



WINTER 2023

Table

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

Make It Yourself!

Pot Pies, Shrubs & Syrups

**Celebrating a Win
for Organics**



Table

Published by

OLYMPIA FOOD CO-OP

WESTSIDE

921 Rogers St. NW
Olympia, WA 98502
(360) 754-7666
Open daily 8am - 9pm

EASTSIDE & DELI

3111 Pacific Ave. SE
Olympia, WA 98501
(360) 956-3870
Open daily 8am - 9pm

Both stores are open every day except for May 1st

BUSINESS OFFICE

608 Columbia St. SW
Olympia, WA 98501
(360) 357-1106

www.olympiafood.coop

EDITOR & ADVERTISING COORDINATOR

Maureen Tobin

NEWSLETTER COMMITTEE

Maureen Tobin, Monica Peabody, Ruth Brownstein

LAYOUT

Rachel Carns

PHOTOGRAPHY

Monica Peabody, Kaia McCracken, Jennifern Falknor,
Daniel G. Bernstein

CONTRIBUTORS Monica Peabody, Maureen Tobin, Jill
Lieseke, Allie Mentzer, Jim Hutcheon, Kaia McCracken

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

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

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

Front cover photo by Monica Peabody

IN THIS ISSUE

Garden Department Update	p. 3
Annual Membership Meeting	p. 4
Grace Cox Award	p. 5
Organic Standards Update	p. 6
Board Election Results	p. 7
Pot Pies	p. 8
DIY Shrubs & Elderberry Syrup	p. 9
Classes	p. 18
Finance Report	p. 20
Board Report	p. 21

Editor's Note



I've noticed that many people I know have some strategies to get through winter here, either because of the impact of short daylight time, stress-filled holiday periods, the cold or so many other things that make it tough. Treating yourself to healthy food and nourishing projects is one way to help yourself through the long nights, and this issue has some great ideas for recipes to try and classes to check out.

We've also included some news updates about organic standards and our Garden Department, as well as the results of our 2023 Board elections. Thanks to all who came to our Annual Membership meeting and those who voted this year-- we appreciate your participation! Keep it in mind next fall when we hope to get more members voting.

Co-op staff are also glad to be on the other side of our recent store improvements and grateful to all who shopped around early closures and other inconveniences. We couldn't do any of it without the support of our membership and hope you are enjoying the changes as well.

- Maureen Tobin, editor



Garden Department Update

By Sylvan Yellow Rose, Staff Member

After nearly a decade, the Co-op's Westside Garden Center closed permanently on November 5th, 2023.

Since 2014, the Garden Center has strived to promote food production, encourage home gardening and food preservation, improve local food security, and encourage a hands-on relationship with the earth. It has been an honor and privilege to serve our membership in this way. We loved supporting you in your amazing and inspiring garden efforts.

However, due to the Co-op's commitment to offering fair prices to our members and fair wages to our workers, the Garden Center has never been able to make enough money to cover its operating costs and has operated at a loss these past 9 years despite our best efforts. After long and careful deliberations, the Staff Collective has concluded that closing the Westside Garden Center is the best choice for our organization, working to integrate sales for the Garden Department into the main store operations, much like the Eastside store.

We will be moving as much product as possible back into the Westside Co-op with EBT-eligible plants and seeds receiving top priority. Our hope is that this move will help increase access to garden supplies rather than decreasing it, as members will no longer need to be available during the garden center's limited open hours.

The Garden Department at both stores will continue to prioritize the most local, ethical and sustainably produced seeds, plants, starts and supplies that we know our community wants to support.

The Staff Collective has a dedicated team working on plans for the future of both the Garden department and the property that will be vacated by the Garden Center. We are exploring a number of ways this property could be used to benefit the organization and our members. We will share more details with the membership as we develop more concrete plans.

We are so grateful for the support and business the Garden Center received over the years. We look forward to this opportunity to find new and better ways of helping you with your gardens and serving our wonderful community. Thank you.

Annual Membership Meeting



The Olympia Food Co-op celebrated 46 years with a fantastic Annual Membership Meeting in downtown Olympia on September 23rd. An event that was envisioned with lots of outside time ended up coinciding with one of the first truly rainy days of Fall, but we found perfect shelter at the Olympia Center. And we didn't let a wet day stop the fun that included an opportunity to thank our working members for all they do for Co-op operations, raffling off goodies, highlighting local vendors and introducing our Board candidates, all while sharing food, music and fellowship.



Vince Brown and Anjali Silva entertained the crowd with two lovely sets of music while we enjoyed tacos and burritos from California Tacos, homemade baked goods and fruits from Burnt Ridge Farms.

Jessica Armstrong of Helsing Junction Farm was kind enough to share delicious September harvest treats and CSA information.

Scott Sanders of the Olympia Salsa School kept up the energy with quick and engaging dance lessons.

Board members and staff offered updates about the state of Co-op finances and operations.

Tim Nogler of the Community Sustaining Fund shared information about their work.

