



CO-OP COMMONS

GENEROSITY

BALANCE

2013 FALL ISSUE

FEAST



"Generosity lies less in giving much than in giving at the right moment." - Jean De La Bruyere

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**PORT TOWNSEND
FOOD CO-OP COMMONS**

**Quarterly Newsletter of the
Port Townsend Food Co-op**

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Port Townsend, WA 98368
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OPEN DAILY
Mon-Sat 8am-9pm
Sun 9am-8pm

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 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 info@foodcoop.coop. Include your contact information. Submissions may be edited for length or content.

Printed 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.



At the Table

KATHIE MEYER, Managing Editor & Outreach/Education/Marketing Manager

It's that time of year when, if you are lucky enough, you'll soon be sitting down with friends and family to feast together in celebration and thanksgiving. There will be dishes of every variety and color – meat, vegetables, fruit, berries, and drink. For myself, it's not a true feast unless there is pie.

Here at the Food Co-op, at Thanksgiving, each employee is given \$50 to make their feast their own, and I am truly grateful to work for an organization that cares about its staff and shows it with generous deeds like that. It's one thing to say you appreciate your employees, quite another to take the next step and demonstrate it.

As I have said before, the best part of my job is distributing the budget for sponsorships and donations to the community. So far, in 2012, we have contributed to several feasts hosted by local organizations and events such as Jumping Mouse, Jefferson County Land Trust, the BRAVO team, the PTHS Senior Prom, Key City Public Theatre, the Cake Picnic, Rhody Run, Northwest Maritime Center, Jefferson Trails Association, KPTZ, the Chameleon Theater, Habitat for Humanity, Lions Club, and many more.

The thing that has always nagged at me though is finding a way to get healthy local food into the hands of those who need it most and cannot afford it. The Food Co-op does donate a considerable amount to the local food bank through our Beans for Bags program as well as pulled items from our grocery and deli. We also gather donations

from our customers in a barrel placed by our north entrance.

But, of course, I always want to do more. Much more.

Then, one day while brainstorming in a meeting, I had an "aha!" What if we gave away free turkeys away at the food bank at Thanksgiving and Christmas? While we couldn't give a free turkey to everyone who comes through the food bank line, we could, at least, give five or so turkeys away through a free raffle ticket system on both holidays.

In talking to Shirley Moss, I found out that Arrow Lumber already gives away turkeys here at the Port Townsend Food Bank, however the Chimacum Food Bank would be a perfect place, she said. So we will be heading out there in November and December to implement this new program. When I mentioned this idea to our Grocery Manager Khy Griffin, he offered to throw in chicken broth, canned pumpkin, dry stuffing mix, and cranberry sauce, too.

I believe there is enough in this world to feed all of us at all times. Keeping that in mind, as time goes on, I hope to develop this program further and increase the possibilities. Maybe someday we will be able to give away a free turkey with all of the fixings to everyone in line. How cool would that be? That kind of goal is what gets me up from the breakfast table and keeps me coming back to work every morning.

Because it doesn't matter who you are or where you come from – everyone deserves a feast.

"Don't get up from the feast of life without paying for your share of it." - Dean Inge

Volunteerism

It's Good for Your Immune System As Well As Your Co-op

BY LISA BARCLAY, Board Member

Perhaps you've heard that being happy strengthens your immune system. A new study, though, suggests the process might be rather more complicated. It turns out it is more important to feel your life has purpose and that you are part of a community than to simply feel happy. Oddly, if you are merely happy, your immune system reacts as if you are stressed, and it tries to protect you with an inflammatory response. And these days we are all too familiar with inflammatory illnesses, from Crohn's disease to heart disease and even cancer. On the other hand, if you feel your life has direction and meaning, apparently your immune system protects you from viruses instead, which really *is* useful.*

Your Food Co-op board is happy to announce an opportunity to boost your immune system, free of charge. To enjoy these benefits, you need only volunteer for one of our committees. We have three for you to choose from: the Member Engagement Committee, the Board Development Committee, or the Food System Development Committee.

The **Member Engagement Committee (MEC)** puts on events. (Full disclosure: I belong to this committee.) We organize small discussions such as our new dining room Coffee Conversations on the first Wednesday of every month, help plan large affairs like the annual meeting, and arrange forums to educate us all and to hear member views. The MEC is all about helping members connect – with each other, the board, and the larger community. If you like to plan or put on events, this is the committee for you.

Our **Board Development Committee (BDC)** has a huge job because it combines three committees in one: Elections, Board Development, and PoGo (our affectionate name for Policy Governance). The BDC's members coordinate board elections; arrange for board education (and we do need constant education – this month we're becoming financially literate); and submit policy revisions for the board to vote on.

The **Food System Development Committee (FSDC)** is dedicated to strengthening our amazing local food community. As one member put it, they want to help “grow the appetite” for all kinds of local food, encouraging kitchen and community gardens as well as local farms. This new committee is still in the early stages, but the FSDC hopes to work with local partners on a variety of food issues: more storage, diverse crops (in particular, winter crops), innovative marketing strategies and distribution (truck produce sales, perhaps), and so on.

So if you want to contribute to your co-op, meet fellow members, and improve your immune system all at the same time, just join one of these committees. Check the Co-op calendar online or the bulletin board in the front of the store to find out when and where your chosen committee meets.

**No, I'm not making this up. See the article at: <http://www.theatlantic.com/health/archive/2013/08/meaning-is-healthier-than-happiness/278250>.*



Talk to Us!

The Food Co-op is a special place – great food, great people – and it's ours. But as we grow larger, it becomes more difficult to sustain the connections and cultivate the dialogue that a cooperative needs.

Coffee Conversations is one of the ways we keep that dialogue going. The first Wednesday of each month, from 9 to 10am, owner-members, one or two board members, and sometimes staff members on break, meet in the Co-op's dining room to discuss diverse topics.

Every month, we ask a question to start the conversation. Our first question was “What do like best about the Co-op?” Our second was “GMOs: Label, Remove, or No Preference?”

Come find out what our next question will be. Drop by on the first Wednesday, and don't forget to bring your own mug for free coffee. Keep your eye on the Board's bulletin board next to the restrooms to see what else we're doing!



“All our words are but crumbs that fall down from the feast of the mind.” - Khalil Gibran

MAINTAINING BALANCE

KENNA EATON, Food Co-op General Manager

One of the themes for this newsletter is “balance,” and while surfing the web I found this definition for the noun: “a condition in which different elements are equal or in the correct proportions.” And for the verb: “keep or put (something) in a steady position so that it does not fall.”

Last year in our strategic planning process, we decided we want to be more accessible, have more people to shop at the Co-op, and make an even more positive impact on our community than we already do. In fact, one of strategies, Market Position, says “strengthen our position as the community’s leading source for organic, non-GMO, local and regional products and make our cooperative even more welcoming, accessible and affordable.” How best to do that, and achieve a balance so we don’t fall, is at the root of almost every conversation we have both within the store staff and at the board level.

After almost three years of living in Port Townsend and working here, I certainly feel like I’m finding my balance. During those years we have made many changes to the store with the goal of making it easier to shop in and more welcoming. And I think we’ve been pretty darn successful so far with the addition of the dining room, the reset in the Wellness Department and the revised Bulk Department layout, to name a few. By the time you read this, we should be (hopefully, anyway) finished with enclosing the south entrance with the intended goal of making it safer



for our staff and shoppers. We have planned the addition of welcome signs over our entrances and a fresh coat of paint on our street signs which should happen this fall.

Yet while there are many changes to our outside look, at heart we are still the same small store. Many of our staff have been with us for 20 years or more, we still use the same buying guidelines created in 1984 (albeit recently updated), and we still care like heck about doing it well. Over the years all this has become a tougher balancing act of sourcing products that match our values, are a good value, and that you, our shoppers, want to buy.

