Serve the salad topped with shaved parmesan and fresh black pepper. Extra dressing will keep in the fridge for at least a week.



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By Monica Peabody, Class Coordinator

I have been having so much fun with these classes! We are so lucky to have so many highly skilled teachers willing to share their passion and expertise with us. I've definitely improved my cooking and gathering skills through these classes. And I've been composting with the bokashi fermentation method since I took Joyce's class with great success. She's willing to come back for those who missed her previous class. We're also fortunate to have another urban foraging class with Melany, cooking class instructors Rina and Christina and Brian are all returning with more amazing dishes and Jennifers will be coming back to share year-round gardening tips. And new teachers as well! It's going to be a fantastic fall line up! Sign up on our website at <https://olympiafood.coop/event/> quickly as our classes tend to fill up.



Saturday, September 9, 12:30 - 3pm
Urban Foraging with Melany Vorass Herrera
Meet outside Westside Co-op Garden Center

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

Wear comfortable walking shoes and weather appropriate clothing. Our walk will be less than a mile.

Melany Vorass Herrera is an Evergreen grad whose studies focused on ethnobotany and environmental policy. Retired now, her work included protecting water quality, conducting environmental cleanups and helping developers comply with the Endangered Species Act. Her book, The Front Yard Forager, brings DIY harvesting right to your door, making foraging easy, accessible, and fun for everyone even in the middle of the city or suburbia. Check her out at frontyardforager.net

Tuesday, September 12, 6 - 8pm
Anti-Inflammatory Diet & Lifestyle
with Stephanie Petersen
GRuB Farmhouse Kitchen — 2016 Elliott Ave NW, Olympia WA 98502

Join Stephanie Petersen for an evening learning healthy diet and lifestyle tweaks that help reduce overall inflammation.

Stephanie is a local healthy diet and lifestyle coach with extensive training and experience in nutrition, herbal medicine, massage, exercise, stress-reduction techniques, sleep hygiene, and hypnosis. In this hands-on class, we'll discuss and practice healthy habits that help reverse inflammation, such as choosing anti-inflammatory foods, using herbs, exercising to lower inflammation, improving sleep, and managing stress.

Consider sharing your skills with the larger community by teaching a Co-op Community class!

It is a fun way to meet some great folks who share your interests, give back to your community, and earn working member discounts on Co-op purchases! Let me know what you'd like to teach this winter or spring. Contact me, Monica, your friendly Co-op Classes Coordinator, at classes@olympiafood.coop

Saturday, September 30, 1 - 3pm
Maximizing Your Garden Efforts with Jennifern Falknor
Co-op Downtown Office & Classroom — 608 Columbia St SW, Olympia WA 98501

You don't have to garden solely from last frost to first frost. There are crops to be had all year long! Learn how to extend your harvest and maximize your efforts.

Jennifern Falknor has loved to garden organically all her life - ever since she put Jiffy Pop kernels in the ground as a kid to see if they would grow, and was rewarded with a bowl of freshly popped yumminess, she's been hooked. Every day of the year she's eating what she grows, and would love to share with you how you can too.

Sunday, October 8, 1 - 3pm
Fried Noodles and Fried Rice

GRuB Farmhouse Kitchen — 2016 Elliott Ave NW, Olympia WA 98502

Learn how to make delicious Asian-style fried rice and fried noodles using simple ingredients you may already have at home. This class features our take on classic take-out meals for easy dinners.

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. She is joined by her daughter, Kuri.

Sunday, October 15, 1 - 3pm
Bokashi Fermentation Composting with Joyce Biethan

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

Bokashi fermentation is a method of turning EVERYTHING from your kitchen into compost. It's an anaerobic process that takes bone, meat, cheese, dairy, so all the things that attract critters and/or don't break down so well if you put it in your outside compost pile. This class will teach you how to make your own easy and cheap bucket system and even to make your own inoculated bran if you so desire.

Joyce Biethan took her first master composting training in Seattle about 25 years ago. In Spokane in 2020 she learned about Bokashi and was then able to get about half of her 39 unit Co-housing community on board. The goals were to keep the stink of rotting wet garbage out of our dumpster, reduce the size need of our dumpster, and most of all speed up our composting so we could enhance our rocky soil faster..

