



SPRING 2024

Table

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

Spring Brunch

Feeding Our Neighbors

Membership Conversations

Biking For Change



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

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Olympia, WA 98501
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Editor's Note



We have a lot of fun when developing topics for our outreach materials and this issue shows a lot of that joy with interviews, highlights, news and recipes exploring what's up with our community, with spring flowers, with our finances, even our local chickens.

Reading our articles about biking to the Co-op, and considering how crowded our local roads are getting, I was reminded of some feedback from a member about driving out of our stores, especially the Eastside. They shared "I drive a small model car so making a left hand turn onto Pacific puts me at a disadvantage, with visibility limited...three times cars have pulled around me, blocking my view further. I am not an overly cautious driver, just one concerned for safety. Not sure there is anything the Co-op can actually do except ask your shoppers to consider the person in the car in front of you is making the best choices for the safety of all and show a little patience and consideration." – *A member since 1978*

A great reminder to slow down, wait, and consider how we affect each other in small and big ways all the time.

- Maureen Tobin, editor



MANY REASONS To Ride Your Bike In May!

By Duncan Green, Co-op member since 1985

Co-op Community! Are you concerned about climate change? Not sure how to be part of the solution? Riding your bike instead of driving a car can do so much! There are so many other reasons why biking is beneficial! Here are just a few:

- *Biking instead of driving saves about a pound per mile of CO2 emissions alone, not to mention other air, ground, and water pollutants (PFM's, tire dust, oil in groundwater, etc.).*
- *Biking is great for personal health and well-being, as well as for community and planetary health. Riding your bike just for fun and exercise can reduce blood pressure and stress and improve your mood, coordination and balance.*
- *Bicycling to shopping or downtown destinations frees you from parking space searching and reduces traffic and parking congestion.*
- *With e-bikes widely available and coming down in price, there is one less barrier to leaving the car at home.*
- *In Thurston County there is a vibrant community of people who bike just waiting to welcome you, so why not join the fun and camaraderie?*

May is National Bike Month, and time for the 37th Annual Bicycle Commuter Challenge!

This year, the BCC and the Olympia Food Co-op are teaming up to encourage anyone who can, to bike to the Coop (or anywhere) in May and beyond. The Co-op will offer a free treat to anyone who arrives by bike, and hold a prize drawing, too. Enter your name to win a Co-op Gift Card! Log your rides to the Co-op (and all your other bike rides in May) at: bcc.intercitytransit.com to win prizes and have fun in the Bicycle Community Challenge (all rides count)! You can join the Co-op team in the BCC (Olympia Food Co-op) and win Team Prizes too.

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

For me personally, at least 9 out of 10 of my trips to the Co-op are by bike, and I never regret it. My hope is to see you in the Co-op bike parking area one fine day this May! For more information about the BCC or any aspect of biking in Thurston County, contact me at: dgreen@intercitytransit.com or 360-705-5874. What is YOUR reason to ride, this May?? ■

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



Local Vendor Profile:

NELL CASSIDY

By Monica Peabody, Staff member I met with Nell Cassidy, owner of Soul Sweet Vegan and maker of those amazing cinnamon rolls you are now seeing in the bakery section of both stores...well, that is, if you're lucky. Nell delivers an entire tray of these beauties every Wednesday and Saturday to both of our stores, but they don't stick around long. And I learned from Nell that they do their deliveries entirely by bus and scooter! Love the sustainability outlook; thank you, Nell.

So, for research for this article (my job is so difficult sometimes), I had to try a Soul Sweet Vegan cinnamon roll. Man, oh man, they are good! The perfect amount of fluffy, sweet and gooey, these cinnamon rolls will leave you wanting more. I asked Nell to tell us more about their journey.

"So, it all started when I went vegan in January 2015, and I was immediately on a mission to veganize all my favorite foods! The idea to actually consider selling food happened when I made my first vegan BBQ plate.

It was Miyoko Schinners Unribs, potato carrot cheese mac and cheese, and collard greens. I was truly shocked at the texture of the seitan ribs and had even gotten positive comments from my own friends and family about it when I shared it with them.

I came up with the name 'Soul Sweet Vegan' because I wanted to represent everything that I was serving. Soul Food, and sweets, also, it's a take on "So Sweet". After I moved from San Antonio, Texas, to Olympia in 2016, I officially got my business license in 2017, and started catering out of my trailer to make extra funds. In 2018, things started picking up, and I got to do some pop ups for a vegan sanctuary called Heartwood Haven, and even did one at Three Magnets Brewing!

In 2020, once the pandemic was announced, I started doing Monday plate sales from my trailer for people

to pick up. I was also making cakes, cheesecakes, and trays of ribs, potato salad, collards, and mac and cheese, I was BUSY. I was making my desserts, including cinnamon rolls, as a free dessert with my plates. My rolls were a bigger hit than I realized they would be, and so I decided to make them my signature treat! I found a non-vegan cinnamon roll recipe on YouTube and made it completely vegan. It was the best roll I'd ever had, or made!

I reached out to BITS Cafe in August of 2020 to ask about renting the kitchen, and the owner said yes, and that's where things officially took off. I was doing "Plate Mondays" and was selling 15 plates a week. It doesn't sound like a lot, but oh boy, it was a LOT of work. I loved every second, and it was incredible to get to know, and serve my community back then. While I was doing my plate sales, I was also making cinnamon rolls for Burial Grounds Coffee Collective that year. They were the first legitimate place I ever had a product in, and it seriously was a huge stepping stone for me.

In December 2020, I went through a really traumatic divorce, and took a very long hiatus from cooking

or baking. I was in full burnout mode and was even considering closing up shop for good. With the support of my community, friends and family, I was able to push through, and get inspired again. I was able to use The Owls Nest's kitchen for one day to help me do my first cinnamon roll pop up at Stellar Juices in July of 2022.

After that, I determined that I only wanted to sell cinnamon rolls moving forward. People absolutely LOVED them, and so did I! I figured, why not just make what you love, and bring the community some comfort at the same time. One of my friends suggested that I reach out to Traditions Cafe to inquire about renting their space. They were able to rent out to me, and the rest is history. I don't know where I'd be without them today. I'm so incredibly grateful to have such a special place to call my baking home. Thank you, Jody!

