

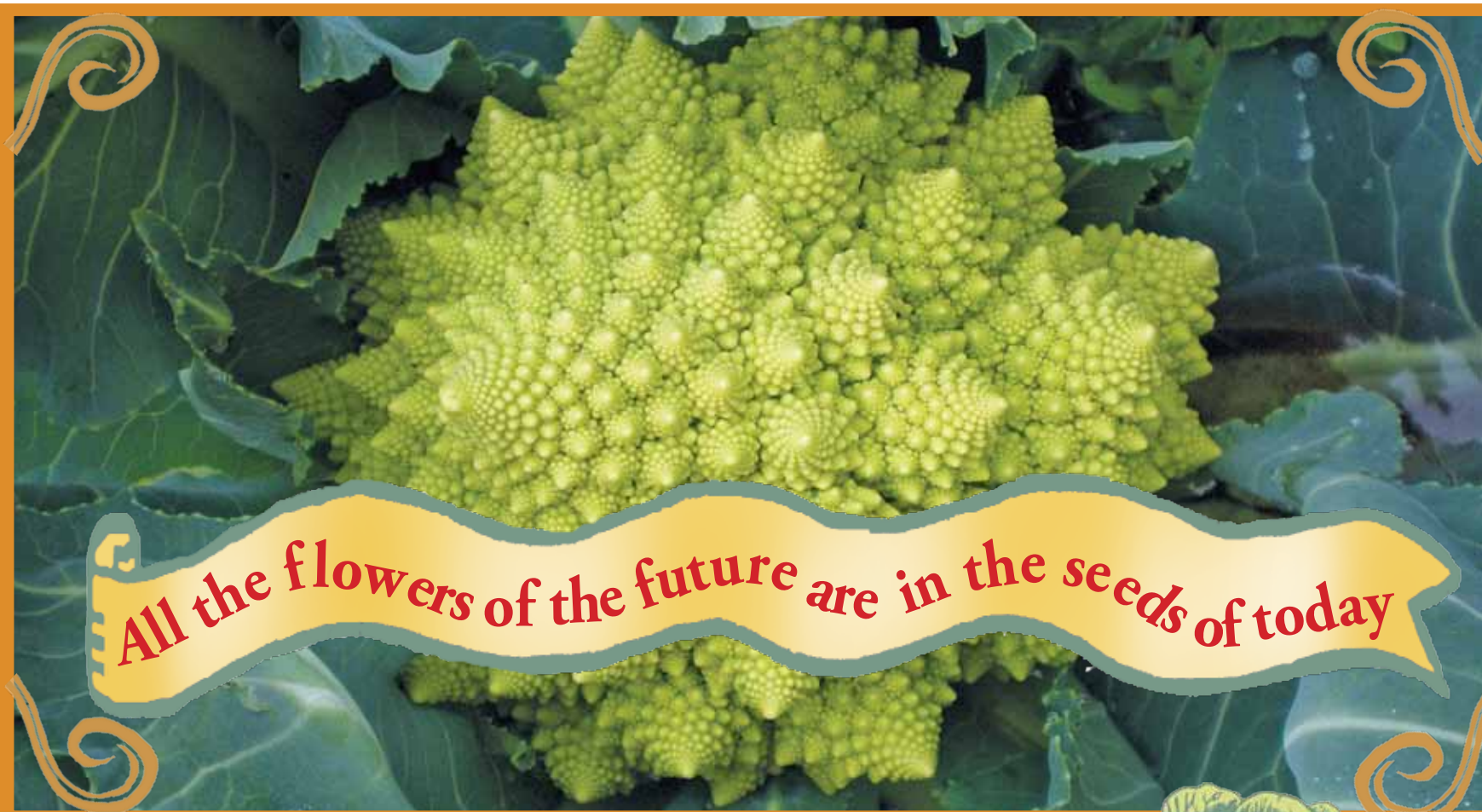
# CO-OP COMMONS

2013 WINTER QUARTERLY ISSUE

## SEEDS

NOURISH

AWAKENING



*All the flowers of the future are in the seeds of today*

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# At the Table

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

## PORT TOWNSEND FOOD CO-OP COMMONS

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

[www.foodcoop.coop](http://www.foodcoop.coop)

[info@foodcoop.coop](mailto:info@foodcoop.coop)

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

[PortTownsendFoodCoop](http://PortTownsendFoodCoop)

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

OPEN DAILY  
Mon-Sat 8 am - 9 pm  
Sun 9 am - 8 pm

#### MISSION STATEMENT

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

#### PRINCIPLES

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

#### MEMBER-OWNED

- no annual fees
- one time \$5 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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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.

As a child, my family ate dinner together every evening. This, I think, explains where the seed was planted for my belief that eating together is one of the best ways we, as humans, have to spiritually connect and nourish one another.

It follows then that one of my favorite duties in my Co-op position is the opportunity I have to give away food, and/or the funds to provide it, to numerous local non-profit organizations.

Perhaps the general public isn't aware of this, but the Food Co-op gives away a sizeable amount of its profit each year. In 2012, we gave back \$19K and will do the same again in 2013.

My favorite moment last year came when Seth Rolland called and asked the Co-op for money to plant more apple trees at the Blue Heron Middle School orchard. In 2010, 20 trees were planted for fruit to be distributed in the school's cafeteria and classrooms. The project was so successful, the principal had asked Seth to expand the orchard to 70 trees.

He needed \$4K, he said, and was hoping to procure \$1,000 in grant funds for the project. In addition to that, Dick Schneider, a well-known local philanthropist and owner of the experimental farm, RainCoast Farms, was giving another \$1K. What could the Co-op give?

I did some quick math and told Seth that if he could get Dick to give another \$500, the Co-op would match his gift with another \$1,500, and, assuming the grant funding came through, the entire project would be funded.

At first, Seth was reluctant to call Dick and ask for more money. But he sucked it up and did it anyway because Seth believes providing good, healthy food for school children is of utmost importance. When he told Dick what I had proposed, Dick laughed and said, "That's called leverage!" And then he agreed to increase his contribution, just like I thought he would.

Unfortunately, the grant request was rejected, so if you'd like to donate to the orchard project, call Seth at 379-0414. As of press time, he estimates that he needs about \$500 more. The project is going through though, and work begins this month.

Last month, my friend Jeanie Sather posted to her Facebook account that one of the workers at the Tri-Area Food Bank had asked for homemade cookies to give as Christmas gifts to the older homeless veterans who come there. In response to that, Jeanie, bless her heart, had baked 30 dozen cookies. Now she was asking her Facebook friends for coffee donations to accompany them. "Come to the Co-op," I wrote, "I'll give you some." And so it was that the Co-op gave a few pounds of Sunrise Coffee to Jeanie's project, joining other generous souls who also responded.

We are continually challenged to create the future of local food in many ways, and it is my great privilege to be a part of that. When I first set eyes on the Food Co-op's strategic plan, I thought, yes, these are all of the reasons why I wanted to come to work here. In 2013, our charitable giving will hone its focus to three things that provide the foundation for a sustainable community: food security, health, and the environment. Non-profit organizations that engage in conversations and events surrounding these issues will receive priority for donation requests.

I'm excited to see what comes to the table.



"From a small seed a mighty trunk may grow." - Aeschylus

# Unveiling the Plan

AN INTERVIEW WITH SAM GIBBONEY, Food Co-op Board President,  
BY KATHIE MEYER



*Tell me why it's so important for an organization to have a strategic plan.*

A strategic plan is an opportunity to look towards the future that you want to create and then assess where you are currently, then look to align efforts and resources. It's that budgeting of effort and resources that the strategic plan helps an organization to make the daily choices that we have. Any organization, any person, particularly in this day and age, is faced with a multitude of decisions every day where they can put their attention, put their time, put their money, and the Co-op is no different. When we have a plan that says 'These are the things that we're going to focus on,' then we can create alignment within the organization, and that alignment is what creates the momentum to accomplish great things.