Paulette LaDouceur of the Capital Homecare Cooperative, recent recipient of the temporary Round Up At the Register Campaign, shared the work of local co-op efforts and the CoSound Co-operative.

Thank you to all who attended!





Provender Alliance Recognizes **GRACE COX**

Our co-op is a member of the Provender Alliance, a Pacific Northwest-based nonprofit trade association connecting all types of businesses involved in natural foods. The annual Provender Conference is an educational opportunity we participate in with informative speakers, workshops, networking, and diverse opportunities to discuss issues and challenges important to the natural products trade.

At this year's conference, Grace Cox was honored with another award, the Lifetime Achievement Award. Though Grace was not able to attend for the first time anyone could remember, other collective staff were honored to accept on her behalf. And it was another opportunity for participants to share stories and heartfelt anecdotes of her dedication to community, mentorship, humor and cooperative values.

We've all been missing Grace's presence while she takes time away for medical leave and look forward to our next chance to hear more stories and celebrate even more achievements.



Celebrating a Win for Organic Standards: Raising the Bar & Leveling the Field

for
Organic
Animals

By Allie Mentzer, NCG Senior Director of Advocacy and Sustainability

The organic community is celebrating a big victory for organic dairy and egg producers. In October 2023, USDA finalized the Organic Livestock and Poultry Standard (OLPS) and slated it for implementation. This announcement has been eagerly anticipated, especially following the finalization of the Origin of Livestock Standard (OOLS) for organic dairy in March of 2022.

This is a big deal for small, family farmers, like the folks who are members of the dairy cooperative Organic Valley, for example. NCG and our organic advocacy partners have advocated for the strengthening of organic animal welfare standards for over a decade. The new standard will ensure that what's happening on certified organic farms matches what consumers expect when they purchase organic products and provides clarity that will make it harder for industrial organic operations to benefit from "loopholes" in former regulations that had been subject to interpretation.



Why is organic advocacy like this important?

When customers choose to buy organic milk or eggs, they demonstrate their trust in the USDA organic seal and what it represents. Because organic products are nearly 40% of the average NCG food co-op's sales, NCG works on a national level to advocate for strong organic standards that reflect what consumers expect from the label.

The original law establishing USDA organic certification was passed in 1990 and set up a unique system for public input so that everyone who cares about organic — farmers, environmentalists, consumers and companies — could participate in updating the regulations as the market grows, while at the same time ensuring that strong standards continue to earn consumer trust. Organic businesses thrive when strong regulations uphold consumer expectations.

When NCG and our partners in the organic community notice a need for an update to the regulations (such as when a lack of specificity in the law leads to disparities in the way the law is being interpreted and enforced), we come together to advocate for regulatory changes that strengthen the standards and ensure consistency and a level playing field for all organic farmers. The OLPS and OOLS are great examples of this process and system in action!



Organic Livestock and Poultry Standards (OLPS)

If you ask a customer how organic egg-laying hens are treated, they might use words like “pasture-raised,” or “free-range.” That’s a common expectation. However, prior to the OLPS, organic animal welfare standards required that animals must have access to the outdoors but did not specify that this means access to soil and vegetation, nor did they describe minimum space requirements. The OLPS was written with lots of input from organic stakeholders to clarify the original law and ensure all organic farmers are following the same rules.

In 2015, the standard was set for implementation but in 2016, the incoming Trump administration tabled it. At that time, the Organic Trade Association (OTA), of which NCG is a member, filed a lawsuit against USDA for failing to implement the OLPS, and NCG signed on as a declarant in 2017. Additionally, as a member of the National Organic Coalition (NOC), NCG participated in a second lawsuit, engaged in successful grassroots advocacy and met directly with lawmakers and USDA officials to ask for their support. Ultimately, it has taken a change of administration to see this rule finalized, but we did it!



Origin of Livestock Standard (OOLS)

In 2019, the organic community came together to ask USDA to finalize OOLS. This standard clarifies that a farmer can transition a herd to organic one time, but following that, each cow must be managed organically for her entire life for the farmer to be able to sell her milk as organic. This standard serves to shore up inconsistencies in interpretation of the previous standard, which saw industrial-scale dairies transitioning conventional cows into organic production regularly — a practice that significantly undermined small-scale and cooperative farmers’ ability to compete in the organic dairy market. Another win for the small-scale organic dairy farmers that supply so many NCG co-ops!



We’re proud to protect organic integrity

NCG is proud to represent your co-ops and customers on these issues and many others. Thank you for the hard work you do to provide your community with delicious food that is produced in ways that are better for people and the planet! ■

2023 Board Election Results

This year we had an exciting election with many qualified members to choose from. The numbers were very close and we had multiple comments wishing we could have all five candidates join the Board.

The results are organized by each candidate's last name, with the total votes at the right. We had several ballots (mostly paper) that could not be counted due to inability to verify active membership status, almost always because no membership name was supplied. Remember if you do vote on paper, ballots must have a member name attached to be counted (and contact information helps ensure that too).