When I started selling out of the Co-op in July, I absolutely did not expect all the love and excitement from everyone. I am still so blown away every time I show up and a tray is empty! The comments that I get from people around town, and the Co-op staff just warms my heart. I never thought I'd be in a position where I'd be able to pay my rent by just making cinnamon rolls. It's the first time in my adult life that I've been completely self-sustaining without help. I'm so eternally grateful to the Co-op, and everyone who has been a supporter from the beginning of my journey.

Future plans? Hmmmm. I would like to eventually expand my rolls out of Olympia, and maybe make my way to a shop or two in Tacoma and Seattle! I'm still working out specifics and will absolutely keep ya'll updated about that for sure! I'm truly, truly excited to see what the future holds for Soul Sweet Vegan, and I'm looking forward to serving the community for as long as I possibly can!"



37th Annual Thurston County
Bicycle Community Challenge

MANY RIDERS
MANY REASONS

One Planet



BICYCLE COMMUNITY CHALLENGE

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

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



**INTERcity
TRANSIT**

SPRING BRUNCH ACT I:

Art of the Egg



*By Monica Peabody and Kaia McCracken,
Staff members*

Eggs are so incredibly versatile, delicious and full of protein. And who knew they could be this much fun? You can make them look like a cloud with the sun peeping through, as Co-op staff member Kaia did. Or you can turn them bright red, as Co-op Community Classes Coordinator, Monica learned at Brian Johnson's quick pickling class. You can create some gorgeous dishes to impress your friends and family. And they also have the added benefit of being delicious.

The Co-op is lucky to have several egg suppliers who follow sustainable and conscientious practices, including organic certification.

You can find eggs from the Egg Lady, Oyster Bay, Steibers, Vital and Wilcox Farms throughout most of the year and we are grateful to have these suppliers keeping us in healthy supply.

Cloud Eggs

2 large eggs

2 small pinches salt (a pinch per egg)

optional: 1/4 cup grated cheese, such as gruyere, swiss, or parmesan

optional: garnish of chevre, dyed blue with a strong butterfly pea flower tea

Preheat oven to 450°F (230°C) with a rack in the middle. Line a roasting pan, or baking sheet that can take high temperatures without warping, with parchment paper or grease well with oil.

Separate the egg yolks from the whites. Make sure there are no little pieces of egg yolk in the whites, or you will have difficulty getting the whites to beat properly. It helps if you are making more than 1 egg nest to keep each egg yolk in a separate prep bowl.

Place the egg whites in a very clean mixer bowl. Add a small pinch of salt to each of the egg whites. Beat the egg whites with a whisk attachment in a mixer (or using a hand mixer), starting on low speed and then slowly increasing to high speed, until stiff peaks form.

If using cheese (if not, move on to next step): gently fold in the grated cheese, taking care not to deflate the egg whites. Form the egg whites into separate nests, one for each egg yolk.

Place in the 450°F oven for 3 minutes. After 3 minutes, open the oven, pull out the rack with the egg white nests, and gently add an egg yolk to the center of each nest. Return the baking sheet to the oven and cook for 3 more minutes.

Serve immediately.

Notes: If you prefer your yolks more cooked you can put them in from the start.



Beet Pickled Eggs

6 eggs

1 large beet, chopped into bite sized pieces

1 cup water

1 cup apple cider vinegar

½ cup sugar

1 teaspoon salt

Fill a medium sized pot with enough water to eventually be able to cover your eggs and put it on the stove on high heat. Prepare an ice bath in a bowl large enough to cover your eggs. When water is boiling, carefully add eggs one at a time with tongs and set timer for 6 minutes if you want soft boiled eggs and 10 minutes if you want hard boiled eggs. Remove eggs with tongs and plunge immediately into ice bath.

Add beets to boiling water and simmer until they are al dente (soft, but still firm). Drain. Put eggs and beets alternately into a large jar.

Add water, apple cider vinegar, sugar and salt to the pot and heat, stirring until sugar and salt are completely dissolved. Pour over beets. Let cool, then cover and refrigerate for 24 hours before eating. Can be stored covered in the fridge for up to 3 months.

Pink Potato Salad

3 large potatoes

2 beet pickled eggs

2 stalks celery

4 green onions

½ cup pickled beets from beet pickled eggs

Mayonnaise, salt and pepper to taste

Boil potatoes whole until soft then chop, or alternatively, chop into bite sized pieces and steam until soft. Dice beet pickled eggs, celery, green onions and add to potatoes along with the rest of the ingredients.

Mix and enjoy!

Reflecting on a History of **CONFRONTING HUNGER**

By Lucas Anderson, Staff member

Sometimes when I look over at the Free Fruit for Kids basket the Co-op offers, or walk by the Free Store when it's busy, I can't help but be reminded of the stories I've heard about the Black Panthers' "Free Breakfast Program" for children in Seattle and other cities. The true origin of the Free Breakfast Program starts back in January 1969 when the Panthers, out of the St. Augustine Church in Oakland, California, went from feeding a few kids here and there, to eventually feeding over 10,000 kids a day, a meal before school. The Free Breakfast Program was a part of the Panthers' Nationwide Community Survival Programs and it was the first of its kind in the United States. It was a shift of focus for the Panthers, away from armed self-defense and patrolling police, which had left most of its leaders in prison or dead.

FREE BREAKFAST PROGRAM FOR CHILDREN

BLACK PANTHER PARTY

Community Information Center
1932 17th Street NW

and our new location
2804 14th St. NW

Monday — Friday
7:45 - 8:45



THE MUCH-NEEDED MEAL-BREAKFAST

The FBI even took notice, seeing the Free Breakfast program as "potentially the greatest threat":

"The BCP (Breakfast for Children Program) promotes at least tacit support for the BPP (Black Panther Party) among naive individuals.... Consequently, the BCP represents the best and most influential activity going for the BPP and, as such, is potentially the greatest threat to efforts by authorities to neutralize the BPP and destroy what it stands for." - J Edgar Hoover, May 15, 1969

Because the FBI saw the program as subversively dangerous, soon after this memo, authorities targeted the BCP and made efforts to stifle it by requiring that every location file with local authorities and that they be in compliance with a litany of state regulations or be shut down for health violations.

