



NEWSLETTER OF THE PORT TOWNSEND FOOD CO-OP

# CO-OP COMMONS

# CULTIVATE

**SPROUT** 2013 SPRING QUARTERLY ISSUE **PROSPER**



*"To cultivate kindness is a valuable part of the business of life!"  
-Samuel Johnson*

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PORT TOWNSEND  
FOOD CO-OP COMMONS

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

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PortTownsendFoodCoop](http://www.facebook.com/PortTownsendFoodCoop)

414 Kearney St.  
Port Townsend, WA 98368  
360-385-2883

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](mailto: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

Jefferson County is an abundant community with a wide variety of available food. The question is: How do you relate to it?

Do you see food as a long-term commitment or a wham-bam, one-night-stand? I think, for most of us, the answer depends upon the circumstance.

When I was younger, I once went to a Pampered Chef party (like a Tupperware party with a focus on kitchen utensils). The representative asked each of us what we had for dinner last night, and when I answered "Hamburger Helper," she made a face.

I was a little miffed about her judgment because I believe what you and I eat is our own personal choice.

As time passed though, I started having a higher quality relationship with my food. Instead of Hamburger Helper, I learned to make beef stroganoff from scratch. And I stopped eating at fast food restaurants on a regular basis.

All of these measures took time. To break up with Ronald McDonald, I started out by setting a limit: He and I could only see each other when I was traveling. That worked for a while, and then later I began to make New Year's resolutions to stop seeing Mr. McDonald completely. The first few years, I never made it

all the way through December, but so far, it looks like 2013 could be the year I say goodbye to him, once and for all.

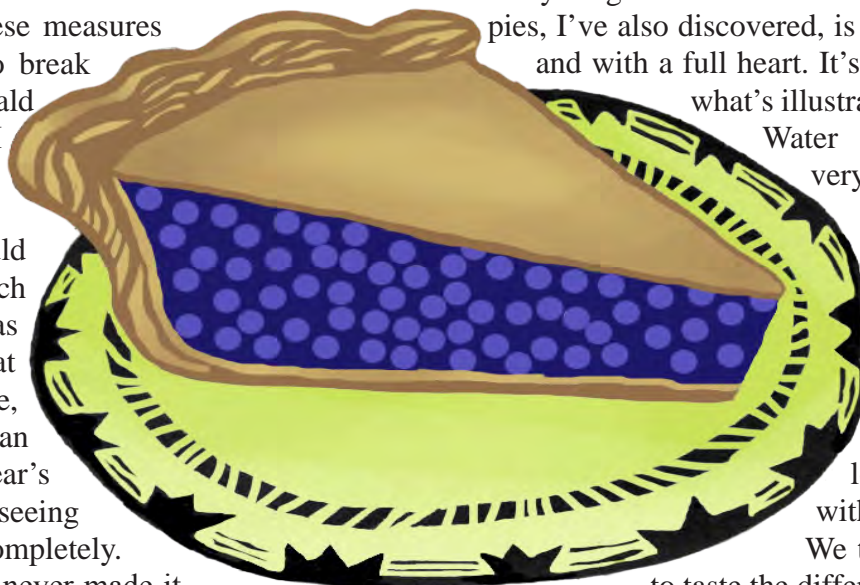
These days, my relationship with food includes a commitment deep enough to grow some of my own groceries and keep three laying hens in the backyard. A good day for me is when I have the time to cook all of my meals with locally grown ingredients. It's even better if the recipes are made from food I grew myself. The more effort I've gone to, the better everything tastes.

Others have concluded that same thing. A study by Kurt Gray at the University of Maryland tested the effect of good intentions in food taste. In his research, two groups of participants were given candy to eat. In the first group, its members were told the candy was chosen just for them. The other group was told the candy was chosen randomly. It doesn't surprise me that the first group rated the candy taste higher than the second group.

Psychosomatic? Perhaps. But I do know as fact that a hamburger made from Short's beef is better than anything Ronald McDonald has to offer. Making pies, I've also discovered, is best done unhurriedly and with a full heart. It's not quite the same as what's illustrated in the movie "Like Water for Chocolate," but very similar.

Our store is loaded with face-to-face relationships with people with good hearts and good intentions, and we invite you to foster a long-term relationship with us and our food.

We think you will be able to taste the difference.



"A family in harmony will prosper in everything." - Chinese Proverb

## CALENDAR OF BOARD EVENTS

**April 2**, 6:30 pm

Board Meeting  
Co-op Annex

**April 10**, 3 pm

Product Research Committee meeting  
Co-op Annex

**May 1-14**

Board election period

**May 7**

Board Meeting  
*check board's board for exact time*  
Co-op Annex

**May 8**, 3 pm

Product Research Committee meeting  
Co-op Annex

**May 19**

4:30-5 pm By-Law Change meeting  
5-7:30 pm Annual Meeting  
Masonic Lodge, 1338 Jefferson St.

**June 4**

Board Meeting  
*check board's board for exact time*  
Co-op Annex

**June 12**, 3 pm

Product Research Committee meeting  
Co-op Annex

# Annual Meeting

4:30-5 pm meeting  
to discuss By-Law Changes  
**Sunday, May 19**  
**5-7:30 pm**  
**Masonic Lodge**  
**1338 Jefferson St.**



# Lean Into the Future

SAM GIBBONEY, Food Co-op Board President



My time on the Co-op Board has been one of cultivation. When I look up the meaning of cultivate in the dictionary (and yes I still have one, the big heavy, paper kind with onion skin pages), it defines the word with phrases like: to prepare; to foster the growth of; to improve by labor, care, or study; to further; encourage; to seek the society of; to make friends with.

I have had the distinct pleasure of cultivating my relationship with the Food Co-op. As my three years as board president draw to a close, I can't help but be struck by how much we have accomplished together. Since I took office in June 2010, we have built a dining room addition, completed a strategic plan, survived with respect for each other an emotional time regarding the boycott proposal, hired a new general manager, completed the back room remodel, and had a few laughs – to name but a few.

Some of you may not have heard that my family and I have moved to the San Juan Islands. So, it is time to make space for the next round of leaders to come forward and carry on. I trust that the work of the Board of the last three years has well cultivated our common ground, and we are already seeing the sprouting of our strategic initiatives. I believe that all the outgoing board members can leave knowing we have cultivated fertile ground for growth. We have labored, cared, and studied. We have sought to further and encourage.

Of course, it is bittersweet to transition at this time – right when we're getting to the really good stuff. And there is lots of good stuff ahead. The Co-op team will work to bring even more local food and products into the store. The staff and board will continue to bring you information about your food so you can make informed choices. They'll join with other co-ops to advocate for things like GMO, organic and other labeling standards. Ninety-five plus people will continue to service the membership and make their lives and livelihoods there.

Of course, real challenges still lie ahead. How will the store balance quality and community with affordability? Creative partnerships in farm conservation, local food service and education await. You, the membership, staff and the board will need to figure out what to do about the store. Can we expand in the current location? What are our options? It's exciting stuff.

I leave knowing the Food Co-op is in capable hands. Three seasoned board members remain to carry the strategic initiatives forward and foster good governance. Our valiant general manager, Kenna, will continue to foster the culture of teamwork and innovation in her own inestimable style. The talented and dedicated staff will keep the lights on, the refrigerators running, and food on the shelves. You, our owner/members, will continue to shop with your values and commitment.

If there is any faint echo that I can leave behind, it is this: Don't take things too seriously as you go about the serious business of changing the world. Be kind to one another. Lean in. Listen and laugh.

The world is what we co-create together. Let's make it a good one.

*"Nobody has ever expected me to be president. In my poor, lean lank face nobody has ever seen that any cabbages were sprouting."  
- Abraham Lincoln*



# Change is Hard; Change is Good

KENNA EATON, Food Co-op General Manager

“Change is hard” said the poster in our store this spring. Why is that? Haven’t we heard that change is the only constant? And Mahatma Gandhi is frequently quoted as saying, “Be the change you want to be.” Yet we can all agree that change often feels awkward and unwelcome. It shakes us out of our comfort zone and makes us think or act differently.

Some change is slow in coming, such as our goal to have organically certified food everywhere. But 30 years later you can find organically grown items in most grocery stores, and isn’t that great news?