	PAPER VOTES	ONLINE VOTES	TOTAL VOTES
Ruth Brownstein	97	83	180
Tim Chenette	81	71	152
Jennifer Faulknor	98	79	177
Ike Nwanko	100	94	194
Dave Toler	81	86	167
TOTALS	457	413	870

Thanks to each of the candidates and to everyone who voted for your participation and support of our beloved Co-op!





Make Your Own

POT PIES

Intro and photos by Monica Peabody, Staff member

Winter is when I want delicious, hardy food that will keep me going as I trudge through the rain, slide along on ice or climb snow drifts, and try to stay warm. A pot pie with a fresh salad or some roasted veggies is just such a meal. You can make a batch, enjoy one and put the rest into the freezer for quick, easy-to-pack lunches. Or if you are feeding a family, these recipes can be converted into large sized pies.

I learned this pie crust from a friend when I was young and love it. It's simple, utilitarian, quick and always works. While I realize there are those who would never touch their pie crust with less than a pastry fork, I mix mine with a kitchen aid or food processor. It saves a ton of time and I think it still tastes great!

Easy-As-Pie Pie Crust

For each crust use 1 cup flour, 1 stick (1/2 cup) butter and 2 Tbsp cold water. If you are using unsalted butter, add a pinch of salt. If you are making a double crust pie, double this recipe, and so on for each crust. Extra crusts can be frozen to be rolled out later.

Using a pastry cutter, a food processor, or a stand-up mixer, cut cold butter into flour until butter is in small pieces throughout the flour. Add cold water and mix just until the dough becomes a ball. Flour a board with whole wheat flour, which will impart a nuttiness to your crust.

Divide dough into even balls depending on how many crusts you are making. Roll out crusts one at a time and put into pie pan. Roll out equal amounts of top crusts if you are making double crust pies. Chill your crusts until you are ready for them. Use excess dough to decorate the top of your pie if you like: shape leaves, letters, etc. You can also use cookie cutters or a glass to make cookies with excess dough—sprinkle them with cinnamon and sugar, and bake them until they are brown and crispy. For pies with a top crust, don't forget to make small slits in your top crusts to allow for steam to escape.



Chicken Pot Pie

4 bone-in, skin-on chicken thighs
1 Tbsp olive oil
Salt
1 onion
2 cloves garlic
4 small or 2 medium potatoes
4 carrots
1/2 cup all purpose flour
3 cups chicken broth
Double crust pie dough
5 inch pie tins
1 cup peas
1 tsp thyme
Salt
Pepper
1 egg (optional)
Freshly ground black pepper

Preheat oven to 425. Put chicken thighs into a roasting pan, drizzle with olive oil and sprinkle with salt. Rub oil and salt into chicken. Bake until chicken is browned and a thermometer in the thickest part reads at least 165 degrees. This will take 20-25 minutes depending on size of thighs.

Chop onion and garlic, set aside. Chop potatoes and carrots, set aside.

Make a double crust pie crust recipe from Easy Pie Crust recipe. Roll out pie dough as thin as possible. Fill seven pot pie tins with dough for the bottom crust. Cut away excess and roll out seven top crusts. Chill them in the fridge until you are ready for them.

Pour the schmaltz from your roasted chicken into a frying pan on medium heat. Sauté onions and garlic until aromatic and translucent and starting to brown. Stir in flour and cook for a couple of minutes. Whisk in chicken broth. Add potatoes and carrots and cook until potatoes and carrots are al dente, (they will soften more as they bake in the pie) and the gravy has thickened to a typical gravy texture. More broth, scoop out some hot gravy, whisk in another tablespoon or two flour and re-add it to the mixture.

Remove chicken skin and cut cooled chicken into pieces. Add it to the gravy mixture along with the peas, thyme and salt and pepper to taste. Pour into pie tins up to the top and cover with pie dough tops. Don't forget to make some holes or slices in the top crust to vent steam. If you want lovely brown crusts, break an egg into a bowl, whisk well and brush egg over top crusts.

Bake at 425 for 10 minutes, then turn oven down to 350 and bake another 10 to 20 minutes, until the pies are beautifully browned. Pies can be enjoyed hot and frozen for a later date.

This recipe can also be made into a large sized pie, with a longer cooking time of 15 min at 425 and 30 - 40 min at 350.





Butternut Squash & Leek Pie

1 stick butter or Earth Balance
1 butternut squash
1 leek
1 cup white wine
1 cup heavy cream or coconut cream
1 bunch fresh sage
Salt
Pepper
Double crust pie recipe
Bread crumbs or grated cheese

Melt butter or Earth Balance into a large frying pan. Cube butternut squash and add to frying pan. Chop leek, wash carefully and add to frying pan. Sauté until mixture starts to stick to the bottom of the pan. Pour in the cup of wine and scrape brown brown bits from the bottom of the pan. When wine is incorporated, add cream. Simmer until mixture reaches a good pie filling consistency, then turn off heat. Chop and add fresh sage, salt and pepper to taste.

