Olympia FOOD CO-OP

Table

FALL 2025

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

The Perfect Autumn Dinner

Olympia Proclaims Year of Cooperatives

Olympia FOOD CO-OP Table

Published by
OLYMPIA FOOD CO-OP

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

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

Both stores are open every day except for May 1st

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

www.olympiafood.coop

EDITOR & ADVERTISING COORDINATOR
Maureen Tobin

NEWSLETTER COMMITTEE
Maureen Tobin, Monica Peabody, Ruth Brownstein

LAYOUT
Rachel Carns

PHOTOGRAPHY
Monica Peabody, Jennifern Falknor, Maggie Jay

CONTRIBUTORS Maureen Tobin, Monica Peabody, Jill Lieseke, Maggie Jay, Adina Burstein, Jim Hutcheon, Expansion Committee

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

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

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

Front cover photo by Maggie Jay

IN THIS ISSUE

Editor's Note

This issue of the Table reflects the transition we all go through this time of year—from celebrating lovely weather and the local harvest (return of the Zuke Fest at the Westside!) to exploring more complicated meals to share with friends and family when we get more cozy indoors.

In addition to all the great food and local goods our cooperative will be selling this fall, it is a time we take care of a lot of business, such as the Board Elections and the Annual Membership Meeting. We are excited to try our meeting this year at a new venue—the ASHHO Cultural Community Center. Our staff and Board have been holding trainings at this space and we are excited to share more broadly in the lovely art, delicious food, and community spirit there that mirrors our own goals for celebrating the diversity and strength that cooperatives bring to the world. You can find more information online and I hope to see many of you there!

-Maureen Tobin, editor

OLYMPIA FOOD CO-OP

Membership

RESPONSIBILITIES

Treat others with dignity and respect

Communicate with kindness

Pay the appropriate amount for your purchases

Respect store policies, in and outside the stores

Support and operate from the Purpose and Goals of the Co-op

Respect the structure, agenda, and facilitation of Co-op Board meetings

Maintain your active membership status by keeping your equity and contact information current

Verify your membership at every purchase

Approach conflict and challenges in good faith

Behave in a way that will not compromise the safety of others

Sign and adhere to the Tabling Agreements when tabling at the stores

RIGHTS

Be treated with dignity and respect

Pay no more than the posted member prices

Run for the Co-op Board of Directors and serve, if elected

Attend Board meetings, propose agenda items, and speak during public comment

Become a working member

Vote in the Co-op democratic processes, such as elections, member-initiated ballots, and surveys

Petition the Board to conduct a special membership meeting

Shop in safe and sanitary stores

Receive timely responses to requests/complaints

Share information aligned with the Co-op's Purpose and Goals through access to tabling in front of stores

Olympia FOOD CO-OP

ASHHO

CULTURAL COMMUNITY CENTER

come join us

OUR MISSION: to **FEED, HEAL, EDUCATE and CELEBRATE** our community through soul food, gatherings, and job training programs.

ASHHO stands for **ADVOCATE, SERVE, HONOR HUMANITY, and ORGANIZE** for positive change.

To learn more about ASHHO and upcoming events visit www.ashho.org

ASHHO PRONOUNCED aa-show

MEANING (in Bengali) to invite or call someone to "come join"

City of Olympia Joins Year of Cooperatives

by Maureen Tobin, Staff member In another exciting step recognizing the importance of cooperatives in our local and global economy, the Olympia City Council unanimously proclaimed 2025 as the Year of Cooperatives, following along with the United Nations Designation.

The proclamation, approved during the city council's special meeting on Monday, Aug. 4, was accepted on behalf of our local cooperatives by John A. McNamara, Co-Director of the Northwest Cooperative Development Center. The proclamation recognizes the cooperative model as a tool for sustainable development, inclusive economic growth and social empowerment, especially for women, people with disabilities, Indigenous peoples and communities of color.

"Cooperatives offer a valuable model for business succession, allowing employees and community members to assume ownership and management, thereby preserving business viability, local jobs, and community values during periods of transition," the proclamation states.

Other important parts of the proclamation support the values of the United Nation's declaration, including mention of supporting business succession and preserving jobs. It also highlights research showing cooperatives retain workers longer than traditional businesses due to their provision of higher wages, more flexible working hours, better benefits, and greater responsiveness to employee needs and the evolving workplace.

McNamara talked about cooperative stories such as the Blue Heron Bakery, which transitioned to worker and community ownership with support from City of Olympia, the Northwest Cooperative Development Center and Olympia Food Co-op members.

The presentation also highlighted the number of credit unions and worker and consumer coops in almost every sector in Olympia. And that The Evergreen State College offers the only certificate in cooperative development in the entire country, further solidifying our community's role in advancing cooperative education and innovation. ■

JULY 2025 EASTSIDE EXPANSION UPDATE

The Expansion Committee of the Board has been moving forward, step by step, slowly but surely. The process of expanding the Co-op is truly a marathon, not a sprint. Here's where we're at:

— *FEASIBILITY STAGE* We're getting expert advice from the Business Expansion team at National Co-op Grocers (NCG), a business services cooperative of which we are a member. With their help, we're now in the stage of figuring out what is feasible, so that whatever our plans are, they're realistic and can actually be carried out and sustained into the future. This includes market feasibility, financial feasibility, site feasibility, and organizational readiness. Our main focus right now is on site feasibility.

— *SITE FEASIBILITY: Bigger store? New store? Moving? Staying?* These are some of the things we're pondering. Our preference would be to stay where we are, but it's complicated. Can we make the store bigger? Would there be enough room for parking? What can we keep and what can't we? A smaller addition would likely not meet our needs for very long. We're turning over every stone to figure out if staying where we are is a viable option for the Co-op in the long run. There are many considerations to explore.

Options that would add retail square footage to our existing building would inevitably mean doing some major interior remodeling of the entire existing store. This would entail some major disruption to operations, for many months. We don't know if it's even possible to design a new building that could work on our existing property. It's been our hope and preference to do that, and we're exploring the possibility with our architect, but it's still unknown. Consideration of moving to a bigger location has also come up. It may be that we have simply outgrown this place, and a better home awaits us… the Expansion Committee is scouting.

Whatever path we take, the entire process will likely take 3-5 years until you're actually buying your broccoli at the new expanded store. Until then we have lots of moving parts to consider, such as construction, planning, equipment, professional services, inventory, impact on the Westside, etc. Oh, and we're going to have to raise some money. Stay tuned for announcements about how you can get involved in investing in your Co-op!

Please feel free to send any questions or thoughts you may have to the Expansion Committee. expansion@olympiafood.coop.

Rosh Hashana Tradition

Rosh Hashana, the Jewish New Year, also marks the beginning of a ten day period, ending with Yom Kippur, where Jewish tradition calls for deep self-reflection within ourselves and the communities we belong to.