*What are you most excited about where the strategic plan is concerned?*

That we have actually arrived at a consensus on a direction forward. And that is huge to any organization. That we have taken the time to inquire from our membership, inquire from our staff, and then sift through all that data and create alignment through our organization, in my mind, the power of that cannot be overestimated.

*Is there any particular point of the strategic plan that resonates with you personally?*

I think for me personally, the first two goals relating to market position -- that we will be the retailer of choice for organic, local and regional, and non-GMO food products. I think in some ways, to some people, it doesn't feel very bold and ambitious because it's very much aligned with what we're doing currently. But when you step back, and you look at the overall food system in our country and even in our state and regionally, you realize just how ambitious that is to be able to provide healthy food to people in the face of a system that is about efficiency and profit and not about human health, you [also] realize the power of that goal and the ethic that is behind it.

And I think the second goal for me, rebuilding the local food system, is also hugely ambitious. Again, I think some people are left with 'OK, we're already doing this,' but when we have only 4 percent of our county's dollars being spent on local and regional products, we have a huge amount of room for growth. And that growth is going to entail really rebuilding our infrastructure and our attitudes towards food.

*The board of directors will change in 2013 with four open positions. What would you say to encourage people to run for the board?*

This is a very exciting time to join the leadership of the Food Co-op. We are, I believe, at the beginning of an expansive and exciting process of how are we going to serve our membership, how are we going to serve our larger community, and how we actually live out our daily values. We're going to be getting a lot of things done in the coming years, and we're going to need strong leadership for that.

I think there's a bit of a reputation in the community for serving on the Co-op board as not being fun, but it's been one of my personal goals to make service on the board meaningful and rewarding for the individual members as well as the organization itself. I think that we accomplish very serious work, but we do so with good humor.

## CALENDAR OF BOARD EVENTS

**Tuesday, Jan. 8**  
Board meeting

**Tuesday, Jan. 15**  
Dining Area Ribbon Cutting

**Monday, Feb. 4**  
Chamber of Commerce presentation

**Tuesday, Feb. 5**  
Board meeting

**Tuesday, Feb. 19**  
"Cultivating Local Leadership"

**Friday, March 1**  
Board candidate applications available in store at Member Services

**Tuesday, March 5**  
Board meeting

**Friday, March 22**  
Board candidate applications due

For details, visit  
[www.foodcoop.coop/education/calendar](http://www.foodcoop.coop/education/calendar)

*"Don't judge each day by the harvest you reap but by the seeds that you plant." - Robert Louis Stevenson*



# The Best Darn Place to Shop

KENNA EATON, Food Co-op General Manager



## 2012

was a good year for the Food Co-op. Member feedback given throughout the year, and at all our community events, was positive and supportive. One member even called me and left a message saying how much she was enjoying shopping at the store. The colors, the signs, the look, and the feel made her feel welcome and happy, and that in turn made me feel happy. During 2012 we invested in our staff, our store and our members.

Here are some of our most significant accomplishments:

- We improved the public restrooms with a much needed facelift.
- We re-set our Wellness Department with new shelves, a slimmed down product selection and new signage.
- We upgraded our website to increase its usability and message.
- We improved our use of space and installed new signage at our Member Services Desk.
- We brought in a new “double quick” check stand and added “express checkout” to our menu of services.
- We invested in more ergonomic equipment at our check stands.
- We added 500 square feet of dining space onto the south side of our building, allowing us some much needed breathing room, including a “community table” built from bowling alley materials, further connecting to our history.
- We continued year two of our educational program with good response.
- We celebrated our rich 40-year history by re-telling our members’ stories and topped it off with a wonderful community-wide anniversary celebration.

- We hired a new grocery manager who brought us the experience, skills and knowledge needed to help strengthen that department, and we hired a new outreach, education and marketing manager who is tasked with building on our successes.
- We labeled our store with “GMO-free” signage after learning how important it was to our members.
- We continued to invest in technology and in the computer literacy skills of our staff.
- We brought in new scales and software that link with our POS system to have movement data for food services.
- We won the “Best Healthy/Organic/Local” category in the *Leader’s Best Foods* contest.

Not only did we do all that, but we spent a good part of the year researching what you, our members, wanted from their Co-op in order for us to write our five-year strategic plan – another major milestone in our Co-op’s history.

Wow. Together we got a lot accomplished. It was a fun year, and as I write this, we are busy planning for 2013. This year, you can expect the Food Co-op to continue to improve its look and feel, to improve its use of space – there’s an exciting bulk food re-set planned for this year’s first quarter – and to continue to be the best darn place in town to shop for local and organic food. See you in the aisles!

“Seeds have the power to preserve species, to enhance cultural as well as genetic diversity, to counter economic monopoly and to check the advance of conformity on all its many fronts.” - Michael Pollan



# staff profile

## Khy Griffin

Grocery Manager

INTERVIEW BY MINDY DWYER

MD: Tell me about your position at the Food Co-op.

KG: I was the grocery manager at Food Front in Portland just before accepting the position here in Port Townsend. This co-op is a fun, dynamic place to work, but what surprised me was how quickly I fell in love with Port Townsend.

MD: Our themes for this issue of the Food Co-op Commons are *nourishing, seeds and awakening*. Does this have any connection to what's going on in your life now?

KG: Perhaps awakening our product mix. For business reasons, we have discontinued some items, brought some others back, and we invite conversations about which products are important to our member/owners. Let us know.

MD: How about your favorite food to eat and to cook?

KG: Mexican food. Love to eat it. Love to cook it. Don't get me started. There is not enough room on this page.

MD: What is your greatest extravagance in life?

KG: Travel.

MD: Tell us something about you that we might not have known.

KG: I studied in Germany, and I have spent time as a horse trainer.

MD: Who are your favorite writers?

KG: Herman Hesse, Kurt Vonnegut, Cormac McCarthy, to name a few.

MD: Who are your heroes in life?

KG: Neil Young and David Crosby.

MD: What is your idea of perfect happiness?

KG: Happiness isn't a place, you find it along the way and I've been pretty happy.

MD: What is your most treasured possession?

KG: My 1966 Guild guitar and my irreplaceable family photos, everything else is "just stuff."

MD: What do you consider your greatest achievement?

KG: A life well lived.

## anniversaries Jan/Feb/Mar

### 18 years

Beverly Mustin, Gale Wallis, Skylark Beck

### 12 years

Karolyn Boyd, Aaron Carver

### 11 years

Deborah Schumacher, Anne Steurer

### 10 years

Dan Goldstein

### 7 years

Teresa Swindell, Layne Day

### 6 years

Derek Christensen, Rob Robbins

### 5 years

Abby Crecca

### 4 years

Mindy Dwyer, Chandra Wright, Debbie Vanderbilt

### 2 years

Kenna Eaton, Mario Gonzalez, Crystal Neu

*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



September  
Anne



October  
Loran



November  
Mindy

"Like the seeds dreaming beneath the snow, your heart dreams of spring." - Kahlil Gibran



# extreme flavor

**EASY  
DINNER**

*Find most of these hot  
spicy sauces in aisle 5*

**Frontera's  
Skillet Sauces**  
*four flavors for  
easy dinners!*

**Cookwell & Co.  
Green Chili Stew  
Red Chili Sauce**  
*Great for  
enchiladas!*

**Red Boat  
Fish Sauce**

**Secret  
Aardvark  
Habenero &  
Black Bean  
Sauce**  
*aisle 5 and ?*

**Azafran  
Saffron**  
*(aisle ?)*

**Portland  
Pepper Sauce**  
*Red and green  
tabasco sauce!*

**NEW  
ITEMS**



## STAFF PICKS - STAFF PICKS - STAFF PICKS - STAFF PICKS

**Stirs the Soul  
Conscious Raw  
Chocolate**  
*Grab-n-Go case*

"Satisfy your  
chocolate craving  
without the sugar  
crash, some flavors  
sweetened only  
with dates. Yum!"  
**Sarah/Front End**