We know some of our members wish we were tougher in terms of product selection, while others wish that we would loosen up. And as our membership grows and changes, it’s important that we reflect those changes, stay true to those basics tenants of our business, and honor our roots.

Thank you for your continued support and encouragement, for your kind words, and for your civility even when we’re having tough conversations. The community that brought us to this moment still nourishes and supports us, helping us maintain our balance while making a difference, one bag of

“We have to balance the lineality of the known universe with the nonlineality of the unknown universe.” - Carlos Castaneda

THE JOB:

• Hired as a grocery stocker five months ago - starting at 4am took a little getting used to!

• Recently promoted to Freezer Lead position!

FAVORITE BAND:
Rascal Flatts

BEST PART OF HIS JOB:

Learning new skills, getting more responsibility, figuring out how to be more engaged in the job by ordering, understanding the sales cycles as well as talking with customers

PLANS:

Starting college this fall to get a degree in criminal justice



Cameron

Freezer Lead

INTERVIEW BY MINDY DWYER

REAL LIFE HERO:

His father whom he never knew but whose life has inspired him to deal with personal struggles

FAVORITE PLACE TO LIVE:

He has traveled around the Northwest and Hawaii, but would like to one day live in California

MOST DESIRED TALENT:

To read people better

HIS ONE EXTRAVANGANCE:

Going out to eat with friends and trying one new thing at the Co-op each day

IF YOU COULD BE AN ANIMAL IN THE NEXT LIFE?

A bird

FAVES:

Running, mountain biking, softball, cooking with his new BBQ, country music, learning to play electric guitar

hearty THANK YOU

anniversaries

July/August/September

12 years

Loran Scruggs, Bonnie Schwartz

10 years

Mark Verheecke

9 years

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

8 years

Marcia Atwood

7 years

Josh Madill, Peter Petrenchak

6 years

Indie Nelson

5 years

Cindy Scott

2 years

Elann Abeyta

1 year

Juli Valentine, Silas Bialecki, Linda DeLeo

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.

**June
Skylark**



**July
Josh**



**August
Sofia &
Brendan**



Welcome!
Fernando Conill
Human Resources

"Happiness exists on earth, and it is won through prudent exercise of reason, knowledge of the harmony of the universe, and constant practice of generosity." - Jose Marti

what's in season

artichoke
beets, bok choy
cabbage, carrot,
cauliflower, celeriac
CELERY, CHARDS,
cilantro, collards,
corn, cucumber
daikon,
eggplant, endive
ESCAROLE
FENNEL,
frisee, garlic
HERBS
KALES, KOHLRABI,
leeks, **MESCLUN**
oyster mushroom
shitake
mushroom
mustards,
potato,
RADISH,
rutabaga,
spinach
fruit
apple
pears

Frijoles de Olla — Slow-Cooked Beans

SIDONIE WILSON, FEAST Culinary Studio

My understanding of how to make the perfect pot of beans has evolved. I've done a lot of reading on the subject, and everyone seems to have a different opinion. Mexican cooking expert Diana Kennedy tells us never to soak the beans overnight or change the water while Rick Bayless soaks his beans and changes the water. Some insist on adding baking soda to the cooking water, and one friend adds a carrot while simmering for digestibility.

Flavor and digestibility are equally important, and I've honed my slow cooker technique to maximize them both. If you don't have a slow cooker then I encourage you to get one. I own a fleet and use them constantly for braising, stewing, roasting and simmering. I make all of my fruit butters in them. I love their ease, I don't have to stir or adjust the burner to keep a simmer. I can leave, come back, and they are still working for me, plus, they're energy efficient and easy to clean.

Making slow-cooked beans

Soak the beans overnight – put the beans in a bowl and run water over them, picking out any small rocks or damaged beans. The water should be just over the top of the beans. You want the beans to soften and plump up but not crack. I put them in to soak before I go to bed.

The next morning, drain the beans, rinse and cover them by two inches with fresh water, in a pot. Bring the beans up to the boil, skim off any foam, and immediately put them into your slow cooker with your seasonings of choice. Set the slow cooker on

high for six hours. I do this when I get up in the morning, and my beans are ready by lunch. The smells in the kitchen are wonderful. Depending on the type of bean and their age, I start to check them for doneness after five hours. I scoop some up on a spoon and blow onto them, if the skins crack but they keep their shape then they're usually done, but it's important to taste. I like them to hold their shape but melt in my mouth. One of the great benefits of cooking beans in the slow cooker is the flavorful broth that it makes.

What to tuck into the crock

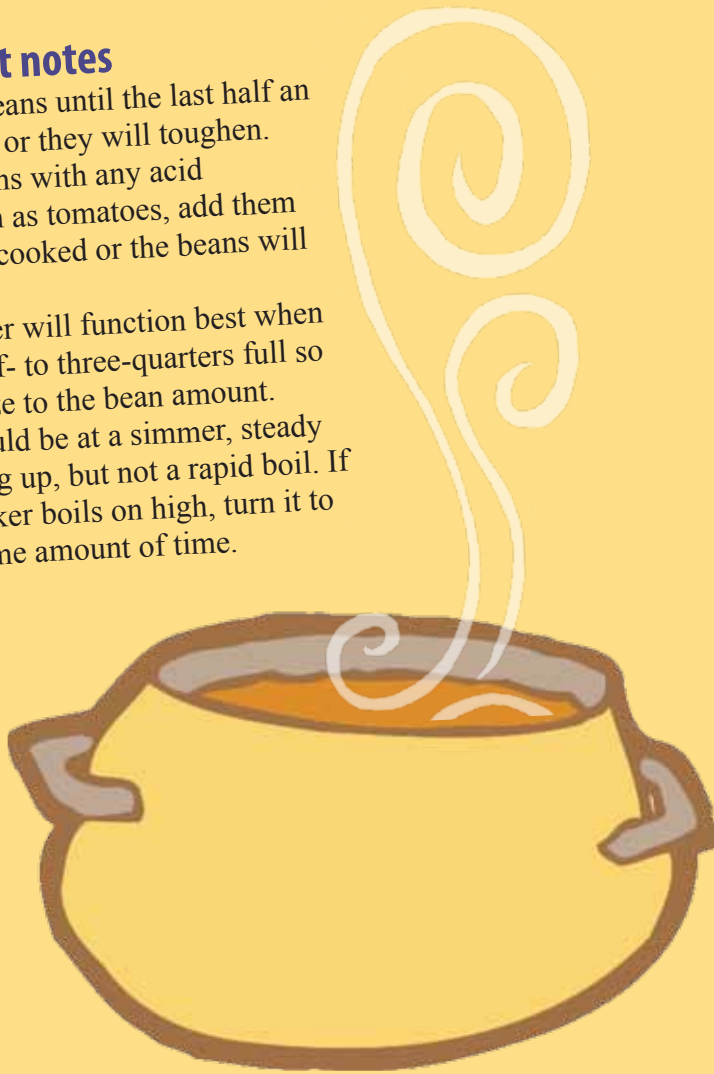
Choose just a few things from the lists because less is better, except for garlic!

- **White beans (cannellini, navy):** Parmesan rinds tucked into the pot; bay leaf; parsley; thyme; rosemary; savory; ham hock; bacon; sausage; onions; garlic; dried mushrooms; Italian cuisine
- **Red beans:** thyme; garlic; chorizo; parsley; savory; peppers; Indian masalas
- **Pinto:** dried and fresh chili peppers; onions; garlic; oregano; epazote; cilantro; Mexican cuisine
- **Garbanzo:** carrots; coriander; cumin; garlic; ginger; onions; rosemary; cayenne; cilantro; thyme; mint; parsley; Indian, Middle Eastern, and Mediterranean spices and herbs.
- **Adzuki & Mung:** coconut milk; ginger; cinnamon; allspice; Chinese five spice; garlic; onions; squash; sweet potatoes; Asian cuisines

"A good conscience is a continual feast." - Robert Burton

Some important notes

- Never salt the beans until the last half an hour of cooking or they will toughen.
- Never cook beans with any acid ingredients such as tomatoes, add them after they have cooked or the beans will toughen.
- The slow cooker will function best when it is at least half- to three-quarters full so fit the crock size to the bean amount.
- The beans should be at a simmer, steady bubbles coming up, but not a rapid boil. If your slow cooker boils on high, turn it to low for the same amount of time.



