



CO-OP COMMONS

GARDEN

REJOICE

2013 SUMMER ISSUE

GATHER



"Your descendants shall gather your fruits." - Virgil, philosopher

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At the Table

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)

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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

Kathie Meyer, Managing Editor
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Mindy Dwyer, Graphic Artist
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Cover photo: Nita J. Kulkarni

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.

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

I am a voracious reader, always have been. So, while growing up, I tried, probably more than once, to bring a book with me to the dinner table. My parents had some pretty strict rules about dinnertime etiquette, so reading was not allowed if our family was gathered together for a meal.

As a grownup living on my own now though, I can do whatever I want to do. Since I live alone about 80 percent of the time, I indulge in reading at the table quite often. As I eat, I might also absorb a newspaper, a magazine, or a bestseller. Lately, I've added textbooks to the list as I am enrolled part-time at Peninsula College taking web design classes, too.

Just as books have always been a part of my life, so also have libraries. As a high school student, my first job was as a page at Kitsap Regional Library. And, prior to moving to Port Townsend, I worked Washington State University's library for 14 years.

It should come as no surprise then that, as the Outreach/Education/Marketing Manager at The Food Co-op, I saw the opportunity to reach out in partnership to the Port Townsend Public Library. I had noticed that the Food Co-op's lending library, which was/is on the honor system, really wasn't all that effective, mainly because, for the most part, books were not always returned. What I decided to do instead of fret about unreturned books is set aside money from our budget and purchase titles for the Port Townsend library about

healthy cooking, organic gardening, food politics, and sustainable living. Our donations are marked with a bookplate signifying our gift inside each book cover.

So far, we've purchased seven books and one DVD: *Bringing It to the Table: On Farming and Food* by Wendell Berry; *Cooked: A Natural History of Transformation* by Michael Pollan; *Plastic-Free: How I Kicked the Plastic Habit and How You Can Too* by Beth Terry; *Real Snacks: Make Your Favorite Childhood Treats Without All the Junk* by Lara Ferroni; *Salt Sugar Fat: How the Food Giants Hooked Us* by Michael Moss; *Turn Here Sweet Corn: Organic Farming Works* by Atina Diffley; *The Four Season Farm Gardener's Cookbook: From the Garden to the Table in 120 Recipes* by Barbara Damrosch and Eliot Coleman; and *Genetic Roulette: The Gamble of Our Lives*, a film written, produced, and directed by Jeffrey M. Smith.

I invite you to check out these books or the DVD sometime soon because summer is the perfect time to find a beautiful spot outdoors and soak up the sun and knowledge all at the same time. I've read a couple of the above-mentioned books myself, am almost finished with *Salt Sugar Fat*, and have already started compiling the second list of library donations.

For your added convenience, we've also installed a Port Townsend Public Library book drop at the north entrance of our store. Any kind of library material, whether it is from Port Townsend or the Jefferson County Library, may be dropped off there and will be collected by library staff every day of the week except for Sundays.

When you think about it, a library is also a kind of cooperative enterprise, and it brings us great joy to know that the Food Co-op is able to make a difference in our community in this way. Because both our missions have some democratic similarities, you can expect more partnership between us and your library in the future whenever possible.



"A book is a garden, an orchard, a storehouse, a party, a company by the way, a counselor, a multitude of counselors." – Charles Baudelaire



The new Food Co-op Board of Directors, left to right: Patricia Smith; Dan Goldstein, secretary; Janet Welch, president; Monica le Roux, David Wayne Johnson, treasurer; and Lisa Barclay. Henry Werch, vice president, is not pictured. Photo by Cindy Scott, board assistant

Stepping Up

JANET WELCH, Food Co-op Board President

Just as the long awaited Northwest summer sends our gardens into overtime, so has the Food Co-op’s Board shifted into overdrive! What seemed like a very long election cycle began months ago with a concerted effort to attract candidates willing to lead our organization. And, boy, did we get them. Seven very qualified members stepped up (deepest thanks to all of you), and the membership elected Patricia Smith, Lisa Barclay, Monica le Roux, and David Wayne Johnson to fill the four open seats.

Prior to being seated at June’s board meeting, all four candidates had observed board meetings, helped write “ends” policies which identify what organizational success looks like, and became well-versed in our policies and governing documents. We did some great work with the combination of the “old” board and the new members before Steve, Sally, and Sam ended their years of service to the Co-op (deepest thanks to all of you, too!). The newly elected culminated their initiation in a day-long retreat for the “new” board together with Kenna, our general manager, and Cindy, our board assistant. We came out of that learning experience sharing insights and laughter, and truly feeling like a team.

With the group hitting the ground – or, as most of us would prefer, the trail – running, any concerns about the transition to a less-experienced board seemed to get left behind. Election of officers resulted in David

Wayne Johnson as treasurer; Dan Goldstein remaining, for a few months at least, as secretary; and Henry Werch as vice president. I am honored to have been elected president. I’m thrilled to be working with this great group of people, and I will be challenged to keep up with the board’s collective energy and ambition!

At both the retreat and the June board meeting, the board began to discuss our role in implementing the strategic plan. We identified a need to build greater connection between the board and the membership so that we can benefit from the collective wisdom of our 6,000+ members. Also, with the heavy lifting of finishing the plan and a major policy revision behind us, we now have the time to study and discuss relevant local, regional, and global food-related issues as they impact our organization. The board realizes we are pursuing our stated vision, and the paths to achieving our goals, during a time when agribusiness and other factors continue to change the world of wholesome food.

With our common understanding of the cooperative principles and deep appreciation of the importance of this democratic business structure called a cooperative, we will also look at how The Food Co-op can become even more relevant to our members as the pace of change in the world continues to escalate. I am very excited to be a part of this transformation.

BOARD CALENDAR

Tuesday, July 2
Board Meeting
Co-op Annex, 2482 Washington St.

Tuesday, Aug. 6
Board Meeting
Co-op Annex

Tuesday, Sept. 3
Board Meeting
Co-op Annex

Exact times of each board meeting are posted with the agenda on the board’s bulletin board in the store 11 days prior to the meeting.

All members are welcome to attend board meetings. Look for future opportunities to get involved in committees specifically designed to implement the strategic plan.

“Look at it. It was once a wilderness, now it’s a garden. Aren’t you proud?” – Willis Goldbeck

Defining Sustainability

KENNA EATON, Food Co-op General Manager

In 2012, we renewed our commitment to sustainability at the Food Co-op by joining the Sustainable Food Trade Association (SFTA). SFTA seeks to help organizations measure and manage sustainability. Each member is required to strive for continuous and progressive improvement and to practice transparency in 11 different areas including: organic and land use, distribution and sourcing, energy use, climate change, packaging, solid waste reduction, water use, labor, animal care, and sustainability education. Wow, that's a lot of things for us to look at.