By Adina Burstein, Staff member Many Jewish communities use traditional foods, imbued with symbolism, as a catalyst for these introspective conversations. The tradition can be dated back to 3rd century Babylon (present day Iraq), when a Talmudic Rabbi encouraged the community to eat foods that grew in abundance to symbolize the abundance they hoped for in the new year. The ritual grew from there to include foods with Aramaic names that could be used as puns representing other desires for the coming year.

This ritual, the foods chosen, and the meanings associated have shifted and changed with the diasporic communities that keep the tradition alive. Yehi Ratzones is a Sephardic tradition that takes these symbolic foods and turns them into a seder. Similar to Passover seders (where there are a lot of foods, but each one needs to be talked about at length before you can eat it), this tradition takes each food, one by one, and uses it to set an intention for the new year. While Judaism is generally considered a closed practice, eating, reflecting on our food, and creating meaning out of that, is uniquely human and deeply grounding.

This year, as I gather fruits and vegetables for my Rosh Hashana, I am thinking about the danger farmworkers in America are facing at the hands of ICE, how nothing we eat is removed from the political. As I feel gratitude for the abundance that I have access to I am also filled with grief for the people of Palestine and Sudan who are struggling to survive under famines that are politically motivated and artificially imposed. While it is easy to feel overwhelmed by the scale of injustice in our world, many Rosh Hashanah foods are chosen to reaffirm the power each of us has to make change in the world. The foods shared here, as well as their symbolism, are incomplete. Their purpose is not to tell us what to hope for, but to ask ourselves what the world needs and what the current moment requires of us.

Black-Eyed Pea *rubiya* in Aramaic, shares its root with the word rebah, meaning increase. This food is a classic in the new year celebrations of many cultures, and Jewish tradition asks us to identify what we hope will be fruitful and abundant in our lives this year.

Carrot *gezer* in Aramaic, shares its root with the word g'zar, meaning decree. What laws or decrees have been made that don't serve justice and we hope are nullified in the next year?

Beet *selek* in Aramaic, shares its root with the word salak, meaning to remove. What blocks the path ahead and how can it be removed? Is there a person you wish would just "beet it"?

Date *tamar* in Aramaic, shares its root with tam, meaning to end. Many people eat dates in the hope that there will be an end to all wars, violence, and oppression. What systems in the world and patterns within ourselves need to come to an end to bring this about?

"New Fruit" can mean a fruit you have never eaten before or a fruit that you have not eaten yet this year. This food symbolizes new possibilities and is a reminder that, as long as we're alive, we are able to experience new things.

Apples Dipped in Honey or Sugar symbolize the sweet new year we want to have. What does sweetness look like to you?

Honorable mentions go to round challahs (with or without raisins), fish (heads and/or whole), pomegranates leeks, and gourds–all staples at Rosh Hashanahs around the world, each imbued with layers of meaning: sometimes serious, sometimes silly, and continually growing.

Whether it's for Rosh Hashanah or your next meal, what foods will you eat and what will they mean to you?

Honey Apple Goat Cheese Tart

(Kosher and Gluten Free) *By Becca Bolo and Maggie Jay, Staff members*

Gluten free Tart Crust:

- 1 c Bob's 1 to 1 Gluten free flour
- ¼ c brown sugar
- 2 Tbsp powdered sugar
- 1 tsp xantham gum powder
- 1 tsp salt
- 1 stick chilled/very cold butter
- 1 chilled egg yolk
- ½ tsp vanilla
- 2 tsp of cold water

Combine the Bob's flour, brown sugar, powdered sugar, xanthan gum and salt in a food processor. Pulse a few times to combine well. Cut the stick of chilled butter into 16 slices, add to food processor and pulse 10 times; should be the texture of corn meal. Add egg yolk and vanilla and run the processor until wet ingredients are absorbed. Add 2 teaspoons of cold water (1 tsp at a time) into processor. Mix until it forms a ball. Refrigerate for 1 hour.

Let chilled dough sit on counter to soften slightly, about 10 minutes.

Roll dough into a 12-inch circle. Unroll dough onto 12-inch tart pan. Freeze until dough is chilled and firm, about 30 minutes.

Heat oven to 375 degrees. Put the pan on a baking sheet and line with a double layer of aluminum foil. Cover the edges to prevent burning, and fill with pie weights to keep the crust from rising while baking. We used beans!

Bake until golden brown and set, around 30 minutes. Rotate the pan halfway through baking.

Let crust cool completely. Remove foil and beans

Tart filling:

- 3 tsp butter
- 2 Granny Smith apples
- 1 red apple
- 4 Tbsp honey
- Juice from 1 squeezed lemon
- 8 oz Laura Chanel Fresh Goat Cheese
- 2 Tbsp cream
- 1 egg yolk

Melt butter in 12-inch skillet over medium-high heat. Add apples and cook, until slightly bendable with some crunch, about 5 minutes. Set aside to cool.

In a separate bowl, combine honey and lemon juice. Blend 2 tablespoons of the honey-lemon mixture with goat cheese, cream, and egg yolk until smooth, about 60 seconds.

Spread goat cheese filling into the cooled tart crust.

Slice apples and add slices in any design you fancy to the tart. Drizzle the remaining honey-lemon mixture over the top.

Bake tart until apples are tender and goat cheese is just starting to set, about 20 to 25 minutes.

Cover the edge of the pan with aluminum foll to prevent burning and broil the tart, until the apples have a caramelized top, about 2 to 3 minutes.

Allow tart to cool completely, around 1 to 2 hours before slicing.

Serve to friends and family for the sweet new year we all want to have! Serves 6 to 8.

Round UP!

at the Register for the Olympia Film Society

By Audrey Henley, OFS Executive Director

Announcing our next temporary recipient for member Round Up funds, the Olympia Film Society's 2025 operations initiative!

For over 50 years, OFS has worked to create accessibility to the arts for individuals and community organizations through direct involvement in the operations and programming of the Capitol Theater. Our volunteer program allows individuals to earn membership, access events, and attain voting rights to help guide and sustain OFS's role in the community, contributing to and being a part of the creative and collaborative atmosphere. Through the programming of stage and screen, much of it produced by OFS or partner organizations, we ensure a space and vehicle for voices and stories to be amplified and shared throughout Thurston County. This work aligns with the Co-op's Purpose and Goals. OFS has never participated in the Round Up program before.

Funds from the Round-up are intended for operations expenses such as initiatives targeting volunteers, membership drives, film and stage program marketing, and catching up on various bills, particularly our SBA Covid Loans. These initiatives are all part of OFS's 2025 plan to encourage support of the Capitol Theater and activities downtown.