Sidonie's Recipe for Black Beans with Three Chilies

Makes 2 quarts of beans in broth

Ingredients:

- 3 cups black beans
- 1 large onion, diced
- 1 whole head of garlic, peeled and sliced
- 2 dried chile guajillos
- 1 dried chili mulato
- 1 dried chili pasilla
- Sea salt to taste, after beans are cooked about two teaspoons

Instructions:

Cook the beans using the instructions above adding the onions, garlic, and chilies to the bottom of the slow cooker. After the beans are tender, remove the whole chilies, taking off their stems and inner seed core. Puree the chilies with a cup or so of the bean broth and then add them back into the pot. Salt the beans to taste. I like to serve them with sautéed greens and roasted autumn squashes.

World Cooking Ways



Sidonie Wilson is a community chef and foodways educator who runs F.E.A.S.T. Culinary Studio. She teaches hands-on, experiential, weekly classes in world cooking where the participants build a feast to eat together in community.

F.E.A.S.T's (Foodways Education at a Sustainable Table) mission is to promote the arts of home cooking with local, seasonal food while discovering and honoring the nutritional folk wisdoms of the world. Details for upcoming classes are found on the web at feastculinaryandarts.com or by email, sidomaroon@yahoo.com.

Upcoming Classes

- Oct. 12, 19 & 26: *Glorious Foods of Greece*
- Nov. 9 & 16: *Food of Life – Italy: North and South*
- Nov. 23: *Gluten-Free Baking*
- Dec. 14: *Santa Lucia - Swedish Holiday Bread*
- Dec. 21: *European Celebration Breads*
- Jan. 11, 18 & 25: *Pots of Gold - The World of Soups*
- Feb. 8, 15 & 22: *Dawn of Flavor - Home Cooking From the Spice Islands of Indonesia, Malaysia & Singapore*
- March 15, 22 & 29: *French Farmhouse Cooking*
- April 12, 19 & 26: *Three Russian Feasts*
- June 7, 14 & 21: *Mexican Regional Sampler*

“Education is a great equalizer of the conditions of men – the balance wheel of the social machinery.” – Horace Mann



This new spinach variety is slow to bolt, cold hardy, and has a vigorous, upright growth habit with deeply savoyed (crinkled) dark green leaves. The dark green color means "Abundant Bloomsdale" is high in carotenoids like lutein and beta-carotene, which are very effective phyto-nutrients that promote good health.



Marko Colby of Midori Farm (left) and Dr. John Navazio of Organic Seed Alliance/ WSU take a look at one of the "Abundant Bloomsdale" plots at Midori Farm in Quilcene.



Photos courtesy of Organic Seed Alliance

OSA Turns 10

KRISTINA HUBBARD, Organic Seed Alliance

Ten years ago, out of the ashes, a new seed stewardship movement was born.

On Aug. 4, 2003, a fire consumed the offices of Abundant Life Seed Foundation in Port Townsend above Aldrich's Market. Lost was a seed collection of more than 2,300 varieties that had been built and preserved over the course of three decades. The fire left the community and staff heartbroken.

Though most of the seed collection was destroyed, the foundation still had the network of farmers who helped develop it. In fact, those farmers had about 150 varieties in their fields when the seeds burned inside the office. And that network represented an important truth: protecting seed diversity also requires protecting the knowledge necessary to grow and steward seed.

But even before the fire hit, the staff at Abundant Life Seed Foundation were asking themselves an important question: Isn't the knowledge around seed – how to manage seed regionally and sustainably – being lost as quickly as the diversity of seed itself? By this time, other organizations had been established with the similar goal of saving and selling heirloom seed. The fire reinforced their growing awareness of the gap in seed conservation and improvement efforts, i.e. expanding knowledge and skills.

Within months, this realization led Abundant Life Seed Foundation to change its name to Organic Seed Alliance (OSA). The founders, Matthew Dillon and John Navazio, were passionate about re-building the



ORGANIC
seed
ALLIANCE

organization with a new mission to advance the ethical development and stewardship of seed by delivering research and education to growers, and advocating for public policies that support their vision. They also made a deliberate choice to align the organization with the growing organic movement, a movement that was motivated by many of their same ideals and principles for moving U.S. agriculture toward a more ecological approach to farming.

Organic agriculture was also (and still is) underserved in seed. Despite growing demand for organic food – an industry now valued at \$30 billion – the supply of organic seed has simply not kept pace. Many organic farmers rely on seed that was produced in chemical intensive farming systems in conflict with organic principles. To be sure, over the course of the last decade, the organic seed sector has grown tremendously. But the gap remains large in meeting the regional and ever changing seed needs of organic farmers.

OSA believes that seed is part of our common cultural heritage, and demands careful management as a living natural resource. As our founders were reminded through the 2003 fire, seed is best managed in the hands of many. Yet the stark reality of the seed industry today is that too much of our seed is managed in the hands of a few.

Organic producers don't always have seed adapted to their local conditions or that meet their market niches, in part because our seed is

"Scholars are a nation's treasure; learning is like a delicious feast." - Unknown



And You're Invited

This year, OSA celebrates a landmark anniversary. After 10 years they have already established themselves as the leading organic seed institution in the United States. The Food Co-op celebrates their accomplishments, which include teaching more than 100 courses, publishing more than a dozen professional seed guides, hosting the nation's only organic seed conference, and influencing critical seed policy.

We wouldn't be celebrating OSA's successes without the support of the Port Townsend community, which is why we hope you'll join OSA for their anniversary celebration at 6pm on Saturday, Oct. 26, at the Northwest Maritime Center. In honor of this 10-year anniversary, attendees will receive a packet of "Abundant Bloomsdale" spinach seed. It's OSA's first release, and it's a small thank you for helping them grow not just seed, but a thriving organization.

The party includes a dinner with local food, art show, and live music. Tickets, \$75, support the next generation of organic seed research, education, and advocacy. Come sit side-by-side with OSA's plant breeding partners, including those who grew food for the meal. For more information, visit www.seedalliance.org or call 385-7192.



increasingly owned and controlled by a handful of chemical and biotechnology firms with non-organic interests. As consolidation and restrictive intellectual property controls (e.g., patents on seed) expand, research on new varieties slows, and markets like organic are left with little to no investments. Only a small number of companies and public breeding programs are actively breeding organic crops. This is why the work of OSA is so important.

OSA's spinach project exemplifies our participatory approach to breeding new crops. The name of the variety, "Abundant Bloomsdale," is a tribute to Abundant Life Seed Foundation, since the project began in OSA's inaugural year. For a decade, we have worked with eight farms in the region to develop a spinach variety that is adapted to organic farms, is flavorful and nutritious, and is cold hardy and slow to bolt, to name a few benefits to farmers and eaters.

Beyond developing a new, high-quality variety for the organic seed marketplace, the project has also served as an important base for regional education, farmer training, and community field days. It also serves as an example of the food community recognizing that to have good food we need good seed. In particular, OSA is grateful for financial support from the Port Townsend Food Co-op and the Clif Bar Family Foundation's Seed Matters initiative for keeping this project alive.

The foundation of OSA's advocacy work is the belief that food integrity relies on seed integrity. And by integrity we don't just mean the absence of unwanted contaminants, be it pesticide residue or genetically engineered traits. The integrity of seed is also about embracing what is desirable and needed. With enough collaboration and investments, the opportunities to address our most pressing food and agriculture needs are endless.



