

SPRING 2025



Table

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

International
Year of Cooperatives
Eastside Store Expansion
Better From Scratch





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

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Front cover photo by Maggie Jay

IN THIS ISSUE

Bicycle Commuter Challenge	p. 3
Eastside Expansion	p. 4
History of Co-op Growth	p. 5
Community Sustaining Fund	p. 6
Better From Scratch Recipes	p. 8
Arts Walk 2025	p. 12
International Year of Co-ops	p. 14
Member Survey & Feedback	p. 15
Classes	p. 18
Finance Report	p. 20
Board Report	p. 23

Editor's Note



This year has come with a lot of change and struggle for many; I also see a lot of positive energy building, aiming to create the kind of community our co-op was meant to foster. From the news in my inbox, I know that I will need to stand up for what matters to me in many ways this Spring, from organic certification and support of farmers, to fighting the cruelty and injustice aimed at people's basic needs and humanity. There are many ways to stay aware of advocacy efforts, but a new-to-me organization you can utilize to learn about food, people and farm system work in a diverse structure is the HEAL Food Alliance (Health, Environment, Agriculture, Labor) found at healfoodalliance.org.

This work aligns nicely with the second-only International Year of Cooperatives announced by the UN last year. There is more information on this and our own local efforts to expand our cooperative reach to better serve our members and community. And don't forget to try a recipe, lots of great ideas for cooking and gardening this Spring found within. Enjoy!

-Maureen Tobin, editor



BE A BEACON

For Bicycling This May!

By Duncan Green, Co-op member since 1985

Co-op Community! Are you concerned about all the uncertainty and change in our world these days? 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 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.*
- *Thurston County has 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 38th 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 Co-op (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 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. Won't you join me and be a Beacon for Bicycling 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!



EASTSIDE EXPANSION!

From the Expansion Committee of the Board (Jim, Ike, Dave, Redwood, Fern, and Kitty)

Exciting things are happening at the Eastside Store. The Eastside has been enjoying strong growth in sales over the last several years and is truly bursting at the seams! In order to better serve our members, we're exploring possibilities to make the store bigger, increase customer parking, and improve working conditions. Last Spring we started to look at how we could do this. As we got more into planning a remodel/addition, we quickly discovered that there wasn't enough space on our existing site to meet our needs. At almost exactly the same time, the house directly across from the store became available, and the Board decided to buy it, with the intention of moving Staff parking from the adjacent lot to free up space for store expansion. We are pleased to announce that the Co-op now owns the house at 1001 Lansdale!

The house will provide much needed office and meeting space, staff rest rooms, space for our Facilities/Maintenance work, and a kitchenette/break room. Having this additional property opens up great new possibilities for expanding the store itself, and the Staff and Board can now move toward finding the most optimal use of our expanded footprint.

This is an expensive endeavor that will likely take years to complete, and there are lots of steps that need to be carried out in succession to ensure that our organization remains stable and sustainable. In the following order, broadly speaking, those steps are Feasibility, Construction Prep and Planning, Construction, and Preparation for opening.

We are now working on the first step – the Feasibility phase, which

includes Space/Site Feasibility, Market Feasibility, Operational Feasibility, and Financial Feasibility. We need to know that our plans are reasonable and attainable, and if they aren't, the plan will need to be adjusted.

One of the first things we learned is that it's not feasible for us to do all of this work on our own! We need help.

Our Co-op has engaged the services of National Co-op Grocers (NCG), a business services cooperative for retail food co-ops located throughout the United States. We're a member of NCG, and their Store Development and Expansion Support will help us determine whether it's even possible for us to proceed with expansion without jeopardizing the health and sustainability of the organization.

NCG's consultants will be assisting with Site and Design Feasibility, helping us to develop a conceptual space use plan and equipment cost estimate. They will also assist to evaluate the effectiveness of our operations in an expanded store. Last, they'll work with us to create a preliminary financial projection and assumptions, based on sales potential derived from market research. NCG's work could take about 6 months, and will start in the coming days.

We are so excited at the prospect of a bigger and better Eastside Store. Stay tuned! Remember, we'll be providing regular updates here, on our website, social media, and in the stores.

Please feel free to contact expansion@olympiafood.coop with any questions or comments. Thanks! ■

A Brief History of Co-op Growth

By Maggie Jay, Staff member

Six food buying clubs in the Olympia area came together to purchase from a local produce wholesaler every weekend. This act turned into the Olympia Food Co-op forming in downtown Olympia, first opening its doors one wintery morning in 1977.

Just a few years later, the Co-op had outgrown the space and a new store officially opened on Rogers Street in 1980. The little, local store tucked away in the cozy Westside neighborhood, laced with walking trails, changed how you buy your food.

Things started booming for the Co-op, which was used to serving its mostly student and neighbor membership in 1989. Organic apples started trending almost overnight when it was discovered that a widely used fertilizer (Alar, AKA daminozide) was highly toxic to humans.

Grocery store chains didn't offer organic produce. "Now, of course [they do]. But I still think we do it better," long-time staff member, Grace Cox once said matter-of-factly.

The Olympia Food Co-op did offer organic produce at the time. People flooded the stores looking for organic foods.

This was the moment the Olympia Food Co-op started changing how the community buys its food. It started with apples, but people become curious about all of the other offerings in the store. The Co-op overflowed with customers. Sales jumped exponentially over the next several years, as did the membership numbers, raising the question of moving or adding a 2nd location.

After conducting a member ballot, it was clear. A new store was in order.

It was a tall order. After 4 years of planning and executing bits and pieces of the big plan, there was no more joking around. On April Fool's Day of 1994, the Eastside store opened to the public.

That was over 30 years ago and today, the Eastside

Store is bursting at the seams. From the parking lot to the frozen section, things have gotten a little too tight. The two stores are both at their capacity and it's time to loosen our belt, so to speak!

