

NEWSLETTER OF THE PORT TOWNSEND FOOD CO-OP  
**CO-OP COMMONS**

# SAVOR

hearth 2014 Autumn Issue repose



*"You must learn to be still in the midst of activity and to be vibrantly alive in repose." – Indra Gandhi*

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PORT TOWNSEND  
FOOD CO-OP COMMONS

Quarterly Newsletter of the  
Port Townsend Food Co-op

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

OPEN DAILY  
Mon-Sun 8am-9pm

MISSION STATEMENT

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

PRINCIPLES

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

MEMBER-OWNED

- no annual fees
- one time \$5 sign-up fee
- \$2 payments every month you shop until \$100 capital investment achieved = a paid-in-full membership!

EDITORIAL STAFF

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

Printed using recycled paper and vegetable-based inks.

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

# At the Table

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

There are quizzes online one can take to find out how many different kinds of food you have tried and therefore score your food cred. I don't rank as high as some of my friends, but I do respectably. I have eaten escargot (snails) and squid, but not frog legs or chocolate-covered ants. In Peru, I tried ceviche but passed on the cuy (guinea pig).

Occasionally, someone will insist you try some culinary experience you've always managed to avoid up until that point. This was the case with myself and figs not too long ago.

You know how it is. It's probably a perfectly fine thing to eat, but something about whatever it is just turns you off. Maybe it's the smell. Or maybe it's the appearance or texture. There's no reasonable explanation; it's just a personal preference. With me and figs, I'll be honest, the insides look like something Hannibal Lecter would have as a snack, if you get my drift.

But I have heard of people who love figs and can't possibly get enough of them, and when someone offered me one, I considered whether or not I would be reasonable in refusing it. I do have a philosophy that you can't really condemn something unless you've tried it (not applicable to heinous crimes, but everyday random stuff), so I decided to accept the fig.

I didn't like it.

On the other hand, I did try and eat all of the blood sausage given to me while on vacation in Cornwall this summer. As long as no one mentioned "pig's blood" while I was chewing, I was fine, mostly because I thought of how blood sausage originated with poor folk who really needed to use as much of the animal as possible. I wouldn't go so far as to say I enjoyed it, but by eating this odd breakfast course, it symbolized my gratitude that I don't myself have to eat blood and bread crumbs out of necessity.

I also tried a whole lot of cheese in England, and nobody had to twist my arm to do that. We tried Stinking Bishop because we're Wallace and Gromit fans, and we also tried Cornish Jarg (pronounced "yarg"). Jarg is a moist cheese with a fresh, creamy taste and a quality all of its own derived from the hand-applied covering of nettle leaves. There is also a variety of Jarg wrapped in garlic leaves. I loved it so much that, once I got home, I asked our Food Services Manager, Hadley Nye, to order some for the store. It's taking a while to get here, but once it does, you can bet we'll announce it. If you see me in the store, ask if you can try some, and I will arrange it.

Perhaps there is something your mother never fed you that we sell in the Food Co-op and you've always wondered what it tastes like. If it's in the produce, bulk, or deli departments, we will be happy to accommodate you if you'd like try a sample. Just ask! We're not going to force you into anything, but we are here to set your course for new and exciting culinary adventures whenever we can – no passport required.



"The sun, the hearth of affection and life, pours burning love on the delighted earth." – Arthur Rimbaud

# IN FOOD WE TRUST

LISA BARCLAY, Board Secretary



## LAST SPRING,

the Co-op Board decided to explore the possibility of a patronage dividend system, and I wrote an article for the *Commons* describing such systems. Since then, we've had a member forum on the subject, learned much more about the ins and outs of patronage dividends, and consulted lawyers about the legal ramifications and the steps we need to take to implement the system.

Now we are ready to ask our members if this is what they want. To that end, the Co-op's general manager and board members are available multiple times in the alcove during October and November to discuss the question (see the calendar or the Board's board for the dates). On Saturday, Oct. 25, we'll have a general meeting at the Port Townsend Recreation Center for a presentation and discussion on patronage dividends. Then we (all member-owners) will vote on whether we want to change our Articles of Incorporation to enable us to legally begin a patronage dividend system. If we vote "yes," we'll begin next year.