We are also tasked with producing an annual sustainability report which documents our efforts so far and helps us set goals for improvement. Our 2012 Sustainability Report is now ready for publication, and we are truly thrilled. No two ways around it, the report itself is pretty dense, and we are still excited to share it with our members and our peers. A hard copy is available in the store for your reading pleasure – look for it by the Board of Directors' bulletin board in the store. The full report is also posted on our web site (www.foodcoop.coop) on the "Mission & Values" page found in the drop-down menu for "About Us." We also have brochures with the highlights free for the taking in the store, and have included them inside this newsletter as well.

On the heels of the completion of that hefty project, we jumped into planning our next store upgrade. The secret of all the

upgrades we've done over the past few years is that they were all planned before I even arrived in Port Townsend. All of the design work, the review, and the final drawings were previously completed, making my task super easy. I just review the plans, make sure we're ready, and then say "good to go!"

This fall, we are enclosing our southside entrance. This is the entry on the water side of the store, the one where the cold, southerly, winter winds cause us to lock the doors, forcing our customers to go all the way around the building to enter on the north side, and causing our staff to shiver and don mittens. Our plan is to completely enclose the sides of that entry and add a second set of automatic doors, thereby in essence creating an air lock. We are planning to re-roof the entryway and re-plant the green roof too, keeping the energy saving aspect of the original design. As a result, we will make winter easier and safer for everyone and everything – customers, staff, and product. At the same time, we are rebuilding our courtyard which includes paving, re-planting and adding a trellis for energy efficiency. Look for the work to start after the Wooden Boat Festival and be completed by Thanksgiving.

"They whom truth and wisdom lead, can gather honey from a weed." – William Cowper



hearty thank you awards



May
Indi



April
Khy



March
Roberto

anniversaries

July/August/September

23 years

Ruth Bascom

22 years

Deb Shortess

18 years

Liz Lindstrom

12 years

Walter Harris, Josephine Holmstedt

10 years

Brendon O'Shea

9 years

Marie Killian

8 years

Alyssum Purkey, Annie Cleveland

7 years

Hank Walker, Katy Morse

6 years

Dorothy Hoffman, Tracy Nichols

5 years

Phillip Blair, Jan Tobin

4 years

Abigail Greene, Mike Jones

3 years

Jedidiah Franke, Barbara Lytle,

Daniel Nelson, Hadley Nye

2 years

Adam Carter

1 years

Kathie Meyer, Estefana Terrazas,

Maxine Robbins, Mateo Feliz

Marquez, Maya Moon,

Ryan Wenzel, Ellen O'Shea,

Khy Griffin, Jennie Wiese

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.

SOMETHING WE MAY NOT HAVE KNOWN:

Five years ago, she traveled to Ethiopia to get her daughter who was 7 years old at the time. She is an amazing kid!

FAVES:

Yoga,
reading,
taking walks
& getting lost

Juli

Wine & Beer Buyer

INTERVIEW BY MINDY DWYER



GREATEST ACHIEVEMENT:

Backpacking and hitchhiking around the world for one year!

WORK:

Juli is a mom and has worked as a special ed teacher, a wine and beer buyer for PCC Natural Markets in Seattle, a barista at Starbucks (before espresso!), and as a cashier for the Food Co-op when she's not selecting wine and beer.

BEST PART OF HER JOB:

Wine is big and worldly, and beer is quite the opposite, more specialized. Juli likes being part of both sides of the spectrum, involved with a fun product -- one that people enjoy!

BOOKS CURRENTLY BY HER BEDSIDE:

Sophie's Choice
Love in the Time of Cholera

HISTORIC HERO:

Elizabeth Cady Stanton -- an American social activist, abolitionist, and leading figure of the early women's rights movement

FAVORITE PLACE TO LIVE:

New Zealand

PERFECT HAPPINESS:

If there is such a thing...red wine and chocolate!

MOST TREASURED POSSESSION:

Her two grandmothers' wedding rings which she wears

FAVORITE ANIMAL:

Manatee

MOTTO:

"This is paradise!"

"Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you."

– Lao Tzu

artichoke
arugula
FAVA BEAN
green bean
beets, bok choy
cabbage, carrot,
cauliflower, celeriac
CELERY, CHARDS,
cilantro, collards,
corn, cucumber
daikon, dandelion,
eggplant, endive
ESCAROLE
FENNEL,
frisee, garlic
HERBS
KALES, KOHLRABI,
leaf lettuce
leeks, **MESCLUN**
oyster mushroom
shitake mushroom
mustards, onions
PEAS, peppers,
potato, radicchio
RADISH, rutabaga,
shallot, **spinach**
squash, tomato
fruit-apple
berries, **pears**
kiwi (hardy)
plums

All Dressed Up

SIDONIE WILSON, FEAST Culinary Studio

Walk around the Co-op's produce department and say hello to the mesclun mix from Midori Farm and the romaine, red leaf, green leaf and butter heads from Dharma Ridge. Ogle the loose spinach from Sunfield or bunched arugula and breakfast radishes from Red Dog. The further we go beyond midsummer, the greater the produce potentials for salad making become.

Summer means salad, and there's a playground of possibilities to dress up your greens. Knowing how to make your own salad dressing is a skill you will be thankful for, every salad forward.

There is one basic type of salad dressing – the vinaigrette from which all other dressings evolve.

The vinaigrette is a versatile sauce which combines oil and an acid and is usually held together – emulsified – with the help of mustard. The traditional proportions for a vinaigrette are one part vinegar (or other acid such as lemon juice) to three-four parts oil. It's important to taste as you combine ingredients because, for example, balsamic vinegar is sweet so less oil is necessary, while lemon juice is more acidic and will need to be cut with more oil. The goal is tangy, but not biting. The amount of mustard is usually one fourth that of the vinegar but mustardy vinaigrettes are delicious with bitter and strong flavored greens.

A Sample of Proportions:

1 clove garlic, minced
¼ cup balsamic vinegar
1 tablespoon Dijon mustard
salt and freshly ground pepper to taste
¾ cup plus 1 tablespoon extra-virgin olive oil

I like to mix my vinaigrettes in the food processor or blender because of the creamy emulsion that it creates, but whisking by hand or shaking in a jar is fine. Oil and acid won't combine by simply being stirred together. If you've tried this, you will remember the disappointment. They need to be made into an emulsion where the acid is suspended in the oil, done by first blending all ingredients, except oil, together, then adding the oil in a slow thin stream, while whisking constantly, or with the food

processor running. The vinaigrettes made by machine will stay emulsified longer than a whisked or shaken one.