**PG Tips  
England's Favorite  
Black Tea**  
*aisle 5*

"This is the best tea  
ever and now I don't  
have to go looking  
for it!"  
**Dorothy/Food  
Services**



**Peace-Love-Raw  
RawNaimo Bars**  
*Grab-n-Go case*

"They're made in  
Olympia and you'd  
never know that they  
are raw, vegan and  
gluten free!"  
**Teresa/Front End**



"Once more I am the silent one, who came out of the distance, wrapped in cold rain and bells: I owe to earth's pure death the will to sprout."  
- Pablo Neruda (1904 - 1973)



# what's new

on aisle 5

**Mantali**  
**Tomato Paste**  
in a tube

**Barilla**  
**No cook lasagna sheets**

**Mom's**  
**Spaghetti Sauce (4 flavors)**

**Sugo di Pomodoro**  
**Pizza Sauce**



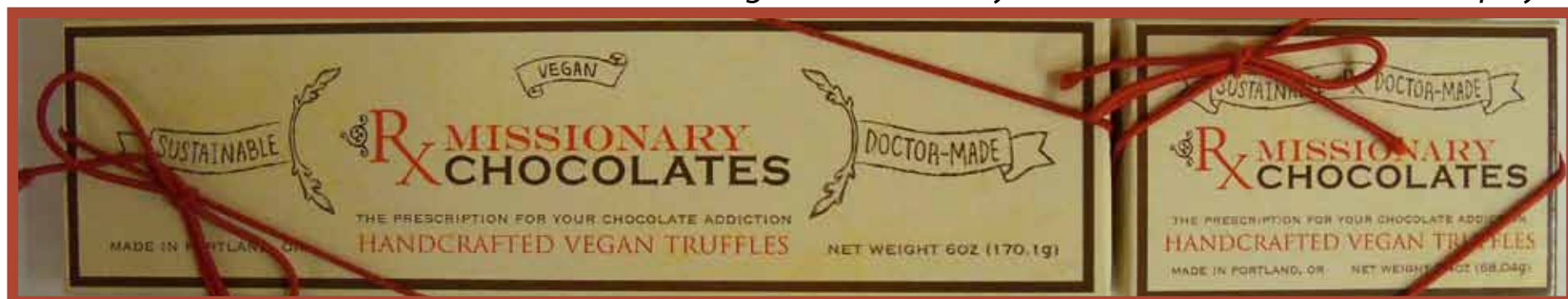
**EASY**  
**DINNER**



**Urban Oven**  
**Crackers**  
Classic White  
Olive Oil &  
Rosemary  
Parmesan  
*find these across  
from the cheese*

## Rx Missionary Chocolates

Allergy-friendly truffles are a deliciously good addiction ~ they are just what the doctor ordered!  
Not shown are Vanilla Salted Chocolate Pretzels - gluten-free - dairy and nut free! *near cheese display*



"From a small seed a mighty trunk may grow." -Aeschylus

# harvest highlights



## Apples

BEETS

Burdock Root

## braising mix

cabbage

carrots

## COLLARDS

herbs

## KALES

Marshua, Oca

Onions

oyster mushrooms

Parsnips, Potatoes, Shallots

shitake mushrooms

## TURNIPS

## Winter Squash

Yacoun

## NEW ITEM:

### WINTER GREENS MIX

Greenhouse grown baby  
lettuces, mizunas, spinach,  
kales, mustards & choi

## Carrot, Parsnip, Raisin Salad

AS COOKED BY BRENDON O'SHEA, Local Cultivator

5 carrots from Dharma Ridge Farm, peeled & grated  
1 parsnip from Nash's Organic Produce, peeled & grated  
1/4-1/2 cup of raisins, either Red Flames or Thompsons  
from Benzler Farms  
1/8 cup of agave or honey  
1/8 cup of apple cider vinegar

Combine and mix ingredients. Stir, chill and serve.

Experiment with different vinegars or use fresh-squeezed  
lemon juice!

## Slow-Cooked Sausage, Sauerkraut & Potatoes

AS COOKED BY KATHIE MEYER, Outreach/Education/Marketing Manager

1 1/2 lbs. red potatoes from Dharma Ridge Farm, halved if large  
2 cups sauerkraut from Midori Farm  
1 small onion, thinly sliced  
1/2 cup chicken broth  
1/4 cup dry white wine  
freshly ground sea salt and black pepper to taste  
1 1/2 pounds of Polish Garlic large sausage links from Walker Mt.  
Meadows Meats

Mix together potatoes, sauerkraut, onion, broth, wine, salt and  
pepper in a 4- to 6-quart slow cooker. Nestle the sausage links in with  
the vegetables. Cover and cook until the potatoes are tender, on low  
for 7 to 8 hours, or on high for 4 to 5 hours.

Serve with Pane d'Amore seedy bread, buttered.

"Take the time to plant seeds even if you're unsure if they'll grow; who knows, maybe all it takes  
is for someone else to come along and water it." - Kai Mann





awakening to nourish ourselves and our planet

JAN TOBIN, Wellness Department Manager

My first involvement with natural foods was with a food program for low-income people in the early 1970s. I lived in a collective household, and that resource supplied bulk flour, grains, beans, eggs, cheese, butter, raisins, prunes, sugar, and canned meats. In other words, whole foods!

The county extension office provided classes on how to cook using whole foods, too. We took turns cooking in our collective. Some of us were welcomed as cooks, and some offered up “surprises” using powdered eggs and canned shredded meats. You could hear the good-hearted collective groan on those nights. We had a friend who would drop off dumpster-dive vegetables regularly and voilá, the ingredients for meals were at hand.

I became the soup maker using whatever veggies showed up with ingredients we already had in the cupboard. I started out using Betty Crocker’s cookbook and almost immediately became independent of recipes using my own taste profile and intuition about what went together in the best, most tasteful way.

It was also during this time that I attended my first organic gardening class and planted my first organic garden. Even though my step-dad always had a garden, I had no consciousness about what that meant in terms of time and resources. I awakened to the amazing smell and feel of fertile, dark, rich soil, and the food I grew was abundant and delicious.

Today, the majority of the U.S. population nukes its food, never touched by human hands. Many of these products also contain unlabeled genetically engineered ingredients. Nutrition is lost. Fiber is destroyed. We have heard dire predictions of diabetes and cancers looming heavily over our collective heads from this modern-day diet. As if we have no choice. As if we are compliant soldiers of technology.

This disconnect from nature is the petri dish for global corporations such as Monsanto and Archer Daniels Midland (ADM) developing genetically modified foods/products and declaring them safe. Logic itself shouts that this is folly. A tomato with a fish gene sliced into it

would never happen in nature. It is not the same as an heirloom tomato or modern hybridized varieties. And, the wide spread use of genetically modified crops is putting organic farming in real jeopardy. It is not unrealistic to consider there will not be organic crops anymore, too soon, due to the contamination of GMO crops around the world. This stealth technology is the antithesis to whole foods, and we have a U.S. population that already exhibits health risks to the max.

This is where seeding the revolution comes in. Education is knowledge, and knowledge is power, only, however, if we accept the responsibility of what we know. Currently, we expect that organic certification guarantees no GMO in the products we purchase. It is a keystone of protection against GMO foods and products. However, GMO products do not require labeling. GMO field studies do not have to be approved and contained. And, unless every organic product undergoes expensive testing for GMO contamination, we don’t actually know there is no cross-contamination.