Saturday, November 4, 1 - 3pm
All Things Allium with Brian Johnson

GRuB Farmhouse Kitchen — 2016 Elliott Ave NW, Olympia WA 98502

Let's raise a stink! We are talking about all things ALLIUM. This backbone of the culinary world is actually related to lilies and amaryllis. We will cover chives, scapes, ramps, leeks, shallots, scallions, onions - red/white/yellow and more, and of course

GARLIC. We will cover these smelly bulbs and how to handle them to moderate their impact in different dishes and how to decrease the tears in your eyes. We will talk about how different countries use different combinations of alliums in their national dishes. As a bonus, I hope to have some potato onions (no, not potatoes, potato onions, onions that grow underground) available to share with you for next year's (or this fall's) garden. I grew them for the first time this year and found they make a great addition to any garden.

Raise a stink in your home and get the health benefits in the process!

On the menu will be roasted garlic (V, GF), onion jam (V, GF), chicken pinchos with a lemon garlic sauce, caramelized onions (V, GF) for your burgers and more.

Brian Johnson is a home cook, largely self taught but has experience cooking in restaurants and kitchens that serve populations in need. He enjoys cooking many different types of food and taught a class on Korean BBQ for the Co-op several years ago. He used to work in the medical device industry and has traveled North America, Europe and South Korea (once!)

Sunday, November 12, 1 - 3pm
Easy As Pie with Monica Peabody

GRuB Farmhouse Kitchen — 2016 Elliott Ave NW, Olympia WA 98502

Many people don't make their own pie crusts, yet it's so easy. A friend taught me a quick and simple pie crust recipe years ago and I've been using it ever since. Three ingredients and quick as a wink! So join me and we'll make a savory pie and a sweet pie. Bring your favorite pie recipes so we can discuss all things pie while we wait for them to bake.

Monica Peabody cooks for the deli at the Olympia Food Co-op then comes home and cooks for fun! She appreciates our local farmers and the delicious, fresh and organic produce that makes her cooking all the better.



2nd Quarter 2023 Finance Report

By Jill Lieseke, Staff Member

It is mid-way through August and in the early hours of the morning, I can sometimes feel Fall approaching. Although the days are still the days of Summer that we all enjoy. That sunshine and warmth that is still growing a lot of the delicious food that we sell at the Olympia Food Co-op.

As I am writing this report about half-way through 3rd Quarter, I am reflecting on how much we, as an organization and a community, have grown in the last few years. We have grown in so many ways. It is an exciting time to be a part of it all. There will be some long-awaited improvements to both stores happening soon. We will keep you updated along the way.

For your review is a condensed version of the Co-op's Combined East/West 2nd Q. 2023 Budget Report Year to Date (YTD). This report is showing the 2023 'Actual' numbers compared to the 2023 'Budgeted' Numbers and the variance between the two.

The Co-op buys products, called Cost of Goods Sold (COGS), and then 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 to what we budgeted for 2023, our sales are significantly higher than what we projected—a little more than \$600,000 YTD. Since sales are over budget, understandably COGS are also over budget, resulting in a 'Total Gross Sales Revenue' of over \$3.6 million YTD. Compared to our budget this is more than \$170,000 YTD higher than what we projected at this point in the year.

After we set our budget for the 2023 year, we decided to take the remaining money that we acquired from the PPP loan in 2021 and opened four Certificates of Deposit at local Credit Unions that are offering high rates of interest. Therefore, 'Other Revenue' is a little over \$41,000 compared to what we budgeted, resulting in a 'Total Net Revenue' of over \$211,000.

'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. Our 'Staffing Expense' line is still over budgeted amount by about \$185,000; we are adding more staff as our organization grows. We are almost \$20,000 over budget in Operations. A huge contributor to this is that we budgeted to have a cost savings new Credit/Debit Processor for the 2023 year. However, this new processor did not get set up until the end of first quarter. We are seeing savings as predicted, yet we did not budget to start in April, so the first few months are over what we budgeted.