The variations of vinaigrettes are infinite as long as you remember the basic proportions. You can create countless dressings by adding other ingredients: grated or crumbled cheese, roasted garlic, capers, fresh ginger, herbs, shallot or chives, anchovies, citrus zest, sweeteners. Or you may vary the flavor with different oils and acids. For creamy dressings, like blue cheese or ranch, just substitute buttermilk, yogurt, or sour cream for some of the vinegar because they are also acidic.

When I make my own salad dressing, it gives me the control to exactly suit the salad to the sauce and balance it to the rest of my meal. I can also, importantly, have a say in the quality of the ingredients, especially the oils. My favorites are walnut, untoasted sesame, sunflower, or olive oil. I also like to add a teaspoon of flaxseed oil when I have it. Collecting or making various vinegars is also delightful. I have a jar of dandelion vinegar infusing on my counter right now, rich in minerals and bittersweet notes.

The key element to making salad dressing is to jump in, practice, take risks, experiment, and find out for yourself how to be a salad dressing aficionado.

Here are a couple of my current favorite recipes:

Green Goddess Dressing

The original dressing was created at the Palace Hotel in San Francisco at the turn of the 19th century from a stage production of the same name. Mine takes inspiration from *The Herbfarm Cookbook* by Jerry Traunfeld. Don't be afraid to give it a try with other fresh herbs.

1 cup (lightly packed) tarragon leaves
1 cup chive blossoms with bottoms removed or snipped chives
1 cup parsley leaves, no stems
6 anchovy fillets (one 2 oz. tin minus the oil)
Juice of one large lemon
1 teaspoon lemon zest
½ teaspoon sea salt
6 tablespoon walnut oil or olive oil
¾ cup whole milk yogurt
fresh ground pepper to taste on salad

Purée the herbs, anchovies, lemon juice and zest in a food processor. With the machine running, add the oil in a slow thin stream. Scrape down the sides. Add the yogurt and process until smooth.

"My garden is my most beautiful masterpiece." – Claude Monet

Floating Cloud Dressing

This is my rendition of a popular Tassajara dressing, which is great with cabbage and carrots as well as salad greens.

¼ cup rice vinegar

¼ cup white miso

1 teaspoon fresh ginger, grated

1 teaspoon wasabi paste or powder,
or dry mustard

1 clove garlic, minced

1 teaspoon toasted sesame oil

2/3 cup sesame oil

Purée all ingredients except the sesame oil in the food processor. With the machine running, add the oil in a slow thin stream. Taste and correct as you see fit.



World Cooking Classes

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. Find out about upcoming classes at feastculinaryandarts.com or email sidomaroon@yahoo.com.

Upcoming Classes

Sept. 7 and 14: Classical Turkish Cooking

Sept. 21 and 28: Food of Life – Persian/Iranian Cooking

Later in Fall/Winter

Culinaria Italy – North and South

Spanish Tapas Reimagined

Moroccan Mystic Cookery

The Joy of Dumplings – A Worldwide Compare and Contrast

Six Fabulous/Famous Asian Soups

Russian Feasts

A Field Guide to European Holiday Cookies

European Holiday Breads

What is Net Worth?

DAN GOLDSTEIN, Controller

I came out of the Co-op's annual meeting on May 19 feeling happy for a beautiful afternoon and the good discussions about our new strategic plan and about the bylaws amendment proposed by the Board. I also felt a little incomplete as if some of the issues raised by the bylaws proposal require a little more clarification.

The bylaws require a member vote to borrow money that totals more than our net worth. This is to insure the board and the general manager are accountable to the member-owners when it comes to big decisions, such as when we took out a mortgage to buy our building.

So, what is the definition of "net worth"? Investopedia.com defines it as "the amount by which assets exceed liabilities. Net worth is a concept applicable to individuals and businesses as a key measure of how much an entity is worth."

Assets are what we have, including cash in the bank, our building, equipment, and amounts owed to us. Assets are valued at what they cost us.

Liabilities are what we owe, including, for example, amounts owed our vendors and our mortgage. Net worth is the same as Total Member Equity, as it is seen on our balance sheet:

As of 12/31/12

Total Assets	\$4,329,474
Less Total Liabilities	\$1,792,851
Equals Total Member Equity or Net Worth	\$2,536,623

A common measure of the level of debt is the Debt to Equity Ratio. It is calculated as total liabilities divided by total equity aka net worth. Currently our ratio is 0.71. One of the requirements of our mortgage is that the debt to equity ratio must remain at or below 3.0. That is to say that our bank would still consider us in good shape if we had debt totaling up to three times our equity.

However, the requirement for a member vote is much lower, when we take an action to put the debt to equity ratio over 1.0. That is a pretty conservative level. This happened when we borrowed money to move the store in 2001 and when we borrowed more to buy the building in 2005. We have no plans to borrow more, but if we did want to take out a large loan, we would need to get member-owner approval first.

Since the bylaws amendment did not pass, the Food Co-op's net worth bylaw remains the same: "No loans aggregating more than The Food Co-op's net worth may be taken by the Board of Directors unless authorized by a 2/3 majority of the active membership voting in a secret ballot at the store for a period of 25 business days following a general membership meeting explaining the loan proposal."

If anyone has any further questions, please do not hesitate to contact me at dan@foodcoop.coop or 385-2831, ext. 302.

"Shall we compare our hearts to a garden -with beautiful blooms, straggling weeds, swooping birds and sunshine, rain - and most importantly, seeds." – Terri Guillemets

HAVE A picnic

Cheese Slices
 "NEW from Organic Valley - individual slices of real cheese!"
 - Josh/Specialty Lead
cheese



PORT TOWNSEND
 FOOD CO-OP

LOCAL



BEEF

Westbrook Angus

Chuck & Julie Boggs
 Chimacum



Chili Lime Aioli

- 1 clove garlic
- 1 teaspoon salt
- 1 egg
- 1 egg yolk
- 1 cup canola oil (Non-GMO)
- zest of one lime
- 2 tablespoon fresh lime juice
- 2 orange or red habanero

PUREE garlic, salt in blender
 ADD egg and yolk
 SCRAPE sides
 TURN ON BLENDER
 DROP oil in slowly to emulsify aioli
 QUICKLY PULSE lime and juice
 TRANSFER to bowl
 ADD peppers
 SERVE with vegetables, cold meats
 hard-boiled eggs, poached fish,
 or try it with french fries.