Between the writer's strikes, COVID-19, and now tariffs, the last five years have been a financial struggle for many art house theaters. We lost a fair amount of our programming schedule and are still working our way to getting folks back downtown and to the movies and concerts. Our primary source of income comes from memberships and community donations, ticket sales, and programming grants. OFS does not receive federal grants or inclusion in city and county budgets. We rely on community grants and programs like Co-op's Round Up to help support our budget.

MAKE CHANGE
with your spare change!

Yakama Nation Farm

Where Does Your Produce Come From?

By Maggie Jay, Staff member

The land of the Central River basin has belonged to the Yakama Nation since the beginning of time.

About 4 years ago, Inaba Produce Farms changed hands to become Yakama Nation Farms. The purchase was the culmination of a century-plus partnership between Japanese immigrants and Indigenous people of the Yakama Nation, who rented affordable land to them when they were barred from buying or leasing it elsewhere.

The Yakama Nation Farm is fully tribally-owned now by the Yakama Nation. When the Inaba family decided to retire and sell the business, continuing their partnership with the Yakama Nation was the option that seemed right. Generations of successful farming practices and development of packing, shipping, cold storage facilities and skilled workers help ensure food sovereignty for the tribe.

The farming practices used by the Yakama Nation result in vibrant soil that will continue to produce quality produce for years and years.

Inaba Produce Farms, now Yakama Nation Farms can be found on our produce shelves!

Yakima Nation Farms now produces asparagus, bell pepper, cantaloupe, corn, watermelon, grapes, onions, squash and more. Historically our Produce Department has been able to source winter squash, melons, cukes, zukes, and some asparagus from their farm.

So when you buy produce from the Olympia Food Co-op, you may also be buying ***"produce with Indigenous roots and a vision for the future; owned and operated by the Confederated Tribes and Bands of the Yakama Nation."*** *(Yakama Nation Farms)*

Visit ynfarms.com to learn more and to schedule a visit to their farm!

Pumpkin Pancakes

By Monica Peabody

1 can pumpkin or 1½ cups pureed pumpkin or squash
2 eggs
Flour (any kind)
Salt
Spices

Mix eggs into pumpkin, then add enough flour to thicken batter to a pancake batter consistency, a teaspoon of salt and any spices you'd enjoy. I like warming spices like cinnamon, cardamom, nutmeg, ginger. You can also throw in some frozen or fresh blueberries or mash in a banana that needs using. It's a very flexible recipe.

Spoon them onto a heated, oiled griddle and voila, breakfast!

Did you know that pumpkins are indigenous to North America? In fact, they are one of the earliest known food crops in the Americas, with ancient containers of stored pumpkin seeds from Mexico dating back as far as 7000 BC. Pumpkin has always been cherished in indigenous traditions. Whether it has been baked, boiled, roasted or dried, pumpkin has remained a staple for many indigenous nations.

Light up your Fall 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. 18-21 for what this year's Fall Season has to offer!

Round UP! to support Community Sustaining Fund of Thurston County

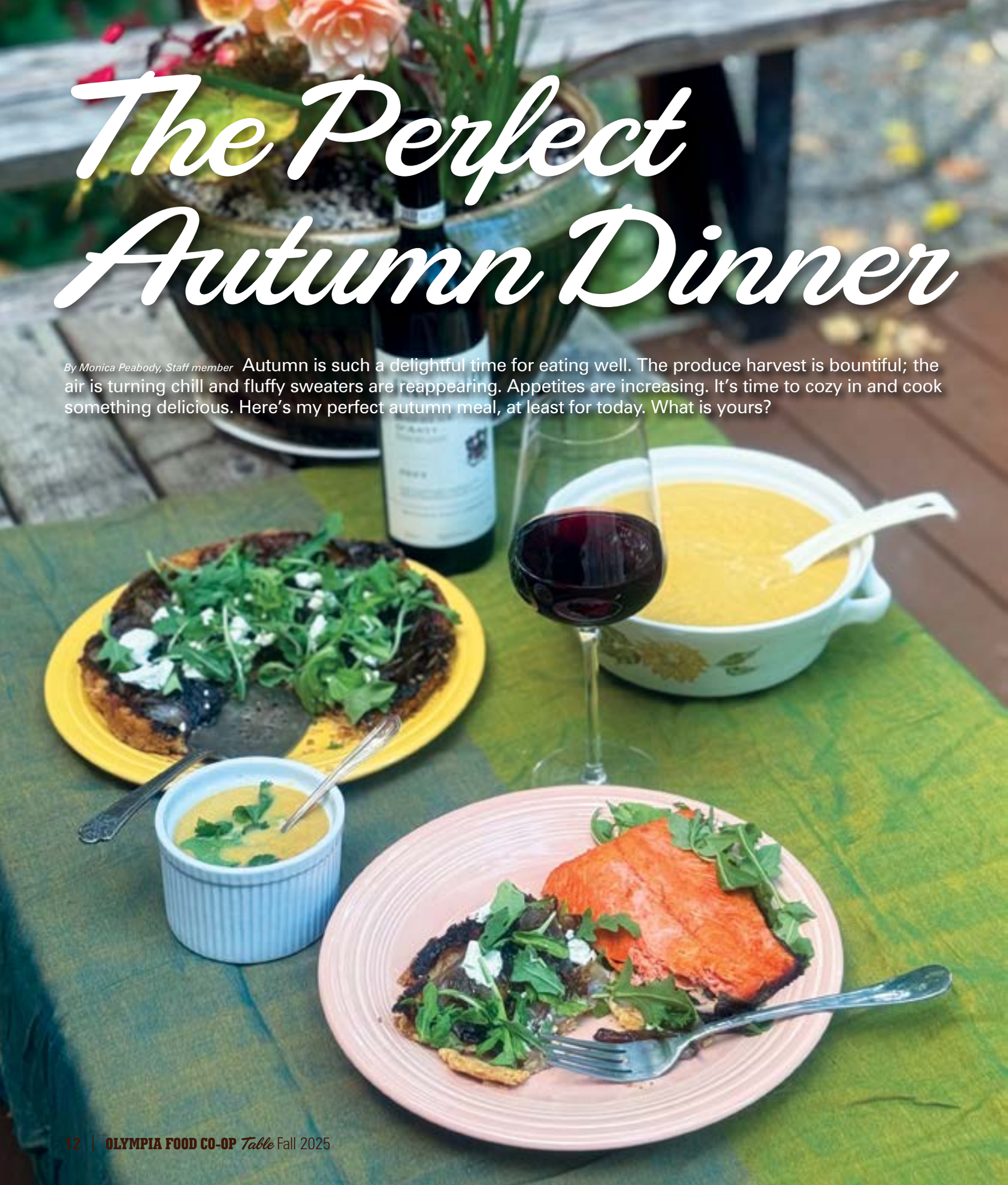
Community Sustaining Fund

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!