"There was an effort to curb their social programs by trying to force them to get various state licenses, which went against what they were trying to do which was create this organic thing. It created a lot of red tape. Their breakfast program became the Head Start program. Their ideas were taken up by the state and institutionalized." - Alondra Nelson

In 1975 the National School Breakfast program was launched by the USDA, serving free or reduced price breakfast to lower income kids in schools. One has to wonder: did the Panthers' influence and the level of income disparity they exposed in communities become such an embarrassment for the government that the authorities subverted, and then rebranded, the Panthers' Free Breakfast program – as if it was their own idea?

"You can't work for justice on an empty stomach"

The Co-op honors this story as a reflection during Black History Month. The Black Panthers and the Olympia Food Co-op have strong shared values about the impact food access has on low-income communities' health and wellbeing. Our Purpose Statement, our policies and our vision reflect those shared values. For example, these two excerpts;

- Make good food accessible to more people
- Support efforts to foster a socially and economically egalitarian society

We salute the vanguards! All Power To The People!

Feeding Our Neighbors: Confronting Hunger in the Community

Finding ways to "make good food accessible to more people" is one of our Co-op's founding goals and has always been part of our operations. We divert food from landfills in many ways but especially to the Thurston County Foodbank whenever possible and have had receiving bins for donations at both our locations for at least 35 years. But the world has most definitely changed in those years and everyone in our community has noticed that more and more people are in need, of both nutritious meals and shelter.

The Member Relations Committee is in the process of developing our next Round Up at the Register campaign to support organizations in our community who are providing food and hot meals to our neighbors. Staff and the committee are also exploring other ways the Co-op can do more to confront hunger when we are asked about free food availability in our stores. These are the organizations we are seeking to support with deeper donations this year:

- **MEALS AT UNITY COMMONS SHELTER** - working to provide 2 meals/day at 2 emergency shelters, one close to Eastside Co-op
- **THE COMMUNITY KITCHEN** - serving about 400 meals a day, 6 days/week, takeout and delivery to shelters and encampments, downtown Olympia
- **OLYMPIA UNION GOSPEL MISSION** - offering a sit-down meal on weekends and fills a gap, especially on weekends, along with other free services, downtown Olympia

Keep an eye out for ways to get involved in this campaign, in stores and online at olympiafood.coop.



Souper Sunday

An Interview with Chris Hyde

By Monica Peabody, Staff member

We became aware of **Souper Sunday** when someone asked the Co-op for a donation for Chris Hyde. I wanted to know more, so I interviewed him at home in his kitchen. What started for Chris as a once a week, soup-based get-together has turned into a daily sharing of soups with the larger community. Here's what Chris had to say:

"I have a big garden and about the middle of October I have a lot of produce I need to use up, so I make soups and freeze them. I started making soups this October and ran out of room to store them as I share the house and kitchen with three other folks. I began to post soup in our local Buy Nothing Facebook group. The soups were really popular, so I knew there was a need there. After a few weeks I had an epiphany. It was like a spiritual download and made my whole body tingle with energy

A big part of the idea, as it unfolded, was how it would help to build community. My original idea was to spend Sunday making soups and have people come by to share some soup and take some home with them. I was disappointed because people just were not showing up. I decided against the meet and greet aspect of Souper Sunday and started to leave soup out front for people. That's when things started to really take off!

I sourced a stand-up freezer from Buy Nothing and it's become my soup library. It has all the frozen soups from batches I've done over the last couple of months and has become quite popular. Just last night I got a message from a guy who's living in his van and asked me to leave a couple of soups out for him. That sort of stuff is happening all the time now that word has gotten around.

My first response when I get a request is always, "Do you have any dietary restrictions?" That's an important part of it. Because everyone has different food sensitivities, allergies or food they just don't like. I try to make 30% vegan soups and 70% soups with meat or fish. I always try to put a few portions aside for the soup library. I do my best to cater to people and meet them where they are.

It's not about politics or religion or dogma. There is no agenda. It's about inclusiveness, compassion and humanity. Some people have told me they had an emotional response and just started crying when they got their soup. One woman told me that no one has done

anything for her for years. There is far too much divisiveness in the world these days. I have no motivation beyond bringing people together, making soups and feeding people's bodies and hearts.

At this point I am at capacity so I'm starting to focus on helping people set up a similar group in their neighborhood. I could give others the framework and share my experience after having done it for a few months now. I have the east side pretty well covered, but could use some help downtown and on the west side.

Nearly 800 people have joined the Souper Sunday Facebook group. Someone can post that I'd love tonight's soup, but I have COVID, or my leg is broken and I can't get out. There are a thousand reasons someone can't pick up soup, so group members are volunteering to





pick up food and drop it off and are benefiting from being part of this sacred circle of giving and receiving.

It's been so connective. And group members are really stepping up to the plate with donations of ingredients. I don't accept cash donations for a variety of reasons (although people can contribute gift cards from a few local grocery stores). But what I really like is when people drop off food directly, often from their garden or the Co-op, keeping it local.

People have said that I'll be taken advantage of, but that's been maybe 2% of the people. I can in good conscience feed 98% of the people and the 2%, well, bless them. A lot of people use that as an excuse not to give. It has to be perfect ahead of time, instead of learning as you go, of which I'm a big proponent. I could never have started this if I'd had to have all the ducks in a row at the beginning. A big part of the vision or calling I had was action, doing something, starting now-- if you build it, they will come.

The hardest part in the beginning was making it clear that members don't have to be low income or homeless. This is a different model, I want to be completely inclusive. Everyone is welcome regardless of income or anything else (unless they are fomenting negativity and divisiveness). People can message me from Facebook privately and ask me for soup. Not everyone feels comfortable asking publicly.

This project is about good quality food. I get deliveries every day, without asking, like big boxes of vegetables. I got a bunch of garlic from someone who grew it themselves, that was so great. Starbucks has been donating day-old food that would be going into their dumpster. State & Central make biscuits and waffles they don't keep overnight and would get rid of them. People have been going to meat shops to see if they can get bones for cheap or free for the broths. I receive mushrooms from a local business, so I'm becoming a bit of a food hub. The only rub is that I only have so much bandwidth, time and capacity.

