

# FOOD CO-OP COMMONS

2012 fall quarterly issue

deepening  
preservation  
roots



## Harvesting OUR ROOTS DEEPENING OUR COMMITMENTS

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Will you be our 20,000th Co-op owner? In the upcoming weeks, we'll be assigning Food Co-op member #20,000. That lucky person wins a prize. Please join us today!



# FROM THE EDITOR

BRWYN GRIFFIN, Editor & Outreach/Education/Marketing Manager



In this issue of the *Food Co-op Commons*, we hope you'll enjoy a bit of "continuing the party" with our center spread of tidbits about our 40-year history. Thank you to all who were able to attend our 40th anniversary party on August 19 at the Northwest Maritime Center, one of our community partners. We estimate over 600 community members came to eat and connect and dance! It was a terrific party; it seemed everyone was at a reunion. Special thanks to Malcolm Dorn for loaning me his old Co-op photos. You'll find many of them on pages 10-11.

## DEEPENING

So, how do we top that celebration? We get even deeper down to business. We promise that we're focusing on harvesting from that vast and deep history, and hold true to you to deepen our commitments: to you, to our stable business operation, and to our environment - the Triple Bottom Line. With a mission and principles to set us apart from other conventional grocers, we have a lot to continue to celebrate: October is Cooperative Month, and 2012 is International Year of the Cooperative! October is also International Fair Trade Month and National Organic Month, all principles we hold dear to our hearts. And don't forget, Member Appreciation Day is Thursday, October 18. We want to give our owners another opportunity to save an additional 10% off most everything in the store (and win some more goodies!).

## HOLIDAY FOODS/DIESTEL'S TURKEYS

As I sit here at my desk on a warm Labor Day Monday, it's hard to write about but, yes, this is our holiday issue! Since moving to a quarterly publication, we now need to talk about Diestel's turkeys and holiday cheeses in September as we go to press. Don't forget to order your turkeys ahead of time during November and December. We are offering Diestel turkeys and a limited number of Organic Prairie frozen turkeys this year. Stay tuned to our blog at [www.foodcoop.coop](http://www.foodcoop.coop) for details of other special order holiday meats.

And you barely need to step out your front door to find an amazing assortment of local options in farmstead foods for the holidays. Our local faves Mystery Bay goat cheese (chevre) and Mount Townsend Creamery both won awards this year for their cheeses. You can read more about the awards on our blog

at [www.foodcoop.coop/blog](http://www.foodcoop.coop/blog). Congratulations to both businesses and lucky for us locavores. Read more about farmstead foods by Brendon O'Shea, our local forager, on page 8. And, when you're pooped out from too much holiday prep, settle down into a comfy chair with a cup of Midori Farm Kimchi soup, recipe also on page 8.

## JUST LABEL IT...PLEASE!

Some of you may have already signed the petition for Washington State initiative: I-522, "People's Right to Know Genetically Engineered Food Act." Please sign if you haven't. All we're asking for is the right to know. After tabulating the results of the GM and Co-op board members' hard work during the *Member Forum* and our *Owner Survey*, we now know you really care about Genetically Modified Organisms (GMOs). You don't want them on your plate, not in your car, not way up high, not far, far, far...so, we have initiated an educational campaign with various sources to lead you to great resources about how to avoid GMOs even though, in the U.S., we don't even require that companies label them on our packaging. See page 16 for more information.

## NOV. 1 - PLASTIC BAG BAN IN P.T.

Effective November 1, the recently passed plastic bag ban takes effect in Port Townsend. At Port Townsend Food Co-op not much will change as we've never offered plastic bags to our customers; however, by law we now must charge every shopper who does not bring in a reusable bag one nickel for a paper bag instead of getting one for free. You can avoid this nickel charge by bringing in bags to reuse, then *we'll pay you a nickel!*

Plastic produce bags, as well as plastic bags used for bulk herbs, teas and spices will still be available for free. Consider deepening your environmental commitment and bringing in your own containers to fill. Good for us all.

## THANKS TO OUR CONTRIBUTORS & WELCOME KATHIE MEYER

I can't tell you how difficult this production would be without our wonderful contributors. Dr. Molly Force, Dr. Anna Gardner, our store buyers and managers, GM and Board President, and now we have another reason to celebrate! In July we hired Kathie Meyer as our new Outreach Coordinator. What a great decision that was. Among other things, Kathie has contributed her writing skills to this publication on page 18, where she reports on a recent cider tasting event held by WSU Extension to review heirloom varieties of apple trees best suited for apple cider making.

"Mystery is a resource, like coal or gold, and its preservation is a fine thing." - Tim Cahill

quarterly newsletter of the  
PORT TOWNSEND FOOD CO-OP  
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Port Townsend, WA 98368  
360-385-2883  
OPEN DAILY  
Mon-Sat 8 am - 9 pm  
Sun 9 am - 8 pm

### MISSION STATEMENT

Seeking to uphold the health of our community and world, Port Townsend Food Co-op, a consumer cooperative, serves our membership by making available reasonably priced whole foods and other basic goods and resources by means of our life affirming democratic organization.

### PRINCIPLES

1. Voluntary & Open Membership
2. Democratic Member Control
3. Member Economic Participation
4. Autonomy & Independence
5. Education, Training & Information
6. Cooperation Among Co-ops
7. Concern for Community

### MEMBER-OWNED

- no annual fees
- one time \$5.00 sign up fee
- \$2 payments every month you shop until \$100 capital investment achieved: a paid-in-full membership!

### EDITORIAL STAFF

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SUBMISSIONS of interest to the community are gladly accepted. Please drop off articles for consideration at the Co-op c/o Food Co-op Commons or email [editor@foodcoop.coop](mailto:editor@foodcoop.coop). Include your contact information. Submissions may be edited for length or content.

### The CO-OP COMMONS

Printed by the Port Townsend & Jefferson County Leader using recycled paper and vegetable-based inks.

Opinions expressed in this newsletter are the writer's own and do not necessarily reflect Co-op policy or good consumer practice.

Thanks to the coming rains...

# I'LL SINK MY ROOTS IN DEEPER

SAM GIBBONEY, Food Co-op Board President



## DON'T YOU JUST LOVE THIS TIME OF YEAR?

Our early fall weather is truly spectacular. People and families return from summer adventures with stories to tell and spirits renewed. Then later, the rains that so define this place that we call home return. After much of the country was gripped with drought, there is a special gratitude owed this year for the return of the rain. We get to enjoy the harvest bounty and settle into our shortening days. Truly this is a time of roots, preservation, and deepening.

I know that as I settle into fall, I am thankful for the deepening of my own relationship with Port Townsend Food Co-op and the larger co-op community. I have learned so much from working with our amazing staff and the innumerable conversations that I have had with various owners. Our membership is diverse, talented, and oh-so-willing to share their knowledge and opinions. I truly am thankful for the opportunity to deepen my roots in this community.

## GLOBAL ENTERPRISE

As a co-op, we are part of a much larger community that forms a global network of independent, local businesses owned by those we serve. Take a moment to ponder that. Our little co-op is participating in a movement to reinvent everything from our local food economy to global fair-trade standards. So when you are a Food Co-op member, you are participating in global enterprise that helps to make the world a better place. Co-ops are innovators that strive to focus on the triple bottom line in a way that preserve and enhance our communities.

**2012 HAS BEEN DECLARED** by the United Nations to be the International Year of Cooperatives. Across the nation and the globe, people are learning of the benefits of the cooperative model. There are many types of co-ops – food, growers, builders, manufacturing, utilities like electricity, to name a few – and many people are surprised by how many co-ops there are. In an age when people are rightfully anxious about corporate interests run amok, co-ops offer a model that keeps ownership and accountability local and accessible.

So while our staff strives to bring you the very best whole foods at reasonable prices, we also seek to live out our other values. We continue to deepen our relationships throughout the community so that we can all be more resilient and sustainable.

**WE ALSO SEEK TO STRENGTHEN** our relationships internally. Democracy, as it turns out, is not always the easiest way to get things done. But it is the way we continue to put the interests of people and the planet first. Democracy happens with all levels of participation. Whether you simply cast your ballot at the annual election (and we wish more of you would), or you write the Board of Directors a note, or you choose to run for election to serve on the Board (and we REALLY wish more of you would!) – it all makes up this democracy we call Port Townsend Food Co-op.

So, why don't you sink your roots a little deeper and join us as we continue to co-create this together?

## board meetings

All meetings are held in the Co-op Annex, 2482 Washington St., unless otherwise noted.

Contact the Board at [coopboard@foodcoop.coop](mailto:coopboard@foodcoop.coop).

### Oct 2

time tbd (check bulletin board for details)  
Board of Directors Meeting

### Oct 10

3:00 pm  
Product Research Committee

### Nov 6

time tbd (check bulletin board for details)  
Board of Directors Meeting

### Nov 14

3:00 pm  
Product Research Committee

### Dec 4

time tbd (check bulletin board for details)  
Board of Directors Meeting

### Dec 12

3:00 pm  
Product Research Committee

"If you do not feel yourself growing in your work and your life broadening and deepening, if your task is not a perpetual tonic to you – you have not found your place." - Orison Swett Marden



# How Does Your Grocery Store Checkout?



KENNA EATON, General Manager



**HERE AT THE CO-OP** we have lots of conversations about how we can best support our local growers and producers. In fact it was a key theme of the strategic conversations that we had with you this spring and it came up again in our *Member Survey*. From all angles we heard “be better retailers, sell more local goods, and keep the dollars circulating locally.”