Put this together with climate change, a compromised chemically saturated environment, decreasing potable water, and contaminated lands from war and other ravishes, and it is clear we are late, as a species, for changing behaviors that compromise our very existence.

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**We must act** with every choice we make to protect and heal our planet, and by extension, ourselves.

**Eat** organic – Even if we can’t be totally sure there is no GMO cross-contamination, it is our best option to date. And, it matters that we support the farmers and producers working to save organics.

**Be** an activist about GMO pseudo-science – Join groups actively educating about and legislatively trying to stop GMO experiments on us via our food. Give to campaigns working to label, and ultimately stop, GMO foods and products. In this culture where money and profit is revered over human needs and dignity, every dollar spent is a vote. It matters, and it counts.

Each one **teach** one – Whether or not the theory of 100 monkeys is verifiable, we must educate our families, friends, schools, civic groups and businesses that we each must make the hard yet important choices about how we use/reuse resources. We are citizens, not consumers.

**Plant** anything organic – Whether it’s herbs, flowers or food, putting your hands in the earth reconnects us to our very source of life, the Earth. And, you can actually see the difference in soils that are healthy and soils that have been destroyed by chemical mono-crop, industrial farming.

**Boycott** all the businesses supporting GMO products. If we don’t, then we agree with the production and distribution of GMO products.

**Speak** up and speak out. Silence is not golden when it comes to our health, well-being, the survival of ourselves and all we hold dear.

“Whatever we do lays a seed in our deepest consciousness, and one day that seed will grow.” - Sakyong Mipham



# THE PORT TOWNSEND FOOD CO-OP FIVE-YEAR STRATEGIC PLAN 2013-2017

## The planning process

steps included identification of strategic alternatives and six months of research, including key informant interviews, focus groups, a member forum, and a member survey. The board and management used this information to identify goals and strategies to guide the Co-op successfully into the future.

The strategic plan outlines five long-range goals that provide broad direction for management, while enabling flexibility and creativity in implementation. Corresponding to the priorities articulated in the Five Year Strategic Plan, the management of the Co-op is responsible for developing an Annual Business Plan with specific objectives, activities, and budget. The board of directors is responsible for monitoring progress, and annually reviewing and updating the five-year strategies as needed.

## Market Position



### LONG RANGE GOAL

Strengthen our position as the community's leading source for organic, non-GMO, local, and regional products and make our cooperative even more welcoming, accessible, and affordable.

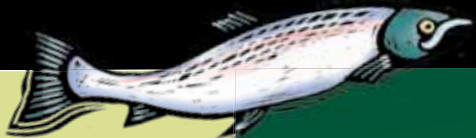
### FIVE-YEAR STRATEGIES

- Distinguish our Co-op as the best place to buy healthy food in Port Townsend, with exceptional customer service and a welcoming, vibrant, fun atmosphere
- Improve and promote programs and systems that help Co-op members buy reasonably priced whole foods and other basic goods.
- Evaluate member benefits and determine ways to create greater value for our members
- Upgrade our facility to improve the efficiency and safety of our current operations
- Develop a long-term plan for our facility and location

### RESULT:

The Food Co-op maintains a strong business and market position to meet the needs of our growing membership and contribute to the health of our community.

## Food System Development



### LONG RANGE GOAL

Actively collaborate in local and regional food system development



### FIVE-YEAR STRATEGIES

- Increase diversity and quantity of local and regionally produced food available through the Co-op.
- Support local farmers and producers with information and assistance to meet the growing demand for local products
- Collaborate with area food co-ops, Jefferson LandWorks Collaborative, and other community partners to:
  - Strategically address gaps in food production, storage, and distribution
  - Develop local and regional food security plans
  - Raise community awareness and support for local food production
- Explore ways to support local wholesale buyers (e.g. restaurants, hospitals, schools) to more easily purchase regional and local products

### RESULT:

Local, regional, and organic farmers and producers supply products year-round to the community through The Food Co-op, at fair prices to both customers and producers.



# Internal Capacity Building

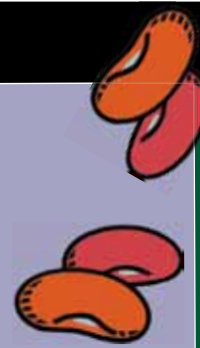
## LONG RANGE GOAL

Inspire and develop leadership, commitment, and passion within the organization.



## FIVE-YEAR STRATEGIES

- Cultivate best practices as an employer, including fair wages and benefits and opportunities for professional development
- Develop internal systems that inspire all staff members to achieve goals and be rewarded for their efforts
- Encourage a healthy workplace culture that engenders fun, learning, safety, effective communication, and kindness towards others
- Grow skills and ability of the management team and Board to lead organizational change
- Provide the board with regular board training and education in both governance and strategic issues



## RESULT:

An educated, engaged, and responsible staff, management, and board effectively support the ongoing success of The Food Co-op.

# Environmental Sustainability

## LONG RANGE GOAL

Continue to improve the environmental sustainability of operations.

## FIVE-YEAR STRATEGIES

- Improve our energy efficiency and reduce our waste.
- Develop a 20-year Vision of Sustainability
- Utilize support from the Sustainable Food Trade Association (SFTA) to measure our progress.
- Include relevant SFTA metrics for capital improvements



## RESULT:

Our Co-op decisions and operations are increasingly consistent with the principles of sustainability.

# Education, Outreach, Advocacy

## LONG RANGE GOAL

Target our education, outreach, and advocacy efforts to advance our mission and principles.

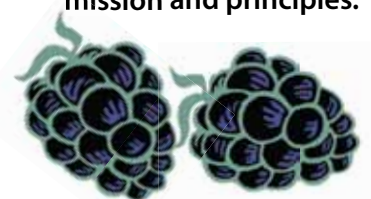
## FIVE-YEAR STRATEGIES

- Develop and implement a plan to focus our education, outreach, and advocacy efforts strategically
- Coordinate with local partners to advocate for policies and initiatives that strengthen our food system, address food security and protect our natural resources
- Continue to work with national partners to promote and advance the cooperative model
- Attract and engage youth and young adults in the Co-op



## RESULT:

Co-op members access the information they need to make informed choices about what they consume, and how they can implement environmentally sustainable and healthy practices in their lives.





# Nourishing and Awakening Your Tissues



MOLLY FORCE, Naturopathic Doctor

A therapeutic contrast shower is a simple and convenient way to invigorate your circulatory system, tone your immune system, nourish your peripheral tissues, and promote detoxification at the vascular level. You may also find that it helps decrease areas of pain and soreness while rejuvenating your entire system.

## *Therapeutic contrast hydrotherapy is...?*

The idea is straightforward. At the end of a warm shower, change the water temperature to a cool stream for 30 seconds to one minute. When doing therapeutic contrast hydrotherapy, always end your shower with cool water. Start with exposing your extremities to the cool water, and then move to your core -- your chest, abdomen, back and pelvis. I recommend that beginners avoid exposing their heads to the cool water initially and start with just 30 seconds of cool water. As you continue to make this part of your shower routine, you can incrementally decrease the water temperature during the cold exposure and increase the time you stay under the cool water.

## *What is the contrast hydrotherapy doing?*


The warm water from your shower causes your vessels to vasodilate (expand) and fill with blood, lymph, nutrients and waste products. When you alternate from hot to cold water while you are showering, your vessels vasoconstrict (contract) and pump blood, lymph and nutrients from your extremities toward your core. This is a wonderful way to stimulate nutrient delivery to your body's cells and detoxify metabolic waste. Most people find when they get out the shower, after ending on cool water, they

actually feel warmer. The reason for this is because your vessels are elastic-like structures which rebound and vasodilate (expand), causing a pumping action to occur and fresh blood to flow to all the areas of your body.