Make easy pie recipe for a two crust pie. If you wish to make this pie vegan, substitute the same amount of Earth Balance for butter. Roll out 8 pie crusts and line 8 5-inch pie tins. Add filling. Top with bread crumbs or grated cheese, or both.

Bake at 425 for 10 minutes, then turn down to 350 for 10 to 20 minutes. Pies can be enjoyed hot and frozen for later.

This recipe can also be made into a large sized pie, with a longer cooking time of 15 min at 425 and 30 - 40 min at 350.

Sweet, Sweet Potato Pie

2 large or 4 small yams or sweet potatoes

4 eggs

1 c heavy cream

maple syrup

1 tsp cinnamon

1 tsp cardamom

1 tsp ginger

$\frac{1}{2}$ tsp nutmeg

$\frac{1}{4}$ tsp cloves

$\frac{1}{4}$ tsp salt

Single crust pie recipe

Whipped cream (optional)

Preheat oven to 425. Poke holes in yams and add to oven. Bake until fully cooked (this will vary depending on size of sweet potato, check at 40 mins) and remove to cool.

In a bowl or mixer, add eggs, heavy cream, maple syrup to taste, spices and salt. Add cooled, peeled yams and mix until fully incorporated.

Make a one crust easy pie dough recipe. Roll out 4 crusts and line 4 5-inch pie tins. Pour in batter and bake at 425 for 10 minutes, turn down to 350 and bake an additional 10 to 20 minutes.

This could be made into one large pie with a baking time of 15 minutes at 425 and 30 - 40 minutes at 350.

Delicious topped with whipped cream.





Tofu Pot Pie

1/3 cup nutritional yeast (divided)
 1/3 cup all purpose flour (divided)
 1 Tbsp onion powder
 1 Tbsp garlic powder
 Small paper bag
 1 block tofu
 1 stick (½ cup) butter or earth balance
 5 or 6 mushrooms
 1 onion
 3 cloves garlic
 2 stalks celery
 2 cups vegetable broth
 4 carrots
 1 cup peas
 Salt
 Pepper
 Double crust pie dough
 1 egg (optional)

Preheat oven to 425. Put 2 tablespoons of nutritional yeast and 2 tablespoons of flour, onion and garlic powder into a small paper bag. Chop tofu into cubes and add to paper bag. Shake well then set aside.

Melt butter or Earth Balance into a large frying pan. Dice mushrooms and add to pan and let them sit without stirring until mushrooms are brown on the bottom and fragrant. Dice onion, garlic, celery and add to mushrooms, along with the tofu, sautéing until onions and garlic are translucent and fragrant.

Stir in the remaining nutritional yeast and flour and sauté a few more minutes. Slowly whisk in vegetable broth until you have a soupy gravy. Add carrots and let simmer until carrots are al dente and gravy thickens to a typical gravy texture. More vegetable broth can be whisked in if the gravy gets too thick. If the gravy doesn't thicken enough, scoop out some hot gravy, whisk in another tablespoon or two flour and re-add it to the mixture.

When gravy is perfect, add peas and salt and pepper to taste. Turn off heat. Make a double crust pie crust recipe from Easy Pie Crust recipe. Roll out pie dough as thin as possible. Fill four pot pie tins with dough for the bottom crust. Cut away excess and roll out four top crusts. (If you wish to make your tofu pies vegan, try substituting equal amounts Earth Balance for butter in crust recipe.)

Don't forget to make some holes or slices in the top crust to vent steam.

Breaking an egg into a bowl, whisking it well and brushing it over the top crusts. This will make your pies brown more beautifully, but is optional.

Bake at 425 for 10 minutes, then turn oven down to 350 and bake another 10 - 20 minutes, until the pies are beautifully browned. Pies can be enjoyed hot and frozen for a later date.

This recipe can also be made into a large sized pie, with a longer cooking time of 15 min at 425 and 30 - 40 min at 350.

Drinking Vinegar aka **SHRUB**

By Ana Brinson, Co-op member

The word “shrub” is derived from the Arabic word “shar’b” which means to drink. Vinegars were used to preserve fruits during transport and sailors from the 16th through 18th centuries would drink the resulting liquid by-product to prevent scurvy. I love to save money making my own fancy drinking vinegar and I love to share what I learn with others.

How to start? If I have no particular flavor in mind, I look first in the Co-op discounted produce bin, “the 4000,” because very ripe fruits produce a wonderful product. Use seasonal fruit whenever possible - it saves money, has the full flavor and can be fun to pick. Just rinse, don’t peel the fruits.

Your taste buds will determine if you want your shrub on the sweet or tart side. Taste your product before you bottle it to see if you want a sweeter taste. If you want it more tart, you can add a bit more apple cider vinegar (ACV). If I’m short on ACV, I might use rice wine vinegar to round out my vinegar amount. A 3-day ferment time is used in the recipes here, but leaving mixtures for a week or so also works well. Don’t worry if you forget it for a day or even a few, it will be fine and/or you may like it better than the 3-day ferments! You may use white or raw sugar or honey, it depends on personal taste preference.