Some change is fast, such as the flowers in your garden in the spring. One day they are tight little green buds, and the next day they are bright yellow flowers. The seasons change, and so do we.

At the heart of change, we are still the same. We still honor our principles and you, our members,

who have charged us with ensuring the health and welfare of their cooperative grocery store. And so we are excited to make some changes.

Recently we have focused on making our store more shop-able – a term I use to describe the ease and flow of driving your little grey cart around the store. As a dedicated bulk shopper, I quickly realized when I first arrived here how crowded and uncomfortable shopping in our bulk department was. I heard it from my board members, too.

“Please,” they asked, “Do something about it!”

And so we have. During the past three months we have worked hard to create more space in our bulk area. To make that happen, everything else had to move as well. We brought in some new fixtures and new shelves. We moved product around the store, and we took some stuff out. And voila! It’s all different, and yet it is the same.

We sure hope you like the difference. We hope that you’ll find it more logically arranged and more easy to find your favorite items. We hope that you find our bulk foods aisle more spacious and welcoming. And we hope that you’ll want to shop here more often.

As the spring progresses, there may be a few more small changes but those will be simple tweaks as we figure out an even better way to stock the shelves or coolers. Nothing more complex, at least not for a while.

Relax and enjoy. Change is good.

“Your heart is full of fertile seeds, waiting to sprout.” - Morihei Ueshiba

Started at the Food Co-op at age 16 as a dish washer, moved up to deli clerk, prep cook, cook and is now Specialty Foods Lead

Grateful for the "CO-OP KITCHEN LADIES" who found out that young Josh loved to cook, took him in, and taught him what they knew

LOVES TO COOK!

**BEST PART OF HIS JOB:**  
Learning about the specialty foods and the many ways to use them in dishes

**GREATEST ACHIEVEMENT:**  
Traveling in Panama and Costa Rica



**BOOKS BY HIS BEDSIDE:**  
*Magical Thinking* by Augusten Burroughs, anything by David Sedaris, and novels by Peter Benchley

**MOST DESIRED SKILL:**  
To speak many languages

**FAVORITE PASTIMES:**  
Photography, music shows

**GREATEST EXTRAVAGANCE:**  
Good food

# Josh

Specialty Foods Lead  
**AKA THE CHEESE MAN**  
INTERVIEW BY MINDY DWYER



**FAVORITE ANIMAL:**  
Shark!

**MOTTO:**  
Work hard, play hard!

## anniversaries April/May/June

**14 years**  
Virginia Carpentier

**12 years**  
Renè Tanner

**10 years**  
Susan Sjoland, Estelle Giangrosso, Victoria Wideman

**9 years**  
Crista Rutledge, Tricia Tyler

**8 years**  
Yvonne Cleveland, Greg Turner

**5 years**  
Kevin Terry, Seth Hager

**3 years**  
Kristina Dosey

**1 year**  
Nicholas Dandrea, Jessica Britain (sub)

*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.*

## hearty thank you awards



**December  
Anne**



**January  
Deb**



**February  
Barbara**

"Much effort, much prosperity." - Euripides

# STAFF PICKS

## Tandoor Chef Naan Pizza

"Want a quick bite with great taste! The Naan is the way to go. Pizza with a kick."  
- Derek/Produce Manager

freezer



## Almond, Cashew & Peanut Nut Butters

"The best, quick, fresh and healthy snack - nut butters with celery or apples!"  
- Linda/Front End

bulk



## Organic Olive Oil

"The ultimate Co-op shop item! Cheaper than pre-packaged olive oil. And, tasty, too - fruity and bright flavor. Eco-conscious, delicious, versatile, and affordable."  
- Anna/Sustainability Coordinator and Front End

bulk



# the great migration

We're calling it "The Great Migration" as carefully chosen products find new homes adjacent to products typically bought together.

Please ask if you cannot find what you are looking for; we are happy to assist you.

Once you get used to where things are, we are sure it will be much easier to shop!



"Cultivate solitude and quiet and a few sincere friends, rather than mob merriment, noise and thousands of nodding acquaintances."  
- William Powell

# Bulk just got better!

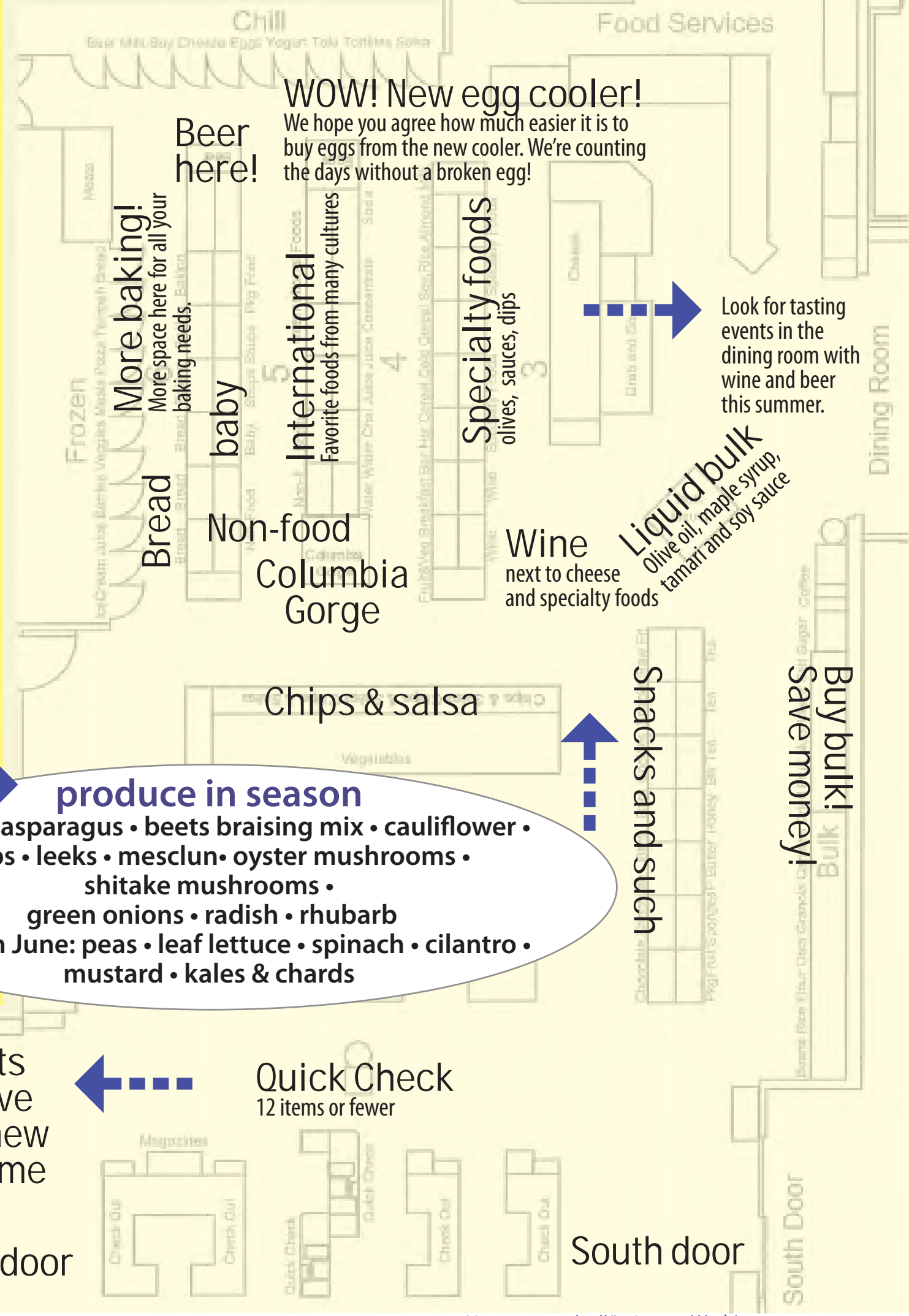
No more bumping into everyone's carts in the bulk section. We opened up the aisle to make room for you to bulk up. See page 19 for tips on buying bulk food items.

# Snack Island

Chocolate, energy bars, cookies, raw foods, packaged fruit, peanut butter, honey, bulk tea, boxed teas, nut butters, dried fruits

# Produce

Look for local organic Co-op greens: Arugula grown by Red Dog Farm!