The Perfect Autumn Dinner

By Monica Peabody, Staff member Autumn is such a delightful time for eating well. The produce harvest is bountiful; the air is turning chill and fluffy sweaters are reappearing. Appetites are increasing. It's time to cozy in and cook something delicious. Here's my perfect autumn meal, at least for today. What is yours?



This Onion Tart is another glorious dish I learned from TikTok. It's often very pretty, but you never know until you flip it, since it's cooked upside down. Regardless of what it looks like, it's always delicious. And you can smother it in goat or sheep cheese and fresh greens, like arugula. Or enjoy it plain. This recipe is variable depending on what size tart you want to make.

Onion Tart

Tart Filling:

Nob of butter or 2-4 Tbsp olive oil
Rosemary, thyme and/or other fresh herbs to taste
4-8 red onions, depending on your skillet size
Salt & pepper

Preheat oven to 350. Melt butter or heat olive oil over medium in a skillet. I use a combination. Lay your fresh herbs in your skillet. You can create whatever designs you like, as they will be on top of your pie.

Chop onions into quarters or in thick slices. Both look pretty when you flip your pie. Lay chopped onions carefully over butter/oil and herbs in a thick layer. They can overlap so that you have a good two to three inches of onion in your pot. Cover and cook undisturbed until onions are soft and start to caramelize on the bottom of the pan. Remove from heat and cover with tart crust. Carefully tuck it down around the onions along the sides of the pan.

You can use puff pastry if you like, but I prefer my super easy pie crust that you can quickly make while the onions cook on the stovetop. Either way, bake the tart on a middle shelf until the crust is browning and fully cooked, about 30 - 45 minutes.

Tart Crust:

1 stick butter, vegan or dairy, chilled
1 c all purpose flour, plus
whole wheat flour for rolling out
¼ tsp salt if using unsalted butter
2 Tbsp water

Chop cold butter and add, along with dry ingredients, to a food processor or kitchen aid. If no machine, grate the butter into a bowl and add dry ingredients. Working quickly, mix until combined and butter is still in small chunks. Add water and mix just until dough creates a ball. Sprinkle flour onto a board. I like to use whole wheat flour for added texture and nuttiness. With a rolling pin, roll the dough ball into a thin, flat circle and cut to the same size as your skillet.

Nothing says fall like a golden squash soup. This soup is so tasty and really hits the spot on a chilly evening.

Butternut Green Curry Soup

2 tablespoons ghee or olive oil
1 onion
4 cloves garlic
2 inch piece of ginger
Thai green curry
salt
1 butternut squash
1 quart broth--veggie, chicken, mushroom, homemade (chef's choice)
1 can coconut milk
Cilantro
Lime juice

Heat ghee or oil in a large soup pot. Chop onion and add to pot, stirring occasionally. Add minced garlic. Grate in ginger. When aromatics start smelling amazing, stir in Thai green curry to taste, that might be a tablespoon or a quarter cup, or more, depending on your tastebuds and spice tolerance. Add salt to taste. Saute until you have a nice slurry.

Peel and deseed butternut squash. Chop it into pieces and add to the pot with the broth and coconut milk. Bring to a boil, then reduce heat and simmer until squash is soft. Blend with an immersion blender. If it's too thick you can add some water until you get the consistency you like. Serve with fresh chopped cilantro and a squeeze of fresh lime juice. Enjoy!

A friend helped us set up a couple of bee hives in our yard full of flowers. Their honey is absolutely amazing and we feel so bountiful. I use honey in a lot of recipes now. This salmon is so deliciously simple and it takes minutes!

Honey and Soy Glazed Salmon

1 to 1½ lbs salmon
Salt
1 Tbsp oil
3 Tbsp tamari
2 Tbsp honey

Pat your salmon dry and sprinkle with salt. Heat oil in a skillet on medium high. Stir together tamari and honey. Cook salmon skin side up in skillet until edges turn opaque, 2-3 minutes. Flip to skin side down, douse with tamari/honey mixture. Cook until done through, another 2-3 minutes. Enjoy!

I discovered that I had leftover pie crust, as I used a smaller skillet for my onion tart. And I noticed I had an apple in my fruit bowl, so waste not want not; I made a small apple galette for dessert and you get a bonus recipe. You can even double the pie crust recipe, buy some apples and plan for this!

Apple Galette

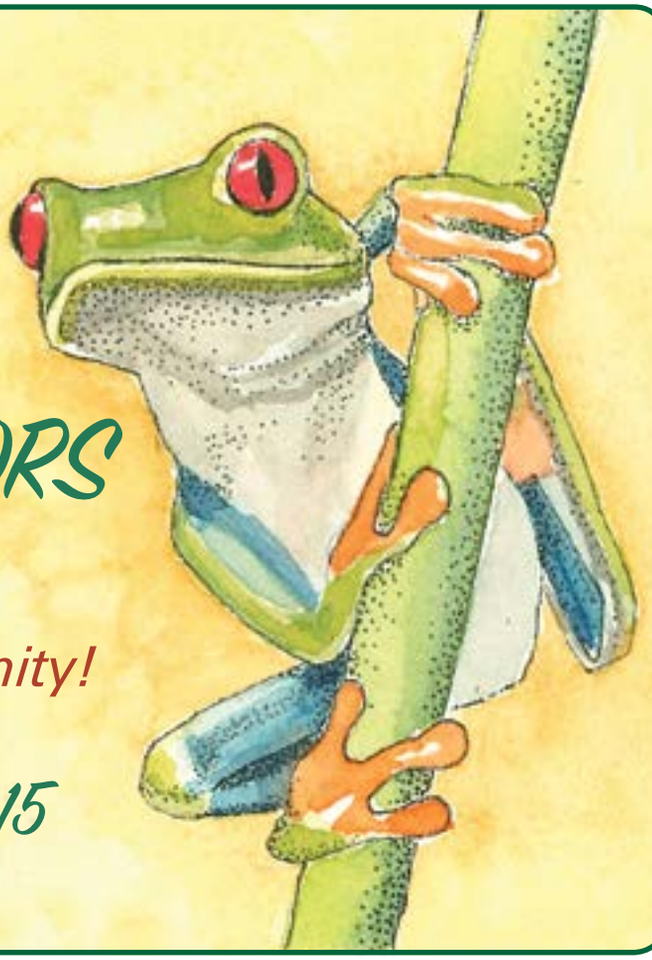
1 pie crust
Apples, sliced
Sweetener — honey, sugar, maple syrup, or whatever else you like
Warming spices — cinnamon &/or ginger, cardamom, nutmeg, etc
Pinch of salt
Flour
Chopped nuts (optional)

Preheat oven to 350. Roll out your pie crust bigger than the dish you are cooking your galette in. Carefully lay your crust into the dish or skillet so that it lolls over the edge. Mix apple slices in a bowl with sweetener, spice, salt, and a sprinkling of flour until everything is incorporated. Pour your apples into your crust, or carefully arrange them in a lovely design. You do you. Fold the edges of the crust over your apples, but the middle of the galette will be uncovered. If you like, you can sprinkle chopped nuts on top, such as walnuts, pecans, pistachio, (chef's choice). Bake your galette until the crust is browning and the apples are sufficiently soft, around 45 minutes. Let cool and enjoy. It's really good with a scoop of vanilla ice cream!