Please read the Frequently Asked Questions below and come talk with us in the alcove.

### What are patronage dividends?

In a patronage dividend system, when a co-op makes a profit, its members receive part of those profits as a dividend or "refund." Each year the board of directors of the co-op determines if their co-op can afford to distribute dividends, and dividends are determined by how much each member spent during the year.

### Why initiate a patronage dividend system?

It would save the Food Co-op money and enable us to return a portion of the profits to our members, keeping more money in the community. Currently, the Co-op usually pays more than 30 percent of our profits in taxes. A patronage dividend system would allow us to keep that money.

### How much would the dividend be?

Dividend payments are based on the Food Co-op's profit and how much *you* spend at the Food Co-op during the year. The more you spend, the larger your dividend. Remember, though, the Co-op aims for just a 1-2 percent profit, so dividend payments will never be large.

Each year, the Board of Directors would determine how much, if any, of the Co-op's profits would be designated as patronage dividends. According to IRS rules, at least 20 percent of the profits designated as patronage dividends must be distributed to the owner-members as cash or the equivalent. The Board may choose to retain the balance as equity, which the Co-op could use for such things as capital improvements or debt reduction. In essence, this enables us to transform taxable profit into member investment in the Co-op. The actual ratio of retained and distributed dividends will vary from year to year, depending on the amount of profit and the Co-op's needs.

### How will I get my dividend?

Members will receive vouchers that could be used toward purchases, redeemed for cash, or donated to a non-profit organization a fashion similar to our Beans for Bags program.

### Do I have to pay income taxes on the patronage dividend?

No, patronage dividends are not taxable income unless your purchases were for business purposes rather than personal use. If this is the case for you, please consult your tax advisor. Otherwise, patronage dividends are essentially a refund of money you spent in the store.

### When other co-ops add a patronage dividend system, they often simultaneously eliminate the member discount at the register. Are we?

We are in the unusual position that 92 percent of our sales are to members. Our

members pay shelf price and non-members pay a 10 percent surcharge. This would not need to change in order to have patronage dividends.

### What is the process to initiate a patronage dividend system?

To satisfy various laws and regulations, the Food Co-op's Articles of Incorporation must be modified, and that requires a vote of the membership. We will have a general meeting on Saturday, Oct. 25, at the Port Townsend Recreation Center from 2 to 5 pm to discuss patronage dividend systems, followed by a 25-day voting period when members can vote either online or in the store. If enough members vote to make a quorum (5 percent) and if, of those who vote, two-thirds vote "yes," then we will begin keeping the necessary records beginning Jan. 1, 2015, and the first dividends would be distributed in 2016, after we know whether or not we have a profit for 2015.

### How can I learn more about this?

During the fall, Board members and the general manager are available to discuss patronage dividends and any other questions you might have in the Co-op's alcove. Check the Board's board for the times. As members raise more questions, we will put the questions and the answers in a binder available at the Board's board. The general meeting on Oct. 25 provides another opportunity to discuss the patronage dividend system and answer any further questions.

Check last spring's *Commons* for "Patronage Dividends – A Community Investment" (available online at [www.foodcoop.coop](http://www.foodcoop.coop)). In addition, the proposed changes to the Articles of Incorporation will be posted on the website. You can also attend any board meeting the first Tuesday of each month or contact General Manager Kenna Eaton at 385-2283, ext. 303; Controller Dan Goldstein, ext. 302; or the Board at [coopboard@foodcoop.coop](mailto:coopboard@foodcoop.coop). Be sure to check the Board's board for any new information or changes of time or venue.