Cranberry Orange Pear

1 $\frac{3}{4}$ cup water
Zest from one large orange
2 cups fresh or frozen cranberries

Simmer cranberries in water until soft, about 3-5 minutes. Cool.

ACV - 1 $\frac{1}{2}$ cups
Sugar - 1 cup

2 pears - core, cut small and smash
6 whole cloves
1 cinnamon stick (broken)
ACV - measure pear pulp and add same amount of ACV
Sugar - half the volume of the ACV



Ginger Lime

1 cup lime juice
1 cup ginger, unpeeled and minced
ACV - 2 cups
Sugar - 1 cup

Orange

2 cups orange juice, pulp is fine too
ACV - 1 $\frac{1}{2}$ cups
Sugar - 1 cup

Note on ratios - 1 cup of sugar for every 2 cups fruit and 2 cups vinegar. I use a small food processor to mince the ginger, turmeric and harder fruits. Use your imagination and taste preferences to develop your own concoctions, just stick to the ratios as above until you have a bit of experience. Be careful at first, too much vinegar might upset your stomach.

If you want more experience before launching on your own shrub adventures, I'll be teaching winter and summer shrub classes through Co-op Community Classes. You can register for these on the Olympia Food Co-op website: <https://olympiafood.coop>

DAY 1 — Mix juice/pulp and ACV together in a glass jar, cover with a clean, dry cloth and secure with a rubber band. Store it out of direct sunlight for 3 days.



DAY 2 — Lightly stir mixture.

DAY 3 — Pour mixture through a mesh cloth bag or sieve and squeeze. Let it drain until quite dry. Some pulp is fine, this too depends on personal preference.



Pour about half the liquid into a sauce pan. Add sugar and heat just enough to dissolve sugar, stirring the whole time. Remove from heat as soon as possible to avoid killing the good bacteria in your vinegar.

Pour into glass containers and let cool, then cap and refrigerate. It's ready! It stores for at least a month — I have not tested longer than that and just use it up!

To serve, pour about a shot glass of your elixir into a drinking glass and add a mixer of sparkling water or club soda. Start with about 4 ounces of the mixer and adjust for flavor. Some people also add a shot of their favorite libation or you can also add some drops of bitters.



Elderberry Syrup Recipe

By Kaia McCracken, Staff member

- 2 cups dried elderberries** (or 1 1/3 cups fresh)
- 4 cups cold water** (distilled, purified, or spring water)
- 2-3 tsp. fresh grated (or dried) ginger root**
- 1- 2 sweet cinnamon sticks**
- 1 cup raw honey** (best if local - can also use maple syrup or agave for a vegan recipe); double the amount of sweetener to increase shelf life
- Citric acid** (optional for preservation)

Combine berries and herbs with cold water in pot and bring to a boil.

Reduce heat and allow herbs to simmer 30 to 40 minutes.

Remove from heat and let steep 1 hour.

Strain berries and herbs using a funnel overlaid with doubled cheesecloth or undyed cotton muslin bag and squeeze out liquid (careful, liquid will likely still be hot!). Discard used herbs (can compost.)

Once liquid has cooled to just above room temperature, add honey and stir to incorporate.

Bottle in sterilized glass and store in the refrigerator.

Keeps refrigerated for 2-3 weeks. To extend this shelf life you can add 1/2 tsp citric acid per cup of syrup, while warm and stir to dissolve.

Can also be frozen in ice cube trays and then thawed out as needed.

Be sure to add honey in a ratio that is at least half of the total volume of liquid after it has simmered. This amount can change slightly, and you want to make sure you have enough preservative (honey) so that your syrup won't spoil. (Example: If you are left with 2 cups of elderberry decoction, you will want to add at least 1 cup of honey.)

This recipe is easy to multiply if you'd like to make a big batch to store or give away (glass pantry jars and amber bottles are great choices!). You can enjoy a teaspoon or two of this syrup, right out of the fridge, just about every day during the sniffle season.

PLEASE NOTE:
We are no longer able
to accept these NCG
Co+op Gift cards at
the cash registers.



Please contact bookies@olympiafood.coop to get your balance transferred to one of our new OFC gift cards

RADIANCE

KINDRED MOON
RADIANCE APOTHECARY

Open 11am-6pm, 7 days a week - 113 5th Ave SE, Olympia, WA
Radiance is a heart centered and esoteric retail establishment
located in downtown Olympia, WA., offering an incredible
selection of jewelry, gifts, tarot, books, and so much more.
We also offer massage services, herbs, tinctures, body &
skincare, yoga tools, spa, self care items and more!