I tell you, this is something that makes you feel great. At this time of year in the past, I'm usually pretty depressed. That's not the case this year. I feel great. I attribute that to this project."

The Philosophy of Souper Sunday

In so much of the US we have communities and neighborhoods where it is a crime that anyone would go hungry, even for just one day. There are enough resources and compassion in most communities to ensure everyone is fed a nutritious diet. Good quality, nutritious food is crucial for children and adults to live a good life.

There is a lot of good work being done feeding people who are unhoused or low income, and that is an important part of our community. But there are also a lot of housed and employed people who fall through the cracks. Single parents, people recovering from sickness or injury, hungry students, elders who have given us so much, artists and musicians trying to improve the creative efficacy we all benefit from.

What if we created a network of people who would commit to sharing food with their neighbors? Even if it is a small corner of the world, it will be your corner.

Given extra time, and good quality ingredients, make a gourmet meal for your neighbor, a meal that will taste that much better as it is a heartfelt gift, and not a commodified product.

For the most complete information, access details and how to get involved, join the Souper Sunday group on Facebook.

Tenets:

- Delicious, healthy soup will be available to ANYONE for any reason regardless of income, country of origin, political affiliation, gender identification, or anything else.*
- There will be absolutely no bullying, hate speech, religion, or any divisive activity. This group is about inclusivity and aims to mitigate divisiveness.*
- No cash donations. Cash will pull the group into a tit-for-tat direction, which is antithetical to the ethos of the group. It's about FREE soup. It also encourages people to donate and be involved on a more community sharing level. Also, with money removed from the process, it eliminates the ability for others to undermine the group by taking profit out of the process. Donations are limited to grocery oriented gift cards, ingredients and cash related to the sales of tee-shirts, etc. which will be spent on more shirts and the profit spent on gift cards. You can donate cash only if you get something in return for that donation.*
- Let kindness and compassion lead you. Give people the benefit of the doubt.*
- Take part in the sacred circle of giving and receiving.*
- The idea is inclusivity and community perhaps where you think it may not exist.*
- There is enough money and good will and resources in most communities that no one should go to bed hungry.*



SPRING BRUNCH ACT II:

Edible Flowers

By Kaia McCracken, Staff member As a child of the spring and voracious lover of plants and blooms, flowers are a big part of my culinary life. I adore cooking with them and find that most people who haven't eaten them are pleasantly surprised to find how enjoyable they are. They offer both a joyful complexity of palette and bring a sense of celebratory magic to the table. An added plus is the ease with which they can be added into a cooking routine. From lilac lemonade to candied rose petals, here are some recipes using a few of my favorite blossoms. **Note: not all flowers are of edible quality, and you will need to find culinary quality/unsprayed ones to make these recipes with.*

Pistachio Raspberry Rose Cheesecake (with candied rose petals)

For the crust:

1 c pistachios, de-shelled
1 c medjool dates, pitted
pinch of sea salt (if not using salted pistachios)

For the filling:

1 c cashews, soaked in filtered water in the refrigerator overnight
1/2 c pistachios, de-shelled
1/3 c maple syrup, plus more to taste
1/4 c fresh spinach
2 tsp rose water, plus more to taste
1 tsp vanilla extract
1/3 c filtered water
1/3 c coconut oil, melted

For garnish:

3/4 c fresh raspberries (I've also used strawberries)
1/2 c pistachios, chopped
rose petals, dried, fresh or candied (candied rose petals recipe follows)

Prepare pan. If you don't have a 6-inch square or round springform pan, line one 6-inch round cake pan with two pieces of plastic wrap.

Place all of the crust ingredients into a food processor, nuts first then the dates on top and pulse to chop until you reach your desired texture. I like a finer texture. Test the crust by spooning out a small amount of mixture and rolling it in your hands. If the ingredients hold together, your crust is perfect. If not, try to mix it with your hands until the mixture comes together. Pour out the crust mixture into the pan and press firmly, making sure the edges are well packed and the base is relatively even throughout. If the coconut oil is solid, place it in a small saucepan on low heat until in liquid state. Make sure to measure coconut oil in liquid state.

In your most powerful blender, place all of the filling ingredients and blend on high until very smooth. This may take a couple minutes. Taste the filling and sweeten as desired. Add either a little more maple syrup or rose water to taste.

Equally disperse the berries onto the crust. Pour the mixture onto berries and crust, and smooth evenly with an offset spatula or silicone spatula. Place in freezer until solid for at least 3-4 hours, or overnight.

To serve, take out of freezer 30 minutes prior to eating and remove any plastic. If using a round pan, slice into 8 pieces, if using a square pan, either 6 or 9 pieces. The cheesecake is easily sliced and handled when still very cold, almost frozen and harder to handle as it warms up. Plate each slice, allow to defrost before serving. However, it is best served chilled. Add a few rose petals to the top and some roughly chopped pistachios. If desired top with candied rose petals (recipe follows).

If you happen to have leftovers, store them in the freezer to enjoy later. Will keep in refrigerator for about a week and a half or in the freezer for about 2 months, covered.

Eggless Candied Rose Petals

1/3 c water
1 c granulated sugar
1-2 roses'-worth of larger petals, washed and fully dried
fine granulated sugar or powdered sugar

Combine water and sugar in a heavy saucepan over medium-high heat. Bring to a low boil and cook until the mixture reaches hard ball stage (250 degrees F on a candy thermometer). Have another large pan of hot water ready. It should be big enough to set the pan of syrup in to keep it warm.

Remove the pan from the heat and place in the larger pan.

Using tweezers or small tongs, carefully dip the rose petals into the sugar syrup, letting any excess drip off. Then place them on waxed paper.

When the petals are almost dry, dip them in granulated sugar (fine works a bit better or you can use powdered sugar) and place on a fresh sheet of waxed paper to fully dry. It will take about 24 hours to harden.

Add candied petals to the top of your cake for a beautiful and crunchy floral treat.