"Generosity knows how to count, but refrains." - Mason Cooley

MAKE YOUR OWN GLUTEN-FREE FLOUR MIX

Use a 2 to 1 ratio of heavy flours (rice, bean, sorghum, coconut, millet, soy,) and starch flours (cornstarch, tapioca, arrowroot, potato). You can combine "cereal" type flours with "bean" type flours to form a complete protein.

To convert your favorite recipe substitute 140 grams or 5 oz. of your gluten-free flour mix for every 1 cup of regular all-purpose flour.

Most brands make an all-purpose baking gluten-free flour as well as a wide variety of mixes for holiday baking.

BOB'S RED MILL

- Biscuit & Baking Mix
- Chocolate Cake Mix
- Pizza Crust Mix

NAMASTE

- Perfect Flour Blend

PAMELA'S

- Baking & Pancake Mix
- Sugar Cookie Mix
- Chocolate Brownie Mix
- Chocolate Cake Mix
- Chocolate Chunk Cookie Mix

GLUTEN-FREE PANTRY

- Sandwich Bread
- French Bread & Pizza



Eating Gluten Free
Shreve Stockton

EVERYTHING YOU NEED FOR Gluten-free Baking

Sugar-free
Gluten-free
Baking and Desserts
Kelly E. Keough

"A good conscience is a continual feast." - Robert Burton



JEWELS OF THE ANDES

BY JUSTIN RIDLE

BIG BARN FARM SEQUIM, WA

Autumn is coming, and I am looking forward to getting back to my roots! Having spent all of my childhood summers in Idaho, and being of some Irish ancestry, the potato is a well-known and loved staple of mine. After starting a farm four years ago (and planting some potatoes!), I was exposed to some other incredible root crops from the potato's Andean birthplace, namely, oca, ulluco, mashua, and yacon. Grown in the Andes for thousands of years, often in polyculture with potatoes, these crops are still traditional staples for millions of people in their native range. In recent years, their popularity has grown strongly in places like New Zealand, Japan, Korea, and Brazil. And so, why not the Pacific Northwest?

Having grown them now for a few years and delighting in their flavors, I am amazed by the fact that they are not more popular, or often even known to exist, here in the U.S. There are reasons, which I will describe later, that may explain why they haven't gone mainstream – yet. But I am engaged in a grand experiment/adventure to grow, harvest, and share these truly fabulous, ancient cultivated crops with the people here in the Puget Sound area.

Sour cream flavor

Oca is in the *Oxalis* genus like spinach, which accounts for its tart, “potatoes with sour cream” flavor. It is often left in the sun to ripen for a few days to sweeten it up, breaking down oxalic acid and increasing glucose levels. It is second only to potato in consumption as a staple root crop in the Andes. Traditional preparations of oca center on soups, stews, roasting, and baking, but also include fried, fresh, pickled, and candied recipes. Yum! For the last 200 years the popular preparation in Mexico has been sliced raw with salt, lime, and chili.

And their beauty matches their flavor. They come in amazing hues of pink, yellow, red, purple, and orange – true earthen jewels. Low in calories (roughly 70 cal per 100g serving), oca is very high in iron and a significant calcium source.

Ulluco is sometimes compared to a new potato in flavor, but not visually. Coming in colors like gold with pink polka dots, incandescent orange, and fluorescent pink, ulluco, like oca, cannot be missed on the grocery shelf or in the ground. Like oca, most of your vitamin C daily dosage can be found in one ulluco serving. Having high water content has meant a traditional focus on boiling the tubers, either sliced, grated, mashed, or whole. They are also used for thickening soups and stews, creating a smooth, grit-free texture when blended. And yes, move over potato salad because cold ulluco salad rocks! It has the unique quality of keeping its crisp texture after boiling. The tubers also store very well, staying edible for up to a year in ambient household temperatures.

“Small cheer and great welcome makes a merry feast.” – Shakespeare

Mashua is the easiest to grow and most abundant of the Andean root crops. It is the garden nasturtium's vigorous vining/sprawling relative, functioning in much the same way in the garden, as a pest deterrent. The mustard oils in its tissues discourage insects, nematodes, and pathogens. Thus the intercropping methods with the other root crops. The same chemical compounds, isothiocyanates, are also credited with mashua's traditional use for kidney disorders and for its more recent use in cancer prevention in cells of the GI tract and skin. Very high in protein for a root crop, mashua also has major flavor. Eaten raw, it's like a cross between fennel and horseradish – zippy! The more popular cooked mashua flavor is mild, aromatic, and delightful, kind of like the yummy yam. It is especially found in soups, but is often fried and roasted as well. Eggs with onions and mashua? Yes, please!

The diabetic's friend

Finally, we come to sweet, sweet, yacon! Related to sunflowers and sunchokes, it's so sweet it is usually enjoyed raw as a juicy, refreshing treat. Its flavor is reminiscent of apple and watermelon, but lighter. Resembling a yam without the eyes, the thick peel yields to typically white/cream colored, almost translucent flesh. Like oca, yacon is ripened in the sunshine for days to increase its sweetness, becoming visually almost like a potato not worth eating at its peak, wrinkly and soft. And, like ulluco, it retains most of its crisp texture when cooked and becomes even sweeter; something similar to a water chestnut in a stir-fry or a baked squash with brown sugar already added. I replaced over half of the sugar in my homemade pumpkin pies last year with baked yacon, and it was awesome. And here is the kicker: the main sugar in yacon is inulin-based oligofructose.

Basically, oligofructose is a sugar that is super sweet on the taste buds, is not metabolized in the digestive tract, thus leaving blood sugar levels virtually unaffected, and then acts as a prebiotic in the large intestine. It is also very low in calories, high in soluble fiber (more intestinal good news!), and is a potassium powerhouse, beyond potatoes and bananas. And it only gets better. Yacon leaves are gaining widespread popularity for their ability to lower blood sugar levels significantly, and cholesterol too. For these reasons, diabetic and obese individuals have been turning to yacon with successful results. The tuber is juiced and consumed as a drink, thick syrup, and dry sugar – all having little to no effect on blood sugar levels.

Cultivation challenges

There are, however, some challenges to growing these crops successfully. First, oca, ulluco, and mashua are, with little exception, day-length sensitive, just like the potato used to be. This means that they don't start producing their tasty underground parts until about the fall equinox. And then they have until the first hard frost to buck up and flesh out! This is where our wonderful climate – and frost cloth – come into play. Like the potato, they all are typically propagated vegetatively, making it hard to break out of this restriction, although seeds may be following the blossoms that I have seen this summer. They are also hand-harvested crops, thus far, with the largest of them, yacon, being the most delicate. I am now experimenting with whether or not they need to be started in the greenhouse, which I have been doing for the past couple of years. But they are perennializing, the leaves are medicinal and edible, they make excellent fodder plants, and they grow in marginal soils with low water needs and no fertilizer. Too good to be true? Nah, just a well kept secret – until now.

Find them at the Food Co-op this fall and winter!

"I always try to balance the light with the heavy – a few tears of human spirit in with the sequins and the fringes." - Bette Midler

What do Chinese pirates call Scow Chow? Junk food?

BY MINDY DWYER, Staff Writer

That may be funny, but it's far from the truth.

Scow Chow is a mix of organic brown rice, millet, lentils, and wild rice. Full of complimentary proteins, this easy meal has a long and rich local history.