The Board and Staff are excited at the prospects of expanding the Eastside store and upgrading all of our facilities to make them more environmentally friendly. Expanding the Eastside store will allow us to properly serve the membership and community, improve staff working environment and of course, to continue changing how you buy your food!

Read the Expansion Update on the facing page to learn about some of the details.

For the most up-to-date (and entertaining) information on the expansion and all things Co-op, visit our Facebook or Instagram pages. To learn more about the history of the Olympia Food Co-op, check out our YouTube documentary, *Selling Cooperative: Olympia Food Co-op 40th Anniversary Documentary*.

Olympia Food Co-op **NEWS**

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Blue Heron Bakery Flying High

by Peter Kirtach and James & Kanis Skutt-Kakaric

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

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

The original anarchy of the bakery progressed to our current semi-organized business structure, a fact that the Co-op staff will testify to. The business today supports a total of twenty-six adults, children, and unborn babies. The members are as follows: Robin Bergman, Anne Hunter-Anderson, Margie and Harry Bowen, Doug Martin, Steve and Peter Kirtach, James Skutt-Kakaric, Margo Murphy (bookkeeper), Doug Sanfankler (granola), and Chris Felton (submarine). The group finds itself balancing in the middle between extreme anarchy (Peter) and extreme organization (Margie, Margie and Anne), as we strive to maintain a successful, socially conscious business in the midst of a grossly warped society.

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

cont. page 8

INSIDE

- 3 Recycling and Food Crops
- 6 Do you eat organic?
- 10 Time to think "Garden"
- 11 New Folks at the Co-op

Have You Heard About 'Round-Up' for the Community Sustaining Fund?

By Ashley McBee, Co-op member

'Rounding-Up' for the Community Sustaining Fund of Thurston County (CSF) is a simple way to directly fund social justice, environmental health, and activism in our community. Olympia Food Co-op shoppers 'round-up' their purchases. The pennies grow into dollars, and the dollars go to local projects.

What is the Community Sustaining Fund of Thurston County?

Thurston County is an incubator for innovation and collaboration that creates progressive, positive change. We are fortunate and privileged to live in this hub of changemakers! Community members like you came together nearly 40 years ago to respond to the need to find funding for our rich mix of organizing and activism. They found the best way to find funding is to create our own local, grassroots grant fund! The CSF continues today, awarding grant funds to local projects every Spring and Fall.

How Much Does CSF Really Need My Round-Up Pennies?

More than you might imagine! Virtually all grant funds are donated by Co-op customers who 'round-up' at the register. Even a modest increase in customers rounding up regularly could significantly raise the necessary \$1000-\$1500 cap on funding requests and fund all quality applications. Unfortunately, the CSF must turn down or greatly reduce funding for worthy projects almost every grant round.

Does my 'Round-Up' Donation to CSF Make a Real Impact in My Community?

Absolutely! Hands down! You betcha! 100% of donations are distributed as grant funds. 'Round-up' donations like yours funded over 200 individuals and organizations that vision, create, & deliver their mission in Thurston County. Works in Progress, OlyEcosystems, Community Youth Services, Black Power Initiative, Olympia Free Clinic, Interfaith Works, Canoe Journey Herbalists, Treble Voices for Peace & Olympia Peace Choirs,, Community Farmland Trust, Thurston Climate Action Team, the Olympia Food Co-op, and many, many more were seeded to start or supported to grow with CSF funds and networking. And many more will receive support in the years to come with donations from community members like you.

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!

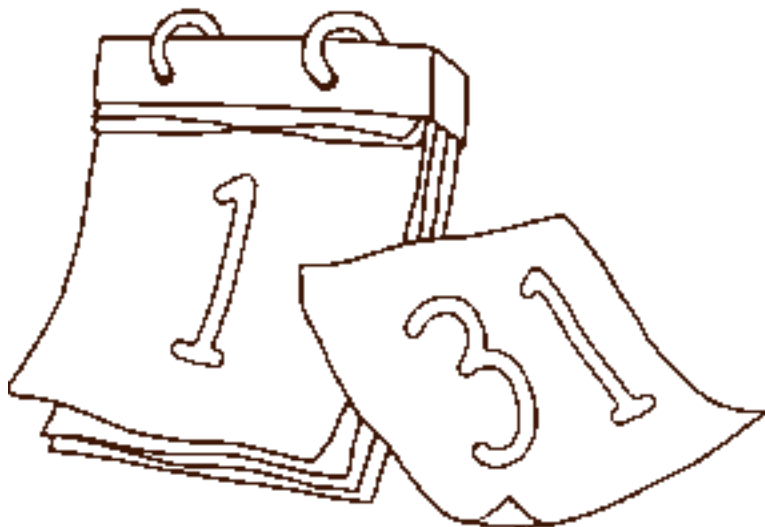
Olympia FOOD CO-OP

Every 'round-up' donation is needed to create sustainable solutions that address growing systemic issues that make local organizing more challenging and also acutely needed. As applicants' budgets and capacity are squeezed ever-tighter, everything that goes into 'the work' is increasingly harder. We're currently in great need of widespread support to initiatives that strengthen the fabric of our communities. The 'demand' for our local grant fund is ever-growing, and the 'supply' is crucial to meeting our community's needs.

We sincerely thank all who support this local grant fund through the 'Round Up' program. 'Round-up' is made possible by the Co-op Board's sustained vision and commitment to community building, the invaluable cashiers who administer the 'round-up' moment. And, of course, the amazing Co-op shoppers who kindly 'round-up' to sustain a grassroots grant fund in their community

What's Next?

...why, the **SPRING 2025 Grant Round, of course!**



March 17th: Applications will be available on the CSF website, and the Grant Round Opens!

April 28th: Application Deadline (11:59pm sharp)

May 10th: Applicant Interviews*

**If selected for funding consideration, applicants are required to participate in a 15 minute interview on Saturday, May 10th*

Do You Round Up?



The Co-op makes it easy to remember to Round-up at the Register to help our community!

Check out what your friends and neighbors are creating in Thurston County communities! Please look some of them up, spread the word, and engage with their programs. Together, we create and sustain what's needed in our communities. We warmly invite you to join us!