## *How often should you do contrast hydrotherapy in the shower?*

For most people, contrast hydrotherapy is beneficial when performed daily. However, there are some medical conditions for which the contrast shower is not recommended: heart or vascular disease, asthma, pregnancy, diabetes with peripheral neuropathy, cold-induced hemolysis, and Raynaud's Syndrome or phenomenon. If you feel dizzy, lightheaded, nauseous or excessively chilled, discontinue or decrease the intensity of the contrast shower.

Listen to your body, as you know it best.



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

"If every day is an awakening, you will never grow old. You will just keep growing." - Gail Sheehy





# Learn

how to make your own  
traditionally fermented  
**Sauerkraut  
& Kimchi**

with Marko Colby of Midori Farm

**Saturday, Feb. 2**

10 a.m.-1p.m.

\$30 per student

Food Coop Annex  
2482 Washington St.

*Register early. This class always fills up!*  
*Call 385-5579*

# The Sticky Topic of VACCINATION

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



Vaccinations have become a controversial topic in veterinary medicine in recent years. Many holistic veterinarians are realizing that a lot of health issues are related to over-vaccination. The most common are skin problems, but this is the tip of the iceberg, and the problem is really an immune system that just cannot cope with the environment we are living in. Other symptoms of vaccinosis include behavioral issues such as fear and aggression, neurological problems and direct reactions to the vaccine. Certain vaccines such as feline leukemia also cause cancer, and I do not recommend them for indoor cats for that reason.

While we have to vaccinate our dogs and cats against rabies for public health reasons, there are things we can do to minimize the effects of the vaccine. After a vaccine, it is good to give a dose of a specific homeopathic remedy to mitigate any potential side effects and reactions. This should be given as soon as possible after the vaccine but can still be helpful months or even years later, such as when behavioral or skin problems are evident. Other homeopathic remedies are often helpful in cases of chronic allergies and other health problems. On the other side of the argument, it is important to prevent serious diseases like parvovirus and distemper in dogs and feline distemper in cats, but I recommend talking with your veterinarian and deciding which vaccines your animal really needs, then spacing things out as much as possible.

Usually killed vaccines are safer, and a more spread out puppy and vaccination schedule is better. The use of homeopathic remedies and homeopathic nosodes (which are like homeopathic vaccines) for particular diseases can help support the immune system and augment vaccinations. Try to avoid vaccines in animals as young as four to six weeks old when their immune system is not properly developed. In older animals, I would consider the risk factors. In dogs, an antibody titer can be done for rabies and distemper to establish immunity. If they are immune, they can avoid the vaccine for that year. For older dogs and cats with health issues, a veterinarian may write a letter or waiver to state that the rabies vaccine is not recommended. It is up to the discretion of the local animal control to decide if this is satisfactory or not. Rabies is the only vaccine required by law, but is not recommended in animals with health problems according to the vaccine label.

The key to safe and successful vaccination is caution, education and wise choices. I would recommend doing research before getting a new puppy or kitten and/or taking your animals in for their vaccines.

*"Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality." - Earl Nightingale*

# The First Gift of Its Kind

NELLA LETIZIA, WSU Public Relations/Communication Coordinator

Lisa Painter wore a red baseball cap with an iconic image – Rosie the Riveter flexing her arm and the words “We Can Do It!” – when she donated her longtime farm and property to Washington State University. The hat and words reinforce a lifetime of can-do moxie that helped make the 87-year-old Painter a fixture on Marrowstone Island. They also give a glimpse of the kind of legacy the WSU Twin Vista Ranch means for future generations of WSU organic agriculture students, as a center for educational outreach and agricultural development.

At an Oct. 23 dedication and open house, Painter gave WSU the 26-plus-acre Jefferson County farm and property in memory of her partner, the late Jeanne Clendenon, and her parents, Carl and Muriel Painter.

“When Jeanne and I moved here in the early 70s, we were excited to have our own land and to be able to pursue our dream of self-sufficiency by trying out new types of plants, seeing what would grow best and, in general, organically taking care of the land and respectfully raising animals on it,” Painter wrote of her intent in making the gift to WSU. “We both wanted to be sure that this land would always remain as agricultural, organically managed land where the soil and water, all the plants and animals were treated respectfully and as part of the full, natural cycle of life and death.

“WSU and the Jefferson Land Trust were the answer to my dreams,” Painter added. “Young people can get the training in organic farming through the university. The Land Trust will assure that the ranch is preserved in perpetuity and organically managed. I trust that they will do this and wish them well.”

The WSU Twin Vista Ranch will serve as an incubator for FIELD (Farm Innovation, Education and Leadership Development) internship graduates and a research space for germplasm maintenance and breeding for area production systems – in particular fruit and nut tree germplasm as well as dryland

production. The farm also will be used for classes, workshops, seminars and educational retreats hosted and sponsored by WSU Extension.

Present for the dedication were Dan Bernardo, dean of the WSU College of Agricultural, Human and Natural Resource Sciences as master of ceremonies; Jefferson County Extension Director Laura Lewis; Jefferson Land Trust Stewardship Director Erik Kingfisher; Painter’s close friend Rita Kepner, who was instrumental in connecting Painter with WSU Extension and the Small Farms Program to establish the gift; and 75 other community members and well-wishers.

Painter and Clendenon purchased the farm in 1972 and began diversifying management and on-farm operations to include production of beef and small livestock, honey, fruits and vegetables, pasture and hay.

Painter and Clendenon developed the property to be energy efficient with installation of solar panels, a windmill and solar water heating systems – all of which are still in use. More recently, the ranch has been primarily focused on organic beef cattle production.

“This is the first gift of its kind for WSU Extension and the WSU Land Legacy Program,” said Dan Bernardo, dean of the WSU College of Agricultural, Human and Natural Resource Sciences. “WSU Extension would like to thank Lisa Painter for this truly transformational gift. This farm will be a centerpiece of Olympic Peninsula agriculture as well as a testament to WSU’s commitment to small-scale agriculture and its unique contribution to Washington food production.”

*This story is reprinted from Green Times with the permission of Washington State University. Green Times is a free, monthly e-newsletter. Subscribe by visiting <http://newsletters.cahnrs.wsu.edu/>*



*“The fact that I can plant a seed and it becomes a flower, share a bit of knowledge and it becomes another’s, smile at someone and receive a smile in return, are to me continual spiritual exercises.” - Leo F. Buscaglia*



# GMOs Only the Beginning

KATHIE MEYER, Outreach/Education/Marketing Manager



It didn't take long for the backlash to start.

As soon as California's Right to Know GMO labeling initiative, Proposition 37, was defeated, the Organic Consumers Association (OCA) called for a national boycott of popular natural and organic brands owned by 10 parent companies that donated to the NO on 37 Campaign.

"Among the largest bankrollers of the NO on 37 Campaign were huge multi-national food and beverage companies whose subsidiaries make billions selling popular organic and 'natural' brands," said Ronnie Cummins, director of the OCA and the Organic Consumers Fund in a recent press release. The Organic Consumers Fund donated more than \$1 million to the YES on 37 Campaign.

"It's time to send these companies a message: Either start supporting GMO labeling initiatives, including the upcoming one in Washington State, or consumers will stop buying your products," Cummins said.