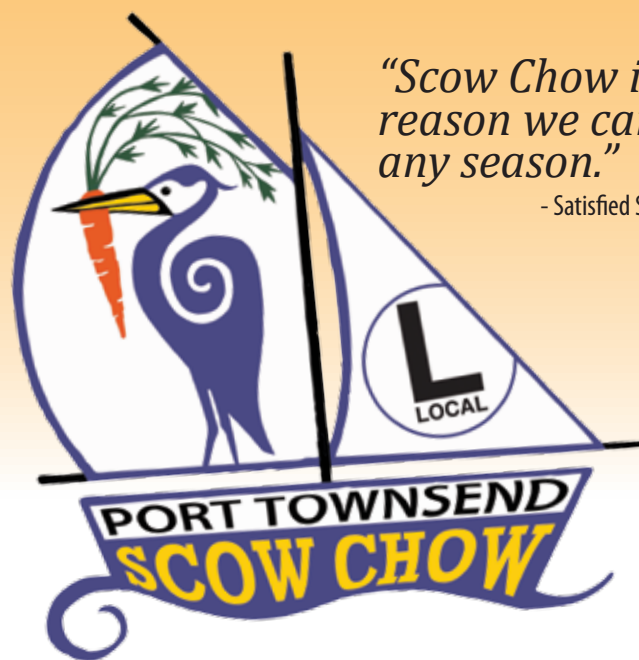
It began in 1988 at Port Townsend's Boat Haven while Doug Humes worked on the scow named "Patricia." Scow Chow was the only thing he knew how to cook. He'd been making it for years up in Alaska, experimenting with different grains and legumes to get the best mix of cooking times, flavor, and protein. Plus, it's a one-pot meal, handy on a boat, and so easy. A real traveler's food.

Doug said it because he was lazy, but I know better. The Chow caught on, and his marketing of it was very creative. Scow Chow sold in over 17 stores, and soon testimonials, recipes, and pirate jokes came in from all over the country. Doug had some fun adding a new pirate joke each time a label was made.

Somewhere around 1993, Doug sold the recipe to Phyl Foley who also made chocolate for Elevated Ice Cream. She retired last year, and the Co-op stepped up to keep the long time tradition afloat. We rolled out Scow Chow for sale in the store on Wooden Boat Festival weekend.

"The Co-op has always tried to make a difference in the community by supporting local producers when they reach a fork in the road," says Deb Shortess. The Co-op kept the original recipe and Scow Chow is again available in the bulk section. Hadley Nye, our food services manager, has also created a variety of salads for sale in our deli using Scow Chow as a base.

The Food Co-op's five-year strategic plan includes this very idea: to increase diversity and quality of local and regionally produced food available year 'round. We also want to have fun doing it. Say ARRRR!



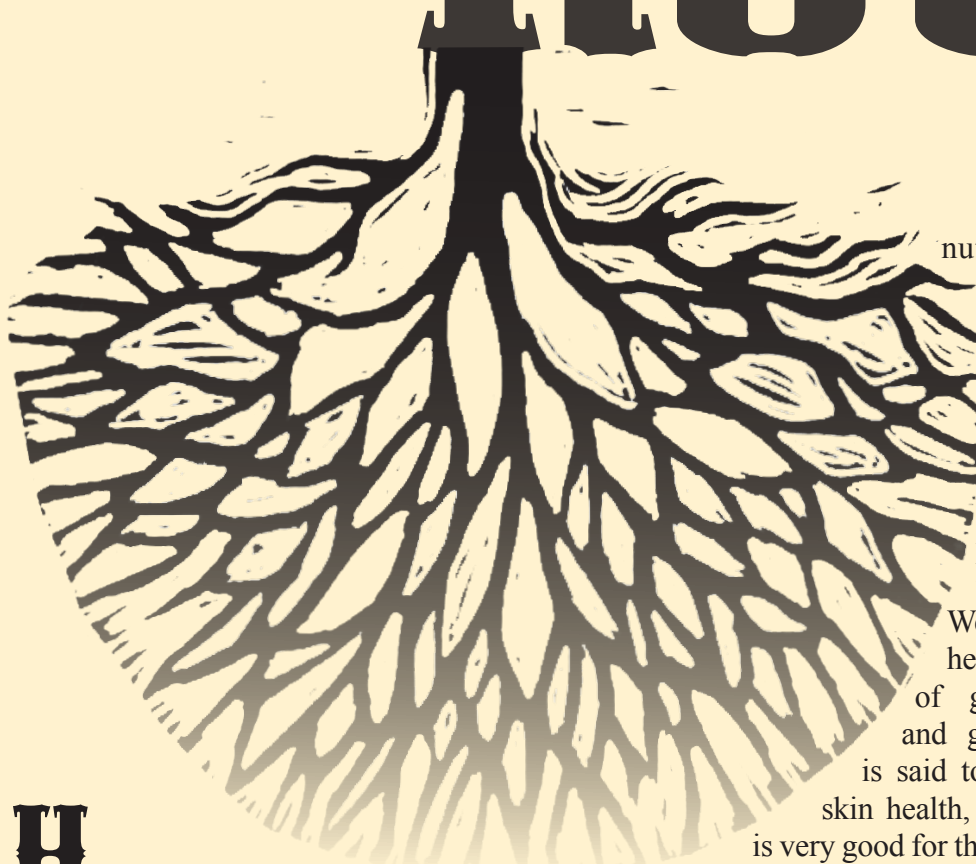
"Scow Chow is the reason we can sail in any season."

- Satisfied Scow Chow customer

Help Your Health With

ROOTS

JAN TOBIN, Wellness Department Manager



nutrition in cold climates when little else is growing.

Root vegetables have been used for medicinal purposes throughout time.

We know of the healing properties of garlic, ginseng, and ginger. Burdock is said to promote good skin health, and fennel root is very good for the digestive tract.

The list of roots and their remedies is long and impressive.

Medicinal roots serve as a wonderful alternative to modern medicine. Many people feel more comfortable using medicinal herbs when treating their ailments because they are aware of the ingredients that are being used.

For thousands of years people have known that herbs can work, and some of them work better than over the counter drugs if used and prepared properly. Here is a guide to roots that are used as herbal medicinal remedies:

Ginger (*Zingiber officinalis*)

Ginger is a very important root that has been used for over 2,000 years for medicine as well as used in cooking. Ginger is wonderful for warming, perfect for colds and chills and as a circulatory stimulant. Ginger has been proven to reduce nausea and morning sickness. This root has the ability to calm the digestive system and eliminate gas and indigestion.

Ginger can be taken alone or added to another root for extra enhancement. Ginger can also be added to meat in order to detoxify it. The root and the essential oil of ginger should be used for treatment.

Yellow Dock (*Rumex crispus*)

Yellow Dock, aka broad leaved or curly dock, works as a cleanser for skin conditions such as psoriasis, herpes, various eruptions, eczema and acne, and can also be used for symptoms of iron deficiency in the blood. This root has proven to treat most inflammatory liver and gallbladder disorders as well as gastrointestinal diseases. Arthritis and rheumatism can also be treated with yellow dock. Yellow dock can be used as a laxative or a digestive stimulant; however, excessive use of the root can cause diarrhea.

Historically,

root vegetables were food for peasants and the poor. For people across the globe, many with little means or the right climate for other options, root vegetables have served as an invaluable source of nutrition. As the “storage bin” for a plant’s nutrients, root vegetables are powerhouses of vitamins, phytonutrients, and complex carbohydrates. Because of their nature, they can survive cold storage and are invaluable for winter

“Faith is the ticket to the feast, not the feast.”- Edwin Louis Cole

Ginseng (*Panax ginseng*)

For at least 5,000 years, the Chinese have used the ginseng plant (Ren Shen) as an energy tonic. Ginseng has been very popular among the elderly Chinese for centuries and the West has adopted this energizing plant since the days of Marco Polo. Ginseng can also be used as a lung remedy and for the treatment of chronic chest conditions. Ginseng has been considered the king of all tonics because it provides a stimulant throughout the entire body to overcome stress and fatigue and also to overcome weakness and deficiencies.

Ginseng helps the heart and has been used to regulate blood circulation. It has the ability to nourish the blood and is used to treat anemia. Women who suffer from deficiencies and lack of hormonal balance should consider using ginseng. People should avoid high doses of the plant or prolonged use during pregnancy. If people take ginseng regularly, it is best to take intervals or breaks from the root every couple of months while also limiting the use of other stimulants or caffeine.