"The simple hearth of the small farm is the true center of our universe." – Masanobu Fukuoka



# Where To Go From Here?

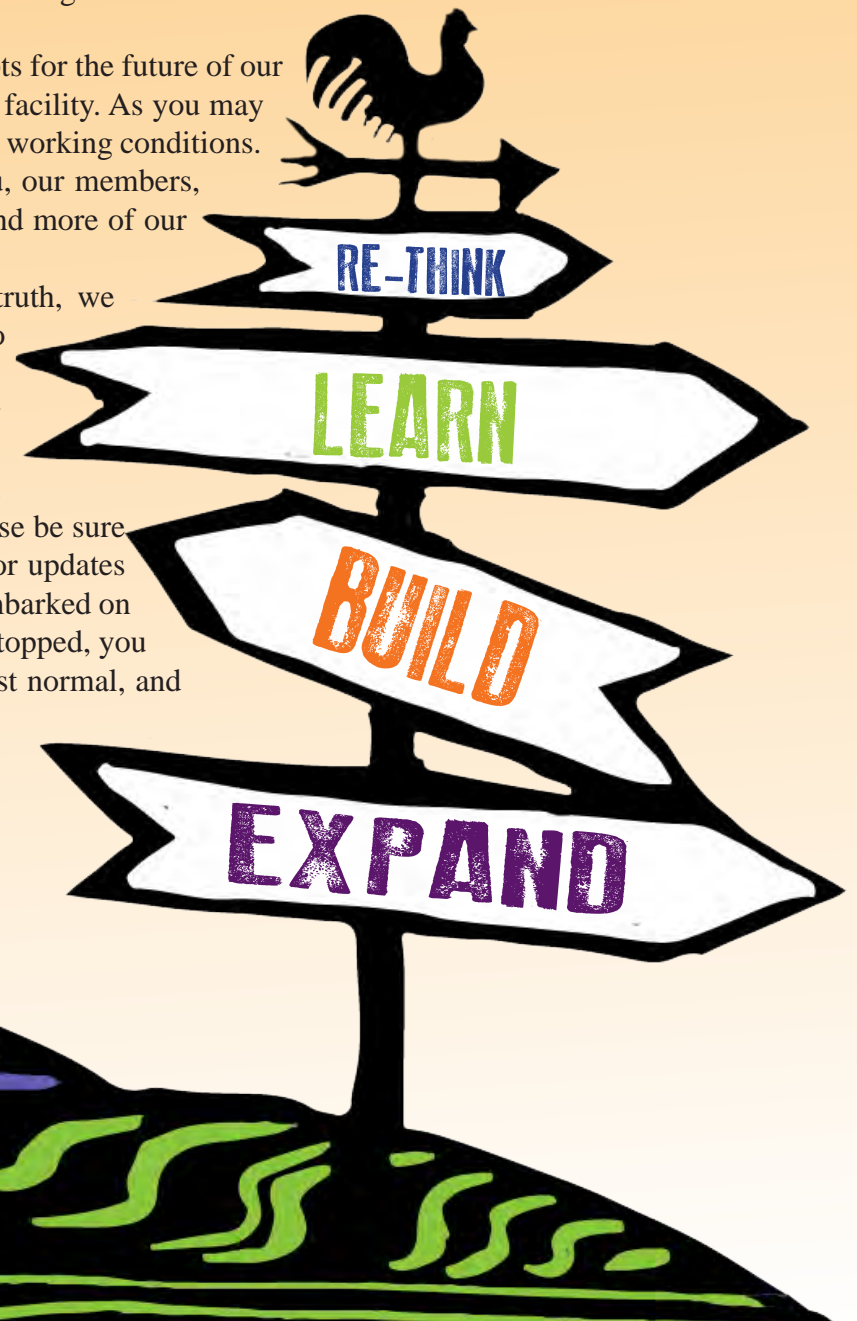
KENNA EATON, Food Co-op General Manager

Earlier this summer in June, after a short, sudden downpour, we experienced a mini-lake in the south side parking lot that required us to lock that door so customers wouldn't get their feet wet. While water never entered the store it did raise some questions about storm drainage on our property and our street. Co-op staff met with city staff and learned a lot more about the storm drainage system than we knew before, and it turns out there are plenty of things about drainage we still don't know but are learning as we go.

We are working with the City of Port Townsend to determine the best course of action for the Co-op to mitigate potential flooding at this site. Regardless of our future plans for possibly expanding the store and the parking area, we will have to take the storm drainage system into consideration and accommodate the changing needs and regulations surrounding this issue. And we still don't know exactly what that means or how much it will cost.