Already some Food Co-op members have presented a list of these companies asking what the Co-op is going to do about the proposed boycott. The companies in question, with products on Co-op shelves in italics, are:

- PepsiCo (donated \$2.5M): Naked Juice, Tostito's Organic, Tropicana Organic
- Kraft (donated \$2M): *Boca Burgers* and *Back to Nature*
- Safeway (Member of Grocery Manufacturers Association, which donated \$2M): "O" Organics
- Coca-Cola (donated \$1.7M): *Honest Tea*, Odwalla
- General Mills (donated \$1.2M): *Muir Glen*, *Cascadian Farm*, *Larabar*
- Con-Agra (donated \$1.2M): Orville Redenbacher's Organic, Hunt's Organic, *Lightlife*, *Alexia*
- Kellogg's (donated \$791k): *Kashi*, Bear Naked, Morningstar Farms, *Gardenburger*
- Smucker's (donated \$555k): *R.W. Knudsen*, *Santa Cruz Organic*
- Unilever (donated \$467k): Ben & Jerry's
- Dean Foods (donated \$254k): Horizon, Silk, White Wave

As you can see, we carry about 50 percent of the products on this list.

We do not have a formal position on these companies. You should know that the trend of the big corporations like Coca-Cola and General Mills buying up natural foods companies will continue because the organic food industry is a growth industry and, quite

## WHAT IS A GMO?

Genetically modified food is a relatively new science that allows genetic material (DNA) from one species to be transferred into another species. This type of crossbreeding is done with species that have never shared genes in the past.

In the case of BT corn, the corn has been genetically modified to produce a toxin. The corn's DNA is equipped with a gene from soil bacteria called Bt (*Bacillus thuringiensis*) that produces the Bt-toxin. It's a pesticide, and it breaks open the stomach of certain insects and kills them.

Monsanto and the Environmental Protection Agency (EPA) have claimed that it was only insects that would be hurt. The Bt-toxin, they said, would be completely destroyed in the human digestive system and not have any impact on non-organic corn consumers.

However, a 2011 study conducted at the Sherbrooke University Hospital in Quebec and published in Reproductive Toxicology found Bt-toxin in 93 percent of 30 pregnant, 80 percent of umbilical blood in their babies, and 67 percent of 39 non-pregnant women.

frankly, some of those smaller companies are willing to sell. As a result, the list of these kinds of brands that are controlled by General Mills, etc. will only get bigger. If we were to discontinue selling each and every brand controlled by those corporations, our shelves would be very bare indeed.

## Watch

Deb Shortess speak about **NON-GMO** labeling at the Co-op



Here is what we suggest: If you are offended by these corporations' role in Prop 37, please write to those companies and tell them

**GMO Backlash: Continued on page 16**

"Without change, something sleeps inside us, and seldom awakens. The sleeper must awaken." - Frank Herbert

how you feel. Since our new grocery manager, Khy Griffin, tracks what sells and what doesn't, he'll hear you the loudest if you vote with your dollars and boycott these products yourselves. If you don't buy it, we won't carry it. It's that simple.

But before you make the decision to boycott these products, ask yourself if you want to punish the farmers that raise the organic ingredients that go into these items. It's that complicated, too.

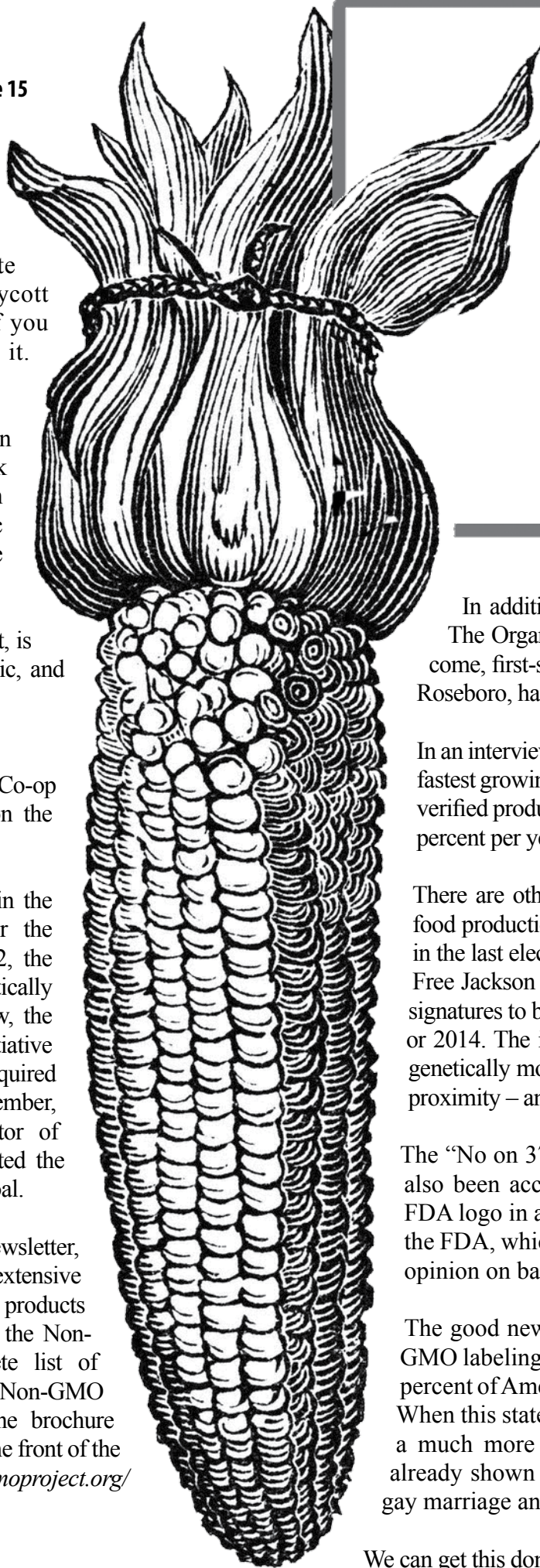
The best solution, boycott or not, is to always buy local, buy organic, and know your farmer.

### IN THE CO-OP

This is not to say that the Food Co-op isn't willing to step forward on the GMO issue.

In 2012, we posted a petition in the store to collect signatures for the Washington State Initiative 522, the "People's Right to Know Genetically Engineered Food Act." By now, the deadline has passed for initiative organizers to submit the required 241,000 valid signatures. In December, however, Trudy Bialic, Director of Public Affairs for PCC, predicted the I-522 effort would make their goal.

As we reported in our last newsletter, the Food Co-op has also done extensive labeling in the store to indicate products that are certified GMO-free by the Non-GMO Project. For a complete list of ingredients to avoid, see the Non-GMO Shopping Guide located on the brochure rack between the bathrooms at the front of the store and online at [www.nongmoproject.org/shoppingguide](http://www.nongmoproject.org/shoppingguide).



## U.S. GMO PRODUCTION

Currently, commercialized GMO crops in the U.S. include:

- soy (91 percent of total U.S. production)
- sugar beets (90 percent)
- cotton (71 percent)
- canola (88 percent)
- corn (85 percent)
- cotton (71 percent)
- Hawaiian papaya (more than 50 percent)
- zucchini and yellow squash (small amount)

In addition to that, we are bringing in a limited number of copies of The Organic & Non-GMO Report to give away to members on a first-come, first-serve basis, also available at the brochure rack. It's editor, Ken Roseboro, has been covering the GMO issue since 2000.

In an interview with Organic Connections, Roseboro said, "Non-GMO is the fastest growing natural food category right now. Sales of Non-GMO Project-verified products are over a billion dollars, and growing at something like 24 percent per year."

There are other avenues yet to explore as well. Those who oppose GMO food production note that Washington's own San Juan County passed a law in the last election that bans GMO farming. In Oregon, organizers of GMO-Free Jackson County have submitted a county ordinance and are collecting signatures to ban GMO production through an initiative on the ballot in 2013 or 2014. The initiative was launched in response to concerns that seeds for genetically modified Roundup Ready sugar beets were being grown in close proximity – and illegally – to organic crops.