We’re definitely not the only co-op having this conversation. Already co-ops have had a great impact on our national food economy. We were the ones that made “organic” and “natural” household words. We were the ones that recognized the importance of our local food system and made “shop local” a national bumper sticker. And we were curious about how we actually measure up in the current national climate.

The National Cooperative Grocers Association (NCGA) put together an exhaustive survey for us, asking all the participating members (about 100) to measure and rate our efforts. Then they compared it to our competitors, conventional grocery stores like Safeway and QFC. The result was pretty darn interesting and informative. We really do make a difference.

Nationwide, co-ops on average work with 157 local farmers while our friends at the other stores work with an average of 65 farmers. Co-ops source 20% of their product locally while conventional markets are at 6%. Co-ops spend 38% of their revenue locally, whilst our competitors spend 24%. And the numbers go on (for more details visit our web site [www.foodcoop.coop/blog](http://www.foodcoop.coop/blog)) showing again and again how much your co-op contributes to the local economy. The metrics are truly impressive.

But now we want to go the extra step and up the ante. The question then arises: How can we really make a difference in rebuilding the local food system? And if we don’t want to simply “talk the talk” how can we really keep our resources circulating in our community and help grow the local economy?

We don’t have the answer—not yet anyway—that is definitely a topic for deeper consideration. We do have some ideas. We can build our capacity as a retailer of local and regional products, help scale up our local economy, continue to engage with LandWorks Collaborative, collaborate with other food co-ops to strategically address gaps in food production and distribution, and even work with local partners to develop a “food source continuity plan.” The concept of strengthening our relations with existing local suppliers, and seeking more local and regional producers, sparked us to ask Brendon O’Shea of our stellar produce team to curate our local producers and to help them be more successful—both at the Co-op and elsewhere.

We can put more products on the shelf, but we need you to buy them. I understand why local may look more expensive. However the fact is that many of our local and organic growers don’t qualify for farm subsidies as the conventional growers do. Often they are working in tight quarters without the support of a larger infrastructure and they want to pay themselves and their staff a living wage. They simply don’t get the governmental support and help that many larger corporations qualify for. So it’s up to us not only to put the product on the shelf but to then also turn around and buy it. This way our money circulates and stays in our community. And that sounds like a proverbial “win-win” to us.

**“I see little of more importance to the future of our country and of civilization than full recognition of the place of the artist. If art is to nourish the roots of our culture, society must set the artist free to follow his vision wherever it takes him.” - Pauline Kael**



# staff SPOTLIGHT

## Jed Franke Front End Team Leader

INTERVIEW BY MINDY DWYER

- MD:** Tell me about your position at the Food Co-op and what you enjoy the most about it?  
**JF:** As Front End Team Leader, I schedule, coach, direct, train, troubleshoot, and lead! Training is definitely the part that I enjoy, as well as the balancing act between work and life. I work with employees to create a schedule that suits the Co-op and the staff.
- MD:** Our themes for this issue of the Food Co-op Commons are deepening, preservation and roots. How does this reflect what's going on in your life now?  
**JF:** I have deepened my awareness of healthy food since working at the Co-op and have really embraced the idea that what we put in and on our bodies should promote long-term health. Most of our owners recognize that quality food and products can cost more, but the long-term effects pay off with fewer illnesses.
- MD:** How about your favorite food to eat and to cook?  
**JF:** Favorite to eat is LIVE PIZZA from the deli - tastes like good ole' greasy pizza but so much better for you. My favorite food to prepare is granola. I start from scratch in the bulk department, and improvise adding honey, walnut oil, and various fruits and seeds.
- MD:** What is your greatest extravagance in life?  
**JF:** Jumping out of planes! It's expensive, so I don't get to do it as often as I would like.
- MD:** Tell us something about you that we might not have known.  
**JF:** That I grew up in an eastern Oregon desert farming community.
- MD:** Which historical figure do you most relate to?  
**JF:** Oscar Wilde because he was true to himself.
- MD:** Who are your heroes in real life or super heroes?  
**JF:** My greatest hero is myself, simply because I take personal responsibility for my own path. I think of myself as a super hero in a bubble, no one can pop my bubble, although sometimes I need my bubble popped... we all do. I think of myself as possessing super powers; my gift and ability to power through whatever needs to be done.
- MD:** What is your idea of perfect happiness?  
**JF:** For me, happiness is a personal choice, it comes from within.
- MD:** Where would you most like to live?  
**JF:** Port Townsend. It feels like home; I am in love with this land.
- MD:** What do you consider your greatest achievement?  
**JF:** My 13-year-old daughter is my greatest achievement; she is my family.
- MD:** Finally, what is the thing that you must do?  
**JF:** Learn. Continuously!

## staff anniversaries Oct/Nov/Dec

### 11 years

Loran Scruggs, Bonnie Schwartz, Mark Verheecke

### 9 years

Eric Rymer, Scott Marble, Andrea Dahdah, Jason Squire (sub), Tod Fisher

### 8 years

Marcia Atwood

### 7 years

Joshua Madill, Peter Petrenchak

### 6 years

Indie Nelson

### 4 years

Anita Jahoda, Daniel Walvatne, Cindy Scott

### 1 year

Lisa Olsen, Elann Abeyta, Jill Giles

Anniversaries are calculated from date of most recent hire for paid employment and may not reflect previous years of employment or work as a volunteer.

staff

## hearty thank you awards



**June**  
Nicky D'Andrea



**July**  
Debbie Vanderbilt & Josh Madill



**August**  
Mindy Dwyer



Way To Go!

"The fairest thing in nature, a flower, still has its roots in earth and manure."  
- David Herbert Lawrence



# Staff Picks

## NONNA LENA'S

### Pesto

Located in the chill  
"The best pesto we carry- hands down! Good on potatoes, rice, toast, eggs, pasta and just straight off the spoon."

Bev/Grocery



## ZYLISS

### Julianne Peeler

Located on produce end cap  
"This peeler is ergonomic and brightly colored for enhanced mood. Peeling action is smooth and the results will change the way you look at squash forever!"

Aaron/Deli



## VALLEY GARLIC

### Garlic Oil

Located on aisle 6

"We are the only place outside New Mexico that carries this liquid gold garlic sunshine! 1 tsp.=1 clove of garlic. Try on popcorn or with butter to make scrambled eggs!"

Gale/Front End



## Fran's Chocolates

near cheese case

## Boat Street

Pickled figs, apricots & raisins

near cheese case

## Yogi

Caramel bedtime tea

aisle 1

## Lopez Island

Marionberry syrup

aisle 2



## Kit's Organic

Fruit & nut bars from Clif

aisle 1



## Trikona

Moong Dal split mung beans

aisle 5



## Timeless

Black beluga lentil beans

aisle 5



## Eden

Organic Crushed Tomatoes

aisle 5



## Dal Dip

### Ingredients:

- 1 cup yellow split peas
- 1" piece ginger
- 2 green chilis
- 3-4 cloves garlic
- 2 tbsp. oil
- 1 onion, sliced fine
- 1 tomato, diced
- 1 tsp. cumin powder
- 1 tsp. coriander powder
- 1/2 tsp. cayenne powder
- salt to taste
- 1 tbsp. cilantro, chopped

### Directions:

Boil the peas in 2-3 cups water until soft and mushy, approx. 45 minutes, or alternately cook in a pressure cooker. Grind the next 3 ingredients to a paste with a little water. Heat the oil in a heavy pan. Saute the onions until translucent. Add the paste and fry for 5-6 minutes. Add the tomatoes and cook until well blended. Add the spices and fry for another minute. Add the cooked peas (dal) and salt and cook until thick enough to scoop up as a dip. Garnish with cilantro.

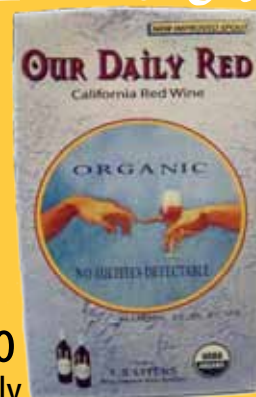
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# Libations!

## Our Daily Red

Organic wine, no sulphites added  
1.5 liter box or 750 ml. bottle



## La Carraia

### Orvieto Classico

White wine from Italy

Best thing since sliced bread!

## Sliced meats in the deli!

Black Forest ham, smoked turkey, pastrami



"Be faithful to your roots' is the liberal version of 'Stay in your ghetto.'" - Mason Cooley



# NEW



## COCONUT

**Nature's Path**  
Organic coconut chia granola  
*aisle 4*

**Coconut Secret**  
Raw coconut frozen dessert  
*freezer*

**Harmless Harvest**  
Raw coconut water  
*chill case*



Great for holiday parties or kids' school lunches!

## Good2Go

Turnovers sweet & savory look for them in the Grab-and-Go case



## Holiday Cheeses



- Blue Stilton Crocks**  
Blue Stilton packed in a decorative ceramic crock.
- Somerdale Wensleydale Cranberry**  
Handcrafted, this delicious, creamy-white, flaky cheese has a fresh, clean, slightly honeyed aroma blended with tart cranberries.
- Cahill's Whiskey Truckles**  
Irish white cheddar blended with single malt Irish whiskey with a colorful yellow wax on the outside.
- Inverloch Waxed Red Apples**  
A blend of cheddar and cream cheese with garlic, full of rich, full, smooth and creamy cheese flavor from first to last in an attractive waxed red apple shape.
- Inverloch Waxed Pears**  
A blend of cheddar and cream cheese blended with Schnapps and pear oil, in an attractive waxed pear shape.