Olympia FOOD CO-OP

VOTE!

FOR THE BOARD OF DIRECTORS



Your voice matters.
Take part in your co-op community!

OCTOBER 15 - NOVEMBER 15

in-store or online at olympiafood.coop

ALWAYS SAFE & LOCK, inc.
www.alwayssecurity.com
SECURITY TECHNOLOGY SPECIALISTS
Card Access • Video Surveillance • Intrusion Alarms
Handicapped Operators • Safes • Locks • Keys
Auto Chip Keys & Remotes
815 4th Ave. E.
Olympia, WA 98506
(360) 357-8500
Fax: (360) 754-8331
mail@alwayssecurity.com

WE BUY VINYL & CDs!
SINCE 1973 Rainy Day RECORD CO. DOWN TOWN OLY
www.rainydayolympia.net
(360) 357-4755

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


Olympia FARMERS MARKET
50 Years
10AM TO 3PM
JAN– MAR SATURDAY ONLY
APR–OCT THURSDAY – SUNDAY
NOV–DEC SATURDAY & SUNDAY
OLYMPIAFARMERSMARKET.COM • 700 CAPITOL WAY N


HOLY LAMB ORGANICS®
Hand-crafted in Oakville, WA since 2000
"I consider myself a discerning consumer in terms of product quality, labor policies and service culture a company provides- and HLO exceeds all my expectations for these values!"
Heirloom bed, bath, & baby
OLYMPIA BED STORE
Our Flagship Showroom featuring gifts & more, located in the heart of downtown Olympia, WA!
418 Washington St SE
Olympia, WA 98501
Mon-Fri 10-6; Sun 11-5
holylamborganics.com | olympiabedstore.com


BLUE HERON BAKERY
IS NOW THE
BLUE HERON COMMUNITY COOPERATIVE
Blue Heron is transforming into a community- and worker-owned cooperative. We are embarking on a transformation and there is both a real need and an opportunity to join together and help build the future bakery.
We have been sustained through community support all these years, so it makes sense to entrust the bakery to our customers and workers.
JOIN YOUR CO-OP TODAY!
To join, visit our storefront at 4419 Harrison Ave. NW #108, or online at BlueHeronBakery.com/join

By Monica Peabody, Class Coordinator

I am so excited about this fall's line up of classes! We have some of our favorite chefs returning with more mouthwatering dishes, many recommended by you who've already taken their classes. We have a couple of new chefs as well, including a field trip to a flour mill in Centralia to learn to make injera. For those who took Eleni's amazing Ethiopian cooking classes this summer, now you can complete your knowledge and create wonderful Ethiopian meals! If you don't drive, don't despair. I'm looking into Intercity Transit's Community Vans program. If that doesn't work, we'll set up carpools, so that everyone who would like to attend can.

Mary is bringing us two more dance classes. I'm telling you, it's one of the most fun and healthy evenings you will spend. We have new staff bringing skills, with a painting and a felting class, so get ready to craft! We have some important wellness needs covered and another couple of free Co-op introductory classes, this time at the Eastside's new Annex space, so if the store is not too busy you will get a guided tour. And don't forget fermentation! We will be making stone fruit shrubs with Ana - so healthy, so delicious and ultimately, so easy!

We have so much fun and learning for you, for only $7 a class! Go to ***https://olympiafood.coop/healthy-food/community-classes/*** to reserve your spot. Don't hesitate as our classes fill up quickly. Space is limited by the size of our venues, so if you are ever unable to make a class, please let us know, even if you don't want a refund, so we can offer your space to the next person on our waiting list.

Our dedicated teachers come from our staff and members. If you have a special skill or passion you'd like to share through a Co-op class, please contact me at classes@olympiafood.coop with your proposal. The winter class proposal deadline is November 5th. You can earn working member hours towards Co-op discounts for the time you spend preparing for and teaching your class. And best of all, you are building community, enriching people's lives and sharing knowledge.

Friday, September 12, 6:30 - 8pm
Learn to Make Injera *with Jay Ryan*
Grist Urban Stone Mill Flour Shoppe & Grainery, 216 N. Tower Ave, Centralia, WA

Love Ethiopian cuisine, but the delicious fermented, spongy bread is beyond you? Now you can learn how. And at a flour mill in Centralia! For those of you who took Eleni's Ethiopian cooking classes last quarter, you will be able to pair your own fresh injera with her delicious dishes.

Jay will demonstrate how to start the fermentation, sharing every detail of over 20 years of making injera experience. Together we'll assemble a new starter, which you can take home. This new "injera starter" will be ready to make injera bread the very next morning. We'll review the elements and best practices for successfully making injera for life, and explore the starter's fermentaion journey from "fat and sassy' to very hungry and acidic. We will learn about the history of teff and the role it has played as an ancient gluten-free grain, and also explore other cooking ideas and ways to use whole grain teff.

Jay Ryan has had a lifelong journey in the food business, including restaurant owning and operating. Now Jay focuses on demonstrating and cooking sustainable and traceable foods grown naturally. For the last 15 months Jay has been stone milling regional and seasonal grains into small-batch flour in Centralia..

Saturday, September 13, 2 - 5pm
Food Preservation - Dehydrating Kale Chips! *with Opal*
The Annex, directly across the street from the Eastside Co-op, 1001 Lansdale

These kale chips are beyond any snack you've had! They are coated in a dressing and dehydrated to a delicious crisp overnight making them an incredible gluten free & vegan snack that you won't want to stop eating! We will have a few options of different nut butters & miso's to choose from and I will bring premade kale chips to snack on so you will know the end result. This is a hands-on class. Bring your dehydrator and we will pack it full of goodness for you to take home. If you don't have a dehydrator, come anyway and learn the process.

Opal is a longtime local food worker~ from the SF Bay Area farmers market to te Olympia Food Co-op- and is passionate about preserving foods into tasty treats. Resulting from the necessity to preserve the "market bounty" that farmers market workers know well, preserving foods in the dehydrator is one of many routes to food storage. Many farmers market customers and vendors traded for these delectable kale chips for years and many friends claim they are their favorite snack. After this class you will know the difference between fresh kale chips and the lackluster ones found in stores.

Thursday, September 18, 7 - 8pm on Zoom
Empowering the Menopausal Transition
with Dr. Jennea Wood and Dr. Jamie Doughty

Come learn from the two naturopathic physicians of your Olympia and Lacey Tummy Temple about how to support a healthy and comfortable transition into menopause. We'll talk safety and proper use of hormone therapy, herbal support, environmental and detox therapies and how the adrenal and stress response system is involved.