The "No on 37" campaign spent \$46 million to get their way. They have also been accused of lying, most notably when they illegally used the FDA logo in a mailing to California residents, and made up a quote from the FDA, which the FDA refuted. The FDA did not and cannot express an opinion on ballot initiatives.

The good news is that over 4 million voters in California said "yes" to GMO labeling despite Prop 37's defeat. An ABC News poll found that 93 percent of Americans want to know if their food is genetically engineered. When this state's Initiative 522 likely goes to a vote, Monsanto may have a much more difficult battle on their hands. Washington voters have already shown that they are not afraid to change the rules by approving gay marriage and legalizing marijuana.

We can get this done, too.

*"If you think in terms of a year, plant a seed; if in terms of ten years, plant trees; if in terms of 100 years, teach the people." - Confucius*





## Transitioners Help With Recycling

Starting with the current school year, every Friday we have young developmentally disabled adults from the Transition Academy helping us with collecting the glass, metal and plastic bottle recycling at our Food Co-op.

This job task takes them about one to two hours to complete. It is a collaborative arrangement to offer the opportunity for these young people to have a weekly job that they look forward to doing every week at the Food Co-op. There is no monetary compensation for this exchange.

Transition Academy is a part of Concerned Citizens, a non-profit organization.



**Great news!** Puget Sound Energy approved the Co-op's Maintenance Manager Rene Tanner's grant request for \$2,500 in conservation funds. The money was used for our LED lighting installation project in the Produce and Grocery Departments and above the Alcove and the Member Services Desk.

## Local Food Artisans Are Good Food Finalists

Both Midori Farm and Alpenfire are finalists in the Good Food Awards contest. Midori Farm had three products honored in the Pickles category: Horseradish Leek Sauerkraut, Kimchi, and Savory Kraut. Alpenfire, better known for its cider, is a finalist in the Preserves category for their Orleans Vinegar.

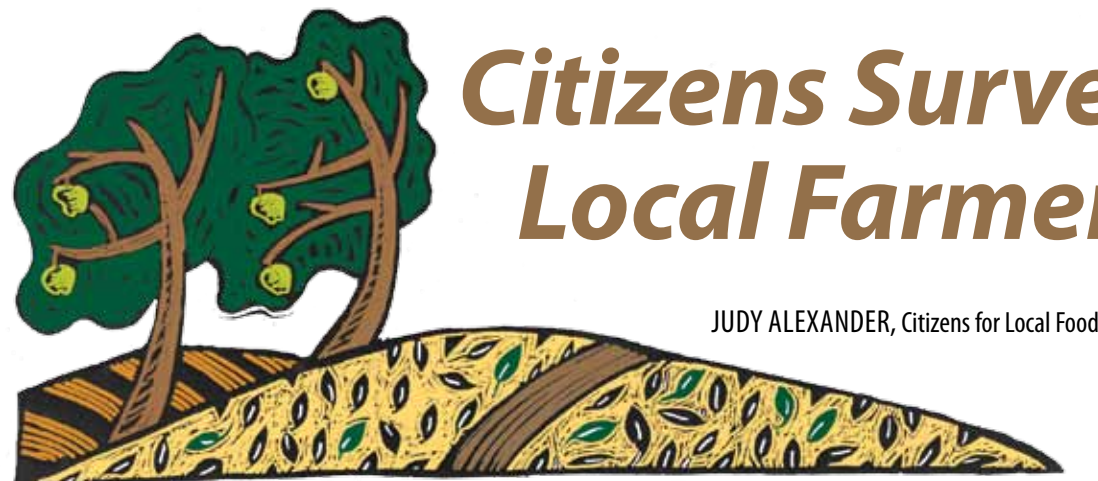
The third annual Good Food Awards honors food and drink from nine different categories: beer, charcuterie, cheese, chocolate, coffee, confections, pickles, preserves, and spirits.

All submissions that met the criteria for entry were judged at a blind tasting on Oct. 14, 2012, in San Francisco. Each category had its own panel of judges with special expertise in the industry.

All Good Food Award winners will be invited to be honored at an invitation-only ceremony on Jan. 18, and to sell at a special public Good Food Awards Marketplace on Jan. 19, both at the Ferry Building in San Francisco.



"In our consciousness, there are many negative seeds and also many positive seeds. The practice is to avoid watering the negative seeds, and to identify and water the positive seeds every day." - Thich Nhat Hanh



# Citizens Survey Local Farmers

JUDY ALEXANDER, Citizens for Local Food

Are you a Citizen for Local Food? We are.

Citizens for Local Food (CLF) is an ad-hoc, all-volunteer group with a mission “to be in service to the people of Jefferson County to create a local, secure and just food system which strengthens our community, ecology and economy.” We came together from across Jefferson County, drawing members of Chimacum Grange, Local 2020 and other organizations, in an effort to strengthen community support for local food.

Many drew inspiration from Katherine Baril’s presentation on the history and future of local agriculture given to the Jefferson County Planning Commission in March 2011. As the commission reviews Jefferson County’s comprehensive plan and unified development code in preparation for the 2016 periodic update required by state law, the commissioners are interested in public comment, especially about agriculture.

In order to accurately determine what was needed, CLF decided to conduct a survey of our local farmers. We spent 20 months designing, implementing and completing a comprehensive survey -- a 20-page document which took one to two hours to complete. Questions covered farm demographics, marketing/sales information, infrastructure/equipment usage, harvest/production methods (including value-added products), distribution, water usage, housing needs, farm income/economics, and critical area projects. Over 50 farmers participated in face-to-face interviews; most of them were interviewed on their farms.

The farmers were promised two things: 1) anonymity on their surveys, i.e. data was delivered in aggregate, so no one farmer’s responses could be tracked (to create the safety necessary to find the “real story” of farming in Jefferson County), and 2) farmers would be the first to review survey results. That review happened at a September event at Spring Rain Farm.

This survey had one final separate, optional page in which farmers were asked to identify themselves for answers that required further contact. These questions assessed their interest in collective storage sites for crops, equipment sharing, assistance needed or offered for marketing, etc. This final addendum page still needs follow-through if anyone has passion to join CLF for that purpose in 2013.

CLF originally adopted four goals, the first of which is nearing completion: 1) conducting a survey of East Jefferson farmers, 2) encouraging a local food policy resolution, 3) writing a report answering the question “Can Jefferson County feed itself?” and 4) conducting community conversations to assess public attitudes about local food issues.

We have much work yet to do to accomplish these goals. If you have passion for supporting the local food system, please join us! For more information, send email to [citizensforlocalfood@yahoo.com](mailto:citizensforlocalfood@yahoo.com).

CLF will deliver an illustrated report at the County Planning Commission meeting at 6:30 p.m. on Wednesday, Jan. 16 at the Tri-Area Community Center in Chimacum. Other organizations interested in survey data presentations can make requests to [citizensforlocalfood@yahoo.com](mailto:citizensforlocalfood@yahoo.com).

applications  
due March 31

## LOCAL food needs LOCAL leadership

DAN GOLDSTEIN, Board Development Committee Chair

It is an exciting time for the Food Co-op’s board. We have been hard at work over the past year drawing up a strategic plan to



guide the Co-op over the next few years. We are proud of what we have come up with, and we think it reflects the feelings of our co-op member-owners. In fact, the real job of the board is to represent their interests. It should be no surprise that our diverse membership results in a board with a diversity of thought. What we do have in common is our love of the co-op’s mission and our ability to listen to each other and work together for the good of all as we did while crafting the strategic plan.