HOLY LAMB ORGANICS®

Hand-crafted in Oakville, WA since 2000



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

- customer review

Olympia Bed Store

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

hello@holylamborganics.com
Mon-Fri 10-6; Sun 11-5

418 Washington St SE
Olympia, WA 98501

holylamborganics.com | olympiabedstore.com

BLUE HERON BAKERY

IS NOW THE

BLUE HERON COMMUNITY COOPERATIVE

Blue Heron is transforming into a community- and worker-
owned cooperative. We are embarking on a transformation
and there is both a real need and an opportunity to join
together and help build the future bakery.

We have been sustained through community support all
these years, so it makes sense to entrust the bakery to our
customers and workers.

JOIN YOUR CO-OP TODAY!

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



Give today!

ONLINE: bit.ly/Give2CFLT
TEXT 44-321: Give2CFLT



Preserve local working farms and keep
farmers growing. Join the CFLT Board!
LGBTQ+ and BIPOC community members
are encouraged to apply.



communityfarmlandlandtrust.org

Around The Circle Midwifery, LLC

#120 Pacific Ave. SE
Olympia, WA

Comprehensive, family-centered
care for your pregnancy and birth

Midwife attended birth in our
birth center or your home

Most insurance accepted,
including Medicaid



Call to
Schedule a Free
Consultation

(360) 459-7222

aroundthecirclemidwifery.com



By Monica Peabody, Class Coordinator

Our Co-op Community Classes are a study in community building. I just returned from Brian Johnson's Allium class which was delightful because Brian prepared some absolutely delicious dishes we all got to taste, he taught us all things we didn't know about alliums, he's got some fantastic cooking hacks and also everyone there was interested in and passionate about alliums. We all learned from each other and there was a lot of time to chat and share tips. We had everyone from elders to youth participating.

Do you have something you are passionate about you'd like to share with the community? We'll be adding spring classes, (March, April, May) prior to February 5th, and summer classes, (June, July, August) prior to May 5th. Contact me at classes@olympiafood.coop with your class pitch. Not only will you get to share your interests with community members who share your interests, you can earn a working member card toward Co-op discounts.

Keep an eye on our website, because classes go up regularly and fill up fast:

☆ <https://olympiafood.coop/event/> ☆
See you at a Co-op Community Class!



Monday, December 4, 6:30 - 8 pm

Winter Drinking Shrubs

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

In this class you will learn about the history of shrubs and how we can make this healthy, fancy beverage for pennies on the dollar with locally sourced, fresh foods. This is a hands-on class; you will be going home with your own shrub and the knowledge of how to make future shrubs, inventing your own flavor combinations.

Ana Brinson became interested in fermenting as a child. Her dad made sauerkraut which she loved to eat. She created a business in Costa Rica making and selling fermented vegetables, ginger beers and kombucha. She loves to cook and invent and share her knowledge of healthy eating. She's at her happiest when her kitchen is a science lab.

Tuesday, December 12, 5 - 8 pm

Vegetarian Soups and Quick Breads

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

As the days become dark and cold, who doesn't look forward to sitting down to a warm and nourishing meal? Weeknight soups are easy to prepare, economical, and also create convenient lunch leftovers. Come join Olympia Food Co-op Board member Jim Hutcheon and Staff member Erin Majors as they cook up four delicious vegetarian soups and two types of quick bread.

Saturday, December 16, 2 - 4 pm

Vegan and Gluten Free Desserts with Elaine Hacker

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

We'll be making 2 desserts just in time for the holidays. We'll make a cheesecake and pumpkin pie. All desserts include nuts (cashews, walnuts, coconut, and/or pecans).

Elaine Hacker currently cooks in the Deli at the Co-op in addition to working in many other departments. She was in the Bakery and Pastry Arts Program at SPSCC and has worked at various local bakeries. She has been inspired to offer some cooking classes that are gluten free.

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

Tuesday, January 9, 6:30 - 8:30 pm
Winter Mood Enhancement
with Diet, Herbs, Supplements & Lifestyle
Co-op Downtown Office & Classroom — 608 Columbia St SW, Olympia WA 98501

Does wintertime leave you feeling exhausted, depressed, or brain fogged? Join Stephanie Petersen for an evening discussing healthy diet and lifestyle tweaks that go beyond vitamin D supplements and light therapy to help improve mood and cognitive function.

Stephanie is a local healthy diet and lifestyle coach with extensive training and experience in nutrition, herbal medicine, massage, exercise, stress-reduction, sleep hygiene, and hypnosis. In this hands-on class, you'll learn a wide variety of healthy habits that energize, boost mood, and help you think clearer.

Saturday, January 13, 2 - 4 pm
Stews and Ragouts
GRuB Farmhouse Kitchen — 2016 Elliott Ave NW, Olympia WA 98502

Let's explore some delicious, healthy and stick to your ribs winter dishes.

Monica Peabody makes soups, salads, meals and desserts for the Olympia Food Co-op Deli and loves to share favorite recipes and cooking tips with others.