Goldenseal (*Hydrastis canadensis*)

Goldenseal has been one of the most popular herbal remedies among Native Americans and has become a favorite with 19th century herbalists in the West and Europe. Pioneers would chew the roots whenever they had sore mouths and stomach aches. Goldenseal works as an excellent anti-phlegm remedy and liver stimulant. It has proven to be effective for many digestive, respiratory, and menstrual problems and can also treat some skin conditions. Goldenseal can also be used to treat dyspepsia and acid indigestion, gastritis, colitis, duodenal ulcers, menorrhagia, and as a regular tonic for the female reproductive tract, leucorrhoea and penile discharge, eczema and other skin disorders. Women who are pregnant should avoid this root because it may cause high blood pressure.

Licorice (*Glycyrrhiza glabra*)

Licorice has been used in medicine for over 2,500 years throughout the world. The Chinese call licorice the “grandfather of all herbs” and they use it in many prescriptions in order to balance out the other ingredients. Licorice works as a soother for digestive

problems and is helpful for diarrhea and gastric ulceration. This root also works as an expectorant and for treating coughs associated with bronchitis and asthma.

Licorice can also support the production of hormones such as hydrocortisone, and anti-inflammatory. If you have high blood pressure or heart disease, avoid high doses of licorice. People on digoxin-based drugs should not use licorice either.

Siberian Ginseng (*Eleutherococcus senticosus*)

This type of ginseng should be used for people who are suffering from stress problems. This is a wonderful herbal root to take before an exam or other busy times. Siberian ginseng can also be used as a remedy for nervous exhaustion and lack of energy. This works as a wonderful booster and has been widely used since the 1930s in order to deal with the pressures of the early 20th century.

Black Cohosh (*Cimicifuga racemosa*)

Many Native American tribes used black cohosh as a treatment for rheumatism, exhaustion, kidney problems, and gynecological disorders. This buttercup relative has cream flower spikes and a distinctive black root. Muscle pains and cramps can be treated with this muscle relaxer as well as spasmodic conditions and menstrual cramps. People should not exceed the stated dose, and it should be avoided by pregnant women.

Burdock (*Arctium lappa*)

Burdock is a wonderful cleansing herb that works for arthritis and skin conditions. This spiky plant has also been used as a digestive stimulant as well as a laxative. The root of the burdock is mostly used however the leaves work as a gentler treatment. The Chinese have used the plant’s seeds as a remedy for feverish colds. People should be cautious of the growing plant because it may cause contact dermatitis.

Huang Qi/ Astragalus (*Astragalus membranaceus*)

The Chinese have used this root for thousands of years as an energy tonic and as a way to treat immune deficiencies for people with repeated colds and allergy symptoms.

“Milk Vetch,” the name in English, has been used as an immune-stimulating property.

Dong Quai/ Chinese Angelica (*Angelica sinensis*)

This tonic herb has also been used by the Chinese for years and is suitable for women who are trying to recover after childbirth. This root also helps to fortify blood in anemic conditions as well as beautify the skin. Dong Quai works wonders on the female productive organs as well as for the treatment of liver problems. This root should be avoided during pregnancy.

Marshmallow (*Althaea officinalis*)

The Romans used this beautiful pink flowered plant as a delicacy along with the roots that were sautéed with onions and butter. However, besides the delicious functions, marshmallow works amazingly well for soothing respiratory and digestive ailments because of its soft and silky nature. Use it as an expectorant for chest coughs and bronchitis. It also soothes inflamed mucous membranes in the digestive and urinary systems. The parts of this plant that should be used include the leaves, root, and flowers.

Echinacea (*Echinacea angustifolia*)

“Purple coneflower” was once the name of this beautiful pink-flowered plant. Native Americans used echinacea for treatment of snakebites, fevers, and wounds. Early settlers also found uses for the plant and today it is used as an immune stimulant and antibacterial. Echinacea is excellent for treating viral, bacterial or fungal infections and is often the first choice for treating colds, flu, and kidney infections. Echinacea has also been helpful in viral-based arthritis and can be applied to skin externally for certain conditions.

The root of this plant should be used.

Dandelion (*Taraxacum officinale*)

“Piddley bed” (country name of dandelion) has been used medicinally in Europe since the 15th century. The leaves of the dandelion plants are rich in potassium and are a more potent diuretic than the root. They also taste great on salads. Dandelion makes a great liver tonic and is useful in treating many digestive problems. Skin and arthritic problems can also be treated with this plant. The leaves and the root should be used for treatment.

“In art and dream may you proceed with abandon. In life may you proceed with balance and stealth.” - Patti Smith

LET'S LEARN TOGETHER

The Food Co-op's newly formed foodie book group meets for the first time at 7pm on Tuesday, Oct. 15, in the dining area. First up for discussion is Michael Pollan's bestselling book *Cooked: A Natural History of Transformation*. Everyone who has read the book or is interested in reading it is welcome to attend. A light snack and hot apple cider will be provided by the Food Co-op.

At this meeting, the book group will choose the next book for discussion at this meeting and perhaps a name for the group itself. Titles chosen for future discussions may be on a variety of subjects related to food and cooking, i.e. a cookbook, memoir, or food politics.

The book group will meet every two months and is part of a transition for the Food Co-op's education programming. We will be moving away from the traditional classroom settings and move toward collective learning in groups such as this one.

Other groups being considered are on topics relating to special diets. If you have an interest in a particular kind of group, please contact Kathie Meyer, 385-2883, ext. 309.



BALANCING A Billion Best Friends



DR. MOLLY FORCE, NATUROPATHIC FAMILY PHYSICIAN

Did you know that the balance of the bacteria in your gut regulates your immune system? It is estimated that 70 percent of your body's immune tissues are located in your digestive tract. The microbes in your intestines are responsible for how your immune system responds. Will you have an allergic reaction, be susceptible to the flu, or develop an autoimmune reaction? This depends on that delicate balance of how many and what kinds of microbes are living in your intestines. This is why probiotics are so important.

Probiotics are the friendly bacteria that live symbiotically in your intestines and colon. Trillions of these friends line the intestinal walls and maintain a healthy environment in your gut. Probiotics are responsible for the absorption of certain nutrients, regulate weight gain, and they strengthen your immune system by keeping unfriendly bacteria, yeast, and parasites from colonizing. Too much of the wrong types of bacteria in your small intestines can cause SIBO (small intestinal bacterial overgrowth), which can cause gas, bloating, nausea, and vomiting.

Originally, you were inoculated with your probiotics at birth, with your mother's probiotics when you passed through the birth canal. If you were born by cesarean, you gathered your probiotics from microbes you came in contact with in your surroundings. Unfortunately, cesarean-born people are at a significantly higher risk for allergies and auto-immune conditions as they lack the ideal probiotic balance typically passed down by mothers. Most of us have the general blueprint of our gut flora balance set by six months of age. This is important to note as cesarean babies should

be supplemented with infant specific probiotics prior to six months of age whenever possible. This supports the formation of a healthy immune system. Adults who were born by cesarean also benefit from being on supplemental probiotics.

Typically, you replenish and balance your friendly flora when you eat fermented foods. From yogurt to sauerkraut, each traditional culture has developed its own staple food fermented with probiotics. It is important that you eat fermented foods or take probiotic supplements everyday to maintain a healthy gastrointestinal system and an intact immune system. Eating probiotic rich foods can improve diarrhea, irritable bowel syndrome, SIBO, food allergies, autoimmune reactions, and lactose intolerance.

Taking antibiotics, although sometimes necessary, can be very hazardous to the balance of your friendly flora. If you are taking an antibiotic, it is helpful to take a probiotic supplement to keep your probiotic levels more balanced. This prevents diarrhea, yeast infections, and pathogenic bacterial overgrowth such as *C. difficile*. Ideally take your probiotic on the same days that you are taking your antibiotic, but at least one hour away from the antibiotic so the good microbes are not immediately killed by the antibiotic. Always take probiotics with food, so that your stomach acid does not kill them and so that they are pushed through your intestines to your colon by the food mass. Remember, quality probiotics are alive, and should be stored in the refrigerator, unless they are specifically soil-based microbes which are shelf stable.