"Observe good faith and justice toward all nations. Cultivate peace and harmony with all." - George Washington

# A Cook's Delight

SIDONIE WILSON, FEAST Culinary Studio

In my 1970s childhood, I never saw the silky tops of beets grow or pulled their ruby flesh from the ground. I ate them only once. Mushy and metallic from a can, they became my ultimate “yuk food.”

In the 1980s, as a passionate gardener, I came across a description for Chioggia (Kee-oh-ja) beets, named after the Italian region. I was transfixed by this dramatic, two-toned beet with concentric, candy-striped circles of crimson and white, and immediately ordered some seed. I was so proud to grow and serve those beets, and they tasted sweetly divine. They were my way into a love affair with beets.

The wild beet originated along the North Africa coastline, and like many vegetables they were cultivated by the ancient Romans and then spread throughout Northern Europe by the tribes who invaded Rome.

The modern beet (*beta vulgaris*) belongs to the same plant family as chard and spinach (*Chenopodiaceae*). They are rich in calcium, iron, magnesium, phosphorus, as well as carotene, B-complex, and vitamin C. Beets are known for their liver strengthening properties, and have long been valued as a blood tonic.

Beets are a cook's delight. I love to surprise those who dislike beets with how wonderful they taste when properly prepared. They have a sweet heating quality, and they friend exceptionally well a range of flavors like apple, basil, butter, caraway seeds, goat cheese, Parmesan, Roquefort, dill, garlic, honey, horseradish, lemon, Dijon mustard, sour cream, tarragon, vinegars (especially balsamic), fruit, walnuts, walnut oil, and yogurt.

Some of my favorite flavor combinations are:

- Beets+citrus+goat cheese+olive oil+shallots
- Beets+orange zest+crème fraiche+horseradish
- Beets+gorgonzola+ hazelnuts+ vinegar+apple
- Beets+dill+sour cream
- Beets+goat cheese+toasted walnuts

Try beets with strong flavors:

- Biting – horseradish, chili, ginger, mustard
- Acid – balsamic or fruit vinegars, citrus fruits
- Spicy – Sichuan pepper, curry, caraway
- Salty – olives, cheeses, capers, anchovies
- Sweet/spicy – cloves, cinnamon, anise seeds, peppercorns

The French make a raw, grated beet salad with a dressing of balsamic vinegar, pepper, salt, olive oil, paper-thin shallot slices, and toasted cumin seeds.

The Italians bake beets in their skins in a 400F oven in a casserole dish for 1½ to 2 hours until tender but firm when prodded with a fork. This makes them intense and mouth-filling sweet. Pull off their skins while still warm and cut into slices. Toss with liberal olive oil, salt, and a dash of vinegar.

In the Ukraine, they make a tonic, lacto-fermented drink called Beet Kvass. It promotes regularity, aids the digestion, alkalizes the blood, and cleanses the liver!

## **Beet Kvass**

Peel and roughly chop three medium beets

Put them in a ½ gallon jar

Add one tablespoon of sea salt

¼ cup whey.

Add filtered water to fill the jar.

Stir well and cap.

Keep at room temp. for 2-3 days or until slightly sour and bubbly.

Strain and refrigerate. Sip slowly and enjoy.

## **Orange Zest Roasted Beets with Horseradish Whipped Cream**

Heat oven to 425F.

Put parchment paper on a cookie sheet.

Peel four medium to large beets, cut into a medium dice, and put on the cookie sheet. Drizzle with walnut oil, salt, one tablespoon orange zest, and sherry vinegar. Rub into beets with hands, coating all surfaces

Roast for 20 minutes, stir, and continue to roast at 15 minute intervals, stirring at each interval until beets are tender. This takes approximately 50-60 minutes.

While the beets are roasting, make the horseradish whipped cream:

- One cup heavy whipping cream
- 1/2 teaspoon lemon zest
- Juice from ½ lemon
- Two heaping teaspoons prepared horseradish or to taste
- Salt to taste

Put cream in food processor or whip by hand. Be careful not to over whip. Fold in other ingredients after cream is whipped. Taste and adjust flavors.

Serve whipped cream beside the roasted beets. Serves four.

*This is an original recipe by Sidonie Wilson. Sidonie is a food/arts educator who runs FEAST (Foodways Education at a Sustainable Table) Culinary Studio.*



*For more information, contact Sidonie at 385-1107, sidomaroon@yahoo.com, or visit feastculinaryandarts.com.*

*“We come together to cook vibrant, healthy food from the folk cuisines of the world. It's hands-on, experiential learning, using local, seasonal foods, and treasured techniques. We are building community one feast at a time.”*

Just as seeds can't sprout in hard soil, nothing good can grow in your heart if it is hard and selfish. - Unknown





# Elections

## 2013



## Voting Period: May 1-14 Make Sure Your Vote Counts

Your vote is very important in the governance of the Food Co-op.  
Here's how to make sure your vote gets counted:

- Board election ballots are mailed on April 30, 2013.
- For your ballot to be valid, your Capital Investment account must be paid up to current status by May 14, 2013.
- The designated member for your Co-op membership must sign and enter your correct member number on the ballot secrecy envelope. If you don't know who the designated member is, call the Food Co-op at 385-2883 or ask at the Member Services Desk.
- If more than one valid ballot is received for the same member number, only the first vote received for that member number is counted.
- Your ballot must be postmarked or delivered to the Food Co-op by May 14, 2013.



# BOARD

# Candidates

## Lisa Barclay



### Why would you like to serve on the Board of Directors?

I would like to serve on the Board of Directors because I love the Food Co-op. I walk to it almost every day, and I am always amazed and grateful that we have such a terrific store in Port Townsend. I also prize our burgeoning farming community, so I welcome the chance to continue the work of the Board and the Co-op to support local farmers.

### Describe your interest, experience, and expertise that may contribute to the Board's activities.

Although I have little experience specific to being on a co-op board, I have a strong interest in food, sustainability, and community independence. I have been on the board of a charitable foundation, and my experience as an English teacher strengthened my organizational skills and my capacity to get along with a variety of people.

### Which part of the strategic plan excites you the most? Why?

I find it hard to pick just one part of the strategic plan that excites me the most. The Co-op brings together much of what I think is important in the world: supplying healthy food grown in a sustainable way while backing independent farmers, providing a fair work environment, and supporting local endeavors – from products like honey or shampoo to craftspeople and artists. If I had to pick just one section of the plan, it would be “Food System Development,” because I think improving our local food network is the best way to keep ourselves, the environment, and the local economy healthy. But the goal entitled “Market Position” is just as important – not market share but rather the objective that the Food Co-op be the best possible place to get good food.

## Jim Davis



## Bio

My name is Jim Davis and I have lived in Port Townsend since 1980. I am 71 years old, and my Co-op number is 296.

I was born in Longview, Wash., and have lived in Washington all of my life. My last job I had was as a longshoreman which I held for 37 years until I retired.

Me and my wife's farm is on Eaglemount Road. We cultivate apples and other fruit and have a small vineyard. We started and own and operate a small wine and cidery at our farm on Eaglemount.

## Bio

Born in Seattle, I grew up in Redmond back when it was a one-light town known for its Bike Derby instead of for Microsoft. I graduated from Whitman College in Walla Walla and received a master's degree in English and education from the University of Virginia. I taught at Piedmont Virginia Community College in Charlottesville for six years, but my husband and I missed the mountains and the water of the Puget Sound region, so we came back home where we both began careers as editors.

Five years ago, after years of visiting Port Townsend, we moved here from Vashon Island when the growth of the Internet enabled us to live wherever we pleased. We spend as much time as possible hiking and backpacking, and, like many people in Port Townsend, devote much of our spare time to fixing up our old house. I love living in a walkable town, small but with so much going on, and close to the mountains – a town that is constantly reinventing itself.



# BOARD

# Candidates

## Jim Davis cont.

### Why would you like to serve of the Board of Directors?

I have been a member of the Co-op for many years now and produced fruit and cider for the Co-op and would like to contribute my time to help further the Co-op's goals.

### Describe your interest, experience, and expertise that may contribute to the Board's activities.

My interests are in organic and non-GMO foods. My expertise is the fact that I have followed this subject for a long time and have voluminous data on the subject and would fit quite well with the Co-op's position on non-GMO foods.