# October is International Fair Trade Month



## We're proud to introduce a new fairly traded product line for Equal Exchange: the Geo Bar.

Geo what, you say?

We'll explain: Geo Bars bring a global farmers market direct to you – all in one delicious snack bar made with fairly traded ingredients. They're great on the go, in packed lunches, or shared at a group function.

Geo Bars were first launched in 1999 by Traidcraft, a U.K.-based alternative-trade organization that was working with a group of South African grape farmers. Their first cereal bars were only comprised of 10-20% fair trade ingredients (by weight). Twelve years and multiple product changes later, today's Geo Bars have over 50% fair trade ingredients. This is an amazing accomplishment, and we're proud to now help bring Geo Bars to the U.S. market. The goal is to someday produce a 100% fair trade Geo Bar!

The primary farmer groups supported through the Equal Exchange Geo Bars are South African grape farmers, Pakistani apricot collectors, Chilean beekeepers and berry farmers, Indian rice farmers, and Thai rice farmers.

"I think our job as parents is to give our kids roots to grow and wings to fly." - Deborah Norville



# FARMSTEAD HOLIDAY FOODS

BRENDON O'SHEA, Produce Buyer

## harvest highlights

**APPLES:** pink pearl apples;  
**BEETS:** Chioggia, golden, red & cylinder;  
**BROCCOLI:** Red & green cabbage;  
 orange, yellow, & purple carrots; Cauliflower; Celeriac; chards; **CHICORIES:** **ENDIVE, ESCAROLE, FRISEE; COLLARDS;** Kales; Chantrelle mushrooms; **Lobster mushrooms;** Cauliflower mushrooms; Mashua Root; Onions; Parsley; **Parsnips;** purple goddess pears; seckel pears; potatoes: purple, red, gold, Russet; **FINGERLING POTATOES:** Ozette, Rose Finn apple, Austrian crescent, French, Russian banana; **PIE PUMPKINS; quince;** **Radicchio; Rutabaga;** **SPINACH;** Turnips; **WINTER SQUASH:** red kuri, delicata, kabocha, spaghetti, butternut, buttercup, sweet dumpling, turban, hubbard, acorn; Yacoun.

## AS YOU ARE COMING UP WITH HOLIDAY MEAL IDEAS,

be sure to consider some of our local products, especially farmstead products grown and produced by our local growers and producers. The term "farmstead" means that the product has been created using ingredients grown or raised on the farm on which the product was produced. The terrior, simply translated as "sense of place," of these foods is expressed through their rich flavors. A wide array of textures in farmstead products offer an overall delightful experience since we know that they were grown and created by our local farmers.

### MYSTERY BAY AWARD-WINNING CHEVRE

Recently Rachael Van Laanen and her crew of "goat ladies" won second place out of all fresh goat cheeses in the American Cheese Society's annual competition in the Fresh Chevre category. This year was the largest competition to date, with over 1,700 cheeses entered from across the United States and Canada. In Rachael's words, "To be recognized as one of the top chevres is a great honor as it recognizes our cheese alone, just as it is. All of us here at the farm believe that great cheese can only come from great milk, and we spend many, many hours making sure that our milk is the absolute best."

Farmstead cheeses are thus made in relatively small batches and many steps are done by hand, such as turning the cheese, wiping the rinds, cutting, and packaging. Because farmstead cheeses are typically made on the farm, they tend to develop unique flavor profiles based on the feed the animals receive, the climate in which they're made, and the natural microbes in the air where they are aged. If you haven't tried this smooth, creamy chevre, you need to! Spread a little on a fresh pear from our produce department, and you will be going back for more, I guarantee!

From [www.midori-farm.com](http://www.midori-farm.com)

## MIDORI FARMS KIMCHI SOUP

- \* Heat up 2 cups water to a hot, but not boiling, temperature.
- \* Stir in 1 tablespoon miso (optional).
- \* Stir in 1 (or more) large spoonfuls of Midori Farm Kimchi.

"Criticism, like rain, should be gentle enough to nourish a man's growth without destroying his roots."  
- Frank Howard Clark

### MIDORI FARM ARTISAN FOODS

Midori makes delicious, handcrafted, live-culture krauts and kimchis that are healthful living foods, naturally fermented in ceramic crocks. They are unpasteurized, raw, and full of beneficial living microorganisms and enzymes (probiotics) that are always made with organically grown ingredients, most of which are grown on Hanako and Marko's farm or by other family farms on the North Olympic Peninsula. Sold in the produce department, their offerings include: savorykraut, beetkraut, sauerkraut, Cortido, kimchi, and Hot Root.

### PURE FARMSTEAD PRODUCTS

How could you get more pure than farm-fresh fruits for the holidays? We bring in fruit from the following farms:

#### River Valley Organics

George & Apple Otte; Tonasket, WA  
certified organic gala, honeycrisp, fuji, cameo, golden delicious, winter banana, jonagold and jonathan apples & certified organic bosc and seckel pears

#### Earth Conscious Organics

Bruce Henne & Paul Madden; Brewster, WA [myecofarmer.com](http://myecofarmer.com)  
certified organic gala, honeycrisp, fuji, pinova, granny smith, braeburn and pink lady apples

#### Jerzy Boyz Farm

Scott Beaton & Wynne Weinreb; Chelan, WA [www.jerzyboyz.com](http://www.jerzyboyz.com)  
certified organic purple goddess pears and various heirloom apples

#### Tonnemaker Farms

Kole Tonnemaker; Royal City, WA [www.tonnemaker.com](http://www.tonnemaker.com)  
certified organic gala, jonagold, and honeycrisp apples; green and red bartlett pears; and green d'anjou pears

#### Doug Behrenfeld Orchard

Doug Behrenfeld; Sequim, WA  
locally grown Italian & brooks plums; discovery, akane, buckley giant, king, mutsu, northern spy, melrose, golden delicious, spartan, criterion, willams pride, macintosh, jonagold, gravenstein apples; flemish beauty, sirrine, comice, bartlett, orcas, bosc, and luscious pears; walnuts and hazelnuts in-the-shell



# On the Tasting Trail

## MIRRACOLE MORSELS & CB'S NUTS

STORY & PHOTOS BY BRWYN GRIFFIN, Outreach/Education Manager

On the warm, sunny Tuesday following Labor Day, I set off with an organic latte from my favorite drive-thru to interview two of our local vendors located near each other in Kingston: Mirracole Morsels owner Nicole Haley; and CB's Nuts owners, Clark and Tami Bowen. We carry Mirracole Morsels' granola, both in bulk and prepackaged in five different flavor choices. CB's Nuts are sold all over the Co-op through two separate departments. Produce carries bags of peanuts, two kinds of pumpkin seeds, and pistachios. And our bulk peanut grinder is currently filled with CB's Nuts' peanuts.

During these two interviews I found out both of these businesses have loads in common. Both have retail tasting rooms. They are collaborating on projects and products, too. Nicole is doing research and development on baking soft peanut brittle for CB's Nuts which will be sold and distributed by CB's Nuts. Nicole also sells bags of CB's Nuts in her retail space and has cross-branded her peanut butter cookies with the logo "Made with CB's PB." They are both participating in production of a ferry rack card advertising the "Tasting Trail." Also on this Tasting Trail are Finnriver Farm & Cidery and Mount Townsend Creamery. These are local businesses supporting local businesses.

Both Nicole and Clark even started their businesses in their respective garages!



Above: Nicole Haley, owner of Mirracole Morsels in the tasting room and Granola Factory bakery where she has begun catering to gluten-free eaters.

Right: The Granola Factory, home of the kitchen which produces Mirracole Morsels granola. Inside you can observe the baking kitchen through plate glass windows and sit at a lovely bar (or outside on the deck or in the garden) and have granola or a cookie for breakfast!



In the next issue of the *Food Co-op Commons*, we will print two separate vendor profiles. Today, I want to talk about holiday entertainment and how to further support our local vendors beyond purchasing their products at the Food Co-op, which we hope you'll do.

Imagine it's a lovely fall day, and you want to go for an adventure, or you have out-of-town guests to entertain for the holidays. You don't really want to drive all the way to Seattle, and you've all been to Hurricane Ridge (or you need some holiday gifts, or stocking stuffers, but eschew the malls). So you drive your guests to Kingston for breakfast (or soup for lunch) at Nicole's Granola Factory located in an old hotel at 25931 Washington Boulevard in Kingston. The bakery, filled with windows and light, has a unobstructed view of Puget Sound and the Kingston ferry. You are so close, you see the faces of folks walking off the ferry.

Once inside, while Nicole takes your order, you can peer through more windows and watch the three staff make Mirracole Morsels' goodies, where every small batch of granola or cookie dough is still made by hand even though they produce 1,000 pounds of granola and 700-1000 cookies every week. Just outside Mirracole Morsels is an outdoor garden dining area and a deserted beach where, weather permitting, you can take a stroll.