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 www.ProspersNaturalHealth.com or 385-5375.

"Real generosity toward the future lies in giving all to the present." - Albert Camus

Gutsy Grandma Visits Port Townsend

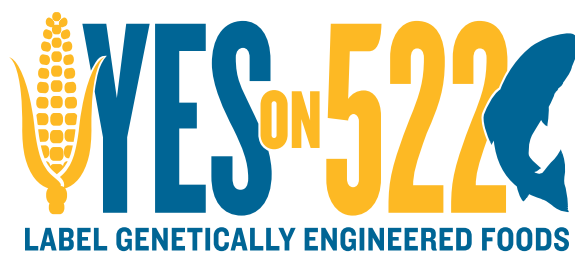
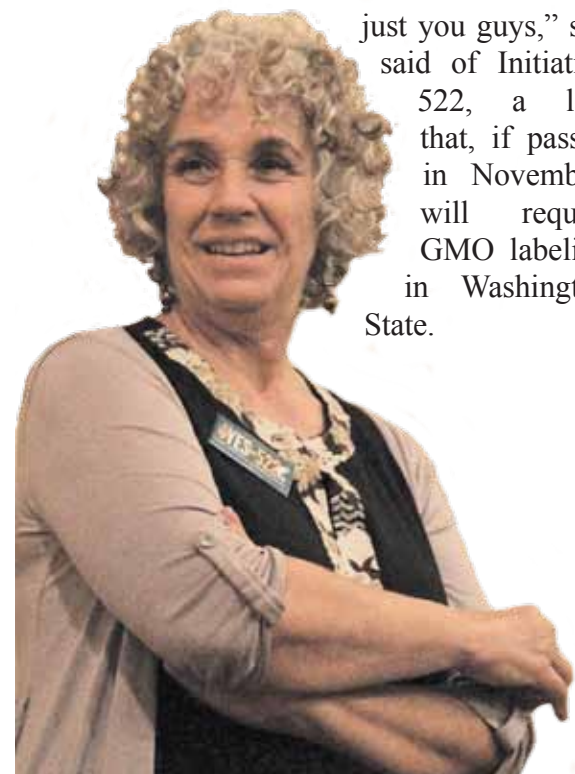
KATHIE MEYER, Managing Editor

It was a small crowd, but that's the way Pamm Larry likes it. Larry is "the gutsy grandmother from Chico" who got the ball rolling for California's Prop 37, a law that would have required labels on genetically engineered (GE) food. She visited Port Townsend on Sept. 20 to speak about her experience.

"She started out without any [political] background at all in terms of working on Prop 37. Her efforts ended up with over 900,000 signatures on her petition, getting it on the ballot, and missing by only a tiny amount," said Rick Dougherty who spearheaded the event with Jack Olmsted. The proposition she initiated failed, by only 190,000 votes, but the movement to label genetically engineered food had only just begun.

Since Prop 37, Connecticut and Maine have both passed labeling laws. Alaska also has a salmon labeling law. Larry said she is "very confident" Vermont will pass a labeling law even though the governor is reluctant to put his name to it, and New Hampshire is "looking good" too.

"It's not like it's just you guys," she said of Initiative 522, a law that, if passed in November, will require GMO labeling in Washington State.



GMO Depression

In 2011, Larry, who was once an organic farmer and midwife, found herself increasingly depressed over what she was finding out about genetically modified organisms (GMOs) and genetically engineered food. She realized her depression was telling her it was up to her to take action, and she began to travel around the state and talk to groups. After Californians heard her speak, she said, "People started to say, 'Yes, let's do this.'"

Albert Strauss of Strauss Dairy was supportive early on, and a friend in Southern California volunteered to canvas that region for signatures. Larry went to non-profit organizations for support and was surprised at the lack of interest. Eventually the Organic Consumers Association, an organization with a reputation for being abrasive but good to grass-roots organizers, agreed to publish a letter from her which helped, she said.

Larry also went to David Bronner, CEO of Dr. Bronner's Magic Soaps. At first he wasn't interested, but about a month later, he changed his mind. "He was a catalyst. Then it went into the 'big boy league,'" Larry said.

Dr. Bronner's Magic Soaps and Strauss Dairy have both contributed to Initiative 522. Albert Strauss from Strauss Dairy was also in attendance at the Port Townsend event.

Can We Win?

"The two questions I get most are: Do you think we can win? What is the difference between Prop 37 and what is going on now?" said Larry.

In California, money for the labeling campaign was tight. So the decision was made to wait until last two weeks of the election to run television ads in support of Prop 37. By that time, the anti-labeling campaign, much of which was funded by six corporations – Monsanto, Dow, Syngenta, Bayer, DuPont, and BASF – had blitzed the media with two or three television commercials every 24 hours costing them \$1 million per day.

In hindsight, Larry places no blame, but she believes if Prop 37 had run their pro-labeling commercials earlier, it would have made a huge impact. Here in Washington, she said, donations are worth five times more than in California because of smaller range for media.

Another thing that is different, Larry said, is that Washington's initiative is written differently than California's. One significant difference between I-522 and Prop 37 is the former's exclusion of a

prohibition on labeling genetically modified and/or processed foods as "natural," "naturally made," "naturally grown," "all natural," or with words of similar import. Another difference of note is I-522's inclusion of a 60-day notice requirement. I-522 requires a person seeking to bring suit to give notice to the attorney general, the Department of Health, and the target of the suit 60 days prior to filing suit.

Fear Mongering

The anti-label group often accuses GMO labeling advocates of "fear mongering," however they are plenty guilty of using scare tactics themselves, she said.

Don't believe that the price of food will increase when there is evidence to the contrary, Larry said, as she referenced a video of Kellogg's Corn Flakes from around the world: www.youtube.com/watch?v=QtJJ1muz-s4. In the video, the price of a box of Kellogg's Corn Flakes with GMO labeling sold in other countries (\$2.68-\$3.76) are compared to a box sold in Seattle where it is more expensive (\$4.39).

Another myth is that GMO labeling is going to hurt farmers.

"How do you answer that? What I would counsel people to do is ask 'What is it that you're afraid of? How do you think it's going to hurt farmers?' Because then you can get a specific answer," Larry said.

Others would ask: What about at the farmers market?

"All you have to do is put it on the sign, the same sign that you put the price on," she said.

Anti-labelers also throw out fear of inspections and mountains of paperwork in order to get a "no" vote. But both laws in California and Washington only require receipts and an inexpensive affidavit, she said.

"That's all you have to have, and nobody can touch you. The law was written with small farmers in mind."

50 Percent Plus One

"Folks, you need 50 percent of the vote plus one. That's all you need," said Larry who encouraged calling legislators and volunteering for the I-522 phone bank.

Larry also said to talk to others in support of I-522. "During Prop 37, I called it 'personal commercials.' That's much more powerful than something that's coming out of a glowing box."

"Real generosity toward the future lies in giving all to the present." - Albert Camus



By Small Farmers, For Small Farmers

BY PHYLLIS ROBINSON

Fair Trade Break Up

Starting in November, when you buy Equal Exchange's fair-trade, organic bulk coffee, you'll see a colorful new symbol on the bulk coffee bins. The symbol represents the first farmer-owned and run Fair Trade certification system. It guarantees the coffee comes from small farmers, not large plantations.

Ten years in the making, the SPP (Small Producer Symbol; SPP is its Spanish acronym) certification system represents small farmers' persistent attempts to ensure a more just trade system for fellow farmers everywhere. The SPP logo will initially appear on Equal Exchange's bulk coffee and will become more prominent throughout stores. It will soon be on packaged coffee, and may eventually be on Equal Exchange's other products including tea and chocolate.