2024 Grant Recipients:

Restoring Earth Connection (REConnect)
— 2024 Events & Outreach

Thurston County Inclusion (TCI)
— 2024 Summer Camp

Multicultural Service Center of South Sound (MCSCSS) — Refugee Job Fair

Olympia Bupe Clinic — Incentivize Hep C Testing

Wild River Healing Arts
— Queer+ Trans Disabled Support Group Scholarships

Triceratops Technology Resources
— Collaborative Update of the South Sound Resource Guide

Mapping Regional Wildlife Connectivity
— Supporting the acquisition of software to disseminate data

Window Seat Media — Pride Storytelling Project

Nisqually Reach Nature Center
— Nature Center Mural Project

The Journal of Olympia, Lacey, Tumwater (JOLT) — Hiring a Managing Editor

Puget Sound Estuarium (The Estuarium)
— Regional Aquatics Workshop

Thurston Housing Land Trust
— Digital Outreach Toolkit



Better From Scratch

By Monica Peabody, Staff member Food is just better made from scratch, but finding the time can be daunting. Here are a few recipe ideas that don't take a lot of time and will hopefully reward you in flavor, nutrition and savings. Mac and cheese made from scratch can replace boxed mac and cheese, homemade soup jars can replace cup of soups and instant ramen. Feeling like something sweet? Juice and gelatin or agar agar can make a yummy jello, especially with fresh fruit and nuts or toasted coconut added. Need chocolate, but don't feel like going to the store? Melt some baking chocolate with a lot of dried fruits and seeds for a delicious chocolate bark.

What are your favorite things to make from scratch? Send your recipes to monica@olympiafood.coop. We'd love to feature them in the TABLE or on our website.

Mac and Cheese two ways, both delicious, and both from scratch!

Stovetop Mac and Cheese

Not enough time for your mac and cheese to bake for 45 minutes? Make a simple stove top mac and cheese that takes no longer than the boxed variety and what you lose in a browned oven top, you gain in creamy sauciness.

8 oz pasta
4 Tbsp butter
Half an onion, chopped
Other vegetables chopped small if you like
4 Tbsp flour (or other thickener, like cornstarch or arrowroot, if you are making it gluten free)
1½ cup milk
2 cups grated cheese (cheddar, pepperjack, american)
Salt and pepper

Cook your pasta according to directions on package. Meanwhile, melt butter into a large saucepan. Add chopped onion, and vegetables if using, and saute for a few minutes. Stir in flour and let cook for a couple of minutes. Add milk and let simmer, stirring often, until the sauce thickens. Turn off heat and stir in cheese until it's melted. Add drained pasta and stir into the sauce. Sauce can be thinned with pasta water if needed. Add salt and pepper to taste. Enjoy.

Baked Mac and Cheese

This is how my mama made it and I loved it growing up, so I'm going to share with you her recipe. I like to toss in finely chopped vegetables, whatever I have around, like carrots, cauliflower, spinach, peas, you name it. Or create a new flavor profile, like adding green chiles and corn and using smoked paprika. However, if you're a mac and cheese purist, skip the vegetables and serve it with a nice side salad.

8 oz pasta
2 cups cubed cheese (my mom used American, I use a sharp cheddar)
1¼ cups milk
Quarter of a large onion, minced
Other vegetables chopped small if you like
½ tsp salt
Pepper
Paprika

Preheat oven to 350. Cook your pasta according to directions on package, drain and mix with the rest of the ingredients except paprika. Mix well then turn into a 1 ½ quart, greased casserole dish. Sprinkle top with paprika. Bake covered for 45 minutes. Serves 6.



Soup Cups/Instant Ramen

Want the ease of cup of soups or instant ramen, but with fresh, delicious, nutritious ingredients? This will take you a couple of hours on a weekend day, but then you have great lunches all week long!

I tried a ramen with chicken and with shrimp. I also made a tofu, green curry soup with coconut cream. I even made a chicken noodle soup with carrots, onions and parsley. The great thing is you can come up with your own ideas, mix and match, use leftover meat or noodles.

6 wide mouth canning pint jars or other heat proof containers

1 - 3 tsp flavor base (I used Better Than Bouillon, but you can also use curry paste, miso, bouillon cubes, soup base powder)

1 - 3 tsp other flavorings (i.e. chili crisp, tamari, sesame oil, sriracha, coconut cream)

¼ cup vegetables (frozen or fresh veg like peas, corn, bok choy, spinach, mushrooms, bean sprouts, thinly sliced onion; harder fresh veg like carrots, celery, cauliflower, broccoli, potatoes will need to be lightly parboiled, steamed or sauteed if you don't want them crunchy in your soup)

¼ cup protein (boiled chicken, leftover roast, cooked shrimp, sauteed ground meat, hard or soft boiled egg, tofu, cooked beans, seitan, nut butter)

¾ cup noodles (any kind, cooked to specifications on package; vermicelli or miracle noodles can go in uncooked)

¼ cup fresh herbs (cilantro, parsley, mint, green onions, a slice of lime or lemon)

Add ingredients in the order listed into the pint jars and refrigerate them until you are ready to eat one. Heat water to boiling then pour over your soup ingredients. Let steep for 2-3 minutes, then shake vigorously or stir well. You can bring a fork or chopsticks and enjoy it straight out of the jar, or pour it into a bowl and enjoy!



Jello

4 cups fruit juice

2 Tbsp unflavored gelatin

2 Tbsp coconut cream (optional, if you want to add some creaminess and coconut flavor)

Fruits, nuts, toasted coconut, or other toppers

Bloom the gelatin by sprinkling over ½ cup of the juice and letting sit for 5 minutes. Meanwhile, heat the rest of your juice over medium high until steaming. It doesn't need to come to a boil, but should be very hot. Stir the bloomed gelatin juice into the heated juice until completely dissolved. Pour into a 2 quart ceramic pan or other heat proof container and chill for a few hours until completely set. Add fruits and nuts, etc and enjoy. If you want to add fruit directly into the jello, wait until it has set up about halfway and stir it in.