Thirst Quencher
 "Santa Cruz Organic Mango Lemonade!"
 - Peter/Grocery Team Leader
aisle 5



PORT TOWNSEND
 FOOD CO-OP

LOCAL



VEGGIES

Dharma Ridge

Zach Wailand & Haley Olson
 Quilcene



Summer Salads

"Always fresh & ready to go - perfect for picnics:
 Edamame Salad
 Thai Cucumber
 Sprouted Lentil RAW
 Citrus Sunflower Slaw
 Mediterranean Bean & Ham."
 - Josephine/Deli Clerk



deli

PORT TOWNSEND
 FOOD CO-OP

LOCAL



BY BICYCLE

Bob's Bagels

Bob Larson
 Port Townsend



112
 crunchy, crispy, salty,
 savory, spicy
ways to make you smile

check out the chip aisle

STAFF PICKS

"All my life through, the new sights of nature made me rejoice like a child." - Marie Curie

BUILD THE PERFECT *burger*



AISLE 6 CONDIMENTS

Woodstock
organic tomato ketchup
non-GMO verified

Westbrae Natural
tomato ketchup
vegetarian/unsweetened

Lopez Larry
mustard sauce
chipotle, dill caper, smoky chardonnay

Woodstock
organic mustard
handy squeeze bottle

Natural Value
organic mustard
horseradish, dijon, stoneground

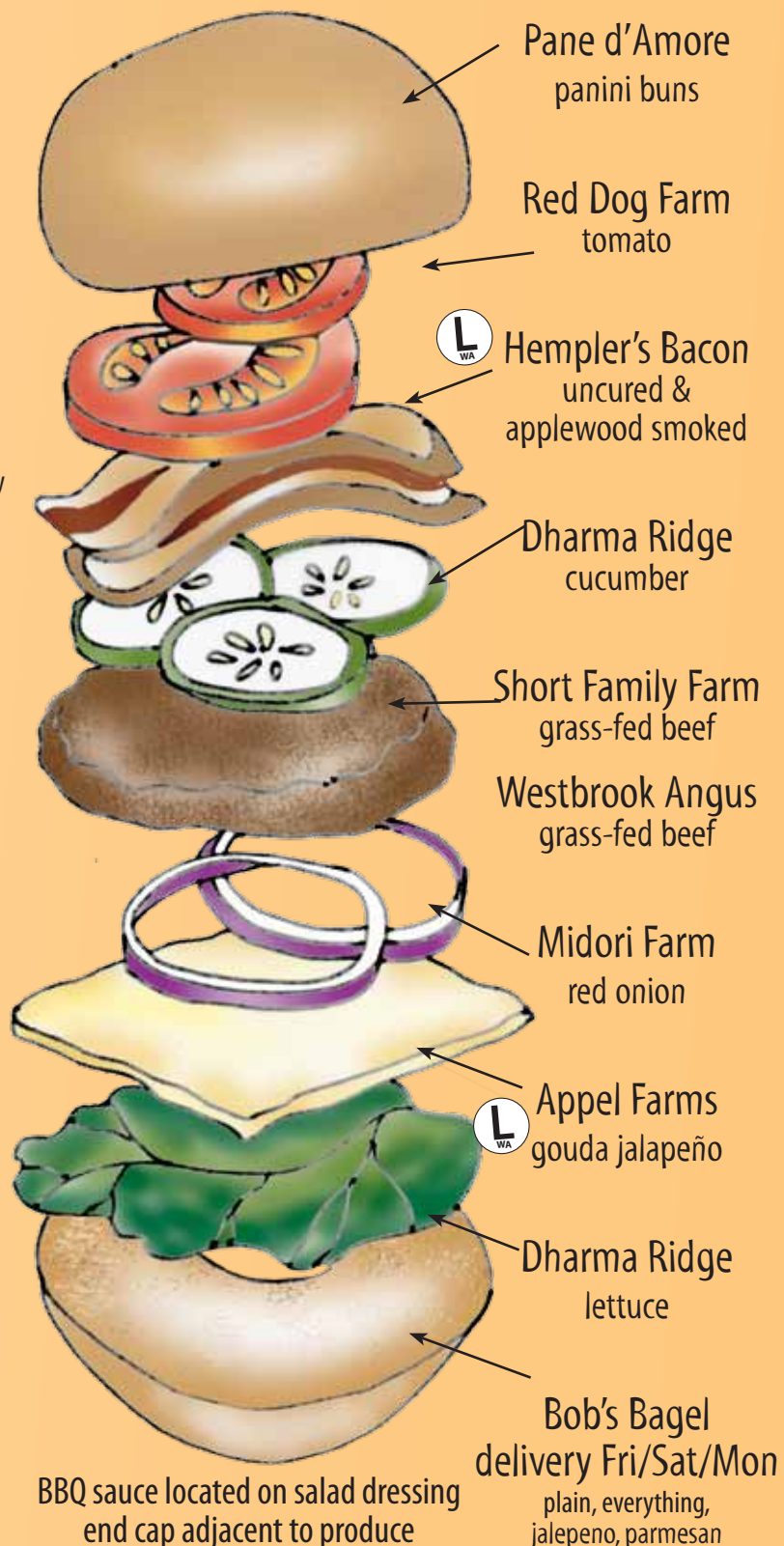
Spectrum
organic & non-organic
canola mayonnaise
expeller pressed, non-GMO verified

CHEESE COOLER

Anne's Pesto
basil, asian basil, arrabiata,
spanish tomato, mushroom

PRODUCE

Midori Kraut
locally handcrafted
regular, horseradish leek,
cortido, beet & savory



PORT TOWNSEND
FOOD CO-OP



LOCAL
Midori Farm

Marko Colby &
Hanako Myers
Quilcene

KRAUT



PORT TOWNSEND
FOOD CO-OP



LOCAL
Red Dog Farm

Karyn Williams
Chimacum

TOMATOES



PORT TOWNSEND
FOOD CO-OP



LOCAL
Short Family Farm

Roger & Sandy Short
Kevin Goetz-Short
Chimacum

GRASS-FED



"To make a great garden, one must have a great idea or a great opportunity." – Sir George Sitwell



winter GARDENING

FROM THE BOOK, *VEGETABLE BY VEGETABLE: A GUIDE FOR GARDENING NEAR THE SALISH SEA*
BY MARKO COLBY AND HANAKO MYERS OF MIDORI FARM
AVAILABLE AT THE FOOD CO-OP

One of the greatest joys of gardening

near the Salish Sea is the opportunity for winter vegetable harvest. Success will depend upon proper timing. In general, by late autumn it is too late to plant a vegetable garden for harvest that winter. The winter vegetable garden, if it is to be thriving and bountiful, must be planted during the summer months. By mid-autumn the plants must be fully established and grown mostly to full size. The plants put on little to no growth during the winter, during that time the garden is simply a place to hold them so that the gardener may enjoy the fruits of their labor all season long.