### Which part of the strategic plan excites you the most? Why?

It is the plan to keep GMO foods off our shelves that excites me the most because I had a very devastating reaction to GMO food that was almost lethal to me.

## Joyce Hueseman



### Bio

I grew up on a typical AWFUL American diet – like where veggies came out of a can, not the soil. I never saw an eggplant, a parsnip, a turnip, not even a mushroom or jalapeno. I had a lot to learn and, with the help of friends who had grown up on farms, I learned to eat all the good stuff I never knew existed before. I have participated in food co-operatives and buying clubs since 1988 and have been a member of the Port Townsend Food Co-op for more than 16 years.

I strongly support organic, non-GMO, local/regional, and non-corporate products. I home can and dry much of my food, grind most of my flour, sew, knit, and read math, physics and astronomy for fun. I should say that I have a vegetable garden for fun, but it has always been such a disaster that it hasn't been too much fun (like you would not believe the bugs), so I always end up at Co-op or farmers market looking for fresh veggies. I belong to a number of environmental and animal welfare organizations and have fostered over 70 homeless animals during the past 10 years. Anyway, I have loved the Co-op for many years and want to make it even better.

### Why would you like to serve on the Board of Directors?

I would like to serve on the Board of Directors because I care deeply about the Port Townsend Food Co-op and I want to help guide it in a constructive direction, insuring that all changes are positive changes.

### Describe your interest, experience, and expertise that may contribute to the Board's activities.

I am very familiar with organic and local produce and products as well as alternative and non-corporate products in general. As a former professor and organizer, I have had a lot of experience in strategic thinking and problem-solving of every kind. I get along well with people and see to it that I'm there when I'm needed. I think I am needed on the Board at this point in time, and I hope you will think so, too.

### Which part of the strategic plan excites you the most? Why?

Specific areas of interest – all – but especially Market Position and Internal Capacity. Regarding the Market Position of the Co-op, I believe it is our mission to provide a maximum of top-quality (organic, non-GMO, etc.) alternatives and non-corporate products as well as local produce (as far as possible) to our community. Our philosophy is different from that of the large chain grocers who care only about the bottom line. While we certainly enjoy profits, we put people and Co-op values first. We need to continue to offer the local community the things they can't get elsewhere in an ambience they do not find elsewhere. Regarding Internal Capacity Building, in order to be successful, we must have happy, content, secure and well-paid staff. A happy staff makes happy customers. Although the Board is not involved in the day-to-day operations of the Co-op, it must insure that management respects the needs of the staff and solicits, considers, and implements their thoughtful suggestions. The most successful enterprises in this nation find their best ideas at the ground-level, from the staff that is in direct contact with the customer.



# BOARD

# Candidates

## David Wayne Johnson



### Bio

I grew up in the Denver area and earned a Bachelor of Arts in Humanities, with concentrations in history, English, theatre and philosophy from Fort Lewis College in Durango. Moving to Seattle right after college in '83 to pursue a career as a playwright, (until I realized I wasn't very good at it), I worked in construction, printing, computers, and accounting until I decided to move to Port Townsend in 1998 where I found a job managing a small land use planning firm (Madrona). I had looked all over Washington State for a small town to live in and Port Townsend was it – for the natural beauty and access to Puget Sound and Olympic National Park, for the arts (I love music and theatre), for the restaurants, for the slower pace, casual vibe, and the incredible people. I'm an avid backpacker and make several trips a year into the Olympic Mountains and hope to hike all the trails within the park before I die. For the past eight years I've been a planner for the county – an amazing experience in many ways!

### Why would you like to serve on the Board of Directors?

It's important for all of us to serve our community in whatever capacity we can. I believe I can serve our community best on the Board of the Co-op, which I will describe in more detail within the next two responses.

### Describe your interest, experience, and expertise that may contribute to the Board's activities.

I have been interested in growing and cooking healthy food since I was a boy eating fresh vegetables and berries out of my Mother's garden. I understand that a nutritious diet and exercise are essential for health and happiness, especially when shared with others. I've experimented with different diets (vegetarian, paleo, ph-balanced) and styles of cooking, and so have a broad range of knowledge and experience regarding food. Recently, I took a Northwest Earth Institute course titled, "Hungry for Change" that instilled an appreciation for the ethics of food systems and inspired me to go further in promoting wholesome, unprocessed, home-grown food and local food systems. I also just completed a design certification course in permaculture and am working on converting my quarter acre lot into an urban permaculture site so I can grow much of my own food (lots of work and fun!). As far as board of directors experience, I've served on the board of the Key City Public Theatre (formerly known as "Key City Players") twice over the last 10 years, once as treasurer and the other as vice president, and was also a founding member of the Jefferson County Conservation Futures Committee. And don't forget that I was the zombie in the "My Coop Rocks!" Fast Food Zombie video!

### Which part of the strategic plan excites you the most? Why?

All of the stated goals of the strategic plan are important, but if I had to choose one, it would be Food System Development. As a land use planner for the county, I'm well aware of the crucial role food systems play in our lives, especially in emergency preparedness, which most people don't think too much about until there's a shortage of food. Citizens for Local Food just released a farmer survey that not only provides a pretty clear picture of the agricultural situation in Jefferson County, but indicates several areas where we could make some changes for a significant gain in food security and system resiliency, to the benefit of all.

## Monica leRoux



### Bio

I was born in Missoula, Mont., and I've lived in and enjoyed both rural and urban settings from Orcas Island and Port Townsend, to Seattle, New York City, and Washington, DC. I've worked in a university library, various doctors' offices, a corporate real estate firm, and a tall ship galley or two. Currently I am a clerk at both William James Bookseller and the Imprint Bookstore. I take pleasure in volunteering for Centrum during their summer concert series, and occasionally step onto the local tall ship Adventuress to help them stock the galley for a sailing season or two. I live in a tiny house (less than 200 square feet) which allows me to save money for various adventures, some of which have included travels in the Americas, Europe, Africa, and Asia. I've visited grocery stores in every place along the way – I adore finding ingredients I've never heard of and experimenting. I love Port Townsend, have put down roots here, and am looking forward to finding new ways to participate in this community.



# BOARD

# Candidates

## Monica leRoux cont.

### Why would you like to serve on the Board of Directors?

Five years ago I took a class called “Menu for the Future,” which resulted in my feeling that I needed to shop for food in an entirely different way, reading every label, turning towards whole foods, and making decisions that reflect an ability to “vote with my dollar.” Because I know that the Co-op supports all of these things, I am hoping that serving on the Board of Directors will be a chance to address these issues on a more macro level.

### Describe your interest, experience, and expertise that may contribute to the Board’s activities.

The skills and experience I believe I can bring to the Board include practice with researching relevant topics, the ability to balance priorities in terms of budget and ideals, and past history facilitating discussion so that common ground can be reached. I hope my ability to learn quickly and adapt to new situations will mean that I can smoothly fit into what appears to be a very high-functioning system. The Five-Year Strategic Plan strikes me as a wonderful accomplishment, and an excellent starting point for future decision making.

### Which part of the strategic plan excites you the most? Why?

In particular, I am quite interested in Food System Development, especially as it pertains to community food security. I believe that emergency preparedness doesn’t simply mean packing a bag with canned goods and stowing it in the back of a closet, but instead includes supporting local farmers, sharing the skills needed to cook meals from dry goods in one’s pantry, and fostering community connections so that in hard times we know that we can turn to each other for help. And as a lovely side effect, we create more local jobs that people can feel real satisfaction in performing!

## Bob Podrat



### Bio

I purchased a home in Port Townsend in 2002, and one of my first actions was to join the Food Co-op. I have a long history of being part of the Co-operative Movement. I joined PCC when I moved from Boston to Seattle in 1986 and prior to that worked in Massachusetts’s credit unions, the financial co-operatives, for 15 years.

I consider myself very fortunate to be living and working in Port Townsend. I enjoy the beauty of the environment as well as the populace. Where else in the world could I find so many interesting people in a city of 9,000 and a county of 30,000?

I work as a self-employed counselor, executive coach and consultant. I have offices in Seattle and in Port Townsend. I specialize in optimizing relationships and in workplace issues. My education consists of a master’s in business administration and a master’s in counseling.

### Why would you like to serve on the Board of Directors?

The Port Townsend Food Co-op is dear to me and, I believe, the community at large. I want to see a thriving co-op that is proactive in meeting the needs of an expanding membership. I would like to make my contribution to that end.