2012 was the International Year of the Co-op. Co-ops are being highlighted as an alternative to big impersonal corporations that take money out of our communities. Co-ops are run locally for the benefit of the member-owners and our local community. Our proceeds circulate here benefiting local farmers, vendors, employees, community groups and member-owners. And we are run democratically. The board is elected by the member-owners and answerable to them.

The Co-op is committed to promoting our local farmers and producers. We do that by building our awesome local co-op. We need a strong local board to provide direction for the Co-op and implement our strategic plan. There will be four open seats in the next board election. It is a perfect opportunity for you to step forward and be part of it. Talk to a board member to learn more.

“In seed time learn, in harvest teach, in winter enjoy.” - William Blake



# Taming the Plastic Tiger

KATHIE MEYER, Outreach/Education/Marketing Manager

When the fast food counter clerk hands me my drink, I cringe because it has a plastic lid and straw. Beth Terry sees the look on my face, and quickly says, “Oh, please don’t do that.”

“Do you get that a lot?” I ask.

I’m referring to the embarrassed feeling you might have when you’re with Beth who has made a true commitment to bring as little plastic into her life and make as little waste of it as well. Before ordering her food, she quizzed the clerk about what type of item her lunch would be served on, and she’s got her own eating utensils and water container that she carries with her wherever she goes.



“I have friends who refuse to go shopping with me,” she says with regret.

Beth is the author of *Plastic Free – How I Kicked the Plastic Habit and How You Can Too*. In November, several sponsors (the Co-op, Friends of the Port Townsend Public Library, the Main Street Program, Jude Rubin, the Old Consulate Inn, the City of Port Townsend, and the Jefferson County of Chamber of Commerce) brought her to Port Townsend to speak about her experiences and lifestyle. Over 70 people attended her presentation on a blustery, rainy Sunday, and she captivated us all with her non-judgmental, informative, PowerPoint-supported talk.

When she pulled out a small, plastic grocery bag filled with the sum total of plastic – 2.11 lbs. – that she consumed in the entire year of 2011, everyone was pretty impressed.

“Recycling is not the answer,” she told us as she shared a video of a place in China where the U.S. sends plastic for recycling. It’s a place that can only be described as “toxic,” and the factory workers live in squalor because they have no other option. These factories are the reason why local officials have decided to not recycle certain types of plastics.

With the overwhelming amount of plastic goods used in the world today, it’s hard to avoid it. Start small, Beth said. Collect just one week’s worth of your plastic waste, examine it, and think about what would be easiest to eliminate.

Personally, I think it wouldn’t be so hard to carry around a set of bamboo eating utensils for when my crazy life reduces me to fast food. I have never liked eating and drinking off of plastic anyway.

Other things will come with time.

Read Beth Terry’s blog at [www.myplasticfreelife.com](http://www.myplasticfreelife.com).

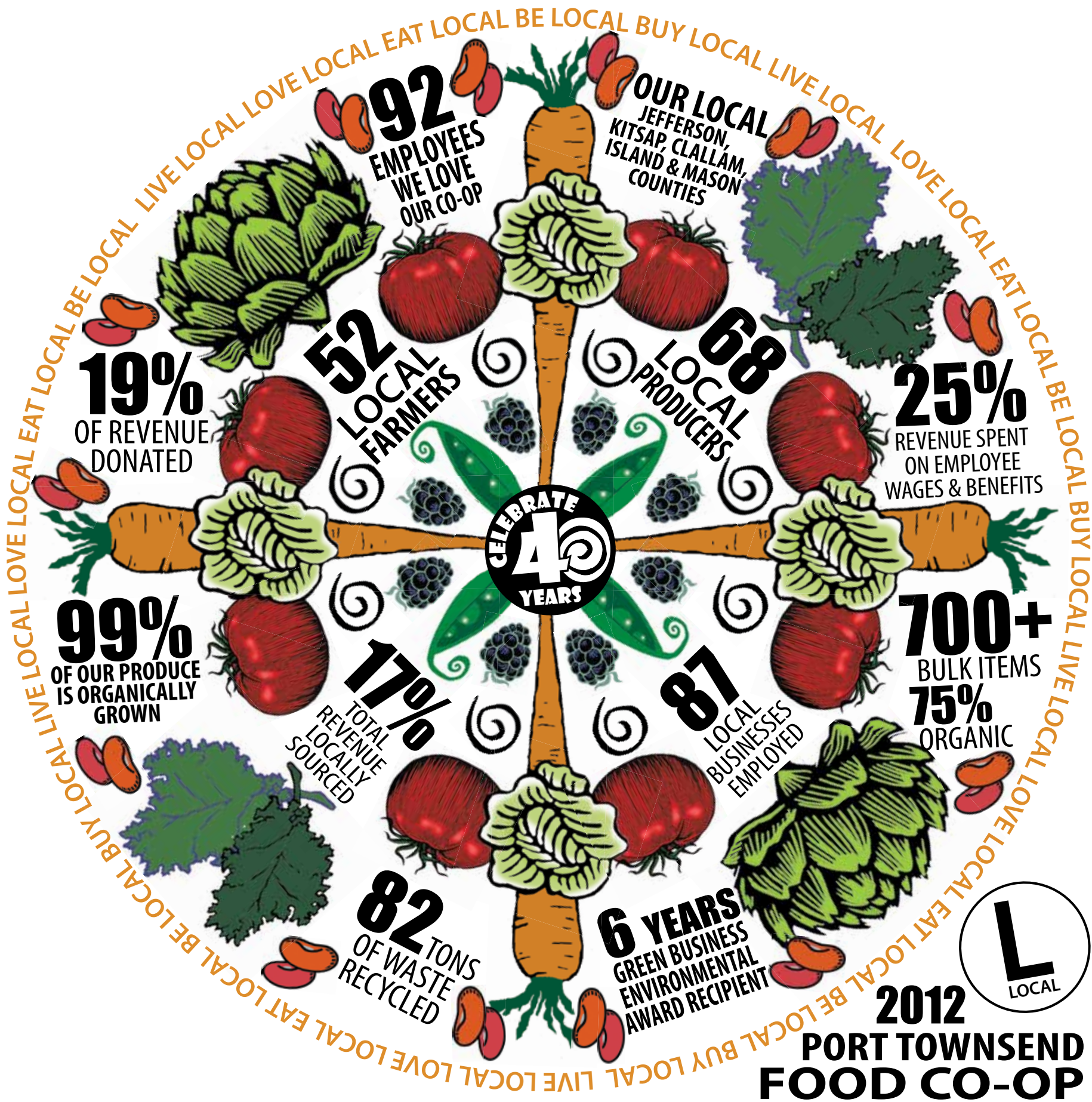
## Nine reasons why

How can only one person’s actions matter? In her book, *Plastic Free: How I Kicked the Plastic Habit and How You Can Too*, Beth Terry gives these reasons:

1. When we realize our direct impact on the rest of life on the planet, we simply cannot continue to do harm. To live with **integrity**, we have no choice but to change.
2. Our actions affect our own **health** and the health of those we love.
3. We can **vote** with our wallets to support small, ethical businesses and create a greener economy.
4. We can develop our own ingenuity and creativity and learn how to be more **self-sufficient**.
5. Personal changes lead us to examine our values and evaluate what’s **helpful** to our physical and spiritual well-being and what’s not.
6. We **connect** with our communities.
7. Hitting the limits to personal changes helps us recognize where to focus our energies in asking companies to change, or to start new companies to **challenge** the status quo.
8. We **see** the flaws in the system.
9. By letting others see our personal changes, we set an **example** of a different way to be.

“The public is a hibernating bear, hard to awaken and fond of honey.” - Mason Cooley





"Whatever we do lays a seed in our deepest consciousness, and one day that seed will grow." - Sakyong Mipham