All in all, we are still going strong. The bottom line is that we are showing a 'Total Net Income' of \$44,277, this is \$35,000 over what we budgeted. We will continue to strive towards the goal of growth and expansion. We could not have these strong numbers without YOU our amazing Co-op community. We value each and every one of you! Thank you! Questions? Comments? Email: jill@olympiafood.coop. ■

2nd Quarter 2023 BUDGET REPORT

For The Year Ending 06/30/23

	2023 ACTUALS	2023 BUDGET	\$ OVER BUDGET
Revenue:			
Sales	10,201,712	9,595,667	606,045
Cost of Goods Sold	6,566,895	6,131,636	435,258
Gross Sales Revenue:	3,634,817	3,464,031	170,786
Other Revenue:	48,549	7,430	41,119
Total Net Revenue:	3,683,366	3,471,461	211,905
Expenses:			
Community & Marketing	53,592	76,628	-23,036
Staffing	2,754,916	2,569,453	185,463
Member Discounts	219,955	225,180	-5,226
Operations	610,625	590,997	19,629
Total Expenses:	3,639,089	3,462,258	176,831
Total Net Income:	44,277	9,202	35,074



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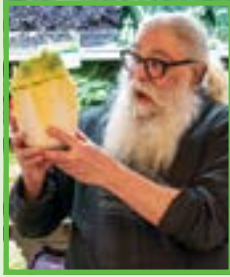
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Attend a Board Meeting!

Board of Directors meet on the 3rd Thursday of every month from 6-8:30 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.

*VOTE FOR 2024!
Sept 20 - Oct 20*

Member Report

By Kate Cox, Board member

In the Spring of 2023 the Member Relations Committee (MRC) of the Co-op conducted a survey to find out what is on the mind of our members. Roughly 470 members responded to the survey. Participants in the survey represented a variety of members, new and old. There were 10 participants who have been members for less than a year, 104 who have been members for 1-5 years, 291 who have been members for 5 or more years. However, amongst all respondents there was a clear theme when answering the question "What things do you most appreciate about our food co-op?" The top reason given was the variety and quality of products offered at the Co-op. Other responses included friendly and helpful staff and volunteers, a strong community feel, and reasonable prices.

"What is missing for you at the Co-op?" was the third question in the survey. The most common responses had to do with product selection and availability. This data lets the MRC know that our members care deeply about the products we carry and they want to have a more active role in providing feedback on products. We value your opinions and will share your product ideas with our staff buyers. And remember, any member can visit our website and send us product suggestions/comments under the "contact us" tab. The second and third most common responses were related to improving and/or expanding our current stores and adding/expanding deli services. Next most-noted responses were about accessibility, price, and customer service. These data points help the MRC and the Board of Directors prioritize the needs and values of our members.

Responses to the fourth and fifth questions, "What would you like to see change?" and "What would improve your shopping experience?", showed a similar pattern. Improving and/or expanding our current facilities was most frequently mentioned. A variety of recommendations around specific products to carry or stop carrying was also common. Other frequent responses had to do with improving the customer experience, adding or expanding deli services, and lowering prices. Clarifying and demonstrating the Co-op's values was another issue brought up by members.

Finally, the MRC was blown away by how many survey participants stated they were interested in being interviewed or providing further feedback to the Co-op. Thank you! ■

Instead of conducting one-on-one interviews the MRC, in partnership with the Board of Directors, would like to host two Member Forums to learn more about our members' ideas for the Co-op's future. Save the dates:

Saturday, November 4th, 2023, 3:00-4:30pm

Thursday, January 11th, 2024, 5:30-7:00pm

More details will be coming about how you can participate in these events.

VOTE!

Board Elections Sept 20 - Oct 20

Online voting at
www.olympiafood.coop,
in stores, or at meeting



EASTSIDE STORE CLOSURES IN OCTOBER!

The Eastside Store will be getting new floors!

Starting October 9th, Monday, the store will close at 6 pm Monday through Friday for at least two weeks; potentially into the third business week, depending on how it goes. We are told off gassing will be the same as low/no VOC painting. We will be open during the project. Come on in and see the progress! Some sections may have limited access for a day or two in this process.



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SEPTEMBER 23**

Board Elections Sept 20 - Oct 20

Online voting at www.olympiafood.coop, in stores, or at meeting

Eastside Store closing early @ 6pm starting 10/9