Lavender Infused Honey

- 1 c honey
- 2 Tbsp dried lavender

Pour the honey into a medium, heavy saucepan and place over medium heat. Add in the dried lavender and let the honey come to a boil. Let the honey boil for about 5 minutes to let the lavender infuse, then remove from the heat. Taste, and allow to sit for up to several hours depending upon preference.

Pour the honey through a mesh sieve into a heat-proof container. Allow the honey to cool, uncovered, until room temperature for at least 1 hour. Enjoy!

Nasturtium Salad

- 3 oz arugula
- 1 large handful nasturtium flowers
- 1 c strawberries, thinly sliced
- 2 Tbsp sesame seeds

Vinaigrette

- 2 Tbsp olive oil
- 2 Tbsp vinegar *such as apple cider vinegar, champagne vinegar or Magic Kombucha vinegar (now available at the Eastside)*
- 1 tsp - Tbsp honey or agave syrup *depending on preference/vinegar*
- 1/4 tsp salt

*Toss together all salad ingredients.
Whisk all vinaigrette ingredients together.
Toss dressing with salad and serve immediately.*



Lilac Simple Syrup

- 3 c water
- 1 c sugar
- 1 c lilac flowers
- optional: butterfly pea flowers or blueberries*

Pluck lilac blooms off stems into a glass bowl and cover in cool water. Allow them to soak for 10 minutes, then rinse well to remove dirt and bugs.

Heat 1 cup of water and 1 cup of sugar in a pot, whisking occasionally until sugar is dissolved.

Add 1 cup of lilac blossoms and simmer on low heat for 5-20 minutes, depending on preference of floral flavor depth. You can taste as you go. You may also let it sit longer, off of the heat. If desired, you can add a few tablespoons of butterfly pea flower at the start, a few blueberries, or food coloring for color. I recommend butterfly pea if you plan to make lemonade because you'll end up with beautiful, naturally lavender colored drinks!

Pour syrup through a fine mesh sieve (to remove flowers) and press with a spoon to squeeze out flavor, into a sealable jar. Let it cool and then keep in fridge.

Use quickly! Adding herbal matter to any simple syrup greatly shortens shelf life. This syrup should be consumed within 1 to 2 weeks after making.

The ratio is 1:1:1 and it works great to double, triple or even quadruple all quantities if desired.

To make lilac sodas, just mix with sparkling water. Try 1.5 tbs of syrup per 8oz of water and adjust to preference.

For lemonade, add fresh squeezed lemon juice and simple syrup to either regular or sparkling water to taste. Try starting with a ratio of 1.5 tbs syrup and 1 tbs lemon juice to about 8oz of water. Mix well, taste and adjust quantities to preference. If you use butterfly pea in the recipe, the lemon will react with it to turn the blue syrup into a lovely, naturally lavender colored drink! The more lemon you add the more purple/pink it will become.

Lilac has cooling properties and I've found that all lilac beverages taste best when served super cold as well.

Finally, saving out a few sprigs to use as garnish makes for an extra beautiful beverage.



Membership Process and Policies

By Maureen Tobin & Kitty Koppelman, Staff members The membership system of the Co-op has evolved over our many years and there are several values at work behind our policies, probably too many to really list, but they range from equitable access to affordability to maintaining a sense of cooperative venture in our success together.

Membership systems and how they work vary quite a bit among food co-ops, and though membership is fundamental to all cooperatives, not all have the same high level of member involvement as our own. What does membership mean to us today and what should the investment be like? How have the times changed in ways that we should respond to, as an organization? Our Member Relations Committee hopes to explore some of these questions, and more, with as large a portion of our membership as possible in the coming year.

In 2015, we integrated our membership system into our register point of sale system, allowing shoppers to enter their phone number on the card reader to verify membership, access electronic receipts, and maintain more accurate electronic records of payment and purchases—but there have been some recognized issues since we made this conversion:

Sharing of memberships — Soon after we converted the system from paper cards only, we started seeing lots of shoppers entering the phone numbers of friends, spouses, and family members, effectively sharing member benefits. This inadvertently created an assumption that we have family or household memberships, which we do not — we only offer individual or business/organization memberships. Over the 8 years of carrying out this practice, many have become acclimated and now believe it's our policy to allow shared memberships. But it isn't consistent, so it becomes awkward and confusing at the checkstands. Should we explore a family or shared membership option?

Discounts and Renewals — In 2017 we did away with the additional senior and disability discounts that were applied at the register and created the Cooperative Access Program, or CAP membership. We did this in an effort to simplify and clarify that the discount should be available only to those who needed it, since we did receive feedback that there are seniors and people with disabilities who do not express that need. The CAP membership replaced the 10% Low-income membership. The old Low-income membership was also good for one year at a time, requiring renewal to affirm that people still qualified.

Six years later, we've seen some problems with this arrangement. There are members who have perpetual need, and every year we're asking them to reaffirm that need. This can be uncomfortable and feel unsupportive for people with permanent disabilities. In 2024 we are projecting usage of CAP discounts to be around \$475,000.

Non-Member Surcharge — There's been an increased awkwardness and challenge imposing the non-member surcharge, especially in light of the mistaken assumption that we have shared or household memberships. It is also a practice that has become far less common at other food co-ops. Charging the non member surcharge has sometimes led to customer dissatisfaction and cashier discomfort. Also, our policy of honoring other food co-op memberships has sometimes been confusing to apply. In 2024, we project revenue from this surcharge to be around \$15,000.

Equity Payments and Fees — Our membership investment levels have been unchanged for decades. Many other co-ops have continuing annual investment amounts, creating a steady influx of revenue for operations and infrastructure. Some think ours is way too low and we should revise our structure. In 2024, we're projecting to collect around \$6,000 in membership fees and \$21,000 from equity payments.

Here's the section of our Bylaws that addresses these issues:

II. Membership

1. ELIGIBILITY Membership in the Cooperative is open to any person who meets all qualifications set forth in these bylaws and who pays a non-refundable membership fee or qualifies for one of our free memberships. The amount of such fee shall be set by the Board of Directors (the Board). The Board may designate different classes of membership. The amount of the membership fee may vary for different classes of members. Any financial obligation of membership may be waived in whole or in part by the Board.