For vegan jello, follow the same steps as above except:

Use 2 teaspoons of agar agar instead of gelatin and bring the mixture to a boil, letting it boil for two minutes while whisking constantly. Chill and serve very cold, with a dollop of sour cream, plain Greek yogurt or vegan yogurt.



Pizza Dough

Making your own pizza dough is fairly easy and saves lots of money over prepared versions. Make a double batch and freeze a few balls to always have some on hand. This recipe is inspired by John Penza's Sicilian Vegetarian Cooking.

Makes 4 12-inch pizzas

2 tsp sugar
4 tsp (two ¼ ounce packages) active dry yeast
2 cups warm water
2 tsp salt
4 Tbsp olive oil, plus more for rising
6 cups unbleached flour, bread flour, semolina flour, or a combination, plus extra for handling

In a large bowl, mix the sugar and yeast together. Add half the water and stir to dissolve. Let stand for 5-10 minutes until the yeast begins to foam.

Stir in the olive oil and salt. Add the flour and mix.

Add the remaining warm water slowly until you have a ball of dough, if it seems too runny, add flour and, if too stiff, add more water.

Knead the dough for about 5 minutes, either in the bowl or at a floured work space, until it is smooth, still a bit moist, and elastic.

Coat the dough ball with olive oil and return to your bowl. You can also separate the dough at this point to rise in separate balls, or directly on the pan you will bake pizza in.

Cover the dough with a clean, damp towel and allow to rise in a warm place (ideally 75 degrees or more) for at least one hour or as many as 3, until it has doubled in size.

Bake your dough in a prepared pan (oiled and sprinkled with cornmeal) at 425 degrees with toppings of your choice. It can be rolled or tossed thin or pressed thickly onto your pan for Sicilian style. Pizza stones work well too- do some experimenting to figure out what pan and thickness turn out perfect pizza for you!

Easy Pizza Sauce

1 lb tomatoes
1/4 tsp salt
2 Tbsp olive oil

Combine ingredients into a skillet and bring to a simmer over moderate heat. Simmer, stirring occasionally until thickened and reduced to about 1 cup, 10-15 minutes



Toasted Almond and Dried Fruit Chocolate Bark

This recipe is from Tissany Gilmore and I learned it at her Co-op cooking class. She'll be teaching a couple of wonderful looking classes this spring, so check out our schedule on page 18-19.

12 oz (340 g) high-quality dark chocolate
¼ cup dried cranberries (or other dried fruit)
¼ cup golden berries
¼ cup toasted almonds (or other nuts)
Pinch of sea salt (optional)

Equipment: Pastry spatula / Rubber spatula / Baking sheet
Parchment paper / Large stainless steel pot and bowl (for tempering) / Kitchen thermometer

Line a baking sheet with parchment paper.

Temper the Chocolate: Melt 2/3 of the chopped chocolate in a stainless steel bowl set over a pot of simmering water. Stir until melted and the temperature reaches 110°F.

Remove from heat and add the remaining chocolate. Stir until melted and the temperature drops to 84°F. The chocolate should be shiny and smooth.

Pour the tempered chocolate onto the prepared baking sheet and use a spatula to spread it into an even layer, about 1/4-inch thick.

Evenly sprinkle the dried cranberries, golden berries, and toasted nuts over the tempered chocolate. If desired, add a pinch of sea salt for an extra flavor boost.

Allow the chocolate bark to set at room temperature until it is completely firm, which might take about 1-2 hours. Do not refrigerate, as it might affect the temper.

Once the chocolate is fully set, break it into pieces of your desired size. Store the chocolate bark in an airtight container at room temperature for up to two weeks.

Notes: Tempering the chocolate will give it an attractive shine and snap. Either a double boiler or a chocolate melting machine can be used for this recipe. Nuts can be toasted on a stovetop in a small pan, or in the oven for 3 minutes. Get creative and add your favorite toppings, including dried fruit, nuts, seeds, or a white chocolate drizzle.



Featured Artists of the Olympia Food Co-op 2025 Arts Walk

By Maggie Jay, Staff member

It's that time of year again! Olympia's 2025 Spring Arts Walk is April 25th and 26th and the Co-op will be part of the celebration in a big way this year. So, get your walking shoes on and visit us at 608 Columbia Street SW before heading to the plethora of artists showing their work in downtown Olympia.

This year, we have 6 artists who are showing their work at the Olympia Food Co-op's Art Gallery!

Come by both days for delectable delicacies from our stores, music by local musician and Co-op member, Lindsey Rhodes. Stop in and meet the featured artists, including Faith Hagenhofer, Kaia Selene, Maggie Jay, Redwood Naragon, Jenna Fitton and Daniel G. Bernstein. Learn more about each artist through their bio below.



Redwood Naragon - Mixed Media; micron pen and sumi ink

www.RedwoodNaragon.com

Redwood's journey as an artist began before this incarnation, that is for certain. One of his earliest memories is adding artwork to the wall of the game closet, which likely led to a spanking.

While art was a natural focus throughout life, it was in 1997 that Redwood fully embraced this calling. In 1998 he both fell in love (again, in this lifetime) with sumi ink and a bamboo brush, and later in the year with creating astrological mandalas.

The artworks Redwood has been creating during the last year are primarily astrological mandalas, which are a combination of micron pen and sumi ink. Redwood has always strongly identified with being in the creative process, whatever that looks like, however that shifts and changes.

He sees what comes through himself and any artist as a reflection of our relationships to things greater than us as individuals. Society may shine the light on the individual as the creator, but he believes that this is only half of the story of what is actually going on.