Dr. Jennea Wood is a naturopathic physician practicing with Tummy Temple in 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 at tummytemple.com.

Dr. Jamie Doughty has been practicing Naturopathy since 2009. She is the Medical Director of Tummy Temple and enjoys working with patients supporting gastrointestinal health, hormone assessment, advanced IV therapeutics and facilitating detoxification and cleansing programs to achieve optimal health. You can learn more about her and the Tummy Temple Clinics at tummytemple.com.

Saturday, September 20, 1 - 3pm
Menopause Café: Midlife, Hormones & Health
with Laura Foster, MS, RD and Dr Mary Attwood, ND
Co-op Downtown Office & Classroom — 608 Columbia St SW, Olympia WA 98501

Join Mary Attwood, ND and Laura Foster, MS, RD for a relaxed and supportive discussion on navigating midlife and menopause with confidence. This 2-hour gathering blends evidence-based nutrition with real conversations about hormone changes, symptoms, and lifestyle strategies. Practical nutrition tips to support hormonal balance, a welcoming space to share experiences and advice, and invaluable insights on gut health, insulin resistance, and longevity.

Dr. Mary (she/her) is a primary care naturopathic physician specializing in women's health and mental health, with a passion for supporting peri/menopausal women through holistic and individualized care. A clairvoyant healer and grounded medical provider, she brings deep empathy and a unique intuitive presence to her work. Based at Heart of Wellness in Olympia, Dr. Mary also hosts a monthly gong and crystal bowl sound bath, helping women reconnect to their bodies and inner wisdom during this transformational life stage.

Laura (she/her) is a Registered Dietitian and nutrition therapist with a master's degree in nutrition and a private practice rooted in functional, whole-foods-based care. With specialties in PCOS, insulin resistance, gut health, GERD, and menopause, Laura brings curiosity, compassion, and clarity to every conversation. Her work is informed by emerging research on brain pathways, eating patterns, and metabolic health. She creates a judgment-free space where women can feel seen, supported, and equipped to thrive during midlife and beyond.

Sunday, September 21, 2 - 5pm
Cooking with Attitude: Buddha Bowl and three Asian Sauces
with Megumi Sugihara
GRuB Farmhouse Kitchen — 2016 Elliott Ave NW, Olympia WA 98502

Buddha bowls are colorful and nutritious meals that combine veggies, grains, proteins, and sauces in one bowl. It is a great way to make a quick, healthy meal with whatever is available in the kitchen. The bowl is your canvas to express your creativity inspired by any culinary traditions of the world. However, the key is in the sauce. In this workshop, we will be making three different sauces of Asian origin that can be made ahead of time and ready to upgrade your ordinary Buddha bowl to a "wow!". Mostly vegetarian with vegan options. May include peanut and/or soy products.

Megumi is a life-long foodie, try-and-error bread baker, casual fermenter, beginner forager, intuitive cook, stubborn gardener, and more than anything else, a global food justice educator with firm commitment in local food. A proud city-kid, she grew up in Tokyo and moved to the US some 40+ years ago. She lived in Florida; Freiburg, Germany; Washington DC; Addis Ababa, Ethiopia; back in Tokyo; Seattle; and a very rural area of Colorado for study and work. Finally, almost 8 years ago, she found Olympia home and started to grow roots. Her food is sprinkled with global nomad flavors. Formerly an Olympia Food Co-op staff member, she then briefly worked at GRuB. These days she designs and facilitates food education courses, such as Embracing LOVE in the Food System and Building Your REGENERATIVE Food Network. Her cooking-centered classes, Cooking with Attitude, are a space to explore how we can take our food system back into our hands as much as an opportunity to cook something tasty together. For more info, visit Everyone's Food Sovereignty Alliance website: https://www.foodsovereignty4everyone.org.

Friday, September 26, 6:30 - 8pm
Stone Fruit Shrub *with Ana Brinson*
Co-op Downtown Office & Classroom — 608 Columbia St SW, Olympia WA 98501

In the late summer and fall, it is common to see various plums falling from trees. Learn how to turn these mature fruits (and apricots, peaches, nectarines, etc.) into a delectable healthy drink in this hands-on class where you will taste some drinking vinegar (a.k.a. Shrub) as well as make your own to take home. You will receive some recipes/ideas for flavor combinations to help you start making this versatile affordable elixir.

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.

Sunday, September 28, 2 - 5pm
Stews Around the World: A Global Comfort Food Tour
with Chef Onyiyechi
GRuB Farmhouse Kitchen — 2016 Elliott Ave NW, Olympia WA 98502

Discover how cultures across the globe turn everyday vegetables and pantry staples into soulful, simmered stews. In this hands-on workshop, you'll make 2–3 hearty stews inspired by traditional dishes from around the world—each brimming with aromatic spices, seasonal vegetables, and plant-based goodness. Paired with traditional grains, breads, or toppings, these stews will nourish and comfort as the season cools. We'll make vegan stews featuring global flavors: West African Maafe (eanut stew with sweet potatoes, tomatoes, collard greens, ginger), Italian Ribollita (white beans, kale, slow-simmered vegetables, artisan bread), and Moroccan Chickpea Tagine (chickpeas, zucchini, dried fruit, preserved lemon, ras el hanout, fluffy couscous). You'll learn regional spice layering techniques, how to understand stew bases (tomato/broth/coconut milk/legume-thickened), about vegan protein swaps (lentils/beans/tofu/tempeh), and how to serve stews with grains, flatbreads, or garnishes. Adults, teens and families welcome, from beginner to intermediate.

Chef Onyiyechi is a holistic private chef and wellness coach with over 20 years of experience. An alumna of the Auguste Escoffier School of Culinary Arts, she specializes in savory and vegan cuisine. Food is her passion and she enjoys everything related to it. Onyiyechi's mission is to nourish the mind, body, and spirit through exceptional, holistic culinary experiences. Onyiyechi believes in the transformative power of whole, plant-based foods to promote wellness and health. Onyiyechi's goal is to inspire and empower individuals to embrace a healthier lifestyle through mindful eating, wellness coaching, and immersive cooking classes. Onyiyechi strives to make every meal a celebration of health, flavor, and well-being.

Thursday, October 2, 6 - 8pm & Sunday, October 5, 2 - 4pm
Coop Shopping 101— This Class is Free!
with Co-op Staff Members Kate and Mardi
The Annex, directly across the street from the Eastside Co-op, 1001 Lansdale

Are you a new Co-op member who wants to know their way around the Co-op better? Have you always wanted to shop at the Co-op, but feel a little unsure of how we do things? Do you know nothing about the Co-op, but are curious? Have you been shopping at the Co-op forever and feel like you have a lot of wisdom to impart to new shoppers? Everybody welcome! Learn how shopping in our bulk foods and spices aisles can save you money. Explore how to shop to reduce packaging. Learn how ordering your favorite items in cases can give you a significant discount. Find out about our working member program, our Board of Directors and values-driven, collectively-managed, not for profit business. Learn more about collectives and the consensus process. Ask questions & share knowledge.