Saturday, January 20, 1 - 3 pm
Quick Pickles
GRuB Farmhouse Kitchen — 2016 Elliott Ave NW, Olympia WA 98502

Quick pickles - a staple of every good cook, quick pickles are a way to make a delicious condiment or a zesty ingredient for your everyday cooking. We will cover the basics of quick pickling as well as sampling multiple kinds of pickles while we practice the art of quick pickling. We will explore common and uncommon types of quick pickles, because there is not much you can't make into a quick pickle. As well as covering the basics of quick pickles, we will go into pickling firmer veggies and even potatoes as well as eggs (which really ups your ramen game at home) and citrus (which can be a gateway to making Middle Eastern tagines). Preserved lemons should be in everyone's pantry and they are very easy to make yourself.

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, February 4, 2- 4 pm
Vegan and Gluten Free Desserts with Elaine Hacker
GRuB Farmhouse Kitchen — 2016 Elliott Ave NW, Olympia WA 98502

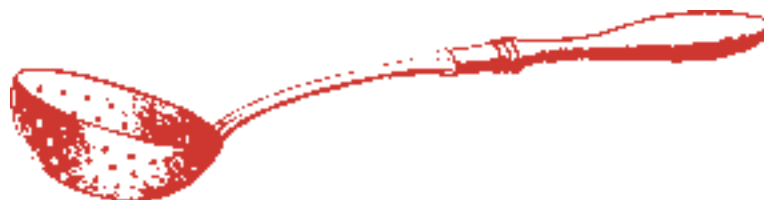
We'll make a White Chocolate Rose Cheezecake and an Avocado Lime Pie. Desserts include nuts (cashews, walnuts, coconut and/or pecans).

Elaine Hacker currently cooks in the Deli at the Co-op in addition to working in many other departments. She was in the Bakery and Pastry Arts Program at SPSCC and has worked at various local bakeries. She has been inspired to offer some cooking classes that are gluten free.

Saturday, February 10, 10 am - 12 pm
Wild Fermented Sauerkraut
Co-op Downtown Office & Classroom — 608 Columbia St SW, Olympia WA 98501

Learn to safely and easily make your own raw fermented sauerkraut packed with health benefits and beneficial bacteria. Meghan will review the history and science of fermentation, discuss equipment and ingredients options, and demonstrate how to make sauerkraut from start to finish. This class is for all experience levels and includes recipes, Q&A and OlyKraut samples!

Meghan Hintz has been happily fermenting since 2010 to support her health and sense of culinary adventure. She is a Certified Fermentationist and loves demystifying the art and science of home fermentation so people can enjoy and benefit from their own creations. For more information please visit MeghanHintz.com



3rd Quarter 2023 Finance Report

By Jill Lieseke, Staff Member

It is a dark, chilly, foggy morning, while pondering what information from our recent finance statements would be interesting to pass on to our membership. As I am writing this, we are about half-way through the 4th quarter of 2023, another year almost to a close. Time is moving fast, and the Co-op is rocking and rolling along.

For your review is a condensed version of the Co-op's "Combined East/West 3rd Quarter 2023 Budget Report." This report shows our 2023 'Actual' numbers compared to our 'Budgeted' numbers and the variance between the two.

The Co-op buys products, called Cost of Goods Sold (COGS), and we sell these products (SALES). When COGS are subtracted from SALES, this equals 'Gross Sales Revenue'. This is how much money was made from sales, less the cost of the products that we sold. While comparing to what we budgeted for 2023, our sales are significantly higher than what we projected, more than \$970,000 over budget. Since sales are over budget, then naturally, COGS are also over budget, resulting in a 'Total Gross Sales Revenue', of more than \$5.59 million current YTD (Year to Date). Compared to the budget, this is a about \$337,000 more than what was projected for third quarter.

'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. Due to factors like strong sales and inflation impact, the Olympia Food Co-op is showing a net earnings of \$190,949 through the end of September. We budgeted for a profit of \$65,405, so this is approximately \$125,000 over what we projected our net earnings to show by the end of this quarter. WOW!

The Olympia Food Co-op is thriving through these changing times with the help of our amazing membership. Our staff and volunteers are working hard, trying to create the best shopping experience for you all. Recently, we were able to invest some of our profits in new flooring at the Eastside and a remodeled production and clean-up area at the Westside. We are glad to be on the other side of these projects and all the inconvenience that construction adds to our tight spaces. Our deepest gratitude to all of you for your continued support through early closures, noise and so forth!

We truly appreciate your business and community. Thanks again, for shopping at the Olympia Food Co-op. Questions? Comments? Email: jill@olympiafood.coop. ■

3rd Quarter 2023 For The Year Ending 09/30/23	2023 ACTUALS	2023 BUDGET	\$ OVER BUDGET
Revenue:			
Sales	15,509,207	14,532,203	977,005
Cost of Goods Sold	9,968,816	9,281,785	687,031
Gross Sales Revenue:	5,540,391	5,250,418	289,974
Other Revenue:	69,356	11,145	58,211
Total Net Revenue:	5,609,747	5,261,563	348,184
Expenses:			
Community & Marketing	95,145	115,242	-20,097
Staffing	4,106,553	3,870,518	236,036
Member Discounts	330,844	341,127	-10,283
Operations	886,256	855,272	30,984
Total Expenses:	5,418,798	5,182,158	236,640
Total Net Income:	190,949	79,405	111,544



South Sound
Solar, Inc.