Plant growth is regulated by a few different factors. Soil, soil fertility, soil temperature, air temperature and number of daylight hours are the most influential. By late October, when the night temperatures are often near freezing and the days are significantly shorter (and cooler), most plant growth has stopped. The period of time between the Autumnal Equinox and late October is the twilight of plant growth. Knowing that little growth will occur past this time, we plan to have our late autumn and winter garden fully established with the plants close to the desired harvest size by early October.

Planning this requires a little math and a calendar. Let's say, for example, that we want to harvest fresh carrots from the garden throughout the winter. Nothing is more satisfying than a fresh carrot in January that has been sweetened by the frosts. According to the seed packet, a nantes-type carrot may take 70 days (from seedling emergence) to mature. Remember that 70 days is probably just an average and represents the days to maturity when planted in the early spring for summer harvest. When planted in mid-summer for late autumn maturation, it will take longer because the temperature will be steadily decreasing as will the number of daylight hours. To compensate for this, add an extra 10-14 days on to the original 70. Remember also, that the 70 day count begins from the time the seedling emerges (8-12 days, average 10, from planting the seed). So, with all of that in mind, (70+10+10), we need approximately 90 days from the time we plant the carrot seed for it to be full-sized for continuous winter harvest. We want our carrot to reach full size by mid-October when plant growth stops. So we note October 15 as our desired harvest date (or storage in the field), and work backwards from there. October 15 minus 90 days, or three months, brings us to July 15 for our winter carrot sowing date!

The same method may be used for any vegetable we plan to harvest throughout the winter. Let's use kale as another example, which needs 65 days to reach maturity. While it is true that kale is a hardy crop, it still does not grow much in the winter. We want our kale plant to have what is called a "full frame" by mid-October, so that it will have plenty of leaves on it for a good winter supply. Kale is most often grown from transplants. The 65 days to maturity listed on the seed packet is counted from the day it is transplanted into the garden. 65 days plus 10 days (added for late season slow growth) means that we must transplant the kale plants 75 days

before October 15th. The seeds, therefore, must be started the first week of July in order to be ready for transplant by August 1st. Of course, kale may be eaten at any stage, so if we do not get it planted by then we will just have smaller plants going into the winter and that is fine too.

Slower-growing crops such as leeks, Brussels sprouts and parsnips usually take more than 100 days to reach maturity. That means they may need to be started in the spring for winter harvest! Vegetables that mature more quickly such as Asian turnips, arugula or radishes can be direct seeded into the garden as late as early September.

Depending on the specific microclimate, some of these vegetables may need a little extra attention to make it through the winter and still be edible. Most of the root vegetables will benefit from mulching or top dressing with a few inches of straw before the year's first really hard freeze. Generally the part of the root that is beneath the soil will be fine, but the part that is at and above the soil line can be damaged by prolonged freezes and the continued freeze/thaw cycle. Mulching the tops provides insulation by retaining some of the earth's natural heat around those vegetable tops. Polyester row cover also can provide a few degrees of frost protection for slightly more tender leafy greens such as chard, escarole and radicchio.

The final treat of the winter garden is that in the spring, many of the surviving plants will begin to grow again. Certain plants may even be planted later in the autumn in order to keep them at a small, immature size through the winter. This provides a measure of protection from hard freezes. In the late winter and early spring the increase in both temperature and daylight hours will induce the plants to put on a lot of delicious, new growth. Some varieties of cauliflower and sprouting broccoli have been bred specifically for this purpose.

"Rejoice with the day lily for it is born for a day to live by the mailbox and glorify the roadside." – Anne Sexton

USDA Favors Local Producers

KATHIE MEYER, Commons Editor

Of 100 Rural Development Value-Added Producer Grants given by the United States Department of Agriculture this year, two were awarded to Jefferson County producers: Alpenfire Cider and SpringRain Farm and Orchard. SpringRain was awarded \$70,000, and Alpenfire received \$49,900. The grants will help create jobs and develop new products.

“We were just desperate for funding last fall,” said Nancy Bishop, co-owner of Alpenfire with her husband, Steve, who is also known as “Bear.” For help, Nancy called the Northwest Agriculture Business Center (NWABC) in Mount Vernon, Wash., and found out that she had only a little over two weeks to get her grant application submitted.

“I didn’t think we really had much of a chance,” she said. “So we went for the expedited grant which was much simpler.” The expedited grant had a \$50,000 limit, and NWABC’s Project Manager Sera Hartman helped Nancy every step of the way to see the application completed. “We must have exchanged 30 emails a week to get it done,” said Nancy.

“A big chunk of this is to get the vinegar production going,” she said. One of the newest product lines at Alpenfire, these gourmet vinegars are already receiving critical praise. The Orleans Style Vinegar received a 2013 Good Food Award earlier this year. Other vinegar flavors produced by Alpenfire are: Cabernet, Spring Tonic, and English Ale.

The grant money is being used to hire more labor and pay for marketing necessities such as label artwork and other promotional materials.

Right now, the Bishops are completing a certified organic commercial kitchen on their property. Once it is complete, and full production is achieved, the vinegars will be available in the Food Co-op.

SpringRain Farm and Orchard will also use their grant award “primarily to improve packaging and our branding,” said John Bellow who owns the farm with his partner, Roxanne Hudson.

The grant will also pay salaries for one manager, Molly Fallon, and three part-time workers.

Like Alpenfire, SpringRain is also in a transition period. “We’re in the process of changing how we raise meat birds,” said John. SpringRain Farm and Orchard has provided whole chickens and eggs to Food Co-op



customers for the past 5 years. The farm is home to 12-15,000 chickens which are fed organic, whole-grain feed.

SpringRain used to raise chickens in batches of 300 at a time and send them for processing to Olympia, which proved to be inefficient. Going forward, John said, 50-60 birds per week will be processed on site and sold immediately as fresh chicken in new packaging instead of frozen as before. The new package includes cooking instructions and information about each bird.

“We think there’ll be greater interest in our chicken when they’re fresh. Eventually, we’ll be able to cut our chickens in half because of the price,” which John acknowledged was the greatest barrier for some potential customers.

The Food Co-op will stock SpringRain’s fresh chickens on a limited basis to gauge consumer demand, said Food Service Manager Hadley Nye.