The Board and I have agreed that we want to develop at least two concepts for the future of our Co-op. One path is to keep working on the idea of expanding in our current facility. As you may know, we have to do something to help our staff have decent, if not excellent, working conditions. Doing nothing is no longer an option. And we want to be able to offer you, our members, more of what you have been asking for: more local products, more meat, and more of our delicious deli food.

What would the other possible path(s) look like? Well, to tell the truth, we don't know yet. What I think we can agree upon is that it's important to involve more people in that discussion: our staff, our membership, and our community. Currently, I envision that process would look somewhat similar to our strategic planning process where we hold member forums, interview key informants, and conduct a member survey before working on a plan that we feel focuses on our values. But that process is yet to be determined. Please be sure to keep an eye out in the store, on our web site, and our Facebook pages for updates and invites to whatever we dream up. And for those of you who have ever embarked on such a project you know this is just totally normal. You get started, you get stopped, you think for a bit, and then you get more creative. So now we know we are just normal, and isn't that just a twist?



"There's an ancient tension between wanting to savor the world as it is and wanting to improve on the world as given." – Leon Kass



# Crystal

**Deli**



**most desired skill**  
She is currently going to school full-time to become a nutritionist.

**past jobs**  
For the past 12-13 years she has worked as a chef, on various boats, and as an esthetician.

**Baker**  
Crystal loves experimenting with and testing new recipes. If you have enjoyed a Co-op scone, banana muffin, Chocolate Crispy bar or a Good Morning bar, you can thank Crystal.

**books you will find by her bedside**  
Always John Steinbeck and all of the *Four Agreement* books by Don Miguel Ruiz.

**real life hero**  
Without a doubt, it is Willie Nelson.

**favorite music**  
She likes lots of kinds of music all the time; especially Indie Folk.

**one wish**  
To go back to Alaska!

**simple pleasures**

- swimming in the ocean (yeah, it's cold!)
- walking the dogs on the beach
- hiking in the woods

**most desired trait**  
She would love to be a famous & fearless singer.

**one extravagance**  
She likes to treat herself to superb quality skin care products.

**did you know?**  
Crystal makes the almond cookies for the Co-op and when our long-time vendor Anca was out of town, Crystal made outrageous chocolate chip cookies that the staff raved about.

**family**  
Crystal is #5 in a fishing family of six girls. She grew up in Sitka, AK, Hawaii, and Port Townsend, spending time at each place seasonally, with a little home-schooling along the way.

**d.i.y.**  
This is her motto. Crystal loves to make things, refinish furniture, to try new ideas, and enjoys beading and jewelry.

## hearty THANK YOU

Employees may be nominated by managers, team leaders, peers, or Co-op members for exceptional work performance, exceptional customer service, significant cost savings, efficiency or productivity, or supporting another team.



**Judy**  
June



**Eric**  
July



**Cameron**  
August



**Elann**

## anniversaries October, November, December

- 13 years**  
Loran Scruggs
- 10 years**  
Eric Rymer, Scott Marble, Andrea Dahdah, Todd Fisher
- 9 years**  
Marcia Atwood
- 8 years**  
Josh Madill, Peter Petrenchak
- 3 years**  
Elann Abeyta

- 2 years**  
Juli Valentine, Linda DeLeo
- 1 year**  
Crystal Maher, Irene Slood, Adam Mallory, Judy Carlin, Susan Cartmel

*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.*

"To take wine into our mouths is to savor a droplet of the river of human history." — Clifton Fadiman



# CHILL OUT



**FLYING COW CREAMERY**  
Whole Milk Yogurt  
in returnable glass bottles  
32 oz./chill case



**RISING MOON ORGANICS**  
slim & trim meals  
8 oz./ freezer



**BEYOND MEAT**  
meat alternatives  
9 oz./ freezer



**IMMACULATE BAKING CO.**  
cookie dough  
makes 12 jumbo cookies/chill case



## Staff Picks

### HOT BAR!

"Sloppy Joes are even better than pulled pork!"  
- Josh/Food Services  
deli hot bar



### RUFUS TEAGUE

"I love BBQ sauce and this one is yummy! It is the right balance of flavors I expect in a classic sauce."  
- Andrea/POS  
aisle 5