11. DISCOUNTS AND SURCHARGES Working Members will receive discounts on goods purchased from the Cooperative. Non-members will pay a surcharge when purchasing goods. The Board shall determine the procedures and amount of special membership categories and discounts, including Working Member discounts and non-member surcharges.

Join us for Member Engagement Forum dates this year where we will gather feedback about these issues, and more! Upcoming at The Olympia Center: April 16 and May 18.

Visit Co-op Office for Spring Arts Walk

Drop by our downtown office space for a local artists market! Featuring complimentary refreshments and a variety of artisan wares including prints, handmade notebooks, paintings and drawings, jewelry, sculptures and tattoo art by Theo Greene, Bradley Naragon, Kaia Selene, Avery Quinn and Moon Quinn

610 Columbia Street, Fri 4/26 6-10 and Sat 4/27 12-6

Got Weeds?

By Kate Tossey, Staff member Edible weeds are plants that tell us where they want to grow – and there is a reason for this; they know better than we do! Make no mistake, planet Earth is as much their home as it is ours. Weeds, edible or not, are the first steps towards a balanced ecosystem. They're also a fun topic to study and pass along to your community.

The countryside offers an abundance of wild edibles just waiting to be scooped up by anyone who knows where—and when—to look. Why not take advantage of nature's bounty by harvesting some of the delicacies in your area? With hundreds of different species of wild edibles across the country, it shouldn't be hard to find something that meets your tastes.

Here are some of my more interesting recipe ideas – enjoy!



Cattails have a variety of edible parts. The rhizomes, underground lateral stems 1-4 inches long, are a pleasant, nutritious and energy-rich food source that can be processed into flour. They can be

treated like cucumbers, eaten raw or sliced into a salad. They can also be cooked like a potato. The root can be dried and pounded to make nutritious flour. They are harvested from late autumn to early spring. These are starchy but fibrous, so the starch must be scraped or sucked from the tough fibers. The best part of the stem is near the bottom where the plant is mainly white. Either boil or eat the stem raw. The corn dog-looking female flower spike can be broken off and eaten like corn on the cob in the early summer when the plant is first developing. Some think it does have a corn-like taste to it.

Fiddlehead Ferns Remove the husk and wash in several changes of cold water before cooking. Boiling reduces the bitterness and lowers the level of tannins and toxins. There are as many ways to serve fiddleheads as there are cultures around the world which eat them – here are some ideas:

- Cook them in coconut milk with lemongrass and turmeric
- Mix them into a salad with hard-boiled egg slices, tomato and vinaigrette
- Sauté them with butter and garlic, perhaps adding lemon or vinegar for a tangy taste



Pickled Clover

Use clover blossoms, white vinegar and honey. Alternate the clover blossoms in a wide mouth quart jar. Fill jar with vinegar. Then pour out vinegar and measure. For each 1/2 cup of vinegar, add 1 tablespoon honey. Pour this over clover and let set for a week before using. It makes a nice garnish for veggies and fish and can also be served for hors d'oeuvres.



Nettles Spring is the time to harvest and though it can be a prickly experience, nettles are a nutritional powerhouse and abundant in northwest forests. Nettles can be used in several ways, but pesto is an easy choice. Simply combine ingredients in a food processor or blender to a smooth paste.

Serve with pasta, bread or crackers. Suggested ratios: 2 cups nettle, 1/4 cup parsley, 2 cloves garlic, 1/2 teaspoon salt, 1/4 cup olive oil, 1/2 cup Parmesan cheese.

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By Monica Peabody, Class Coordinator

Spring is my favorite time of year. While fresh buds unfurl it feels ripe for new inventions, discoveries, and travel. And that's just what we'll be doing in our Co-op Community classes; if not exactly traveling to another place, we'll be exploring foods from all over. We'll be discovering inventions new to us and learning more about our bodies and how to keep them healthy. We are lucky to have many of our knowledgeable and skilled teachers returning and new teachers coming in to share their expertise. We look forward to seeing you at a Co-op Community class!



Keep an eye on our website at <https://olympiafood.coop/event/> because classes go up regularly and fill up fast! If you do get a ticket for a class and something comes up and you can't make it, please request a refund. A link is provided in the email confirming your ticket. I know it's only \$7, but your refund will automatically release your ticket to the next person on the waiting list. And you'll get your money back, minus the Eventbrite fees.

Wednesday March 13, 5:30 - 7:30pm

Fitness + Cuisine

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

We will be preparing Asparagus and Cheese Potato Soup from our cookbook, FITCUI® (short for Fitness Cuisine). The idea of the cookbook is to exercise while in the kitchen preparing a meal. FITCUI® provides step-by-step recipe instructions with corresponding step-by-step exercise instructions. The result is meal prep packed with healthy exercise and cuisine.

A certified personal trainer, Nancy has degrees in Biological Science and Exercise Science, with extra work in nutrition. After retiring from the pharmaceutical industry, Nancy obtained her ACE certification as a personal trainer. For 15+ years she has been teaching, providing health, nutrition and fitness guidance to individuals. She has always enjoyed being active, participating in some form of athletics or exercise. "To satisfy my curiosity in how the human body functions and what makes it work, I obtained a degree in Biological Sciences with extra study in Exercise Science and Nutrition. It all works together! This is my passion!" While working with clients whose busy lives made it difficult to find the time to work-out and eat healthy, the idea for FITCUI® emerged.

Tuesday March 19, 5 - 7pm

Gentle Detoxing with Diet, Herbs & Lifestyle

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

Spring is a great time for cleansing. Join Stephanie for an evening discussing healthy diet, herbs, supplements, and other lifestyle techniques that enhance the body's natural detoxification processes.

Stephanie Petersen 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 ways to gently stimulate detoxification through the liver, kidneys, colon, lungs, lymphatics, and skin.

Sunday March 24, 12 - 2pm

Chicken Katsu and Tempura

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

We will be showing you how to make crispy chicken katsu and delicious tempura. Chicken katsu is a chicken cutlet, prepared with Japanese panko breadcrumbs and fried to perfection. Tempura is a light, thin batter which is used in Japanese cuisine to fry your favorite vegetables and proteins.