The meat birds are the Freedom Ranger breed which are meatier and have more flavor, John said. “People make jokes about things ‘tasting like chicken’ because conventional chicken doesn’t really taste like anything. Our chickens really taste like chicken.”

“Nothing is more completely the child of art than a garden.” – Sir Walter Scott

Shall I Compare Thee to a Summer's Day?

JAN TOBIN, Wellness Department Manager

Spring and summer are happy times. After the sleeping winter, bright green shoots appear, soon followed by early flowers. Then, as if springing up all at once, the purples, yellows, pinks, reds, whites, and blues, and the smells of bursting blooms fill the air when wildflowers and domesticated gardens come alive.

It is a natural desire to bring the colors and smells inside. Our spirits lift and smiles cross our faces as we lean into the scents and colors of vibrant bouquets. We want to keep the colors and smells into the winter months to keep ourselves happy. We also wear scents on our bodies, put scents into our laundry, bathrooms, cars and other enclosed spaces. This is where not-so-sweet facts must be revealed – the scents we use to scent our lives can be full of carcinogens, and the effects are accumulative. Let's take a look, room by room, at the scents we buy and bring into our homes and cars.

ROOM DEODORIZERS & AIR FRESHENERS

Air fresheners work in one of, or in a combination of, the following ways:

- by killing your ability to smell by way of a nerve-deadening chemical
- by coating your nasal passages with an undetectable oily film
- by covering up one smell with another
- by breaking down the offensive odor (rarely)

In 2002, Environmental Protection Agency (EPA) researchers testing air freshening units that plug into electrical sockets determined that, when the fragrance chemicals in the products react with common indoor air pollutants, they produce serious health hazards. These chemicals include: benzene derivatives, pinene, limonene, aldehydes, phenol, and cresol.

Air freshener chemicals have been implicated in cancer, neurological damage, reproductive and developmental disorders, as well as other conditions. These chemicals can also trigger asthma.

DRYER SHEETS & LAUNDRY DETERGENTS

Findings, published online in the journal *Air Quality, Atmosphere and Health*, show that air vented from machines using the top-selling scented liquid laundry detergent and scented dryer sheet contains hazardous chemicals, including two that are classified as carcinogens.

The research builds on earlier work that looked at what chemicals are released by laundry products, air fresheners, cleaners, lotions, and other fragranced consumer products. Analysis of captured gases found more than 25 volatile organic compounds, including seven hazardous air pollutants, coming out of the dryer vents. Of those, two chemicals – acetaldehyde and benzene – are classified by the EPA as carcinogens, for which the agency has established no safe exposure level. Manufacturers are not required to disclose the ingredients used in fragrances or in laundry products.

The researchers estimate that in the Seattle area, where the study was conducted, acetaldehyde emissions from a brand of laundry detergent would be equivalent to three percent of the total acetaldehyde emissions coming from automobiles. Emissions from the top five brands, they estimate, would constitute about six percent of automobiles' acetaldehyde emissions.

FRAGRANCES

Synthetic oils, or oils blended with synthetic substances, however pleasant they may smell, are unacceptable for use in aromatherapy and in natural fragrances. A synthetic fragrance is a dead product. It has no healing properties, and can, in fact, endanger our health. Synthetics can set off allergic reactions, tax our immune system, and cause central nervous system damage.

Unfriendly additives that are used as diluents and to stretch oils and increase profits are:

- Diethyl phthalate (DEP)
- Dipropylene glycol (DPG)
- Isopropyl myristate (IPM)
- Phenyl ethyl alcohol (PEA)
- Butylated hydroxyl toluene (BHT)

According to a 1991 EPA report, BHT was detected in every fragrance sample collected for the study. Many of the chemicals found in fragrances are also designated as hazardous waste chemicals. These include methylene chloride, toluene, methyl ethyl ketone, methyl isobutyl ketone, ethanol, and benzyl chloride.

According to the Food and Drug Administration, fragrances are responsible for 30 percent of all allergic reactions to cosmetics. The Candida Research and Information Foundation of Castro Valley, Calif., surveyed some 10,000 physicians, patients, and health food

"A garden is the best alternative therapy." – Germaine Greer



Wag More Bark Less

store customers. The foundation’s goal is mandatory removal of all neurotoxic chemicals from perfumes. Its findings indicated that health complaints most frequently associated with fragrances and synthetic perfumes are:

- Headache
- Spaciness
- Inability to concentrate
- Mood changes
- Nausea
- Depression
- Sleepiness
- Sinus problems
- Restlessness, agitation
- Short-term memory lapse

Carcinogens accumulate in the cells of the body. They love fat and store themselves in our fat cells and our liver. It is a challenge to detox all the toxins from our bodies and keep clear of toxins on a daily basis. They are in our air, water, food, clothes, cosmetics, and household cleaning agents. So many places! Finding products that say “Fragrance Free” can also be deceiving as many manufacturers use a chemical to suppress the smells of a particular product.

At the Food Co-op, we offer clean alternatives to chemical-laden conventional household products and cosmetics.

Here are some brands we hope you will consider:

Air fresheners

- Air Therapy
- Aura Cacia
- Air Sense
- Peraon Body Shield
- Space Spritzer

Laundry products

- Bronner’s Sal Suds
- Country Save
- Ecover
- LifeTree
- BioPak
- Earth Friendly
- New Age
- Seventh Generation

Scents and cosmetics

- Inessence fragrances
- Zuzu Luxe cosmetics
- Aura Cacia essential oils
- Organic Hemp lipstick

You can bring the lovely and healing colors and scents into your home, but please carefully check ingredients for awareness of synthetic chemicals. Delight in the natural fragrances offered at your food co-op, too. And remember to stop and smell the roses!

Eric Rymer has only one pet – a goldfish – because allergies preclude the furry variety at his house. But since he has taken over responsibility for the pet section of the Co-op, he’s as happy as a kitty with catnip.

“I love doing this,” said Eric who has worked at the Co-op for nine years. “It’s one of my favorite things – talking to the customers and getting what they want.”

Eric said his parents have pets though, so he knows just how important a cat or dog is to its owner. Since the pet section was moved when the store was re-set in March, Eric has been busy researching product requests and working on expanding the selection according to the wants and wishes of our customers.

Some of the new products include Tiki Cat Gourmet Whole Food Brand Cat Food, b.f.f. (Best Feline Food), and Taste of the Wild dog food, all of which are grain-free. Feeding your pet grain-free food is a good defense against obesity, diabetes, kidney stones/struvite crystals, behavior problems, allergies, skin/coat problems and a host of other health problems in cats and dogs.