Faith Hagenhofer - Photography

Faith Hagenhofer is a local artist, sharing work dear to her heart. She is an artist/farmer with linked practices and entwined conceptual references, shepherd of wool sheep and grower of dye plants. She began as a printmaker, then became a felt maker. She has expanded to other textile practices and incorporated additional materials as concepts and imaginings have demanded; most recently she's a dye plant gardener and plant-dyer. For this show, Hagenhofer will be showing the photographic legacy from mid-20th century Europe and the United States. Her mother, Margo Koch-Ruthe, was the photographer.



Maggie Jay - Textile and Fiber Art

Instagram: @fortuitousartista

I am self-taught photographer who stumbled into my wearable art journey about 18 months ago. I use fabric, paint, thread, metal, beads, buttons, yarn and even fake eyelashes to create my pieces on vintage coats and jeans.

Much of my art incorporates old objects, tiny trinkets, and detailed work. Color plays a starring role in all of my wearable pieces and I love experimenting with the endless combinations of mediums to create the most profound pieces.

My art is inspired by jaw-dropping nature scenes, the inspirational lives of LGBTQIA+ and the gorgeous Black culture of the U.S.



Kaia Selene - Faerie Foods & Fashion

<https://aeriefae.etsy.com/> Instagram: @a_e_r_i_e_f_a_e

I'm Kaia Selene, a multidisciplinary artist and seasoned kitchen witch. All items are of my own creation either by art, design or formulation. I infuse everything with my personal brand of energy healing and while creating, dream of them soaring to you and further enlivening your magical and precious life.

Enjoy Kaia's teas, hair accessories, jewelry and infused sugars at the Co-op's Art Gallery during Olympia's 2025 Spring Arts Walk.



Daniel Bernstein, DB Designs – Photography

<https://www.flickr.com/photos/db-designs/>

I started my photography interest in 1971 when my parents bought me a Kodak 110 camera. I took that camera with me everywhere. In 1982 my best friend loaned me her Minolta SRT-102, and subsequently showed me how to develop those images in a home dark room. I have come a long way since that Kodak 110.

My photography interests are mainly macros, nature, landscapes, and fur-babies, but I've been enjoying the Astrophotography I've had the pleasure of creating recently. I feel my ADHD plays a big part of me being able to see the fine detail Mother Nature has to offer.

Someone once said to me: "If I want to see a sunset, I'll go to the beach and see a sunset. However, you show me the world in a way I normally don't see the world."



Jenna Fitton - Multimedia artist

Instagram: @slapewathe

Jenna Fitton is a multimedia artist and musician living in Olympia, WA. They primarily create art as a means of recontextualizing and surviving difficult emotional states.

This alchemical process draws the internal struggle outward and offers a great shift in perception of their human experience. Playing with color is cathartic and pleasurable - a connection to a younger and more imaginative self.

International Year of Cooperatives

By Maureen Tobin, Staff member

The United Nations General Assembly has declared 2025 as the International Year of Cooperatives and to celebrate this under the theme “Cooperatives Build a Better World.”

The theme highlights the lasting global impact of cooperatives and emphasizes that the cooperative model is a crucial solution for addressing various global challenges. In our country, for generations, people have used co-ops as tools to capture economic opportunities and bring stability and resilience to their communities during turbulent times. The Year of Cooperatives provides a unique opportunity to raise awareness of that impact.

“The decision by the General Assembly could not be timelier. The innovative contributions of cooperatives for sustainable development will be crucial for accelerating progress in achieving the Sustainable Development Goals as we approach 2030,” said Li Junhua, Under-Secretary-General of the United Nations Department of Economic and Social Affairs. *“The second International Year of Cooperatives will be an opportunity to mobilize all stakeholders to support and expand cooperatives everywhere, strengthening their contributions for a better world.”*

2025

THE KEY OBJECTIVES FOR THE UN INCLUDE:

- Governments creating an enabling environment for cooperatives
- Cooperatives promoting public awareness, developing new leaders, and leveraging cooperation
- Institutions and development agencies promoting cooperatives through education, strengthening capacities, and facilitating international collaboration
- The public understanding the cooperative identity and supporting cooperative initiatives

While it is doubtful that our government will prioritize carrying forward these objectives this year, we are lucky to have a thriving cooperative movement and business leaders who do share these values and will continue work to achieve them.

One exciting project that has been developed by DotCoop, owned jointly by the National Cooperative Business Association and the International Cooperative Alliance, is the Co-op World Map. It is designed to help cooperatives connect, communicate their work, and share global impact and can be found at <http://worldmap.coop>.

Already, the Co-op World Map includes 15,000 cooperatives in North America, and this number is growing as more cooperatives participate. Our little corner of Western Washington lists dozens of local cooperatives and we continue to work towards ongoing collaboration through efforts like the CoSound Committee, made up of local co-op workers.

Keep your eyes and ears open for ways to make our local economy stronger and more inclusive through the support of cooperative endeavors; groups like CoSound and NCBA CLUSA will work hard to keep us updated. ■

Every Member Counts
WE KEEP THE CO-OP STRONG!



Introducing a New Way to Share Your Experience...



We're Listening!

At the Co-op, we know that our relationship with members, shoppers and our community, is key to our success. We take pride in the service we provide and continually look for ways to improve it. To that end, we're excited to introduce a new, additional way to hear from you!

Beginning in March, we'll randomly invite shoppers to complete a short survey using a link printed on their cash register receipts. Customers who complete the survey will receive an offer for \$5.00 off a future purchase of \$25 or more.

This new option is in addition to all the other ways you can share your ideas or questions. As always, you can contact us via:

- *Phone* — Give our stores a call, we have staff answering from 7:30am to 9pm.
- *Website* — find the online suggestion form and email contact information
- *Social media* — send us a message or share your co-op stories!
- *In person* — Chat with us about what you love and how we can do better
- *Suggestion forms in store* — Request a product, leave a comment, or ask a question.

WE VALUE YOUR FEEDBACK AND WE LOOK FORWARD TO HEARING MORE OF IT!

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**Log your bike rides for fun, health or transportation in May and win prizes!
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Starting Your Garden

...and Keeping Things Going!