Your Local Solar Experts!

Questions About Solar? Lets Talk!

360-352-7869

or

Info@southsoundsolar.com

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

FREE SERVICE
for MEMBERS

Been to www.olympiafood.coop lately?
Check out our new
webstore and try the
convenience of
**CO-OP
CURBSIDE!**

WE BUY VINYL & CDs!



SINCE 1973 *Rainy Day* **DOWN TOWN OLY**

RECORD CO.

www.rainydayolympia.net

(360) 357-4755

ALWAYS SAFE & LOCK, inc.

www.alwayssecurity.com

SECURITY TECHNOLOGY SPECIALISTS

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

Auto Chip Keys & Remotes

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



Olympia FARMERS MARKET

100+ LOCAL VENDORS
OPEN YEAR ROUND
LIVE ENTERTAINMENT

olympiafarmersmarket.com

10AM – 3PM
Year Round

<i>Winter Market</i> JANUARY – MARCH	EVERY SAT
<i>High Season</i> APRIL – OCTOBER	THURS – SUN
<i>Holiday Market</i> NOVEMBER – DECEMBER	SAT & SUN

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

Have a Small Business?

Advertise Here!

Contact newsletter@olympiafood.coop if you would like to know more about advertising in the Co-op Table

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!



OLYKRAUT
★ Raw Tradition ★

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



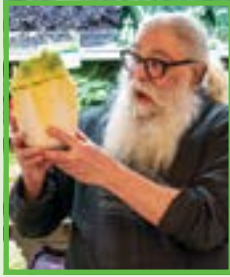
PO Box 1234
Olympia, WA 98507
www.olykraut.com

probiotic cultures

OFC Board of Directors



Linda Myers
Co-President Term 2023-25



Harry Levine
Treasurer (Staff Representative)



Jim Hutcheon
Co-President Term 2023-25



Joanne McCaughan
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

*New Board Members
Start in January!*

See Election Results on Page 7

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.

Board Report

By Jim Hutcheon, Board member

The past months have been a time of change and of planning for the Board of Directors. We began 2023 with a slate of eight Directors. We are bidding farewell to two of those directors this year and it seems appropriate to acknowledge their contributions.

Joanne McCaughan is completing her sixth year of service. During that time she has been an impassioned advocate for a number of causes. Joanne has been a constant supporter of the Community Sustaining Fund, serving as the Board Liaison to that organization and helping to shape the ways in which the Olympia Food Co-op interacts with the greater Olympia community. This is also not Joanne's first association with the BOD. She also served as a director in the early 2000s. In addition to this work, Joanne has been a working member cashier for many years. We certainly appreciate Joanne's dedicated service to the Co-op and the community.

Tanzania Zenzali-Marshall stepped down from her position as a director earlier this year. She will be greatly missed. Tanzania has been an impassioned advocate for social justice, equity, and worker's health. Tanzania helped create the Board-Staff relations task force, and was also serving on the Board of Directors for the Provender Alliance. Tanzania will be missed for her articulate, informed expression of her views on the many issues the Co-op faces.

Our bylaws state that we may have up to 10 Directors. Our preference is to fill every seat as there is generally plenty of work to go around. With Joanne's term ending, we anticipated filling 3 seats (two vacancies plus Joanne's departure) and consented to three seats prior to the election. Tanzania's departure followed this and left another vacancy.

This year we were fortunate enough to have five candidates. The three candidates who received the largest number of votes will be stepping into three-year terms beginning in 2024. Those individuals are: Ike Nwanko, Ruth Brownstein, and Jennifer Faulknor.

Tanzania had one year remaining in her term and the fourth runner up, Dave Toler, will be appointed to finish her term in 2024.

The variety of backgrounds and skills that people bring to the Board of Directors is one of the truly wonderful aspects of this organization. The diversity of life experiences often represented on the Board enrich the decision-making process of our organization. If you appreciate the Co-op and are interested in the workings of the organization, you might consider running for the Board of Directors in the future. ■

Active participation of
MEMBERS
is the foundation
of any cooperative



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

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

WORKING MEMBER VIRTUAL ORIENTATIONS

with Alejandro Rugarcia

Now by appointment!

email: alejandro@olympiafood.coop





Olympia Food Co-op

3111 Pacific Ave SE
Olympia, WA 98501

Return Service Requested

STANDARD
US POSTAGE
PAID
APEX MAILING
SERVICES INC

A close-up photograph of several hands wearing various styles of winter gloves, including knitted fingerless gloves and full-fingered mittens in colors like grey, green, blue, and white. The hands are positioned as if about to clasp together. The background is a solid, bright green.

Winter Holiday Hours

Monday, December 25 - 9am to 5pm

Monday, January 1 - 10am to 9pm

Happy New Year!