The Co-op is at a significant point in its life cycle. The Board and staff have completed the Co-op’s first strategic plan and the implementation phase is about to begin. I believe that the timing is perfect for my involvement.

### Describe your interest, experience, and expertise that may contribute to the Board’s activities.

Much of my training, workplace experience and volunteer activities are applicable to the role of Co-op board member. I am acquainted with both goal and process orientation and am comfortable with group process. I have served on several boards including the board of the Quimper Community Federal Credit Union. I also have been an executive director in a non-profit and understand the difference in the roles and responsibilities of executive director and board member.

### Which part of the strategic plan excites you the most? Why?

I think that the strategic plan is an excellent one and am pleased to see that it’s based upon member feedback. Each of the five portions are important and I recognize that I am drawn to, and would most likely make my greatest contribution to, the Market Position strategy. That is closely followed by the other four strategies. You can see that, if elected, I will be a very busy board member.

The Market Position portion of the strategic plan appears to me to be primary. The other four items are extremely important but cannot assure success for the Co-op. It is through identifying our strengths, capacities, and challenges that we will solidify our niche and bring continued success to the Co-op and its membership.



## Patricia Smith



### Bio

My name is Patricia Smith. I believe people should have access to good, nutritious, reasonably and fairly priced, and sustainably produced food. I support our local farmers and producers within the community and in the purchases that I make for my family.

I have lived in Port Townsend since 2007, drawn here by the beautiful environment and wonderful sense of community. On our arrival, my husband and I joined our Food Co-op. I am a cancer survivor, a PT Food Bank volunteer, hospice volunteer with Jefferson Healthcare Home Health and Hospice, and Advisory Council member for the Olympic Area Agency on Aging. For four years I served as board member and officer of Slow Food North Olympic Peninsula. I love growing vegetables and berries in my yard.

My career includes broad-based business management as human resources director, internal audit director and regional operations and claims manager with the California State Compensation Insurance Fund. I completed an MBA in management, MA course study in gerontology, and a certificate in Loss and Grief.

I believe that my values, experience, and abilities make me an excellent choice for the Co-op Board.

### Why would you like to serve on the Board of Directors?

I believe in giving in alignment with my values. I appreciate the value of nutritious, organic, and locally produced food. I joined the Co-op on moving to Port Townsend, and have shopped here exclusively ever since. I think the Co-op serves a vital role in our community. I am thrilled that it continues to increase its local and regional products. The Co-op is an organization that closely matches my values, and I would like to take a more active role in supporting its mission.

### Describe your interest, experience, and expertise that may contribute to the Board's activities.

I am interested in ensuring that our community continues to have access to healthy, reasonably and fairly priced food. One way I help is by supporting local farmers and producers. I grow some of my own vegetables and fruit. I am passionate about bringing people together to enjoy food and community.

I have expertise in employment issues, having worked as human resources director and regional operations manager for California Workers Compensation Insurance Fund. I also have general business expertise, having attained an MBA and serving as internal audit director. One of my strengths was in bringing together teams to plan, develop strategies, and solve problems. I have been trained as an analyst and am objective and balanced in my approach to issues. I am a listener and team player.

### Which part of the strategic plan excites you the most? Why?

I am most drawn to the Market Position goal because I see it as the core value of the Co-op. It is risky to assume that we can just continue on as we are; there is opportunity to strengthen what the Co-op does well and to ensure that it continues to meet community needs. I am particularly excited about making it even more welcoming, accessible and affordable, because I would love to see non-Co-op shoppers value healthy, local, and sustainable food and enjoy shopping at the Co-op.

# Candidates

## William Vogt



### Bio

I was raised in Ohio, and graduated with a BA degree in biology from Wilmington College. After college I was drafted during Vietnam, but ended up serving at Fort Hood, Texas. After the army, I earned a teaching certificate from Cleveland State University. My first teaching position was in Camden, Maine, where I taught elementary school for 12 years. I earned a master's degree in school administration from Southern Maine University. While living in Maine I had a large organic garden that enabled my family to be close to food self-sufficient. I have two children with my first wife: Naomi (43) and Ben (38), and one child with my second wife: Ara (26). I moved to Coon Rapids, Minn., and taught there for five years. Then I moved to Largo, Fla., and taught there for 20 years. I retired three years ago and a little over a year ago moved to Port Townsend. I bought a log cabin in town and have been fixing it up ever since. I am in the process of making and growing a nice vegetable garden. I moved to Port Townsend to be closer to my children, especially my son, Ben, who lives in Seattle. I have grown to love Port Townsend and have participated in many of the town's activities. I am impressed that a town the size of Port Townsend can support such a wonderful co-op.

## Port Townsend Food Co-op Mission Statement:

Seeking to uphold the health of our community and world, the Food Co-op, a consumer co-operative, 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

The Port Townsend Food Co-op, whose owners voluntarily and consciously co-operate for the common good, acts to create social and economic change and improvement within the larger community.

In the spirit of this cooperative endeavor, we affirm and promote our mission by:

1. Providing healthful, environmentally responsible and socially accountable food, products, packaging, nutritional information, and education.
2. Functioning as a member-owned cooperative, using a broad-range of opportunities for member volunteerism, participation, and involvement.
3. Creating a model for economic, social, and environmental justice, sustainability, democracy, and integrity.
4. Generating an engaging workplace through the cultivation of the principles of trust, fairness, transparency, democracy and cooperation.
5. Supporting local farmers and the development of regional food production systems and emphasizing seasonal availability of local and regional products.
6. Operating in a transparent fashion to engender trust in all aspects of cooperative governance and operations so that member votes, opinions, and concerns are heard and weighted fully.



### William Vogt cont.

**Why would you like to serve on the Board of Directors?** I would like to serve on the Board of Directors of the Co-op because I am retired and have the time and energy for such an endeavor. I believe the Co-op is a viable and needed part of the Port Townsend community, and I would like to be part of continuing its wonderful work.

### **Describe your interest, experience, and expertise that may contribute to the Board's activities.**

I feel I have a wealth of experience to help the Co-op. I was an active member of a healthy (non-store) food co-op in Camden, Maine. I have an interest in organic food, and I have a master's degree in administration. I have also been on many successful committees during my 37 years in education.

### **Which part of the strategic plan excites you the most? Why?**

The part of the strategic plan that excites me the most is the strengthening of the community's source of organic, non-GMO, local, and regional products. This goal that promotes local organic farms is, I believe, the way the nation needs to revert back to, and continue to expand because of health and finance. I also (because of my educational background) am drawn to the Education, Outreach, and Advocacy goal.

We are a natural foods consumer cooperative formed in 1972 serving over 6,500 active members with gross annual sales of close to \$12 million.

Our democratically elected board of directors is responsible for:

- ensuring that the cooperative meets the needs of the members and that resources are used wisely.
- monitoring progress, and annually reviewing and updating the five-year strategies as needed.

Our strategic plan outlines five long-range goals that provide broad direction for management, while enabling flexibility and creativity in implementation.

## Please join us! Let's discuss our goals:

1. Market Position
2. Food System Development
3. Internal Capacity Building
4. Environmental Sustainability
5. Education, Outreach, Advocacy

# Annual Meeting

Masonic Lodge, 1338 Jefferson St.

Sunday, May 19

4:30-7:30 pm

4:30-5pm - By-Law Change Discussion

5-7:30pm - Annual Meeting

# CULTIVATING CONVERSATION







# Alaffia!

One of the most exciting companies that we buy wholesale products from benefits the regional economy as well as the global economy. The American side of Alaffia is based in Olympia, Wash. The African side of this company is rooted in West Africa where its co-founder, Olowo-n'djo Tchala, originates.

Olowo-n'djo, who met his wife and company co-founder, Rose Hyde, in 1996 when she was in the Peace Corps, recently received a Washington State Jefferson Award in recognition of his mission to advance gender equality and alleviate poverty in his native Togo, West Africa. The Jefferson Awards for Public Service is considered the United States' "Nobel Prize for community and public service," and was created in 1972 to recognize, inspire and activate volunteerism and public service in communities, workplaces, and schools across America.