By Jennifern Falknor, Staff member

Our climate is changing; I don't think it's possible for anyone, save the really really ignorant, to deny that.

That means we have to update our garden schedules. As I write this in the second week of February, the first young buck robin started fighting his reflection in my large windows. Time to put plastic sheets on the outside of all my windows to prevent the cock robins from hurting themselves. Robins are called the "Harbingers of Spring," because they are usually the first migrants to come back. At the same time, snow is expected for the next few days, and I am kept busy alternating the hummingbird feeders as they freeze so that our winter denizen, the tiny Annas hummingbird, can get a little energy to get through these final freezing days.

Don't be fooled by our last frost date.

Most of the frost-tender plants like tomatoes, peppers, basil, cukes, and squash don't want to go in the ground until the soil is warm. Putting them out before then may very well stunt their growth. And when they do go in, you may want to at least mound up the soil if you don't have raised or covered beds to help them stay warm throughout the growing season.



No worries if you haven't started seedlings; the Co-op is here for you! We have young plant starts ready to set out for instant garden success.

To ensure success, make sure you have prepared your soil. It should be loose and loamy. You may want to add compost or well-rotted manure, and anything your soil may lack. I highly recommend testing your soil for pH. There are many websites that have charts for the best pH for the veggies that you want to grow. Most of the veggies we eat are Mediterranean and African in origin, which usually like a sweeter (higher pH) soil. In our rainy climate, lime leaches out quickly and our soil, as a result, is sourer, and usually needs an addition of lime. You can get that from ground shells (egg- or sea-), dolomite lime or many other sources. This alone will unlock other nutrients and make them more available to your plants.

Many vegetables will produce new babies to replace the old in many forms. Alliums such as leeks and garlic are good candidates for replenishing your crops. Leeks will put out side-shoots, and if you let your biggest leek go to seed, you will have a hundred babies for next year's crop. Save your biggest garlic heads and replant them as early as July or August for next year's crop. Raspberries and strawberries will put out runners like crazy, and after they go dormant you can transplant them to extend your berry patch.

This is a good time to invite your allies into your gardens as well.

Spiders eat a crazy amount of fruit flies and other garden pests. I easily train the gorgeous Golden Orb spiders in my raspberries by moving their webs once or twice from building across the paths to building within the berry rows before they start doing it on their own. Put out tall stakes (I use bamboo poles) around the garden for dragonflies to perch on. They love cabbage moths and houseflies and other nuisance insects, and they are fun to watch in action.

Birds eat literally tons of bugs. Put up feeders and birdbaths, and if you build it, they will come. Get some netting to cover your berries or strew red-painted stones around your strawberries to discourage them from eating your fruit, and all will be well. I love yellow jackets; unlike the bald-faced hornets, they are very polite when away from their nest and in neutral territories like your garden. I move slowly around them so as not to appear threatening, and we cohabit beautifully. In return, they vacuum each leaf and stem on my plants, and I have no trouble with aphids, leaf hoppers and other suckers and chewers.

Remember to always start small (even a pot with a tomato and a basil on a sunny porch can produce well) and build on success.

Planting a kitchen herb garden just outside the back door can provide a load of satisfaction when preparing your meals.

Get those hands dirty! You'll be glad you did.

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

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MAKE CHANGE
with your spare change!

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



By Monica Peabody, Class Coordinator

Spring is a time of new growth and discovery. Let's grow and discover together at some Co-op classes, sharing our knowledge and picking up new skills. Again, we have a wide variety of options for learning to make delicious and nutritious foods and taking care of our bodies. We can lose ourselves in the joy of dance or learn which weeds make a delicious salad or a healthy tea. We even have a couple of Co-op staff members who want to unravel the mysteries of Co-op shopping with you.

Let your friends know that our classes are only \$7!

Each and every class is amazing. Our teachers put their all into sharing their skills with you. Learning together is so fun and energizing. I look forward to seeing you there.

Consider teaching a class and sharing a special skill or knowledge that you have, or just teach us something you love to cook and eat. Or a craft you enjoy, or gardening tips, or...?? We offer working member hours credit for the time you spend preparing for and teaching your class. Summer class proposals will be due by May 5th. Email classes@olympiafood.coop with your proposal.

Don't hesitate, because our classes fill up quickly. Please do get on the waiting list if the class you want to take is full, because sometimes people end up not being able to make it. And if that's you, please let us know so we can pass your ticket onto the next person on the waiting list.

Register for classes on our website at olympiafood.coop!

Sunday, March 9, 1 - 3pm & Thursday, March 13, 6 - 8pm
Co-op Shopping 101 with Kate and Mardi
 Co-op Downtown Office & Classroom — 608 Columbia St SW, Olympia WA 98501

Come learn tips and tricks for shopping at the coop, and/or share your own. Topics covered will include special orders, bulk purchasing, where do I find ??, plus more.

Kate Tossey and Mardi Halvorsen are staff members who began working at the coop as working members, and now are often found cashiering at the east side store.

Tuesday, March 11, 6 - 9pm

Spring-Inspired Pizza from Scratch with Tissany Gilmore
 GRuB Farmhouse Kitchen — 2016 Elliott Ave NW, Olympia WA 98502

Unleash your inner chef and create a delicious, spring-inspired perfect pizza from scratch! *Handcrafted Vegetable Pizza: A symphony of flavors featuring a medley of seasonal vegetables, such as asparagus, artichoke hearts, and bell peppers, complemented by creamy smoked mozzarella cheese, all baked to perfection on a crispy, golden crust. Kale and Brussel Sprout Salad: A refreshing and vibrant salad with shredded kale, shaved Brussel sprouts, toasted almonds, dried cranberries, and a zesty, handcrafted lemon vinaigrette dressing.* Led by Chef Onyiyechi, this hands-on class covers dough, sauce, and ingredient selection. You'll gain valuable skills, learn the secrets to a perfect crust and sauce, and create pizza using fresh ingredients. At the end of the evening, enjoy your delicious homemade pizza!