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

Wednesday, October 8 & Tuesday, November 18, 6 - 7:30pm
The JOY of Movement *with Mary Nelson*
Co-op Downtown Office & Classroom — 608 Columbia St SW, Olympia WA 98501

Come explore your native language of dance with Mary Nelson. We are all dancers and we can all move, just for the sake of moving. We will create new ways to express the joy of moving as we explore elements of free expression through both structured and improvised studies, and a little laughter yoga just for fun. We will discover making dances individually and with others. No stress, no worries, just creative wonder. No experience necessary. Come one, come all!.

Mary has a BA in Dance Education from George Washington University. She continued training in NYC for 5 years, then studied and performed with Barbara Mettler of the Tucson Creative Dance Center. Barbara Mettler's life work was to encourage unbounded dance creativity. Her work developed as a response to Hitler's Nazi restrictions in Germany during WWII. Mary has taught, performed and choreographed dance wherever she has lived. In 1999, Mary helped found a dance collective in Olympia called RADCO (Random Acts of Dance Collective) in 1999. Mary will always dance and her favorite thing is to dance with others--anyone, anywhere.

Classes continued on next page

Sunday, October 19, 2 - 5pm
Cooking with Attitude: Fried Rice + Stir Fry Veggies
with Megumi Sugihara
GRuB Farmhouse Kitchen — 2016 Elliott Ave NW, Olympia WA 98502

A Japanese American friend of mine once said not to order fried rice at a restaurant because "it's made from all the leftover ingredients." Whether leftover or not, fried rice and stir fry veggies are great kitchen "tricks" to create quick, nutritious, yummy meals with whatever is in the kitchen. What separates it from feeling like a leftover versus freshly cooked meal is some small techniques, or "secrets." Are you ready to learn those secrets? Come on down! We will have both vegetarian and non-vegetarian options. (p.s. I LOVE leftover meals, too!)

Learn more about Megumi under Sept 21 class description.

Saturday, October 25, 2 - 5pm
Sweet Fall Treats: Vegan Candy & Baking Experience
with Chef Onyiyechi
GRuB Farmhouse Kitchen — 2016 Elliott Ave NW, Olympia WA 98502

Celebrate autumn with indulgent, seasonal confections and baked goods made entirely plant-based. This hands-on workshop guides you through 3–4 cozy candy recipes and 2 comforting baked treats using natural sweeteners, wholesome ingredients, and easy techniques—without dairy, eggs, corn syrup, or artificial dyes. We will make Pumpkin Spice Caramels (coconut cream, maple, pumpkin purée, warm spices), Apple Cider Gummies (fresh cider, agar agar, fall-shaped molds), Pecan Praline Clusters (toasted pecans, coconut sugar, vanilla), Dark Chocolate Bark (vegan chocolate, dried cranberries, roasted pumpkin seeds, orange zest), plus Pumpkin Spice Brownies (fudgy chocolate swirled with pumpkin, topped with ganache), and Apple Spiced Cupcakes (cinnamon–nutmeg cake with maple glaze or vanilla buttercream)! Perfect for gifting, sharing, or satisfying seasonal cravings. Adults, teens, and family-friendly welcome, beginner to intermediate, 100% vegan with gluten-free options available.

Learn more about Chef Onyiyechi under Sept 28 class description.

Wednesday, October 29, 6 - 8pm
Introduction to Solvent Free, Non-Toxic Oil Painting
with Josie Walker
Co-op Downtown Office & Classroom — 608 Columbia St SW, Olympia WA 98501

Josie will give a brief introduction to her experience with solvent free oil painting. We will assemble a still life model on a staging area with produce from the Co-op, though you are welcome to paint something completely different. Josie will give a brief explanation on Shape, Value, Temperature, Hue, Chroma, and Light, the principles in painting, and demonstrate how to paint a sketch of the still life then block in with color (our painting process). If this sounds academic, don't worry, it will be fun and accessible. If you have materials of your own, feel free to bring them. Materials that will be provided include one canvas per person, a bulk pack of student grade paint brushes, large tubes of paint, and linseed oil.

Josie Walker has been painting exclusively in oils since 2023 and has made numerous pieces, including landscapes, portraits, pet portraits, and unique commissioned pieces in various sizes. Though she doesn't have a physical body of work, as all of her pieces to date have been gifted or sold, many of her paintings are available to view on Instagram at @josie.daisy93.

Saturday, Nov 1, 12 - 2pm
Beginner Felting Class *with Mat Fisher*
Co-op Downtown Office & Classroom — 608 Columbia St SW, Olympia WA 98501

Practice the fundamentals of working with felting materials. This is a beginner class, but feel free to come if you are a savvy felter and want to felt in company. Bring your own felting materials if you have them, if not materials will be provided.

Mat Fisher works at the Olympia Food Co-op. He finds felting a very satisfying experience - like poking a voodoo doll, but with art.

Saturday, November 8, 4 - 7pm
Learn to Cook the Ultimate Harvest Feast
with Chef Onyiyechi
GRuB Farmhouse Kitchen — 2016 Elliott Ave NW, Olympia WA 98502

Get ready to host with confidence! In this festive workshop, you'll master techniques to create a delicuous feast—from golden roasts and bold sides to cozy soups and decadent pies. Whether you're hosting or contributing a signature dish, this class gives you the tools to impress. You'll leave with chef-approved strategies for flavor-packed dishes and tips for smooth, stress-free hosting. We will make a full holiday meal with seasonal sides, show-stopping mains, and festive desserts: Roasted Squash Salad (baby greens, cranberries, pine nuts, pomegranate vinaigrette), Mushroom Bisque (truffle cream finish, earthy and elegant), Herb-Brined Turkey Breast (juicy, golden, and perfect for small gatherings), Savory Sage Gravy (smooth and rich, perfect for all the trimmings), Southern Cornbread Stuffing (bold, spiced, and comforting), Green Beans with Brown Butter & Pecans (crisp, golden, and nutty), Creamy Garlic Mashed Potatoes (whipped with roasted garlic and plant-based butter), Sweet Potato & Pumpkin Pie Duo (spiced and silky with maple whipped cream). Adults, teens, family-friendly, beginner to intermediate.

Learn more about Chef Onyiyechi under Sept 28 class description.