Five Jefferson Award recipients in the state of Washington were chosen based on their outstanding commitment to their communities. The five criteria - vision, creativity, tenacity, need and impact - mirror Tchala's dedication and tireless work to improve lives in Togo and strengthen the connection between Togolese and Washington communities.

Tchala's journey began in 2003, when he decided that he must do something for the women in his home country of Togo - women like his mother who were denied education as girls and opportunities as adults. He recognized that these women have something unique to offer; their traditional knowledge of handcrafting shea butter, and that by telling their story and bringing their product and knowledge to the world, shea butter could generate enough income to support these women and their families and communities.

With this vision, Tchala organized a women's cooperative in Togo to produce shea butter and created Alaffia to produce and market shea butter skin and hair care products, returning sales from the products to the cooperative and to community empowerment projects in Togo. Ten years later, the shea butter cooperative is the biggest private employer in central Togo with more than 400 members and employees. In the U.S., Alaffia employs more than 60 people in Olympia. In addition, Alaffia has sent more than 4,500 used bicycles from Washington to Togolese girls to enable them to get to school, planted more than 10,000 trees and saves the lives of 1,000 mothers and babies each year through their Maternal Health Program.

Olowo-n'djo believes that the opportunities he was given make him responsible to bring opportunities to others, and this drive is bringing huge impact to his communities in Togo and Washington State.



Port Townsend Food Co-op employees recently visited the Alaffia's Olympia headquarters to better acquaint themselves with their products. Shown here in Alaffia co-founder Olowo-n'djo Tchala's office are (left to right): Skylark Beck, Ellen O'Shea, Mario Gonzalez, Ruth Bascom, Jan Tobin, Olowo-n'djo Tchala, Liz Lindstrom, and Kathie Meyer.



Liz Lindstrom, the Co-op's Wellness Department buyer, holds up a block of unprocessed shea butter at Alaffia's Olympia warehouse.



Lanessa Inman, Alaffia's community project director, was an informative and friendly tour guide. Here she shows off "Africa's Secret," certified fair trade, multi-purpose skin cream.

"I am deeply humbled to be given the destiny of empowering others. I strongly believe that together we are marching forward towards a common goal of achieving human dignity and equality for all," said Tchala.

Directly or indirectly, he has bettered the lives of tens of thousands of people and has dedicated his life to improving the lives of others. The Port Townsend Food Co-op feels deeply privileged to be a part of his life.

"No race can prosper till it learns there is as much dignity in tilling a field as in writing a poem." - Booker T. Washington

# NATURAL FLAVORS

not what you might think

FOOD CO-OP PRODUCT RESEARCH COMMITTEE

You've seen the words "natural flavors" on the label in packaged products such as breakfast cereals, cooking oil sprays, flavored yogurt and other dairy items, beverages, snacks, and more. One might think that natural blueberry flavor would come from blueberries, natural vanilla flavor from vanilla, natural strawberry flavor from strawberries, etc. This is not the case, alas, even in some organic products.

The FDA's definition for "natural flavor" only prohibits them from being made from chemicals synthesized in the lab. Producers aren't required to state the source of the flavoring. While an artificial flavor is a chemical molecule that has a taste resembling, say, strawberries, the "natural" version of the flavor may be an identical molecule derived from a "natural" source – such as strawberries, right?

Guess again. The flavor might come from the anal gland of a beaver, or the scent gland of the civet cat (cousin to a skunk). No, this is not a joke!

If this weren't icky enough, there might be something far more sinister lurking beneath those flavors. This is what that manufacturers are banking on: that you and your family will prefer their customized sweet, juicy, intense flavor over the real thing. Peachier than a peach, berrier than a berry, coco-nuttier than a coconut. In an era where children aren't enthusiastic about real food, why would we teach their taste buds to crave the BIG flavors that those magic molecules have to offer?

Maybe it isn't essential to know exactly which animal parts, minerals, or mystery plants may be flavoring your food. But please remember that you are being taught to crave those super-tasty molecules.

Read the label! Does the product state that it contains added flavor and specify the type of flavor ingredient used in the product? For example, one brand of yogurt lists "natural pomegranate juice concentrate" as its flavor, but another only shows unspecified "natural flavors" on its label ingredient list. The choice is yours!

# Traditional Eating

DR. MOLLY FORCE, NATUROPATHIC FAMILY PHYSICIAN

Ask yourself, are you eating traditional, whole foods on a daily basis? You may find that your diet lacks vital nutrients that you can easily get through traditionally prepared foods. You may be choosing quick food options with your busy schedule and forgetting about some of the most affordable and healthy foods available.

What is a traditional food? The idea is straightforward: these are foods that are prepared and eaten in the same "traditional" form they have been made in for centuries. There is great wisdom in the ways these foods are made, naturally without preservatives and in forms that are easy to absorb and extremely nutrient dense. Many of these foods allow for an increased shelf life without refrigeration by using the naturally occurring good bacteria we know as probiotics, which are critical for your immune response, healthy digestion, and even mood.

You will find that going back to the basics and eating more traditional foods in your diet can be helpful in the treatment of autoimmune conditions, skin disorders, joint pain, obesity, hormone imbalances (including menopausal symptoms), and mood disorders. This is simply because these foods are the best ways to provide your body with critical nutrients in forms that your body can recognize, absorb, and use.

**Bone Broth:** This liquid is rich in amino acids, minerals, and vitamins. You can make this simply by boiling the bones in water for 4-40 hours. You may add other vegetables, herbs, salt, and even 1 tablespoon of apple cider vinegar to encourage the minerals to be pulled out of the bones into the broth. You can make a very tasty, flavorful broth simply by putting your ingredients into your crock pot and setting it on low for 12 hours. Bone broth is an excellent base for your soups, grains, or even on its own. This is a very cheap food! Rather than throwing your bones away after you make meat, save them frozen (in a BPA-free freezer bag) until you are ready to make your stock. Stock bones are also very cheap to purchase. Always try to use grass-fed or pasture-raised animal bones for your stocks as they have a complete amino acid profile and are extremely rich in nutrients.

**Organ Meat:** You may be thinking, yuck! It is wild to imagine, but organ meats are truly the most concentrated sources of nutrients found in any food substance. As traditional foods, organ meats were revered and saved for society's rich and powerful. Organ meats like: liver, heart, kidney, tripe, and brain are much better for you than muscle meats. Fortunately organ meats can be prepared and served in ways that are palatable and even taste good. Some of my favorite recipes are in Sally Fallon's "Nourishing Traditions" cookbook. Luckily for you, organ meats are currently some of the cheapest forms of animal protein available, as we have generally forgotten as a society the value to these foods. You should always try to buy grass-fed or pasture-raised animal organs for a better nutrient profile and to reduce your exposure to toxins which may be concentrated in the organ meat of conventionally raised animals.

**Gelatin:** If you are unable to have bone broth and organ meat at least a few times a week, gelatin makes a great addition to your diet. Gelatin contains proline and glycine, two critical amino acids for healthy skin, hair, nails, digestion, sleep, wound healing, immune function, and weight regulation. Gelatin powder can be mixed into water, stock, or even made into jello.

**Fermented Veggies:** You will recognize these in the form of fresh sauerkraut, kimchee, and beetkraut. These foods are naturally high in probiotics, critical for your digestion.

*Dr. Molly Force 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](http://www.ProspersNaturalHealth.com) or 385-5375.*

"When eating bamboo sprouts, remember the man who planted them." - Chinese Proverb

# Eat shoots and sprouts

JAN TOBIN, Wellness Department Manager



**C**ultivating seeds for nutrition can help any of us prosper in health. Seeds contain all the elements for life – they are small embryonic plants enclosed in a covering called the seed coat. The coat typically stores nutrients for feeding the embryo once it is sprouted.

Sprouts are living foods enriched by sunshine. Sprouted seeds have a high vitamin and mineral content, and when a seed sprouts, its food value skyrockets. Starches turn to sugar.

According to Sally Fallon, author of *Nourishing Traditions*, credit for discovering the value of sprouted seeds traditionally goes to the Chinese who learned to germinate legumes many centuries ago. They carried mung beans on their ocean-going ships, sprouted them throughout their voyage and consumed them in sufficient quantities to prevent scurvy.