As a holistic private chef, Tissany specializes in savory and vegan desserts and special diet cuisine with a focus on healing through food. She creates delicious and nutritious dishes, infusing herbs, spices, and utilizing organic and whole foods. She currently hosts vegan cooking classes at the Lacey Timberland Library.

Saturday, March 15, 10am - 1pm

Irish Cooking Class - Brown Bread and Guinness Stew
 with Laurie Weidner
 GRuB Farmhouse Kitchen — 2016 Elliott Ave NW, Olympia WA 98502

Why make corned beef and cabbage (which is not Irish) for St. Patrick's Day when you can learn to prepare quintessential Irish delicacies like Guinness Stew and Brown Bread? The recipes you will cook are family recipes, prepared year-round in Southern Ireland. This is a hands-on cooking class so please come prepared to roll up your sleeves and join in. The recipes include dairy, gluten and beef.

Your instructors will be Laurie Weidner and her husband, Jeff Kean. Laurie was lucky enough to be raised by her grandmother, a remarkable woman from a little town near Galway. She grew up eating Nana's stew and is pleased to share this delightful comfort food with you.

Sunday, March 16, 10am - 12pm

Wild Fermented Sauerkraut with Meghan Hintz
 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 good 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 a demonstration, 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

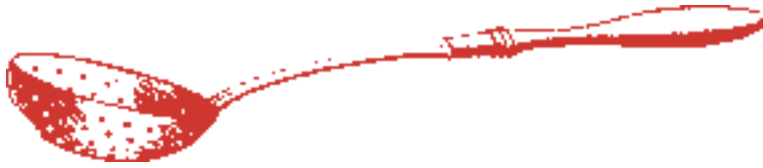
Saturday, March 29, 2 - 4:30pm

Menopause Café with Laura Foster
 Co-op Downtown Office & Classroom — 608 Columbia St SW, Olympia WA 98501

Join Laura Foster, MS, RD, for a relaxed and supportive discussion on navigating midlife and menopause with confidence. This 2.5-hour gathering blends evidence-based nutrition with real conversations about hormone changes, symptoms, and lifestyle strategies. What to Expect: practical nutrition tips to support hormonal balance; welcoming space to share experiences and advice; insights on gut health, insulin resistance, and longevity. Light refreshments provided. Reserve your spot today!

Laura is a Registered Dietitian with a master's degree in nutrition and over five years of clinical experience. She specializes in PCOS, insulin resistance, gut health, GERD, and menopause, using a Whole Foods-based approach alongside emerging research on brain pathways and eating patterns.

Learn New Skills! Meet New Friends!



Thursday, April 3, 6 - 7:30pm

Celebrate the Return of Spring...

through improvisational dance! with Mary Nelson

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

We will explore rich free natural liberating uplifting dance through movement games and a bit of laughter yoga thrown in, too! Release your inner dancer. Explore the limitless possibilities of your own movement and have fun dancing with others. Come one, come all! No experience necessary.

Mary Nelson is an active believer that we are all dancers, that dance is our native language, and that dance is necessary for health. Her teaching credentials include a BFA in Dance Education with Special Honors from George Washington University and over 50 years experience enjoying, sharing, facilitating creative movement groups with folks of all ages, colors, abilities, sizes, shapes and gifts. In 1999 she helped form RADCO (Random Acts of Dance Collective) in Olympia, which is still celebrating the dancer in all of us.

Sunday, April 6, 1 - 3pm

Starting Your Garden and Keeping Things Going

with Jennifern Falknor

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

Time to put out starts and plant seeds. Which can you put out early, and which to put out later? This class will answer your questions on how to start a successful garden and keep it going.

Jennifern Falknor has a mission: sharing decades of experience gardening successfully. She wants to help people save on groceries, deliciously.

Thursday April 10, 7pm on Zoom

Root Causes of Allergies, Asthma and Eczema

with Dr. Jennea Wood, ND

Please join Dr. Jennea Wood for a class on naturopathic approaches to understanding the root causes of allergies, eczema and asthma, three conditions with shared roots. What do these diseases have in common? What is going on with the immune system? How is the digestive system involved? How is your environment involved? We'll also cover the importance of addressing each person individually and how to proceed safely and involve your primary care doctor. Get your questions answered by a doctor specializing in root cause medicine!

Dr. Jennea Wood is a naturopathic physician practicing with Tummy Temple in Greater Olympia/Lacey. 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 the other offerings of Tummy Temple at tummytemple.com

Saturday, April 19, 2 - 4:30pm

Preventing Type 2 Diabetes: Nutrition and Lifestyle Basics

with Laura Foster

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

Join us for a practical session on preventing type 2 diabetes with simple nutrition and lifestyle changes. In this 2-hour class, we'll talk about easy ways to plan balanced meals, time your eating, and stay active to avoid blood sugar spikes and drops. You'll also learn helpful tips for managing stress and improving sleep, both of which are important for steady blood sugar. At the end, we'll introduce Continuous Glucose Monitors (CGMs), a tool available at our practice to give you personal insights into how your blood sugar responds to food and activity.

See Laura Foster's bio under 3/29 class.

Saturday, May 3, 1 - 4pm & Saturday, June 1, 1 - 4pm

Urban Foraging with Melany Vorass Herrera

Meet in front of the Olympia Food Co-op Westside Store

921 Rogers St NW, Olympia WA 98502

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

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

Wednesday, May 7, 6 - 9pm

Spring-Inspired Grain Bowl Cooking Class with Tissany Gilmore

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

Elevate your weeknight meals with fresh, vibrant flavors! This cooking class offers a delightful blend of learning, creativity, and delicious food. Discover the secrets to building a well-balanced and satisfying grain bowl while enjoying a relaxed and engaging atmosphere. Leave with newfound skills, a nourished body, and a recipe to recreate this vibrant dish at home. Menu will feature seasonal vegetable Grilled Asparagus, tender asparagus spears perfectly grilled and seasoned; Quinoa Herb Salad, a light and refreshing salad with fluffy quinoa and a medley of herbs; Seasonal Greens with Tomato & Cucumber; and Quick Pickled Vegetables, a tangy and crunchy addition to your grain bowl.