Eric has also added Nummy Tum-Tum 100% Pure Organic Pumpkin for all your pets complete with a BPA-free can liner. Why pumpkin? They love it, and it hardens their stool, he said. And speaking of pet waste, the Co-op also offers a wider variety of waste bags for both cats and dogs, and Good Mews kitty litter made from recycled paper pellets.

For special times, there are more treats such as Bravo! bully sticks, the origin of which is best not addressed in this family newsletter. There are other goodies too, such as four flavors of Basil and Baxter’s Bakery dog biscuits available in bulk – buy one or buy a bunch. We do, of course, still carry the popular, locally made Gatheringplace dog biscuits.

“Most of the new products we have are either recommended by [our grocery manager], staff, or are a response to customer request,” Eric said. Now that he’s got the new, expanded pet section nicely decked out, Eric wants customers to know he’s not done. “If anyone has a product request,” he said, “stop me in the store, or write out a customer comment card, and I’ll look into it.”



“Gather the flowers, but spare the buds.” – Andrew Marvell

GMOS: THE TRUST ISSUE

KATHIE MEYER, Commons Editor

By now, you have perhaps heard about the wheat plants found in an Oregon field that tested positive as genetically engineered (GE) glyphosate-resistant wheat. More testing confirmed the wheat is the variety known as MON71800 developed by Monsanto. Because genetically engineered wheat has not been approved by the Food and Drug Administration (FDA), it is illegal to grow it.

The United States Department of Agriculture (USDA) began an investigation on May 3 when an Oregon State University scientist notified USDA officials that plant samples they had tested positive for a protein that made them resistant to glyphosate. Glyphosate is a broad-spectrum systemic herbicide also known as Roundup, developed by Monsanto chemist John E. Franz in 1970.

Genetically modified wheat is like other GMO crops in that if it is sprayed with Roundup, it will not die like weeds that surround it. From 1998 to 2005, Roundup-resistant wheat was field-tested; in Oregon, the trials lasted from 1999 to 2001. In the end, Monsanto chose not to seek government approval of the seeds citing farmer concerns about the global market for GMO wheat.

Those farmers were right to be concerned. After the discovery of the illegal GMO wheat in Oregon in May, Japan, the second biggest importer of U.S. wheat after Mexico, cancelled part of a contract to buy western white wheat, and has suspended imports of both that variety and of feed wheat, according to Reuters. South Korea, which last year imported 1.2 million tons of U.S. wheat for food, and 1.2 million tons for feed, has also suspended some shipments. Japan and South Korea both have banned GMO products. Italy, Austria, France, Germany, Luxembourg, Portugal, Greece, Spain, the United Kingdom, Switzerland, Norway, Australia, New Zealand, Thailand, the Philippines, Saudi Arabia, Egypt, Algeria, Brazil, Paraguay, and Peru all have either banned or placed some restrictions on GMOs, too.

So where did this rogue Oregonian wheat come from?

It may be that seeds from the former test fields were carried by wind and have been growing in fields undetected until now. It may also be that GMO wheat seeds have been mixed with conventional seeds purposely or by human error.

“This is the *third* time that Oregon has had unregulated GMOs ‘escape’, in four years,” said Matt Dillon, director of Seed Matters and former director of Organic Seed Alliance of Port Townsend. Dillon is also an adviser to USDA Secretary Tom Vilsack on the National Genetic Resource Advisory Council.

“First was RoundUp Ready GMO sugar beet stecklings (immature living roots) that got into garden center compost in May of 2009,” Dillon said. “Then Roundup Ready Bentgrass in 2010.

“Regardless of conspiracies, potential threats of GMO crops to human health or the environment, there are two scientifically/objectively irrefutable facts: 1) there is no way to control ‘gene flow,’ and 2) the USDA-APHIS regulatory system is vastly inadequate,” said Dillon.

Speaking of conspiracy theories, Monsanto has addressed the Oregon GMO wheat by raising the possibility that GMO detractors may have planted the wheat on purpose to raise sympathy for their cause. Several news sources quoted Robb Fraley, Monsanto’s executive vice president and chief technology officer, as having said, “It’s fair to say there are folks who don’t like biotechnology and would use this to create problems.”

TRUSTING MONSANTO

Okay. Let’s just say, for the moment, that Fraley’s statement is fair. Why would anyone not like Monsanto’s biotechnology? After all, when defending itself against accusations that farmer suicide in India has increased because of being forced to grow Monsanto’s Bollgard® or Bt cotton, the corporation said this on its web site: “The reality is that the tragic phenomena of farmer suicides in India began long before the

introduction of Bollgard in 2002. Farmer suicide has numerous causes with most experts agreeing that indebtedness is one of the main factors. Farmers unable to repay loans and facing spiraling interest often see suicide as the only solution.”

Whatever has caused these suicides, the fact is, according to the *India Tribune*, it is estimated that an Indian farmer kills himself every 12 hours. According to the National Crime Records Bureau (NCRB), between 1995 and 2009, more than a quarter-million Indian farmers committed suicide.

In spite of those numbers, Monsanto’s web site remains steadfast in its influence on Indian agriculture: “In fact, a 2004 survey of cotton farmers in India by the IMRB International showed a 118 percent increase in profit for farmers planting Bollgard over traditional cotton. The same survey showed a 64 percent increase in yield and a 25 percent reduction in pesticide costs.”

Another Monsanto web page said this: “India’s Bt cotton revolution is a partnership between 6 million farmers and the agriculture industry. This year, Indian farmers celebrate the 10th anniversary of Bollgard cotton in India.”

But does Monsanto report on its web site that in August 2012, India’s state of Maharashtra cancelled Mahyco Monsanto Biotech’s license to sell its genetically modified Bt cotton seeds? It does not. The question then begs itself: If Bt cotton was such a huge success in India, why is it now illegal to sell those seeds in the Maharashtra farm region?

Trust issues with Monsanto are a large motivator for Washington State’s Initiative 522. Advocates for the initiative want food created with GMO ingredients labeled as such. Why? Because they are not convinced that GMO food is safe to eat just because the FDA has approved its consumption. Why? Because in the past few decades, at least seven high-ranking employees in the FDA have an employment history with Monsanto. Other policy-making parts of

“If you want to gather honey, don’t kick over the beehive.” – Dale Carnegie



government, including the United States Supreme Court with Clarence Thomas, are stocked with former Monsanto employees.

I-522 CAMPAIGN

As the I-522 campaign heats up, it is important to watch where the anti-labeling messages come from. In recent articles in the *Capital Press*, a newspaper covering agriculture in the West, Heather Hansen is quoted as a spokesperson for the No on 522 campaign. She is also named as the executive director for the Washington Friends of Farms and Forests.