Once you've loaded up on cookies for your kids' school lunches, head back toward the bridge and just before the right turn to Port Gamble, make a left into CB's Nuts parking lot at 6013 NE State Highway 104. You can't miss the brown and red building if you're headed into Kingston, but watch carefully on the way back. It's easy to miss traveling this



Above: CB's Nuts retail tasting room and roasting facility, located on the way to the Kingston ferry at 6013 N.E. State Highway 104. Stop in and sample cashews, peanuts, pumpkin seeds, hazelnuts, peanut butter, and more!



Below: Owners, Clark and Tami Bowen in the tasting room. They are experimenting with growing peanuts on 20 acres at Moss Lake. We'll keep you posted on how this organic crop is doing in our January issue.



direction. Inside the tasting room are loads of nuts, all roasted in three small batch ovens that yield only 100 pounds of nuts per roasting. Tami and Clark are cranking out almost 18 batches per day.

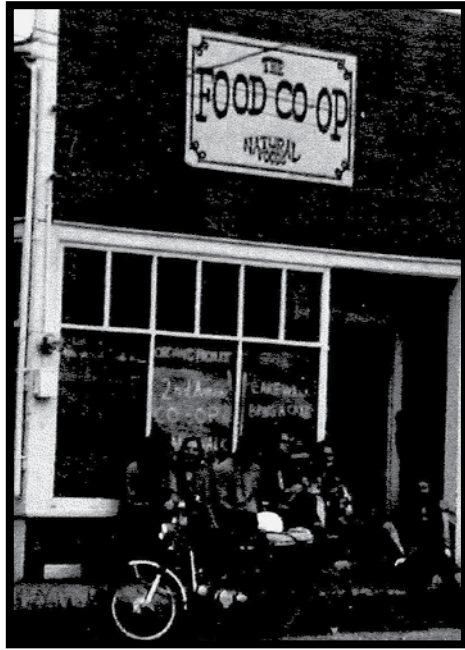
In the tasting room at CB's Nuts you can sample all of their products and grind your own peanut butter. You can even buy a refillable bucket of peanuts in the shell. It's a tiny spot, and once again, here are the owners waiting on customers between operating the roasters and working with the accountant. You can peer inside the roasting facility just below the tasting room. Or, you can buy a Whidbey's Ice Cream bar filled with CB's Nuts peanut butter and sit outside on a section of the old mariner's dugout. It's cool. It has the history of all the mariner's logos painted on the back. To find out the story of how it got to CB's Nuts, you'll have to tune in to the next issue of the *Food Co-op Commons*, or go ask Clark and Tami yourself!

"The chief product of an automated society is a widespread and deepening sense of boredom." - C. N. Parkinson



# Prior to 1972

Grant Logg gathers together his high school friends and forms a buying club for healthy foods in his garage.



The first location of The Food Co-op at Frank Kilham's Paint Barn at 617 Tyler Street in 1972. This is where Pane d'Amore bakery is now located.

# 1972

## Food Co-op Incorporates

The Food Co-op opens at Frank Kilham's Paint Barn, 617 Tyler. Rent is \$60/month. Hank Tjemsland is the first "self-appointed" manager.

"I would like to see the Co-op grow even more - not become sophisticated but be able to carry, in a relatively efficient manner, everything members want so that we can be a real alternative to Safeway."  
Cindy (Ana) Wolpin,  
*Co-op News*, 1975

# 1975

## Co-op Awarded Federal Grant

These funds are designated by the Co-op to initiate community programs and projects. The first is a farmers market. Cindy Wolpin and Marcia Jordan manage the store from 1975 to 1977.

# 1976-78

## Delivery Van Crashes

The Co-op step-van, the Cosmic Crinkle, is involved in an accident with the Victorian Inn. No one is hurt, but the van is totalled.

## Paid Manager Needed

At a core meeting, consensus is reached that mark-ups may have to be raised a few percent to pay a manager.

## Skaters Raise \$60

At a 1976 roller skating benefit, \$60 is raised for the store. A total of 126 members attend the event. Everyone seemed to have a good time even though it got a bit crazy and some minor injuries were reported.

## Store Managers Circa 1978

Steve and Janeen Hayden and Julie McCullough, among others, take on store manager responsibilities!

# Co-op History! 40 years of

# 2005-2012

In 2005, the Co-op membership votes for purchasing the building at Kearney Street. In 2007, annual gross sales go over the \$10 million mark.

## Co-op Gives Back

In 2008, the Beans for Bags program is implemented. In the first year, \$6,856.65 is raised in donations to local non-profit organizations. In 2008, *P.T. Leader* readers vote the Food Co-op as the "Best Healthy/Local/Organic" Foods.

## Israeli Boycott Debated

In 2010, members passionately argue for and against a boycott of Israeli products. The board of directors votes 4-2 against it.

## New GM Hired

Kenna Eaton starts work as General Manager on March 1, 2011. On August 19, 2012, the Co-op throws a party for its members at which it gratefully acknowledges the community's contribution to its four decades of success.



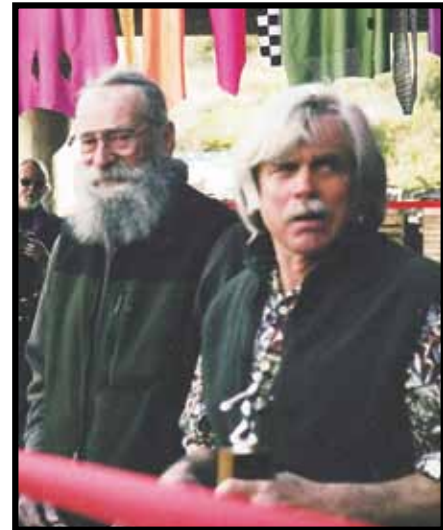
L-R: Current G.M. Kenna Eaton with Co-op board president, Sam Gibboney at the Co-op 40th Anniversary party, Aug. 19, 2012.

# 2001-2004

An amazing \$492,500 is raised through low-cost member loans to finance remodeling of and moving to the old bowling alley on Kearney Street. Again, the membership steps forward with sweat and equity to help transform an old building into a thing of beauty and light. Retail space jumps from 1,800 square feet to 8,000 square feet. Employment grows from 35 to 80. Thousands of new members join in the first year. In 2005, GM Briar Kolp is named Business Leader of the Year by the P.T. Chamber of Commerce and *Peninsula Daily News* readers vote the Food Co-op as the "Best Place to Buy Groceries." The Co-op register system expands to an integrated "POS" system. Co-op employees vote to name the newly revived staff newsletter *The Internal Organ*.



Above: Current location at 414 Kearney Street, where gross annual sales at the end of 2011 were \$11,306,575 and 20% of total purchases by the store were local products totaling over \$4,000,000.



2001: L-R Architect Vern Leckman and builder Phil Johnson at the grand opening of the Kearney Street location.



G.M. Briar Kolp managed the remodel of Key City Lanes in 2001.

"Storms make trees take deeper roots." - Dolly Parton





1976 Food Co-op cake walk on Lawrence Street. This was the beginning of the Uptown Festival!

# 1978

## Co-op Splits Apart

In 1978, a group of members seek to buy out the Food Co-op and move it downtown. No agreement is reached, so the Co-op stays in Uptown while another natural food store opens downtown. With sales as low as \$2,500 per month, the Co-op experiences shaky times.



Above: We believe this was a skit performed at the 10-year anniversary party in 1982. Can anyone identify these performers?

Below: 1982 10-year anniversary party! Does anyone recognize these folks?

# 1979-80

## Store Moves to Bus Garage

The decision is made to move to "Wonder Works," an old Uptown bus garage. Resisting the more traditional mode of lending from a bank, a plea goes out to the community for loans to renovate the building. The new location opens for business on August 21, 1979. After the store moves, the annual gross sales increase by 49%.

## Co-op Begins Current Count of Membership Capital Investment Begins

A new program of member capitalization is adopted in 1981. \$2 monthly member dues begin to accumulate in a capital fund and payments are tracked on stamp cards.

# GOOD FOOD!

# 1982

Sales top \$12,000 monthly. Annual business increases 72%.

# 1983

Annual sales increase 39%.



The Uptown store after expansion and prior to moving to the current location at Kearney Street. Now, Puffin Shoe Repair, Jefferson Land Trust offices and Sweet Laurette's are all located in this courtyard area today.



Above Right: 1997 L-R: Nora Cedarwind, Mystery Woman, and Laurie Darleen at Uptown store.  
Above: 2002 board member, John Granger introducing our Food Co-op label supplements.

# 1985-94

## 1985 annual sales increase 12%

Beth McBarron is hired as Store Coordinator. In 1986, although four Puget Sound food co-ops located in Seattle, Tacoma, Snohomish, and Whidbey Island close, gross annual sales at our co-op grows to \$311,254.

## Co-op Buys Computer

Fall 1987 sees the Co-op take a giant step into the future with the purchase of its own Delphi computer. A second cash register is added in 1988. 1989 annual sales increase by 27.5%. 1991 annual gross sales total \$904,405.

## Staff Added to Payroll

In 1994, some staff become paid, and all others shortly thereafter.



Briar Kolp circa 1999.

# 1995-2000

At the 1995 planning retreat it was decided the Food Co-op needed to expand retail space to 2,500-4,000 square feet in the current location to accommodate its growing membership. Briar Kolp is hired as Senior Team Leader in July 1998.