In the past, grains possessed much more nutritional value than they do today. Before the advent of factory farms, grain came to consumers already partially fermented. After harvesting, sheaves of grain were put into shocks, gathered, and built into stacks which stood in the field for several more weeks before threshing. During this period of weathering in the field, the grain seeds were exposed to rain and dew which soaked into the sheaves. The grain could pick up this moisture and, with heat from the sun, conditions were ideal for a favorable degree of germination and enzyme multiplication.

The process of germinating produces vitamin C, and sprouting increases vitamin B content, especially B2, B5, and B6. Carotene increases – sometimes eightfold! Sprouting neutralizes phytic acid, a substance present in the bran of

all grains that inhibits absorption of calcium, magnesium, iron, copper and zinc. Sprouting also neutralizes enzymes in the digestive tract. Complex sugars responsible for intestinal gas are broken down during sprouting, and a portion of the starch in grain is transformed into sugar. Sprouting inactivates aflatoxins, potent carcinogens found in grains. Numerous enzymes that help digestion are produced during the germination process.

Be advised regarding overconsumption of *raw* sprouted grains. Raw sprouts contain irritating substances which keep animals from eating the tender shoots. Sprouts should be lightly steamed or cooked in soups and casseroles.

*Nourishing Traditions* states, “There is only one seed we do not recommend in sprouted (or in any form) and that is – surprisingly – alfalfa. Tests have shown that alfalfa sprouts inhibit the immune system and can contribute to inflammatory arthritis and lupus. Alfalfa seeds contain an amino acid called canavanine that can be toxic to humans and animals when taken in quantity. (Canavanine is not found in mature alfalfa plants; it is apparently metabolized during growth).”

*Laurel’s Kitchen* explains that alfalfa contains saponins, substances which, when eaten in large amounts, damage red blood cells. However, the question becomes how much is too much? As Laurel states, the lesson is moderation in all things.

Sprouts need to be eaten soon after they are “ripened” to get their full nutritional benefits. They can take the place of lettuce in sandwiches, be added to salads, or add them whole to cooking veggies for just a few seconds to a minute.

## Seeds to sprout

We carry a variety of seeds at the Co-op for sprouting in both the bulk and wellness sections of the store including:

- Radish Soy
- Soy
- Broccoli
- Mung
- Chia
- Wheat berries
- Red clover
- Spelt
- Lentils
- Quinoa

No special equipment is required for sprouting. All you need is a wide-mouth, quart-sized mason jar (or gallon-size for those with larger families) with a screen to fit the top. Fill the jar 1/3 full of grain or seed. Add filtered water up to the top of the jar and screw on the screen insert. Soak the seeds overnight. The next day, pour the water off and rinse the seeds well. Set the jar on its side to allow for circulation. Rinse twice a day. Sprouts will be ready in 1–4 days. Rinse well, shake off excess moisture, and replace the screen top with a solid top. Store in the refrigerator and eat within two to three days. Be aware of any mold that may occur, and dispose of any moldy sprouts. Sprouts should be crisp-looking, attached to the bud. Avoid dark and slimy sprouts.

Here at the Co-op, we have several seeds, nuts, and grains available for sprouting. In addition, we have gallon sprouting jars as well as two different types of sprouting lids.

Happiness must be cultivated. It is like character. It is not a thing to be safely let alone for a moment, or it will run to weeds.  
- Elizabeth Stuart Phelps

# The Price Is Right

KATHIE MEYER, Outreach/Education/Marketing Manager

Where food is concerned, like so many things, you get what you pay for. We know there is a prevailing perception that the Co-op is “expensive,” but one day, when looking at a competitor’s sale flyer, I realized we had a better price on organic blueberries. Their price was \$6 for an 8.8 ounce clamshell of organic blueberries; our price during that same week was an 11 ounce clamshell for \$4.99. I did the math, and determined that they were selling organic blueberries for 68 cents per ounce while we were selling the same for 45 cents per ounce.

I decided then that maybe I should do an investigative project because I admit that I, too, believed people pay more at the Food Co-op. Now I was beginning to wonder if that was really true. Because I have lived on a single person’s income my entire adult life, getting a good deal on good food is very important to me, just as it is for people raising children.

In this study, I started out taking just the prices for organic produce advertised by our two largest local competitors and compared them to the exact same thing at the Co-op. A couple of weeks later, I started to compare other things such as lean ground beef, salad mix, Kind bars, and milk.

I am only comparing organic items to organic items, of course. We all know that non-organic food costs less for several different reasons. None of these reasons translate into organic farming as something that makes anyone in the supply chain rich by any stretch of the imagination, so let’s just leave it at that.

What this means is, in order to feed your family healthy food, you must commit to paying a higher price from the start. Think of it as a long-term investment in your health that pays off in dividends further down the road. I do believe it is worth it.

## Shop the sales

Assuming you agree with me that organic food is worth the extra money, here are the steps one must take to save money after you’ve crossed that bridge of commitment:

The first requirement of keeping your food cash outlay to a minimum is the same as buying non-organic food: you must learn to cook. When someone says our co-op is expensive and then gives our deli food as an example, I know they aren’t really planning meals in advance or cooking for themselves. That’s okay. We all do it sometimes. But when you cook for yourself, the labor is free. When others cook for you, the labor is not, and the price will reflect that.

The next step is planning your meals around the sale items and looking for in-store coupons. We post what’s on sale in produce every week on our web site ([foodcoop.coop](http://foodcoop.coop)) and on our Facebook account ([facebook.com/PortTownsendFoodCoop](https://www.facebook.com/PortTownsendFoodCoop)). We also post the Co+ flyer which advertises grocery items on sale through the co-op umbrella organization, the National Cooperative Grocers Association, on our web site. The flyer is also available in hard copy in the store.

Sometimes, you’ll get an even better deal than intended. A couple of weeks ago, we made a mistake on our produce ad and listed pints of blueberries for \$2.99. After some discussion, we decided to run with the printed price anyway. That week, our customers bought those blueberries for only pennies above the cost. The next week, St. Paddy’s week, we ran a similar, intentional special on cabbage.

Keep in mind, too, that buying in bulk saves money over buying packaged items almost all of the time. Sometimes, though, we find that bottled olive oil costs less than the bulk because there is a sale price as well as a coupon for the bottled variety. Saving money on food does require a certain amount of awareness and diligence. I can’t stress that statement enough.

We also offer our Special Order Program for co-op members. If you order a case of anything available through our suppliers, our Store Inventory, Pricing and Systems Manager Deb Shortess looks for the best price and adds a certain percentage. Generally, we say that we will save you about 20 percent, perhaps even more. If you have questions, please ask at our Member Services Desk or call Deb at 385-2883, ext. 106.

## ‘Every Day, Great Price’

Some store items, labeled “Every Day, Great Price,” are priced with minimal mark up, usually 15 percent. These items are:

### *In the Wellness Department -*

- XyliWhite toothpaste
- Dr. Bronner’s unscented bar soap

### *In the Grocery Department -*

- Bio-Kleen laundry powder
- Seventh Generation toilet paper, single roll (1- or 2-ply)
- Seventh Generation toilet paper, 4-pack
- Alvarado sprouted multi-grain bread
- Pacific Foods soy milk, unsweetened (aseptic)

### *In the Bulk Department -*

- Non-organic, short-grain brown rice
- Organic split green peas
- Organic millet
- Organic regular rolled oats
- Natural Value elbow macaroni



“Cultivating a close, warmhearted feeling for others automatically puts the mind at ease.” - Dalai Lama

• Blue Heron Bakery Rebel Crunch granola

• Vita 6-grain cereal

• Non-organic, grid-your-own peanut butter

• Pacific Foods soy milk, unsweetened (aseptic)

We've started to take a close look at this list and are already discussing the addition of more items. When we do that, we will be sure and let you know.

Lastly, we also have produce that has aged a bit, but still quite useful, marked with red tape at half off near the doors to the back room of the Produce Department.

## Research results

Now let's go back to my research project. What did I find exactly? I found that, over the course of four weeks, when comparing items listed in the competitor's sale flyers with the same products on our shelves, that the Food Co-op was equal to or less than their price 72 percent of the time. Really. If you don't believe me, send me an email at [kathie@foodcoop.coop](mailto:kathie@foodcoop.coop), and I will send you a copy of my spreadsheet.

Let's not stop there though. Let me also tell you that we make only a penny profit on every dollar that goes in the till. What that means is after we pay for the wholesale cost of the food and non-grocery items, the light bill, the labor, the mortgage, etc., we have only 1 cent left over. Honestly.