See Tissany Gilmore's bio under 3/11 class on page 18.

Sunday, May 18, 2 - 5pm

Knife Skills with Mary Frei and Elaine Hacker

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, cutting board, and peeler.

Mary Frei 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 were 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 Hacker 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.



4th Quarter 2024 Finance Report

By Jill Lieseke, Staff Member

Spring is right around the corner; we are halfway through the first quarter of 2025 and we have finally completed our final, but pre-tax, finance reports for 2024.

For your review is a condensed version of the Co-op's Combined East/West 'Year To Date' (YTD) 4th Quarter 2024 Budget Report. This report shows our 2024 '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. Compared to what we budgeted, our sales are significantly more than what we projected-- \$744,637 over budgeted projections! Since sales are over budget, then naturally, COGS are also over budget, resulting in a 'Total Gross Sales Revenue' of a little more than \$8.2 million. This is almost \$375,000 more than what was projected for the end of the year. The 'Other Revenue' line is a little more than \$42,000 over the budgeted amount, resulting in \$416,000 over what was budgeted for 'Total Net Revenue.'

'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'. Our expenses are \$151,000 over what we budgeted. This overage is mostly seen in the line item of staffing which makes complete sense as the growth in sales creates more work.

The bottom line...drum roll please...is that 'Total Net Income' is approximately \$424,000. This is about \$265,000 over what was budgeted for the end of 2024!

We owe this strong growth to our members; we could not do this without YOU! The Co-op would like to extend its deepest gratitude to the membership. We have been working hard to bring many exciting new changes to the Co-op in 2025. As always, we will continue to monitor our finances to ensure the health of our community business

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

4th Quarter 2024 BUDGET REPORT

For The Year Ending 12/31/24

	2024 ACTUALS	2024 BUDGET	\$ OVER BUDGET
Revenue:			
Sales	22,549,570	21,804,932	744,637
Cost of Goods Sold	14,321,814	13,951,504	370,310
Gross Sales Revenue:	8,227,756	5,825,517	374,327
Other Revenue:			
	89,889	47,740	42,149
Total Net Revenue:	8,317,644	7,901,169	416,476
Expenses:			
Community & Marketing	194,899	169,258	25,641
Staffing	5,997,426	5,856,139	141,286
Member Discounts	470,470	474,501	-4,031
Operations	1,230,918	1,242,731	-11,8134
Total Expenses:	7,893,712	7,742,630	151,082
Total Net Income:	423,933	158,539	265,393



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Brighten your Rainy Season with Some COMMUNITY FUN!

Learn new skills and make new friends at this season's Co-op Classes! Every quarter brings an exciting new lineup. See p. 18-19 for what this year's Spring Season has to offer!

OFC Board of Directors



Jim Hutcheon
President Term 2024-25



Jeni O'Connor
Treasurer (Staff Representative)



Dave Toler
Vice President Term 2025-27



Andie Giron
Term 2023-25



Ike Nwanko
Term 2024-26



Jennifer Falknor
Term 2024-26



Ruth Brownstein
Secretary Term 2024-26



Anch Bergeson
Term 2024-26



Federica Faggioli
Term 2025-27



Bob Marsalli
Term 2025-27

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 Statement of Purpose

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

Eight 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.
- 8. Diversity, Equity and Inclusion**
Cooperatives seek to incorporate diversity, perform equitably and ensure inclusion at all levels of their organizations to better serve members, show members they are valued and ensure members receive equitable service

Board Report

By Jennifern Falknor, Board member

Welcome to our new Board members this year, Federica and Bob! Their energy and input will be a welcome addition.

The Board has been working on several projects with committees and Staff the past several months:

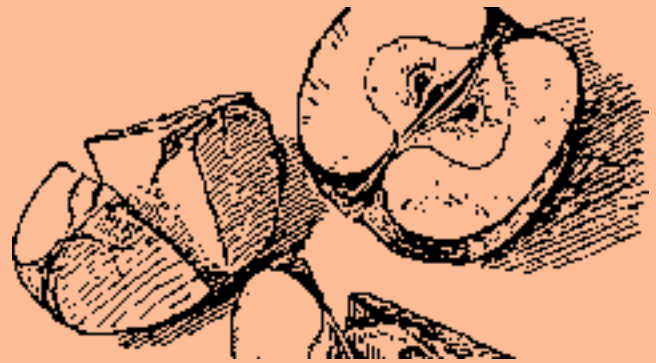
- *Annual Membership Meeting was held in November and the Member Relations Committee discussed follow up ideas about how to make the next one even better.*
- *Eastside expansion options and plans have been discussed several times and the Board approved the purchase of property on Lansdale; see the update on page 4.*
- *Board-Staff Relations committee hosted a picnic last summer and look forward to another one this year. The committee has also been planning strategic work together for late spring and early summer.*
- *Member Relations Committee has distilled a recent member survey about possible changes to our systems, mostly around member fees, equity payments, types and the like, which was quite informative. Staff and Board will discuss the feedback received next. Of course, any changes will be communicated and processed further with the membership before they begin.*
- *Board members will have a chance to attend a DEI workshop customized to the Board's purpose; some members were able to join a January workshop at the ASHHO Cultural Community Center with Collective Staff facilitated by Dr Bre Hailzip.*

We invite all members to attend our board meetings, held the third Thursday of the month in the Downtown office. You can find agendas, minutes and other info on our website, olympiafood.coop. Select "Join Us" then "Board of Directors". You can also reach the Board via email at 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!

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Olympia Food Co-op

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A photograph of a field of vibrant orange and yellow flowers, likely chrysanthemums, with green foliage. The flowers are in various stages of bloom, and the background is a soft-focus field of similar flowers.

***Both Stores Closed Thursday, May 1
for INTERNATIONAL WORKERS DAY***