"The belief that there is only one truth, and that oneself is in possession of it, is the root of all evil in the world" - Max Born (German Physicist 1882-1970. Nobel Prize for Physics in 1954.)



# CO-OP CLASS

**Food Allergies, Sensitivities, & Intolerances**

Saturday, October 20, 2-4pm

**Food Introduction for Babies**

Saturday, November 3, 2-4pm

**Kitchen Medicine**

Saturday, December 1, 2-4pm



MOLLY FORCE, Food Co-op Owner & Naturopathic Doctor

## ANTIOXIDANTS:

*Tasty ingredients for health*

### What are antioxidants?

Antioxidants are molecules that protect you. Antioxidants play a very important role in keeping you healthy and your tissues from being damaged. You can think of antioxidants as generous lending molecules, as they donate extra hydrogens or electrons to oxidized substances in your body. This process prevents oxidative damage from free radicals (those unhealthy molecules missing a hydrogen electron that cause oxidization), slowing the aging process, reducing your risk of developing cancer, heart disease, and many other diseases. You naturally get antioxidants from certain foods. To support your health and protect your body, frequently include foods which contain high amounts of antioxidants.

### Great Antioxidants, & Where You Can Find Them:

You will notice that many of the most naturally occurring colorful foods contain the highest amounts of antioxidants. From leafy greens to the deep purples and blues of berries, simply include a rainbow of colors on your plate for antioxidant prevention.

### Sulforaphane glucosinolate (SGS)

SGS is the most potent antioxidant found in food. You can find it in many broccoli varieties and some broccoli family plants (think: cabbage, cauliflower, kale, collard greens, and Brussels sprouts). Broccoli seed extract contains the most concentrated form of this antioxidant. It has even been extracted into supplement form for antioxidant therapy used for cancer prevention and treatment in studies recently released through Johns Hopkins.

### Curcumin

Curcumin is the principle active molecule in the vivid orange-yellow spice turmeric. Not only does curcumin act as an antioxidant and anti-inflammatory, it also aids your body's natural ability to detoxify itself by supporting chemical pathways in the liver. By using turmeric in your cooking, you are enhancing detoxification and reducing damage done by environmental toxins. Curcumin is best absorbed from turmeric which has been cooked with fats. The classic example is turmeric used to spice curry with a fatty coconut cream base.

### Resveratrol

Resveratrol is the antioxidant found in red grape skin which provides many of the health benefits touted in drinking red wine. The more stress the grapes endure during the growth process, the higher the resveratrol content is. This antioxidant is known for its anti-aging properties, including blood vessel protection, liver protection, and reducing inflammation.

### Epigallocatechin gallate (EGCG)

Green tea is made from unoxidized leaves of the *Camellia sinensis* plant. You may have heard of the research revealing lowered cancer rates and atherosclerosis (a process of damage and plaquing in the arteries) for those who drink green tea. EGCG is one of the most abundant and well understood antioxidants in green tea. EGCG also has a thermogenic effect, meaning it can help you increase the speed you burn your calories and enhance weight loss.

### Bioflavonoids

Bioflavonoids are antioxidants that pigment plants and are found in high amounts in berries. These antioxidants are specifically important for blood vessel health, vision, immune system, and connective tissues. Berries, including blueberries, strawberries, blackberries, cherries, and raspberries all contain bioflavonoids. Even after they have been frozen, the bioflavonoids in berries can still be utilized by your body. Including fresh or frozen berries in your diet is an easy way to boost your antioxidant intake.

*Dr. Molly Force is a licensed naturopathic family physician who specializes in combining natural healing with conventional medical diagnosis and therapy. Her practice Prosper Natural Health and hot yoga studio Prosper Bodyworks is located in Port Townsend. She can be reached at or 360-385- 5375 or email her at [www.ProspersNaturalHealth.com](http://www.ProspersNaturalHealth.com).*

"The benefits of education and of useful knowledge, generally diffused through a community, are essential to the preservation of a free government." - Sam Houston



# DEEPENING OUR ROOTS

## While Resetting our Department

non-GMO



JAN TOBIN, Wellness Department Manager

**OUR RESET** in the Wellness Department was successfully achieved with the help and support of staff, sales reps and brokers. After boxing up all those bits and pieces of bottles and jars, all the old shelving was removed on August 8 with the help of managers, staff, and six outside product sales reps. The floor was then stripped and waxed. Rene and Scott from the maintenance team, with help from Deb Shortess and Marcia Atwood, put up the new shelving the next day. We then unpacked all those products again, putting them on the shelves according to the schematics I created over a span of several weeks. Twelve outside product reps helped several hours that day.

The goal of the reset was to make the department more people- and product-friendly. Even though there will be more tweaking of product and design elements, the products are in a logical and functional format with signage soon to follow. The process of preparing for the reset included looking at several factors for each product and section including: movement over the past year (category management), vetting which products and companies are aligned with our ethics and values, and defining which products work well and add value to our healthy lifestyles. Also important were the results of the recent Food Co-op *Owner Survey* which we looked at to make sure we have a product tool chest that meets your needs.

During the reset one of our owners brought to my attention that she had called and verified that American Health Papaya Enzymes uses GMO papaya in their products. Our roots are deep into the natural world. We are dedicated to selling products that are GMO-free, and even though we have five American Health products that are excellent sellers, we will discontinue those items and keep two products from companies that do not use GMO ingredients – Nature's Plus and our own private label for

the Food Co-op brand of supplements. This first step of discontinuing products we know have GMOs is in alignment with our dedication to products that are closest to nature.

**AFTER REVIEWING** our product offerings, we discontinued around 300 products, making more room for those more popular. We also brought in some new products to enhance our offerings for babies, children, women, and men. In addition, we added Mega Food supplement products from New Hampshire. Mega Food cares about doing things the right way. Since 1973 they have sourced fresh and local foods from trusted farm partners crafting Food State Nutrients™ with one-of-a-kind Slo-Food Process.

I am happy to report that we receive daily thank you's for the new organization in our department. We have a cozy, private area with lighted mirror to try our ZuZuLuxe vegan make-up line from Seattle. We recently added their parent company's line of nail polish with 18 color choices. Thanks to customer requests, we added the remaining colors offered in the Naturcolor product line and their hair conditioners. Not everyone likes the new shelving; however, it is so much easier to shop, stock, and reorder. The vast majority of our owners appreciate the new look and organization.

**FAIR TRADE CLOTHING** will arrive in October from Peru. These items are made to order – an order that had to be placed back in June – the same time we had to order calendars, which also appear in October.

We have a new employee in our Wellness department. Ellen O'Shea (no relation to Brendon!) comes to us with a background in cooperatives. She helped start the First Alternative cooperative in Corvallis. Come in and help us welcome her to Port Townsend.



At left: The Food Co-op now carries 18 different colors of Gabriel nail polish. It's vegan!

"You see people who are 19 or 20 years old and they don't even know who The Who is. It's like, where have you been? Justin Timberlake? C'mon. Where are the roots?" - Dustin Diamond



# COMMITMENT



## You can recycle CFL bulbs at the Co-op

You can now recycle your CFL bulbs here at the Food Co-op by dropping them in the metal bin outside the north co-op door.

CFL bulbs have two major advantages over incandescent bulbs: they last much longer before burning out, and use markedly less power. Sylvania, a manufacturer of CFL bulbs, claims that the bulbs last eight times as long as a comparable traditional bulb and use about a fifth of the power.

## What waste does the Co-op recycle?

All of our used fluorescent bulbs will be recycled through HAZMAT at the Port of Port Townsend.

In all of our parking lot storm drains we have oil absorbent sacks called bilge skimmers. These skimmers absorb gasoline and oil and then are recycled at a local oil recycler who reclaims oil from them.

We're excited to have found a local recycler in Blyn called E-Cycle that helps us reduce our waste stream. Daniel Tharp is the owner, and he is providing us with free pick-up service every three weeks!

Plastic film products, such as shrink wrap, heat shrink plastic, anything thin and clear gets recycled by E-Cycle. They compact it and ship it to whoever is buying at the time.

E-Cycle is also helping us recycle all of our yogurt containers, 3- and 5-gallon buckets, all colored plastic tub containers, and plastic produce boxes. All of that plastic has to be free of food contaminants or the entire load is garbage.

And, of course, there's our reusable packing materials available to anyone outside on the north side of the store.

## CLEAN CLEANING



Rachelle Merle's new local cleaning product, Fireweed Farm All-Purpose Cleaner, was the outcome of "regular" cleaners giving her headaches. In her housecleaning job, Rachelle found that "eco-safe" cleaners were ineffective, so she developed her own recipe for an all-purpose cleaner that was effective, sanitized, could be used on anything, and was healthy to use all day long. Rachelle even refills the bottles which are reused out of her respect for the Earth.



Food Services staff, Tod and Lauren are excited about our new corn-based meat trays in the meat department.

We've done away with styrofoam meat trays that the USDA required for packaging meat products. In the Food Services department, they are now using corn- and soy-based trays and soaker pads that are biodegradable and USDA approved!

## NO MORE Styrofoam!

## Go Farmers Markets!

The U.S. Department of Agriculture's National Farmers Market Directory, which can be found at [www.farmersmarkets.usda.gov](http://www.farmersmarkets.usda.gov), identifies 7,864 farmers markets operating throughout the United States – a 9.6% increase over last year. States with the highest numbers of farmer's markets are: California, New York, Massachusetts, Michigan, and Wisconsin.