If you delve into the Internet though, you will find that Hansen lists herself on her own LinkedIn profile as having left that director position in 2009. Hansen lists herself as the “go to” lobbyist on agricultural issues” and president of her own company which includes the Friends group as a client from 1998 to the present. But to confuse Hansen’s role with this group even further, she is still listed as the Friends’ executive director on their 2011 tax return. According to the tax return, she does not receive a salary as the executive director.

When asked about her LinkedIn profile, Hansen said, “That is not accurate. For the life of me, if you can tell me how to change it, I’d love you for it.”

Hansen explained her position with the Friends group by saying, “I am not an employee, I am contracted, which is pretty common. It’s always been that way.”

As for being a lobbyist, she said, “I do represent some other ag organizations. They are not relevant to this.”

The Washington Friends of Farms and Forests has just over 200 members, she said, many of those are other organizations.

Is Monsanto a member? “They are a member,” said Hansen.

Hansen said, “Our farmers are very concerned about the red tape [and] the legal liability [of I-522]. Even if you’re not growing any GE crop, you still have to provide an

affidavit with every crop.”

Regardless of Hansen’s exact role with the Washington Friends of Farms and Forests, the group itself should not be confused as a 501 (c) 3 nonprofit. This group is a 501 (c) 6 tax-exempt organization, which is defined as “business leagues, chambers of commerce, real estate boards, or board of trade which are not organized for profit and no part of the net earnings of which inures to the benefit of any private shareholder or individual.”

The mission of the Friends group, according to their web site, states that the Friends “actively engages in a variety of activities to increase awareness and understanding of the critical roles that pesticide and fertilizer products play in the economy, the environment and everyday life.” Past and present board members include representatives from Wilbur Ellis, Dow Agrosiences, and, yes, you guessed it, Monsanto.

ANONYMOUSLY SPEAKING

Here at the Co-op, we have had an incident of anti-labeling literature being left anonymously on our free brochure rack between the public restrooms. One Saturday, I noticed color photocopies of a Forbes commentary written by Nina Easton, a panelist on “Fox News Sunday” and other Fox News shows. In this column, she wrote, “Poor farmers in India, China, and West Africa have been pulled out of poverty because of their ability to grow pest-resistant GM cotton.” Easton calls the fight against GM crops “an elitist war on the world’s poor.”

I removed the photocopies mainly because, to leave literature in our store, it must be approved by store personnel (me). It isn’t that I mind having both sides of the issue presented, but what I do mind are cowards who sneak something in somewhere without letting anyone know that it’s there.

I guess you could call it a labeling issue. Just like I-522.

FOOD CO-OP ADOPTS NEW GMO POLICY

Starting June 1, the Food Co-op will not stock any *new* non-organic products that include GMO high-risk items in their ingredient list unless they are enrolled in The Non-GMO Project or can provide us a detailed description of measures taken to avoid GMO contamination.

The following crops carry the risk of being genetically engineered because engineered varieties are grown on a large scale in North American and certain other parts of the world: alfalfa, canola (aka rapeseed), corn, cotton, soy, and sugar beets.

“We felt this is an important time to take a position on GMOs and labeling,” said General Manager Kenna Eaton. “We will continue evaluating existing products on a case-by-case basis, but to go back through all of the products already in the door prior to this new policy is a huge undertaking. It’s a process. It doesn’t happen overnight.”

SAY YES TO THE LABEL

The Food Co-op supports the passage of Initiative 522. We have “Yes on 522” buttons in our store at the Member Services Desk for \$2 and stickers for free. All proceeds go back to the I-522 campaign. To donate directly to the Yes on I-522 campaign, visit www.yeson522.com.

“Kind hearts are the garden, kind thoughts are the roots, kind words are the blossoms, kind deeds are the fruit.” – John Ruskin

Edible Flowers

Flower cookery goes back as far as the Romans and is now in vogue. A few rules for safety: some flowers can make you very ill; it is important to accurately identify plants! Not all parts of all flowers are edible; use sparingly for digestive reasons.

To prepare:

- shake flowers to dislodge hidden insects
- use only the petal not pistils or stamen
- do not harvest roadside flowers or ones exposed to pesticides
- most flowers have a taste similar to the leaves only milder

Learn to make Petal Tea, Blossom Ice Cubes, Flower Butter and how to preserve flowers:

<http://whatscookingamerica.net/EdibleFlowers>

Flash cards for identifying edible plants in the Northwest:

<http://tinyurl.com/qbn4zkq>

For a complete list of plants to avoid, see:

<http://homecooking.about.com/library/weekly/blflowersnot.htm>

Lavender

sweet floral, citrus, slightly perfumey flavor; sprinkle into a glass of champagne, on chocolate cake or garnish on ice cream or sorbet; do not consume lavender oil; more info and Lavender Chicken recipe at www.foodcoop.coop/recipes/lavender

Tulip

slightly sweet, with a taste similar to lettuce, fresh baby peas or cucumber; blossoms can be used as edible cups for sorbets or minced vegetables; some people have allergic reactions

Anise Hyssop*

petals and leaves have a sweet licorice flavor, almost like root beer; great for salads and as a garnish

Squash Blossom*

sweet, nectar flavor not unlike raw squash; stuff with goat cheese, make soup or dip in egg, spices, and flour, and fry until golden; picking zucchini flowers encourages zucchinis to grow; to store, sprinkle flowers with water, wrap gently in paper towel and refrigerate

Nasturtium*

brilliant color, sweet, spicy, peppery taste like watercress; good for salads and as garnish; fill whole flower with sweet or savory mousse

Calendula

used for its saffron color rather than taste -- peppery, spicy, tangy, even bitter; sprinkle on soup, pasta or rice; mince petals finely and add with fat (oil, butter, cheese, meat, or fish) for best color

Wild Rose

the fruit or the hip is full of vitamin C and can be eaten fresh or dried (remove the mass of hard, hairy seeds from inside the shell); petals, buds, young leaves and shoots are also edible; sprinkle petals on salads; great for teas and jams

Dandelion

sweetest when used young, small buds are tastier than flowers, honey-like flavor; good raw or steamed; use in salad, to make wine, or as a coffee substitute; sprinkle petals over a rice dish as decoration

Dianthus

miniature member of the carnation family; steep in wine, use as cake decoration; surprisingly sweet petals; a colorful addition to salads, aspics, or herb butters; tastes spicy, peppery, clove-like

*Look for Midori plant starts while they last and plant your own edible flowers!