### UINTA BARLEY WINE

"Bursting with caramel and toffee flavors."  
- Brendan/  
Food Services  
beer cooler



"Each morning sees some task begun, each evening sees it close; Something attempted, something done, has earned a night's repose."  
- Henry Wadsworth Longfellow



# LOCAL

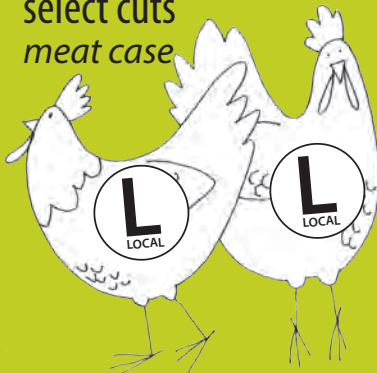
**ULTIMATE PAIN FIGHTER**  
essential oil  
.5 oz. or 1 oz  
Wellness



**SOUND BREWING**  
**Blonde Bombshell**  
*pint/beer cooler*  
Dry, with light malty sweetness. Low to medium hop bitterness Light yellow to golden blonde color. Medium to high carbonation.  
Pair with Italian, Middle Eastern dishes, peppery cheeses, great with salads & fish!



**SPRINGRAIN CHICKEN**  
now available in select cuts  
*meat case*



**WINE TOTES**  
Exquisitely sewn, modestly priced, cloth gift wine totes.  
*wine section*

# NEW



**BITE ME**  
**Flower Power**  
whole wheat cookies  
*singles or pkg. of 12 deli*

**SOUR BEER IS HERE!**

Probiotics in beer - does it get any better? We carry four different kinds of sour beers.  
*beer cooler*



**ONE DEGREE ORGANICS**  
Non-GMO cereal  
*12 oz./aisle 4*

## WINE TOTES

Buy 6 bottles and save 5%.  
Buy 12 bottles and save 10%.  
Carry it all home in a wine tote box at no charge.  
*top of cold drinks case*



**GANESH HIMAL**  
Fair-trade oven mitts

*Festively felted! mercantile/north door*

"The bonds we create in the household are the most important and lasting. Savor them; they're sacred." – Rainn Wilson

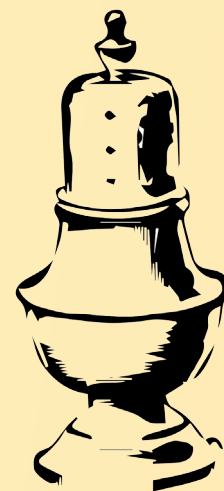


F.E.A.S.T's mission is to promote the art of home cooking with local, seasonal food while discovering and honoring the nutritional folk wisdoms of the world.

Details for upcoming classes are found on the web at [feastculinaryandarts.com](http://feastculinaryandarts.com) or by email, [sidomaroon@yahoo.com](mailto:sidomaroon@yahoo.com).