# Effective November 1 5 cent bag charge Plastic-Bag-Free Port Townsend

BRWYN GRIFFIN, Editor

This summer the City of Port Townsend passed City Ordinance No. 3076, an ordinance regulating the distribution of single-use plastic and biodegradable carry-out bags and requiring retail establishments to collect a pass-through charge from customers requesting recyclable paper carry-out bags (like our current Co+ paper bags). We celebrate the movement away from plastics (the Co-op has never offered plastic bags to our customers). This ban will not affect your access to thin plastic bags for produce and bulk foods, teas and spices. In fact, not much will change at the Co-op except you will now, by law, be charged a nickel for every paper bag you request to take home your groceries.

Now, wouldn't you rather we paid YOU a nickel for every reusable bag you bring to the store?

Of course you would! And, you can still have the option of trading that nickel for a bean, and placing that bean into your favorite *Beans for Bags* jar. Remember, we want to deepen our environmental commitments and still make your shopping experience enjoyable and easy. We sell our cloth bags at cost. Now is the time to stock up. Or, you can grab a box outside from the box bin and load groceries into it instead of buying a paper bag. Or, like me, you can try to carry in your arms all the food you bought to the car where you left your reusable bag!

Imagine, the Food Co-op may never need to purchase paper bags again!

"Growing greener doesn't produce money for farmland preservation or open space preservation." - Ed Rendell



# RE use purpose gift



MINDY DWYER, Staff Writer

Create a new tradition this holiday season with the gift of giving a double-drawstring gift bag. Dust off the ol' sewing machine and get out those old scraps of fabric that you have been saving for who knows what. For the quilt you were going to make someday? The bags are a welcome alternative to wrapping paper and become part of the gift!

Make all sizes, for teeny tiny treasure gifts to very large kid-sized presents. My kids used their gift bags year after year setting them out for Santa to fill, like the Dutch children setting out their wooden shoes.

### Supplies needed for two 9" x 11" cloth bags:

- 1 fat quarter**  
*These are colorful cotton bundles sold in fabric stores. One yard (36" x 44") cut in half, then cut in half again lengthwise gives you a piece 18" x 22". Cotton is easy to wash and re-use each year, but velour or satiny cloth makes an elegant gift.*
- 4 pieces cloth ribbon approx. 3X the width of your bag**
- 4 pieces cloth ribbon 1/2 width of bag**
- 8 beads**

Think "simple." Fill a tiny bag with treasures from the beach, pebbles, shells or sea glass. Find a gift from one of the new local shops, wrap it in your very own gift bag and give a gift of P.T.

Find the directions for the cool double drawstring bag at [www.foodcoop.coop/blog](http://www.foodcoop.coop/blog). If you are interested in a sewing workshop/fabric swap, we can organize an afternoon before the holidays. Email me at [mindy@foodcoop.coop](mailto:mindy@foodcoop.coop).

If sewing is not your "bag," get new ideas for creative gift wrap at <http://browse.real-simple.com/holidayss-entertaining/gifts/index.html>.

# SURE Report LESSONS IN RECYCLING

SALLY LOVELL, Sustainable Resource Fellowship member

**I CONSIDER** myself a veteran recycler, but I still find myself puzzled at times by what can or can't be recycled.

Early in August, our Co-op's Sustainability Committee met with Matt Hall at the county recycling center to get a tour and an education. Here are the highlights of what I learned on that trip:

- The recycling symbol doesn't actually mean an item is recyclable. It could mean it was made of recyclable content, or that the material is potentially recyclable somewhere (but not necessarily in your neighborhood). Or it could simply be the plastic industry's "resin identification code" to help plastic sorters separate materials.
- Even though the county accepts PETE1 plastic bottles for recycling, they don't want other PETE1 food container plastic. "Why not?" I used to fume to myself – and especially why not when they take it in the next county? I used to think it was the food waste – but I wash my plastic recycling (don't you?!) so they should take mine. Well, the answer is, our county Public Works adopted a Recyclable Materials Policy in 2010 which includes a statement of ethics about verifying the environmentally and socially responsible business practices of the businesses that buy the materials from the county. And the softer, flimsier food container plastic (which is an inferior grade PETE1 plastic) is sold to global markets that don't meet the county standard. If they ever get a buyer for that type plastic who meets their standard, then they can start taking PETE1 food containers.
- You know those cheap flimsy plastic water bottles, like people buy in the case load from Costco? Look for the recycling symbol – they aren't recyclable. Yes, it's a plastic bottle, but no, it is actually trash.

- Take the lids off your bottles before taking them to recycling. Please. They would really appreciate it. In every instance, the lids are trash. It's a small thing for each of us to do – but saves them a LOT of trouble.
- Glass is not a cost effective material for the county to recycle; it is a service to us that they take it for free. It costs almost the same to make glass from virgin material as from old bottles. In fact, the brown and green glass becomes crushed for road-making material, and it costs the county to get rid of it. Not only that, but it takes three people four hours to clean one truckload of glass before shipping it off. Thank you Public Works!
- In the cardboard bins they only want corrugated cardboard (I knew that). "Paperboard," like cereal boxes, the backs of tablets, the cardboard inserts in new clothing, and single-layer fiber board like the wavy trays used to cushion produce – these are all MIXED PAPER. At home we call it cardboard, but at the recycling yard, it goes with mixed paper. It is OK to put shredded paper into the mixed-paper recycling.
- They accept your fluorescent bulbs, long ones or compact CFL's. If you are standing at the recycling bins facing the transfer station, go to the right side of the main building and you'll see a sign on the corner.
- Not sure if you can recycle something? Call 385-7678 and ask.

Our committee wondered, "where does this stuff go?" At this time, the cardboard goes to the Port Townsend Paper Mill. Newspaper goes to the Port Angeles mill. Mixed paper goes over to Kent International Paper. Electronic waste pulled out of the transfer dumping pad gets sent to the state "e-waste" program. And the trash from the transfer station? It all gets trucked down to the huge Roosevelt landfill down by the Columbia River off Highway 14. That's just another good reason to reduce what we put into the waste stream.

"In wilderness is the preservation of the world." - Henry David Thoreau



# NO GMOs!



You told us loud and clear in the recent *Member Survey*, “Genetically modified foods have no place in our store!” We heard you and have undertaken volunteer labeling of all foods that have been verified by the **Non-GMO Project**.

Look for their colorful seal with the butterfly to find products verified by Non-GMO Project. We stand by certified organic foods, which do not allow genetically modified ingredients, so if you want to be GMO-free, buy certified organic. Manufacturers are beginning to label their packaging with the seal or with a non-GMO claim.

To reduce chances of GMO ingredients in your foods, consumers need to stay informed, read labels and make choices. Pay attention and avoid products derived from crops that are potentially genetically modified: corn, soy, sugar (unless organic cane sugar), canola or cotton. Some ingredients may be hidden in common products such as baking soda, which can be made from corn starch. For a complete list of ingredients to avoid, see the Non-GMO Shopping Guide found at the front of the store and online at [www.nongmoproject.org/shoppingguide](http://www.nongmoproject.org/shoppingguide).

Three simple reasons to stay informed about GMOs:

1. We deserve an informed choice.
2. Genetically engineered foods have not been adequately tested.
3. Nearly 50 countries require labels on GMOs, except the U.S. and Canada.

Source: [www.nongmoproject.org](http://www.nongmoproject.org)

## What can you do?

1. Sign the petition for Initiative 522 in the store.
2. Read the Non-GMO Shopping Guide.
3. Look for the butterfly signage directing you to non-GMO verified products.
4. Read ingredients to identify possible modification especially corn, canola oil, sugar (unless organic cane sugar), soy and cotton.
5. See our GMO brochure and website for more information.
6. Listen to “Old Man Santo Had a Farm” on YouTube and pass the word! <http://youtu.be/iAeBp0KfnPU>.
7. Take a short quiz to test your knowledge of GMOs at [www.foodcoop.coop/foodnews/GMOquiz](http://www.foodcoop.coop/foodnews/GMOquiz).

## DID YOU KNOW Popcorn is never GMO?

We now have white popcorn in bulk beside our yellow and multi-colored kernels.



# GMOs It's Our Right to Know

BEVERLY GOLDIE, Food Co-op Owner & Concerned Activist

There is a new initiative to the legislature in Washington State: I-522, the “People’s Right to Know Genetically Engineered Food Act,” approved by the Secretary of State’s office in July.

**Volunteers statewide need to collect 241,000 valid signatures by January 1, 2013, and we need your help!**

The initiative calls for the labeling of GMO/GE foods in Washington State based on the belief that citizens have the right to know what is in their food. It has been scrutinized by attorneys and various food organizations in the state and has been called “the best written initiative on GMO labeling.”

Polls show that 90% of the population wants to know if their food contains GMOs. Forty-nine countries, including Japan, South Korea, China, Australia, New Zealand, Thailand, Russia, the European Union member states, and other key United States trading partners have laws mandating disclosure of genetically engineered foods on food labels. Many countries have restrictions or bans against foods produced with genetic engineering. By requiring that foods produced with genetic engineering be labeled, not only will consumers know what is in their food, but are provided with a method for tracking potential health effects of consuming foods produced through genetic engineering.