Rina Scharf is from Japan. She then migrated to Hawaii, where she lived for 24 years. She came to Washington and began volunteering at a Japanese senior meal site in Pierce County, where she currently works as a chef creating 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 Cristina.

Sunday March 31, 2 - 4pm

Deli Favorites! Gluten-free and Vegan!

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

We'll make 2 dishes that are a fan favorite from the Co-op Deli, a marinated tempeh (contains almonds) with a quinoa salad and millennial pink noodles (contains peanuts).

Elaine Hacker currently cooks for the Deli at the Co-op. 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.

Do you have a skill you would like to share? I'm currently accepting proposals for summer classes, June through August, due May 5th, and the fall series, September through November, due August 5th.

We offer volunteer hours credit for time spent preparing and teaching classes. Contact me, Monica, your friendly Co-op Classes Coordinator, at classes@olympiafood.coop

Wednesday April 10, 6:30 - 8 pm

What is a Shrub, If Not a Plant?

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

It's also a delicious healthy drink that is a joy to make and drink with friends and family (or by yourself)! From the Arabic word sharāb, shrubs are easy and affordable to make. In this hands-on class, you will learn about the history and will taste a ginger/turmeric shrub that will have already had some days to ferment. You will also make your own shrub and receive recipes to take home.

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 April 16th 7 - 8pm

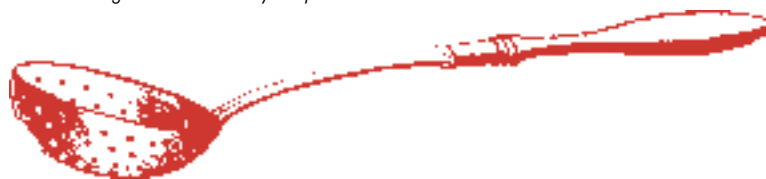
What Is Inflammation, Really?

Meeting held on Zoom

Come for a deeper look that goes beyond the buzzwords and examines what inflammation really is, what it means for your health, and what to do about it. This information is particularly pertinent for anyone struggling with heart disease, asthma, allergies, autoimmune disease, arthritis or cancer. Get your questions answered by a doctor trained in both conventional and holistic medicine. We'll cover:

- The origins of inflammation in the body
- When is it good and when is it bad?
- How does it cause or exacerbate chronic diseases?
- The gut-inflammation connection
- How to keep inflammation in check with diet, lifestyle and herbs

Dr. Jennea Wood is a naturopathic physician practicing with Tummy Temple. She specializes in helping people who are struggling with gastrointestinal diseases of all kinds, thyroid and adrenal dysfunction, anxiety and depression, autoimmune conditions, asthma, allergies, eczema and mold illness. You can learn more about her practice and other offerings at www.TummyTemple.com.



Tuesday April 23, 5 - 8pm

Mediterranean Cooking

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

Come join Erin and Jim for an evening of cooking and enjoying delicious Mediterranean food. The dishes we will prepare will taste incredible and will be high in fiber and abundant in fresh vegetables, whole grains, and legumes. We will be exploring recipes from the whole Mediterranean area, not just southern France and Italy. All dishes will be vegetarian, and some will be vegan. Come enjoy nutritious food that tastes amazing!

Board member Jim has been a vegetarian for 40 years and has been involved with food co-ops for much of his adult life. With an early interest in cooking, Jim has made a point of learning and experimenting with a wide variety of styles and techniques of vegetarian and vegan cooking. Jim has also lived abroad in several different countries and had the opportunity to experience several cuisines first-hand. He is also always interested in finding efficiency in cooking, making recipes more accessible to busy people.

Staff member Erin has been mostly vegetarian for almost 40 years. She has worked in the Co-op's produce department for 20 years and learned to cook largely from trying to incorporate various types of produce into the meals she makes. Erin loves to experiment with food and especially enjoys finding recipes that can be used in multiple ways throughout the week for easy lunches and dinners.

Sunday April 28, 2 - 5pm

Knife Skills

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

This class will be a fun, no pressure introduction to some basic knife skills. You will learn a bit about the various types of knives, their maintenance and use, knife safety, and some basic knife cuts (slice, dice, brunoise, julienne, batonnet, mince, chiffonade, bias cut, and we will throw in de-seeding a tomato for fun too). You will also learn, through demonstration, how to fabricate a chicken. This is a hands-on class, so bring your own knives! And an appetite; we will be cooking what we cut up.

Mary works at the Co-op as a meat and frozen manager and also helps with scheduling. She went to culinary school in the mid 2000's, and during that time was on a competition team where demonstrating knife skills was a big part of the judging. She thinks that cooking should be accessible to all and enjoys seeing people move beyond the intimidation and hype of the culinary world towards confidence and joy in the kitchen.

Elaine cooks for the Deli at the Co-op. She was in the Bakery and Pastry Arts Program at SPSCC and has worked at various local bakeries.

Saturday May 4, 1 - 3pm

Seeds? Starts? Annuals? Perennials?

How To Improve Your Growing Experience

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

Spring fever is hitting us all! Flowers are blooming, birds are back, bees are buzzing. Our winter, which lasted about a day and a half this year, is well over. And it's time to think about your garden plan. This class will help you consider your choices whether this is your first time, or you're thinking about changing your existing garden. But before you even buy seeds or seedlings, you need to consider a few things. What did well last year? What did not do so well? What changes can I make for more production and beauty? What are my resources? How much time do I really want to put into this? All of this and more will be answered in this class. Bring a sketch or pictures of your garden or yard if you like, and let's figure out how to make this all more rewarding.

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

Saturday May 18, 2 - 5pm

Making and Preserving Chutney

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

I've so enjoyed eating chutneys while traveling abroad. I love the sweet, spicy and savory blends that add so much to so many dishes. Onion chutney with cheese and crackers or mint chutney with pakoras are a must. We will prepare and water-bath can a cooked chutney and prepare a fresh blended chutney for freezing. You will leave with chutneys you helped prepare that are ready to preserve.