# Shaking Your Salt Hand

SIDONIE WILSON, F.E.A.S.T. Culinary Studio

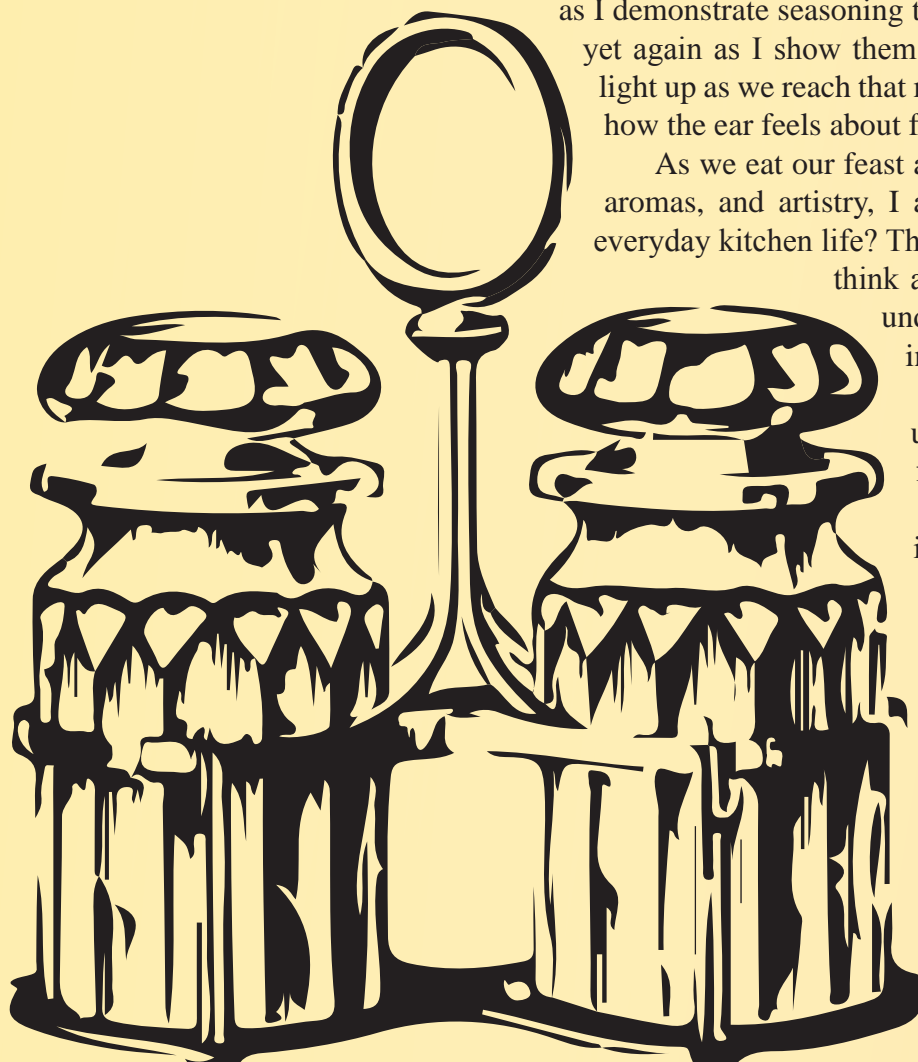


My students gather around the stove with tasting spoons

as I demonstrate seasoning the soup. I have them taste, taste again, and yet again as I show them how to harmonize the flavors. Their eyes light up as we reach that magic point where the food sings, similar to how the ear feels about four-part harmony.

As we eat our feast at the end of class and imbibe in the tastes, aromas, and artistry, I ask them what they'll take home to their everyday kitchen life? The most frequent answer is "salt." How they think about salt has changed. They hadn't really understood how to use it, or the role it plays in good food.

I hear variations at every class: I don't usually salt my cooking. I just let my family salt at the table. I'm too afraid that I'll mess it up by over salting, and besides isn't salt bad for us?



"He who distinguishes the true savor of his food can never be a glutton; he who does not cannot be otherwise." – Henry David Thoreau



# Salting Principles

\* Start by using a good quality sea salt. It doesn't need to be fancy or expensive, but it does need to have the complex taste of minerals, not just sodium chloride, which is acrid. My two favorite salts, in fact they are all I use, are both in the bulk section of our Food Co-op: "Real Salt" and the large crystal Celtic salt.

\* Try not to buy food that's been pre-salted. This may seem impossible, but it's not. The more you train your sense of taste, the more you'll naturally begin to realize how processed, packaged, and bottled foods are harsh and over-salted. Try and keep as much control over salt in purchases as you can; an easy place to start is by buying unsalted butter.

\*The exceptions are cheeses, olives, capers, brined pickles, miso etc. which all traditionally need salt for their creation. Get to know these traditional foods and the subtleties and variations of their saltiness.

\* Begin to notice the natural saltiness in foods, especially vegetables. I was eating a garden tomato today and was surprised at its saltiness. The point is to know what's already salty before you salt what you are cooking. I do not salt homemade stocks before using them because I want to control the amount salt at the end.

\* Salt reduces our capacity to taste bitter and thereby opens up our perceptions of sweet and sour. Food that hasn't been properly salted will not register on our tongues as delicious. The full scope of the food's flavors are unlocked through salting.