We are not the only state seeking labeling through an initiative. California’s Prop 37, slated for the November ballot, is requiring GMO labeling as well.

In the U.S., several laws have been proposed at the federal level but they all have failed so far or have been left to die in committee. More than 20 states have attempted to pass GMO labeling bills through government processes including Oregon, Vermont, Connecticut, Colorado, and New York – and in each case the attempts have been thwarted by big corporations using extensive lobbying or

threats to sue the states. Corporations are spending more than \$20 million in California to defeat the proposal. This is all the more reason for us to be concerned and continue moving forward with the pressure to label GMO food using the initiative process which focuses on what people want.

There are many reasons to support this initiative. If you love the environment, opposing GMOs can help save the planet from genetic pollution. If you’re into healthy foods, opposing GMOs is crucial to keeping poisons out of your diet. And if you love the free market and despise government intervention, remember that the free market is only truly free if consumers have free access to accurate knowledge about what they’re buying.

Did you know that we have an organized, active group of individuals who meet the second Tuesday of each month, 5:30 pm, at the Sequim library? The mission of the group is “to raise awareness about the origin, effects and prevalence of GMOs in our food supply. We strive to protect our health and environment by promoting sustainable, eco-agricultural practices on the peninsula and to provide information to further enable us to make clear choices about the food we eat.” We have been meeting for over a year and have developed educational materials and posters, hosted booths at various community events, sponsored rallies in downtown Sequim, and currently are actively collecting signatures for the initiative across the peninsula. This is YOUR opportunity to join the food fight of our lives!

If you live in the Port Townsend area, please visit the Co-op to sign the initiative. Let your voice join the thousands of other so we can be heard.

For more information, contact Beverly Goldie, [sequimgmogroup@gmail.com](mailto:sequimgmogroup@gmail.com).

Sources: [www.justlabelit.org](http://www.justlabelit.org)  
[www.fogcityjournal.com](http://www.fogcityjournal.com)  
[www.naturalnews.com](http://www.naturalnews.com)

**“When you realize the value of all life, you dwell less on what is past and concentrate more on the preservation of the future.” - Dian Fossey**



news... direct  
from our partners

## Environmental Working Group

[www.ewg.org](http://www.ewg.org)

EWG collaborated with Share Our Strength's Cooking Matters to create their newest shopping guide - Good Food on a Tight Budget - to help you shop smarter and fill your grocery cart with the foods that deliver the biggest bang for your buck.

This brand new shopping guide looks at 100 foods that are healthy, inexpensive, clean and green. The guide features simple tips for eating well, tasty recipes for meals and kids' snacks, as well as proven money-saving tools for tracking food prices and planning meals. Check out their website for details.

## Danielle Nierenberg

[www.nourishingtheplanet.org](http://www.nourishingtheplanet.org)

This summer, severe drought struck the U.S. Midwest, wreaking havoc on soybean and corn crops. Nearly half of the corn (49%) and soybean (46%) growing areas are experiencing extreme to exceptional drought which has led to both reduced yields and earlier harvests.

Climate change is making it increasingly important to protect local agriculture—in the United States and around the world—and address the issues underlying agriculture's vulnerability to natural disasters such as drought. Fixing our broken food system is about more than just food prices; it's about better management of natural resources, equitable distribution, and the right to healthy and nutritious food.

By adopting more sustainable approaches, small-scale agriculture in developing countries has the potential to contribute 70% of agriculture's mitigation of climate change. Read more about this on their website.

## Organic Consumers Association

[www.organicconsumers.org](http://www.organicconsumers.org)

On the campaign trail in 2007, candidate Obama promised he would implement mandatory labeling of genetically engineered foods if he were elected president. President Obama, however, has since sided with Monsanto - not the voters who elected him, not the 90% of people in this country who want GMOs labeled.

Mrs. Obama is famous for the White House organic garden, for speaking out against childhood obesity and for better nutrition in school lunches. She's the President's closest confidante. So we're calling on her to tell President Obama: Keep your word. Listen to the people, not the corporations. Do the right thing. Sign the OCA petition in support of California's Prop 37. It's the best chance we have of defeating the corporate agri-giants and of forcing food manufacturers to stop hiding potentially dangerous ingredients in our food without our knowledge. To sign the petition, visit the OCA website.

# Holistic Remedies for Your Pet

DR. ANNA GARDNER, MA Vet. MB

Food Co-op Owner & Holistic Veterinarian



## Echinacea

This herb helps support the immune system and provides support for the body when dealing with many types of infection. Often combined with goldenseal, echinacea is available in tinctures, capsules, tablets and teas, and is a safe and effective herb for dogs and cats.

## Goldenseal

This herb is a complementary herb to echinacea and is a natural antibiotic used to treat many types of infections. It can be bitter and is easier to use as a capsule when administering to animals.

## Aloe Vera

Aloe vera is a gel which is effective in the treatment of various kinds of skin irritations when used topically. It is useful in the treatment and healing of wounds and burns and is soothing and cooling to inflamed skin.

## Coenzyme Q10

Coenzyme Q10 is a powerful antioxidant which is helpful in the prevention and treatment of various chronic diseases including cancer. CoQ10 is important for a healthy cardiovascular system and helps treat gingivitis.

## Yucca

Yucca powder is helpful against various conditions from skin disease to arthritis. It is safe, effective, and is a natural anti-inflammatory. It almost acts like a natural cortisone and is analgesic without the side effects of steroids.

## Slippery Elm

This invaluable herb has been used for many centuries to treat many conditions from diarrhea to sore throats and gastric issues. It is always useful to have on hand as a safe remedy for diarrhea in both cats and dogs.

## Milk Thistle

Milk thistle is wonderful herb for the liver and has been used for over 2,000 years in people and animals to treat liver problems and is a well-known liver tonic.

## Omega 3 Fatty Acids

Omega 3 fatty acids are essential for the body and overall health. They are anti-inflammatory, help with joint function, skin health, and even kidney disease. They help support the body and are important for healthy organ function as well as immune support.

## Rescue Remedy

Rescue Remedy is a blend of five flower essences. It is useful for any situation where there is stress, from traveling in the car, to surgery and separation anxiety. Rescue Remedy can help with shock and supporting the body after any kind of trauma.

## Homeopathic Arnica

Arnica in homeopathic form, as opposed to the herb, is an amazing natural remedy for any kind of bruise or injury. It is an important remedy for a holistic first-aid kit and one of the first to use when there is any type of acute injury and shock.

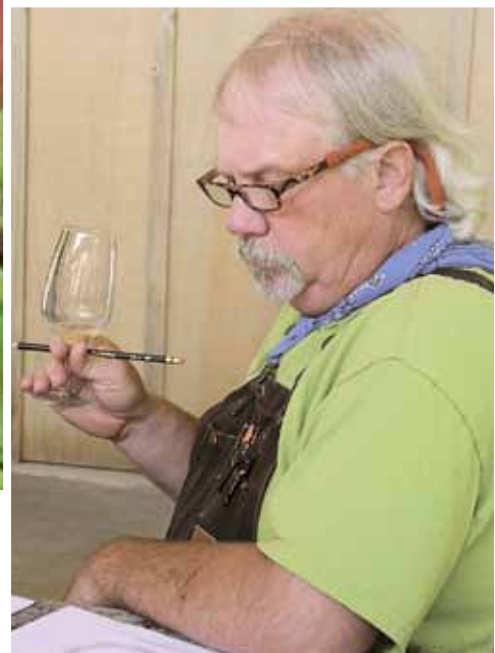
**Remember: Always check with your vet prior to administering any treatments.**

*Anna Maria Gardner MA Vet. MB is a holistic veterinarian based in Brinnon. Dr. Gardner uses nutrition, homeopathy, acupuncture, flower essences, and other holistic modalities to bring holistic healthcare to the animal kingdom. She can be reached at 360-796-3749 or [drgardner@petsynergy.com](mailto:drgardner@petsynergy.com), or visit her website at [www.petsynergy.com](http://www.petsynergy.com)*

"Preservation of one's own culture does not require contempt or disrespect for other cultures." - Cesar Chavez



# How Do You Like Them Apples?



KATHIE MEYER, Food Co-op Outreach Coordinator

Left: Steve (Bear) Bishop, co-owner Alpenfire Cidery, tasting cider produced by the WSU Mount Vernon Research and Extension Unit from heirloom apples. The tasting was designed to help WSU determine which varieties were best suited for cider making.

Above: Alpenfire orchards in 2012.

Photos by Kathie Meyer and Mindy Dwyer.

**Jefferson** County hard cider makers worked cooperatively to determine the future of hard cider making at Alpenfire Cidery on July 31. Brought together by Drew Zimmerman from Washington State University's (WSU) Mount Vernon Research and Extension Unit, a special cider tasting included Alpenfire owners Steve and Nancy Bishop and their son Philippe, Trudy Davis from Eaglemount Wine and Cider, and Crystie Kisler and Eric Jorgensen of Finnriver Cidery.

As part of a hard cider research grant project conducted by WSU, our cider makers were asked to evaluate samples of finished cider produced by WSU from a selection of heirloom apples. Each cider was made from a single variety rather than a blend which is often the case.

"We're working together to build cider culture out here, so it was great to be together," said Kisler.