Monica Peabody cooks for the Co-op Deli as well as coordinates the Community Classes program. She loves attending as well as teaching the classes. Making and sharing good healthy foods is one of her passions

Saturday May 25, 3 - 5pm

Gluten-free and Vegan Desserts Demo

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

In case you missed it last time, or are just seeing this for the first time, Elaine has agreed to repeat her vegan, gluten free desserts class and you won't want to miss it. These are delicious, beautiful and not difficult to make. Elaine will show you how to make a cheezecake and avocado lime pie. (contains walnuts, pecans, coconut, and cashews)

Elaine Hacker currently cooks in the Deli at the Olympia Food Co-op. 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.

End-of-Year 2023 Finance Report

By Jill Lieseke, Staff Member

2023 is a wrap, from a certain finance perspective, and completed reports are ready to share with you, our members. We are in a stretch of warm, rainy days just after a late snowstorm in mid- February, as I am writing this report and 2024 is well underway.

For your review is a condensed version of the Co-op’s Combined East/West Annual 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 results in ‘Gross Sales Revenue.’ This is how much money was made from sales, less the cost of the products that we sold. Compared to what we budgeted for 2023, our sales were significantly more than what we projected – a little over \$1.25 million. Since sales are over budget, then COGS are also over budget, resulting in a ‘Total Gross Sales Revenue’ of \$7.48 million. Compared to the budget, this is \$392,000 more than what was projected for the year.

‘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 year. Our expenses are approximately \$521,000 over what we budgeted, resulting in a (\$-61,862) deficit. We experienced strong sales, and with strong sales comes the need for more staffing. Also, as usual, the end of year medical claims come rolling in, which further inflates our total annual medical expense. The bottom-line end of year total net income is \$86,465.

In years when we show a profit, our Board can donate 10% of these profits to an organization of their choice. In 2023, the Board decided to donate 10% of our 2022 profits and this is reflected in the ‘Community and Marketing’ section of the chart. We are very happy to announce that approximately \$40,000 was split between Nisqually Generations Healing Center and Squaxin Tribe’s Northwest Indian Treatment Center.

The Olympia Food Co-op is so appreciative of our members and community and we work hard to keep our members happy. We hope it shows. Still striving for growth and working towards expanding one day. Thank you again for shopping with us.

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

4th Quarter 2023 BUDGET REPORT			
For The Year Ending 12/31/23			
	2023 ACTUALS	2023 BUDGET	\$ OVER BUDGET
Revenue:			
Sales	20,880,954	19,628,304	1,252,650
Cost of Goods Sold	13,396,093	12,535,471	860,622
Gross Sales Revenue:	7,484,861	7,092,833	392,028
Other Revenue:	82,270	14,860	67,410
Total Net Revenue:	7,567,131	7,107,693	459,438
Expenses:			
Community & Marketing	167,152	148,656	18,496
Staffing	5,708,052	5,172,883	535,169
Member Discounts	444,092	459,624	-15,532
Operations	1,161,370	1,178,203	-16,833
Total Expenses:	7,480,666	6,959,366	521,300
Total Net Income:	86,465	148,327	-61,862



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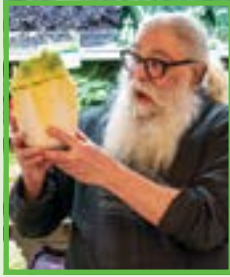
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President Term 2024-25



Harry Levine
Treasurer (Staff Representative)



Trudy Springer
Vice President Term 2024



Dave Toler
Secretary Term 2024



Kate Cox
Term 2023-25



Andie Giron
Term 2023-25



Linda Myers
Term 2023-25



Ike Nwanko
Term 2024-26



Jennifer Faulknor
Term 2024-26



Ruth Brownstein
Term 2024-26

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

Activities of the Board in the last few months include donations of money to important causes, welcoming of new Board members, selection of officers, and committee assignments.

December: The Board agreed to donate money to two causes it felt were aligned with both the goals of the Co-op and prior commitments related to allowing alcohol sales in our stores. Every year, a part of our profits are set aside for donations at the discretion of the Board. As this had not happened for a few years, that fund had a surplus, earmarked for charitable donations and the Board elected to donate \$20,000 to the Nisqually Generations Healing Center, and \$20,000 to the Squaxin Tribe's Northwest Indian Treatment Center. More information about these organizations will be highlighted in the summer issue of the Table.

January – Selection of Board officers: After some discussion of who might fill what role, the following folks were elected: Treasurer: Harry Levine; Secretary: Dave Toler; Vice President: Trudy Springer; President: Jim Hutcheon.

Committee assignments were also made, and the following committees are active and open to taking members-at-large:

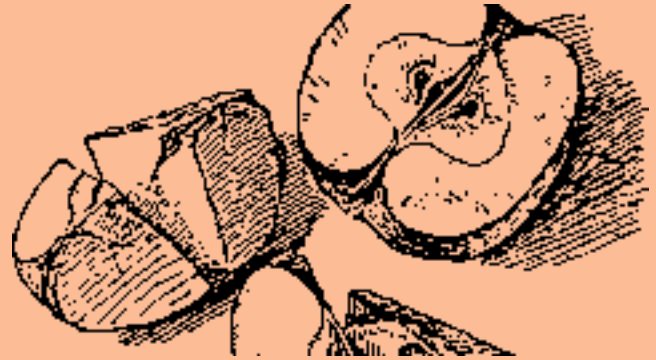
Advocacy: This committee presents the Board's opportunities to endorse local, regional, national and international political causes relevant to the Co-op's Mission.
Contact: advocacy@olympiafood.coop

Member Relations: Facilitates communication, awareness and engagement between the Co-op Membership, Staff and Board through outreach activities and events including the Annual Membership Meeting.
Contact: memberrelations@olympiafood.coop

Local Farm, Food and Products: Supports and promotes our local vendors, increases awareness of local products, and strengthens food security in our community.
Contact: customerservice@olympiafood.coop

Other questions regarding Board activities can be directed to ofcboard@olympiafood.coop. ■

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

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A photograph of white magnolia flowers in bloom, set against a clear blue sky. The branches are dark and intricate, with several large, open flowers showing their petals.

Spring Holiday Hours

Both Stores closed Wednesday, May 1

Member Engagement Forums at the Olympia Center

Tuesday April 16, 6 - 8 pm

Saturday May 18, 10 am - 1 pm