\* You must taste the food as you salt it! Sprinkle the salt above the food, using your fingertips, from an open salt cellar, not a salt shaker. This way, you can see exactly how much salt you are using. Your sense of salt and proportion is soon educated this way.

\* Salt the food until you can taste the inherent flavors of the dish, but not until it's "salty." Our saliva is saline, so we instinctively want our food to be only as salty as our saliva. If it's less so, we think our food needs salt. If it's more so, it tastes too salty.

\* There are three main reasons to salt your dish before you serve it: 1) Salt helps us taste. It must be available so you can balance the typical quartet of flavor directions – sweet, sour, salty and bitter – as well as umami, astringent, and piquant. 2) Salt put on at the table sits on the food making it taste salty but leaving the other flavors trapped beneath. Salt cooked into the food, has the time to penetrate and dissolve making the the other tastes come alive. 3) You are the cook. Why let others mess up the results of your efforts by over- or under-salting? I never put salt on the table, unless we are eating radishes and butter. The food should taste flavorful, salt is only one player in the mix, but the one who makes everyone else shine. Some people are like that, too.

"You are the cook.  
Why let others mess  
up the results of  
your efforts by over-  
or under-salting?"



## Svanetti Salt

This salt blend, named for the mountain ranges of The Republic of Georgia, is one of my favorite seasonings. I use it constantly for eggs, vegetables, soups, and beans.

Makes about 1 ½ cups

- 1 cup coarse Celtic salt
- 2 Tablespoons caraway seeds
- 2 Tablespoons coriander seeds
- 1 Tablespoon fenugreek seeds
- 3 fresh garlic cloves (or more), minced
- 1 Tablespoon Aleppo pepper (or paprika with a pinch of cayenne)
- 1 Tablespoon black peppercorns
- 2 teaspoons dill seeds

Mix the spices and salt together; pulse together in a coffee or spice mill until ground, but still partially coarse. Stores for up to six months.

Adapted from *The Contemporary Encyclopedia of Herbs and Spices* by Tony Hill, an excellent herb and spice reference.

"Like water, we are truest to our nature in repose." – Cyril Connelly



Mindful eaters know that a pasture-raised bird is richer in beta carotene, retinol and omega-3 fatty acids.



# 7 MEALS ONE CHICKEN



## BUY A WHOLE CHICKEN

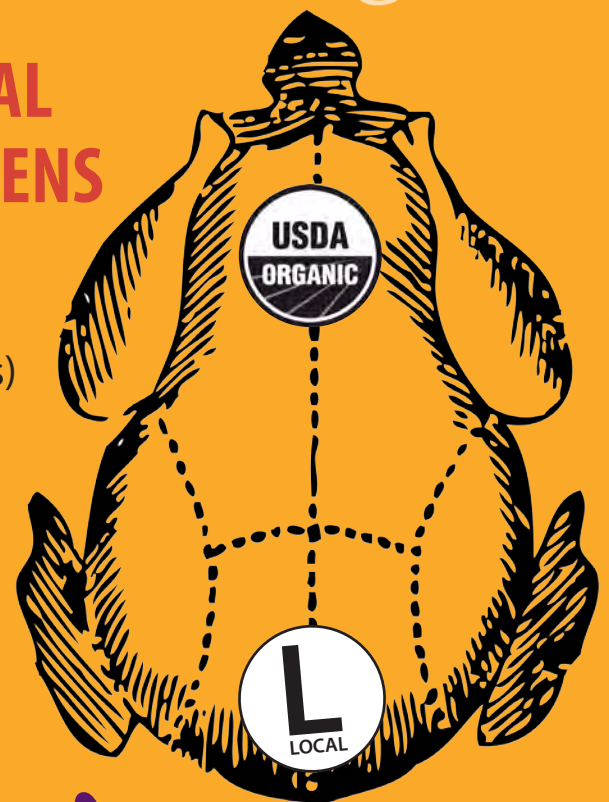
Carve whole, raw chicken into two breasts, two thighs, two wings, two drumsticks.