On the cider list was Thomas Jefferson's favorite cider apple, the "Hewes" (or Hughes or Virginia) crab apple; a German Russet known as "Zabergau Reinette"; the "Golden Russet"; a traditional cider apple from New Jersey named "Harrison"; an English cider apple called "Major"; a French variety known as "Blanc-Mollet"; the "Chisel Jersey," an English bittersweet; and a French bittersweet variety called "Mettais."

Our cider makers described the samples in terms of aroma and flavor attribute, taste, mouth feel, and aftertaste. All day long, descriptive words such as straw, butterscotch, sweet, salty, balanced, and even barnyard, were tossed around and scribbled down on rating sheets.

"So far, there are not a whole lot of these apples grown. You can't go anywhere and buy them," said Zimmerman.

There's a reason for that. Once a popular drink often taking the place of scarce potable drinking water in Colonial America, cider production

suffered severely with the rise of the Temperance Movement. The Industrial Revolution also took orchardists away from their apples, and production of cheap grain for beer contributed to the decline in cider consumption.

One of the apples tested by WSU, the Harrison, was once a highly celebrated variety which commanded high prices at New York markets back in cider's heyday. After Temperance, however, it could easily have become extinct. In 1976, a fruit variety collector from Vermont, Paul Gidez, discovered one lone tree at an old Jersey cider mill which the owner planned to cut down to make room for an expanding vegetable garden. Scions were cut, and the rediscovery of the Harrison was set in motion.

Today, cider making is one of the fastest growing segments of the liquor industry, and WSU is working hard to convince large growers to put some acreage into these rare cider apple varieties. That's not always easy to do though when the cost of building an orchard from scratch – from buying the land to harvest – is \$20,000 per acre. But there is money to be made if they do, Zimmerman said. With 20 commercial cideries in Washington and Oregon eager to try out new recipes and products, the market price for growers would be stable from year to year, he said. Plus, these apples are not required to look especially pretty or be scab-free, so virtually every apple on the tree is usable.

After sampling the Zabergau Reinette, a large apple, Steve Bishop joked, "I want to grow those. I'm tired of picking crab apples."

Davis has since contacted Zimmerman about getting some Hewes trees and adding those apples to blend with other heirloom varieties used by Eaglemount Wine and Cider.

"Hanging out with a group of cider makers gave me an appreciation for the depths of character of many ciders and how variable they can be and how much an apple matters," said Kisler.

**"Let there be no purpose in friendship save the deepening of the spirit." - Khalil Gibran**

# CO-OP CLASS CALENDAR

## October

**Sun 7** **Sweeteners: What's In, What's Out, What's In-between**  
2-4 pm  
free  
Brwyn Griffin 385-2831 x308  
Annex - FREE

**Wed 10** **Resistant Weight Loss & Hormone Imbalance**  
6:30-7:30 pm  
free  
Dr. Dale Fountain 316-9637  
Annex - FREE

**Sat 13** **Life Transitions: Navigating Your Next Life**  
2-4 pm  
free  
Ann Emineth, LMHC 301-6318  
Annex- FREE (guests \$5)

**Sat 13** **Caucasus Cooking**  
1:30-4:30 pm  
Sidonie Wilson 385-1107  
FEAST Studio (cost varies)

**Sun 14** **Labels: Definitions & Deceptions**  
2-4 pm  
free  
Brwyn Griffin 360 385-2831 x308  
Annex - FREE

**Thur 18** **Member Appreciation Day!**  
8 am - 9 pm  
demos, 10% discount, cake, video stories!

**Sat 20** **Caucasus Cooking**  
1:30-4:30 pm  
Sidonie Wilson 385-1107  
FEAST Studio (cost varies)

**Sat 20** **Food Allergies, Sensitivities & Intolerances**  
2-4 pm  
Molly Force N.D. 385-5375  
Annex \$25 owners/\$30 guests

**Sat 27** **Traditional Soups of Europe**  
1:30-4:30 pm  
Sidonie Wilson 385-1107  
FEAST Studio (cost varies)

**Sun 28** **Grains: Beyond Wheat, Corn & Oats**  
2-4 pm  
free  
Brwyn Griffin 385-2831 x308  
Annex - FREE

**OCTOBER IS:**  
**NATIONAL ORGANIC MONTH**  
**INTERNATIONAL FAIR TRADE MONTH**  
**INTERNATIONAL COOPERATIVE MONTH**

## November

**Sat 3** **Food Introduction for Babies**  
2-4 pm  
Molly Force N.D. 385-5375  
Annex \$25 owners/\$30 guests

**Sun 4** **Beans, Seeds & Nuts**  
2-4 pm  
free  
Brwyn Griffin 385-2831 x308  
Annex - FREE

**Sat 10** **Psychological Trauma & Its Effect on the Brain & Body**  
2-4 pm  
Ann Emineth, LMHC 301-6318  
Annex- \$15/\$20

**Sat 10** **Traditional Soups of Europe**  
1:30-4:30 pm  
Sidonie Wilson 385-1107  
FEAST Studio (cost varies)

**Sun 11** **Oils: Not All Are Created Equal**  
2-4 pm  
free  
Brwyn Griffin 385-2831 x308  
Annex - FREE

**Sat 17** **Traditional Soups of Europe**  
1:30-4:30 pm  
Sidonie Wilson 385-1107  
FEAST Studio (cost varies)

**Sun 25** **Meat, Dairy & Produce: Why Organic Matters**  
2-4 pm  
free  
Brwyn Griffin 385-2831 x308  
Annex - FREE

don't miss  
**Member Appreciation Day**  
**Thursday**  
**October 18**  
owners receive an  
extra 10% off  
most items

## December

**Sat 1** **Kitchen Medicine**  
2-4 pm  
Molly Force N.D. 385-5375  
Annex \$25 owners/\$30 guests

**Sun 2** **Sweeteners: What's In, What's Out, What's In-between**  
2-4 pm  
free  
Brwyn Griffin 385-2831 x308  
Annex - FREE

**Wed 5** **You've Been Diagnosed, Now What? How to Eat on a Restricted Diet**  
6:30-8:30 pm  
Heidi Snyder, CHN, MS, NC 385-0999  
Annex - \$25 owners/\$30 guests

**Thur 6** **Avoiding the Winter Blahs: Steps to Avoid Depression**  
6-8 pm  
free  
Ann Emineth, LMHC 301-6318  
Annex- FREE (guests \$5)

**Sat 8** **Spirit of the Earth: Native Cooking from Latin America**  
1:30-4:30 pm  
Sidonie Wilson 385-1107  
FEAST Studio (cost varies)

**Sat 15** **Spirit of the Earth: Native Cooking from Latin America**  
1:30-4:30 pm  
Sidonie Wilson 385-1107  
FEAST Studio (cost varies)

**Sat 22** **Spirit of the Earth: Native Cooking from Latin America**  
1:30-4:30 pm  
Sidonie Wilson 385-1107  
FEAST Studio (cost varies)



for more info on Food Day, go to  
[www.foodday.org](http://www.foodday.org)  
Create your own Food Day event!



**CO-OP CLASS**

Classes are held at the Co-op Annex, 2482 Washington unless otherwise noted. For complete class descriptions: 2012 Class Schedules available in the store or go to [www.foodcoop.coop/education/calendar/](http://www.foodcoop.coop/education/calendar/).

"Whenever you're in conflict with someone, there is one factor that can make the difference between damaging your relationship and deepening it. That factor is attitude." - William James





# WE CELEBRATED

our 40th birthday  
on August 19 at the  
Northwest Maritime Center..

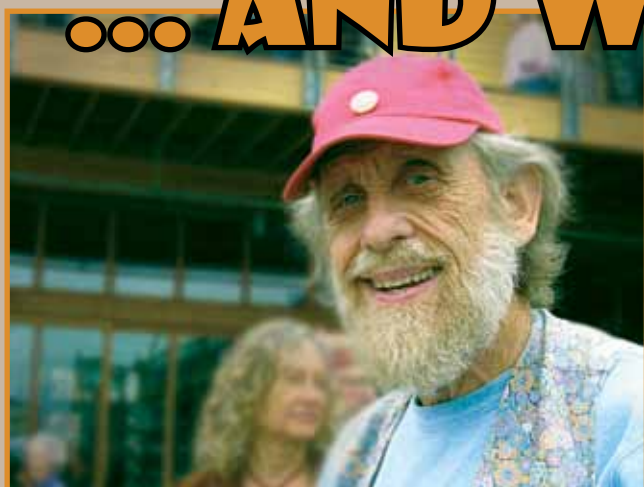


G.M. Emeritus, Briar Kolp, sitting with Co-op owner, Don Kruger.



John Shelley was serving up Dented Buoy Pizzas as fast as they could cook them!

# ... AND WHAT A PARTY!



Longterm Co-op owner, Peter Gritt, with Co-op owner, Christa Pierson in background.



The Food Co-op treated guests to Cape Cleare salmon sliders, cooked by InSeason Catering staff.



There was dancing on the Northwest Maritime Center compass rose to the tunes of New Forge with Co-op owner special guests joining in on breaks.



Upstairs in the Co-op Owner V.I.P. Room, owners were treated to P.T. Brewing Co. beer, assorted wines, delicious food from InSeason Catering, cake from Candace, and a slide show!

All photos by Kathie Meyer, Co-op Outreach Coordinator. To see more party photos, go to [www.facebook.com/PortTownsendFoodCoop](http://www.facebook.com/PortTownsendFoodCoop) and open the 40th Anniversary photo folder.