I would also like to say that money spent at the Food Co-op is money that stays in this community. You buy product from us, we then pay our employees who buy product from you. Pretty simple. I will never understand why people drive all the way to Silverdale or even Sequim to "save" a few dollars either. I'm not sure they really do when you factor in the cost of gasoline. For me, my time is precious, too. But that's another research project for another time.

So there you have it. Is the Food Co-op "expensive"? Not really. Only if you want it to be.

# Best Granola

CINDY SCOTT, Co-op Board Assistant

- 3 1/2 cups rolled oats
- 1/2 cup crisp rice cereal
- 3 Tablespoons flax meal
- 3 Tablespoons chia seeds
- 1/4 cup sunflower (or pumpkin) seeds
- 1/2 cup chopped almonds
- 2 teaspoons cinnamon
- 1 teaspoon sea salt
- 1/4 cup brown sugar
- 1/4 cup vegetable oil
- 2 Tablespoons honey
- 1 Tablespoons maple syrup
- 2 teaspoons vanilla
- 2 cups dried fruit

Preheat the oven to 375 degrees. Line a baking sheet with foil or parchment paper. Set aside.

In a large bowl, combine all the ingredients except for the dried fruit. Mix until combined.

Spread the granola mixture on the baking sheet, into an even layer. Bake for 20 to 30 minutes, until nice and golden brown, stirring every 10 minutes.

Remove granola from the oven and let cool completely (in pan) on a wire rack. Once the granola has cooled, mix in the dried fruit. Store in an air-tight container.



Buying granola from the Bulk Department is cheaper than buying it in the box. Making your own granola costs even less.

"I want to cultivate the see that was placed in me until the last small twig has grown." - Kathe Kollwitz



# Homeopathic Remedies To Help You And Your Animal Friends Prosper

DR. ANNA GARDNER, M.A. Vet.MB MRCVS  
Holistic Veterinarian

Here are some of the most helpful homeopathic remedies to have on hand for your pet. You can purchase them in 30 C potency at the Co-op, and generally they are given until relief is brought about, and as needed when symptoms return. Always seek medical help for an emergency for yourself and your pet, but homeopathic remedies can help while waiting for medical assistance and often mitigate urgent situations as well.

## Aconite

A remedy to use at the first sign of a fever, also good for shock, where the patient is very chilly. It can often avert a fever if given in the early stages, especially after being chilled or wet.

## Apis Mel

This is a remedy for swellings associated with insect bites or bee stings, it is homeopathically prepared from bee stings and will help alleviate swelling and allergic reactions to bee stings and insect bites.

## Arnica

This is a wonderful first-aid remedy to have available for injuries and shock. A bruise, or blow to the head or sports injury will often respond well to Arnica and it is usually the first remedy to turn to for this kind of injury.

## Calendula

A homeopathic remedy that can also be used topically in tincture form to help large open

wounds heal and granulate. If healing is slow and an area of skin needs to be healed Calendula will help.

## Carbo vegetalis

The remedy called the 'corpse reviver' can be invaluable where the patient is collapsed and weak or unresponsive. It can help with shock and trauma.

## Hepar Sulph

This remedy helps with infections and abscesses that are red, hot and painful, The patient often feels better with heat; they tend to be very irritable and angry.

## Hypericum

A remedy to have on hand for puncture wounds that are deep, and there may be nerves affected. It is also excellent for any type of injury to the fingers, such as trapping a finger in a door.

## Ledum

Another remedy that can be used for insect bites or puncture wounds, where there is typically less swelling than with Apis Mel, and the area around the puncture feels cold to the touch.

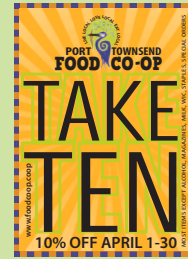
## Rhus Tox

A remedy that is invaluable for strains and sprains to ligaments and tendons that are stiff & painful, but improve with motion.

*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 health care to the animal kingdom. For more information, see [www.petsynergy.com/homeo.html](http://www.petsynergy.com/homeo.html).*

*"We got married in a fever hotter than a pepper sprout." - June Carter Cash*

# Upcoming Events



## April

**11** Member Appreciation Day - 10% off most items in the store all day long

## May

**3** Joanna Macy  
7pm, Wheeler Theater,  
Fort Worden  
Tickets, \$10, are available at the Food Co-op.



- 8** Walk A Mile in Her Shoes
- 14** Board elections end
- 19** Rhody Run
- 19** Co-op Annual Meeting

## June

**13** Taste of PT



# COMPARE

## item

Braggs Nutritional Yeast  
 Spike  
 peppermint tea (20 bags)  
 thyme  
 organic extra virgin olive oil, 25.4 oz.  
 maple syrup Grade B  
 peanut butter - non-organic)  
 Rainbow honey

These prices were calculated at press time.

## packaged

\$1.42 oz.  
 \$ .88 oz. (7 oz.); \$1 (3 oz.)  
 \$4.70 oz.  
 \$6.01 oz.  
 \$ .30 oz. (on sale); .37 oz. (reg.)  
 \$1.14 oz.  
 \$ .38 oz.  
 \$ .30 oz. (gal.); .53 oz. (qt.)

## bulk

.50 oz.  
 .57 oz.  
 1.44 oz.  
 1.61 oz.  
 .29 oz.  
 .52 oz.  
 .20 oz.  
 .25 oz.



- 1. bring** your own containers from home:
  - receive a bean or five-cent credit
  - or use one of our free plastic containers/plastic bags
  - or purchase a glass or plastic container
- 2. weigh** your container on the scale:
  - label it with a piece of tape
  - you won't pay for the weight of the container (This is called your TARE WEIGHT )
- 3. scoop** up what you need:
  - no need to weigh it again
- 4. label** with twist ties or masking tape:
  - write down the PLU number for speedy check out
  - bring your purchase to the cashier

# BULK

## just got better!

“The Great Migration” opened up space in the bulk area! We straightened the aisles, carefully chose products, relocated a few. and brought in new fixtures.

## Why buy bulk? cost - convenience - ecology

It is cheaper to buy bulk, but convenient? It can be if you bring your own containers. Once you have weighed and labeled them, you can re-use and all you have to do is fill them. There is no transferring of bags to jars once when you get home. One convenience is not having to buy a whole jar of something when trying out a new recipe, just get what you need. The easy one is ecology. Fewer plastic bags and packaging in the world is just better for all of us, now and in the future.

## What's a TARE?

The tare is simply the weight of the container. Bring your own container from home, simply weigh it first while empty on the scale in the bulk department and label it with the tare weight on a piece of tape.


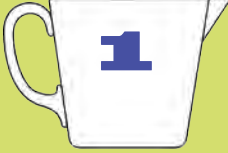
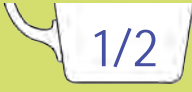





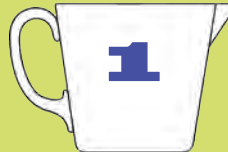











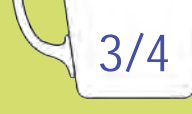





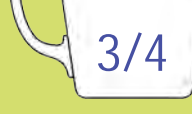
You may receive a five-cent credit or choose to donate that with a bean to one of the three local non-profit organizations for each of the rigid containers that you bring from home.

“Love does not dominate; it cultivates.” - Unknown

# GUIDE TO COOKING GRAINS

Cooking times may vary, so taste to see if grains are tender. If not, add more water and continue cooking. If grains are tasty and seem "done," drain off the excess water and serve. To speed up cooking times, pre-soak grains a few hours before cooking. Grains generally yield twice as much when cooked.

Tip: Cook once, eat twice! Grains keep 3-4 days in your fridge, so cook extra. You can warm them up for leftovers the next day with a little water or broth. Or, add cold to salads, toss into egg dishes or soup.

	1 cup grain	add water		cooking times bring to a boil, then simmer	
millet				25-35 min.	
steel-cut oats					30 min.
wheat berries					soak overnight 45-60 min.
quinoa					12-15 min.
farro					25-40 min.
COUSCOUS					boil, remove from heat, cover 6 min.
bulgur					10-12 min.
short grain rice					25-45 min. varies with rice types
long grain & brown rice	