Thursday November 13, 7 - 8pm on Zoom
What to do when you can't go #2 *with Dr. Jennea Wood*

Slow elimination can be both uncomfortable to talk about and to experience. Digestive expert Dr. Jenea Wood ND of the Tummy Temple will make it easy for you to get things back on track. Learn why you may have constipation and effective strategies to keep things moving including dietary choices, lifestyle changes, bodywork suggestions, and supplemental support..

Learn more about Dr. Jennea Wood under Sept 18 class description

Wednesday, October 29, 6 - 8pm
Introduction to Solvent Free, Non-Toxic Oil Painting
with Josie Walker
Co-op Downtown Office & Classroom — 608 Columbia St SW, Olympia WA 98501

Josie will give a brief introduction to her experience with solvent free oil painting. We will assemble a still life model on a staging area with produce from the Co-op, though you are welcome to paint something completely different. Josie will give a brief explanation on Shape, Value, Temperature, Hue, Chroma, and Light, the principles in painting, and demonstrate how to paint a sketch of the still life then block in with color (our painting process). If this sounds academic, don't worry, it will be fun and accessible. If you have materials of your own, feel free to bring them. Materials that will be provided include one canvas per person, a bulk pack of student grade paint brushes, large tubes of paint, and linseed oil.

Josie Walker has been painting exclusively in oils since 2023 and has made numerous pieces, including landscapes, portraits, pet portraits, and unique commissioned pieces in various sizes. Though she doesn't have a physical body of work, as all of her pieces to date have been gifted or sold, many of her paintings are available to view on Instagram at @josie.daisy93.

Sunday, November 16, Time TBD
Vegan Holiday Side Dishes *with Codi Jo Broten and Henry White*
GRuB Farmhouse Kitchen — 2016 Elliott Ave NW, Olympia WA 98502

Want to spend less time in the kitchen and more time with family and friends (or relaxing before the gathering begins) this holiday season? In this class, you'll learn new made-from-scratch recipes for favorite holiday staples. Join us for vegan sides: Cranberry Sauce, Green Bean Casserole, Sweet Potato Casserole, and an Apple Galette for dessert. These sides have been a hit with vegans and carnivores alike.

Codi Jo Broten and Henry White are partners who love cooking together and sharing food. Codi is self-taught in the kitchen, incorporating her scientific background and love of experimentation into dishes and baked goods. Codi and Henry's kitchen motto is healthier creations made easier...with less dishes. They aim to make cooking accessible to everyone they know.

2nd Quarter 2025 Finance Report

By Jill Lieseke, Staff Member

Although you may not want to admit it, you can feel it in the air. Summer is ending, and along with that the second quarter finances are closed and ready for your review. Both locations are still showing strong sales. Our local producers and farmers did not disappoint this past season and I hope you were able to get some yummy locally grown and produced goods. There will be plenty more going into Autumn.

For your review is a condensed version of the Co-op's Combined East/West Year to Date (YTD) 2nd Quarter 2025 Budget Report. This report shows our 2025 '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.

2nd Quarter 2025 BUDGET REPORT

For The Year Ending 6/30/25

	JAN-JUN ACTUALS	JAN-JUN BUDGET	$ OVER BUDGET
Revenue:			
Sales	11,785,240	11,485,860	299,380
Cost of Goods Sold	7,457,865	7,301,359	156,506
Gross Sales Revenue:	4,327,375	4,184,501	142,875
Other Revenue:	52,738	6,750	45,988
Total Net Revenue:	4,380,114	4,191,251	188,863
Expenses:			
Community & Marketing	109,980	81,332	28,648
Staffing	3,140,271	3,194,989	-54,718
Member Discounts	242,317	239,965	2,352
Operations	692,047	641,046	51,002
Total Expenses:	4,184,615	4,157,331	27,283
Total Net Income:	195,499	33,919	161,580

Comparing our budgeted figures to our actual sales, we achieved more than projected--about $300,000 more. Since sales are over budget, then naturally, COGS are also over budget, resulting in a 'Total Gross Sales Revenue' of over $4.3 million. Compared to the budget, this is almost $150,000 more than what was projected at this point in the year. The 'Other Revenue' line is coming in at almost $46,000 over the budgeted amount, resulting in approximately $188,000 more than 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 'Total Net Income/Loss'. Our expenses are just a little more than $27,000 over what we budgeted, resulting in a 'Net Income' of almost $195,500. This figure is a little more than $160,000 over what was budgeted for at the end of this 2nd quarter.

These strong sales could not have happened without YOU, our community members. We appreciate every one of you that makes up the fabric of this amazing group of Co-op members. You are all part of creating a sustainable and long-lived community hub that provides good food. Be proud!

Questions? Comments? Email the Finance Committee at jill@olympiafood.coop.

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 2024-25

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 Jim Hutcheon, Board member

Expansion and Elections are the topics that are currently occupying much of the Board's attention.

The Board of Directors can have up to 10 members, and we currently have a full Board. Members are typically elected to three-year terms and usually each year three board members will reach the end of their term.

Vote in our Board Elections!

Ballots available October 15 – November 15
at olympiafood.coop

If you have ideas about what you would like to see for the Co-op's future, you should consider running for the Board of Directors.

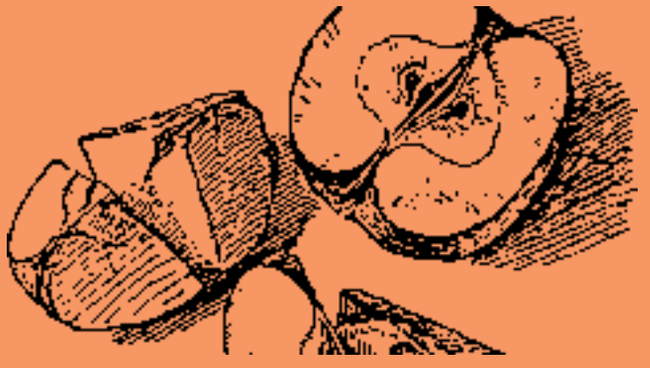
And nothing holds more excitement for the future of the Co-op than the topic of expansion. We have contracted consultants from the National Cooperative Grocers Association to look at the feasibility of a variety of models for expansion. The Expansion Committee of the Board has been meeting a lot to discuss options. We hope to have several exciting details to report on at the annual meeting so even if you are not interested in running for the board, you should plan to attend. Related to expansion is the question of paying for it. Our Capital Campaign Committee is also busy planning ways to raise funds for the improvement and expansion of our operations.

We also 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!

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

WORKING MEMBER VIRTUAL ORIENTATIONS

email ***workingmembercat@olympiafood.coop***
or visit us online at
olympiafood.coop/join-us/working-members/
and fill out the contact form!

Olympia FOOD CO-OP

Olympia Food Co-op
3111 Pacific Ave SE
Olympia, WA 98501

Return Service Requested

STANDARD
US POSTAGE
PAID
APEX MAILING
SERVICES INC