The new symbol is a bold step forward for the people for whom the Fair Trade movement was built. It reflects how farmers are taking a leadership role in shaping their own destiny. The potential impact this new system will have on small farmers, their co-operative organizations, and the entire Fair Trade movement is profound.

Roots of conflict

In the early 1980s, a division occurred in the Fair Trade movement. These were the early founders of Fair Trade who recognized that small farmers and their co-ops were operating on an unfair playing field. This group wanted to create a system that could right the wrongs of hundreds of years of colonialism and unjust trade. But another group was more focused on maximizing the sales of Fair Trade certified products – period.

Once the certification system was underway, that latter group succeeded in opening the system to some crops from large plantations. Plantations have one owner (versus being owned collectively by a democratically run, small-farmer organization), and generally have more

access to resources, so it's usually faster and easier for them to move products from origin country to market. This means plantations — with their greater access to loans, infrastructure, government support, market information, and technical assistance — almost always maintain the same historical advantages over small farmers that Fair Trade was designed to address.

Eventually, the international Fair Trade certifying system, Fairtrade Labelling Organization International, allowed plantations to become a source for almost all Fair Trade products, with the exception of coffee, cacao, and a few other categories. Ever since then, small-farmer coffee and cacao organizations have been living with fear that the Fair Trade system one day will grant plantations access to their categories as well. If this happens, many believe they will again become marginalized and lose the hard-won market gains that Fair Trade had made possible. After all, if it's easier to source coffee and cacao from plantations and still label it "Fair Trade," why wouldn't corporations simply take this easier route?

It took 15 years of Fair Trade to substantially alter the global coffee industry and create meaningful access for co-ops. Unfortunately, the option to label plantation-grown tea and bananas as "Fair Trade" has stunted the growth of co-ops in these categories. Coffee farmers don't want to suffer the same fate. For more on how the prospects for small farmer-grown Fair Trade tea was inhibited by plantations, see <http://tinyurl.com/lsmxxcl>.

Farmers take control

Small farmers, roasters, and other Fair Trade activists were outraged when the CEO of Transfair USA (now Fair Trade USA) lobbied in 2003 for a change in standards. Paul Rice claimed large companies and corporations wanted access to plantation products and that

there wasn't enough small-farmer Fair Trade coffee on the market, which wasn't true. Most farmer co-ops had far more coffee than they could sell to Fair Trade buyers. Eight years later, Fair Trade USA controversially left the international Fair Trade system that had given it birth. Fair Trade USA quickly announced its new strategy, "Fair Trade for All," allowing plantations in every category, including coffee and cacao.

"It's as if they're driving a car going 70 miles an hour and they have put their foot on the gas pedal," said co-op leader Santiago Paz, an outspoken critic of Fair Trade USA's push for plantation-grown coffee. "Now it's going 90, 100, 120 mph and suddenly the small farmer in the passenger seat is flying out the window. They are so concerned with growing the system, advancing at all costs, that they will only end with the extinction of small farmers."

Small farmer organizations fed up with Fair Trade USA's pro-plantation strategy took action. They'd been meeting for 10 years to strategize how to keep Fair Trade from being stolen out from under them. Finally, they had their solution: the SPP.

The SPP label represents an impressive certification system, with standards incorporating four dozen criteria for small farmer member organizations, including maximum individual farm sizes and a maximum percentage of farm work performed by hired farm workers.

Most impressive, SPP is run and governed by the farmers themselves. After decades of the Fair Trade movement being managed by offices thousands of miles away, farmers now are in the driver's seat.

Phyllis Robinson is Education and Campaigns Manager at Equal Exchange, a worker-owned co-op that sells fair-trade coffee, tea, chocolate, bananas, and a variety of other foods. See www.EqualExchange.Coop.

"Gentleness, self-sacrifice, and generosity are the exclusive possession of no one race or religion." - Mahatma Gandhi

OCTOBER

Fair Trade Month
Non-GMO Month

Tue 1 **BOARD Meeting** Annex

Wed 2 Coffee Conversations 9am, Dining Room



FSDC 5:30pm Annex

Tue 8 **BDC** 6:15pm

Thur 10 **TAKE TEN** Member Appreciation Day!!



Tue 15 Co-op Book Group 7pm, Dining Room "Cooked," Michael Pollan

Thur 24 Game Night 6:30pm Dining Room

Wed 30 Guess the Giant Pumpkin Weight Contest Winner Announced

FSDC = Food Systems Development Committee
BDC = Board Development Committee
MEC = Member Engagement Committee

Board meetings are held at the Co-op Annex, 2482 Washington Street, unless noted.

For more information, please check the Board's bulletin board in the store next to the public restrooms or our website Board calendar at www.foodcoop.coop/calendar.

NOVEMBER

Tue 5 **BOARD Meeting** Annex

Wed 6 Coffee Conversations 9am, Dining Room



MEC 7pm Pourhouse

Sun 10 STORE CLOSURES at 5pm All-Staff Workshop

Tue 12 **BDC** 6:15pm Clay St.

Wed 13 **FSDC** 5:30pm Annex

Thur 21 Game Night 6:30pm Dining Room

Mon 25 Last day to order turkey & holiday meats

Wed 27 Regular store hours 8am-9pm

Thur 28 STORE CLOSED Happy Thanksgiving!

DECEMBER

Tue 3 **BOARD Meeting** Annex

Wed 4 Coffee Conversations 9am, Dining Room



MEC 7pm Pourhouse

Tue 10 **BDC** 6:15pm Clay St.

Wed 11 **FSDC** 5:30pm Annex

Thur 19 Game Night 6:30pm Dining Room

Tue 24 Regular store hours 8am-9pm

Wed 25 STORE CLOSED Happy Holiday!

Tue 31 Regular store hours 8am-9pm

Wed 1 Regular store hours 8am-9pm Happy New Year!



Apples

BEST FOR SALADS:

🔥 Cortland, 🔥 Golden Delicious,
🌿 Fuji, Gala, 🔥 Jonathan, Pink Lady,
Red Delicious, 🔥 🌿 Winesap

BEST FOR PIES:

🌿 Braeburn, 🔥 Cortland, Jonagold,
Gala, 🔥 King David, 🔥 🌿 Northern
Spy, Golden Delicious, Granny
Smith, 🔥 🌿 Mutsu, Pink Lady,
➔ Gravenstein, ➔ Spitzenburg,
White Winter Pearmain,
Winter Banana,
🔥 🌿 Winesap

BEST APPLESAUCE:

🔥 Cortland, 🌿 Fuji, Gala,
🔥 ➔ Gravenstein, Jonathan,
🔥 King David, Pink Pearl,
🔥 🌿 Mutsu, 🔥 Winesap

Early season apples tend to be tart, mid-season are juicy and sweet, late season apples are crisp and store well. Softer apples are best for applesauce, while firmer apples are best for baking and making pies.

BEST FRESH:

🔥 Cortland, 🌿 Fuji,
Gala, Jonathan,
🔥 Golden Delicious,
🔥 🌿 Mutsu, Red
Delicious, Pink
Lady, 🌿 Braeburn,
➔ Spitzenburg,
Sweet Sixteen,
🔥 🌿 Winesap,
Winter Banana

BEST FOR BAKING:

🔥 Cortland, Cox's Orange Pippin,
Gala, 🌿 Granny Smith,
🔥 ➔ Gravenstein, Jonagold,
🌿 Braeburn, 🔥 🌿 Northern Spy,
➔ Spitzenburg, 🔥 🌿 Winesap

KEY:

🌿 **KEEPERS:** late season apples such as Fuji, Braeburn, Granny Smith, Mutsu

🔥 **GOOD FOR CIDER:** King David, Golden Delicious, Jonathan, Mutsu, Gravenstein, Cortland, Northern Spy

➔ **ALL-PURPOSE:** Spitzenburg, Gravenstein