### HOW TO CARVE:

<http://strongertogether.coop/food-lifestyle/cooking/quarter-a-chicken>

## CO-OP LOCAL WHOLE CHICKENS

♥ Available from SpringRain Farm (also available in cuts)



**BREAST**  
slice or chop  
chicken sandwich  
chicken nuggets  
stir-fry

1

**BREAST**  
dice into cubes  
chicken tacos  
greek pita  
green salad

2

**THIGHS**  
baked  
Tandoori chicken  
marinate & grill  
BBQ thighs  
slow cook  
salsa chicken

3

**DRUMSTICKS**  
dip drumsticks in egg, roll in cooked quinoa, and fry in coconut oil  
fried chicken

4

### COOK THE CARCASS

Crock pot the carcass, organs, and smaller pieces with meat on high for four hours.

### SHRED IT

The wings, organ, and back meat from one chicken is about one cup.

### MAKE STOCK

Use the skin and ALL of the leftover bones to make chicken stock. Freeze the bones for future stock.

### KEEP THE BONES

Add the breast, drumstick and thigh bones to the bones in your freezer; next batch of stock will be lighter, but nutritious.

### ABOUT BONE BROTH

Broth is very rich in minerals, vitamins, & amino acids. It is easily absorbed, (good for our own bones & joint health) & provides nutritional support for adrenal glands. Your grandma knew to make chicken soup when you were sick!

5

**EXTRA PROTEIN**  
use shredded meat  
veggies with pasta  
stuffed peppers  
beans & rice  
enchiladas  
pizza

6

**BEANS**  
chicken stock,  
white beans, green  
chilies, dark meat or  
shredded chicken;  
mash some of the beans  
to thicken broth!  
white bean chili

7

**BROTH**  
simmer carrots, celery,  
onions until they're nearly  
soft; add grains or pasta  
chicken soup



Vegetables will take one pasture-raised bird a long way.

"Simplicity and repose are the qualities that measure the true value of any work of art." – Frank Lloyd Wright



# GMO Update

DEB SHORTESS, SIPS Manager

**F**or the last several months, the Product Research Committee (PRC) has worked diligently on our current project: surveying the first five ingredients of the foods we sell at the Co-op. We looked for ingredients with a high probability of being GMO (genetically modified organism) if the product is not certified organic. The foods in this category are: canola, soy, corn, beet sugar, cotton, alfalfa, or their derivatives.

The survey was not focused on new products. As you may remember, since June 2013, the Co-op has not brought in any new products that contain the above six ingredients, unless the products were certified organic or non-GMO verified. We began our survey in sections of the Co-op – cookies, crackers, and baking – that I felt might have the most questions. We also had a copy of a similar survey in progress at the Ashland Co-op that helped us choose our next steps. We were intentional in our choice of looking at just the first five ingredients. In most cases, any other ingredients are a much smaller proportion of the product.

After each section in the Co-op was reviewed, we contacted manufacturers whose products had questionable ingredients. Many manufacturers have answered our inquiries. Some have not responded and will need to be contacted again. Now that we have completed the last section in the store, it is time for us to regroup. Our plan is to provide copies of manufacturer responses in a binder accessible for members to review. We will have signage at the shelf for the few products whose manufacturers have not yet committed to using GMO-free ingredients. We will define a timeline to follow up with questions and see if any changes are planned by those manufacturers.

There was some concern that we would find lots of products with questionable ingredients. That was not the case. And it appears that manufacturers are being more thorough in their labeling. An example is labeling cane sugar, rather than just sugar, so there is no question about

derivation of the sugar. The number of non-GMO verified products that we stock has doubled. My estimate is about 600 items on our shelves now have the non-GMO verified seal on their label. You will also see these items with a seal next to our shelf tag.

There are many more products waiting to go through the verification process. Daddy's Muesli, made here in Port Townsend, recently completed the non-GMO verification process. I asked how long that process took for them. The request was made in January and the verification process was completed in early September, even with expedited service. At the time of making the request, they were told to expect a minimum of six months.

At the beginning we made choices about the sections of the store that we would review and sections that we would not review during this project. We did not look at animal food ingredients for meat and dairy products that we sell. However you may have noticed that Draper Ranger chicken in the meat case has non-GMO verified seals on the packages, since the feed is non-GMO verified now.

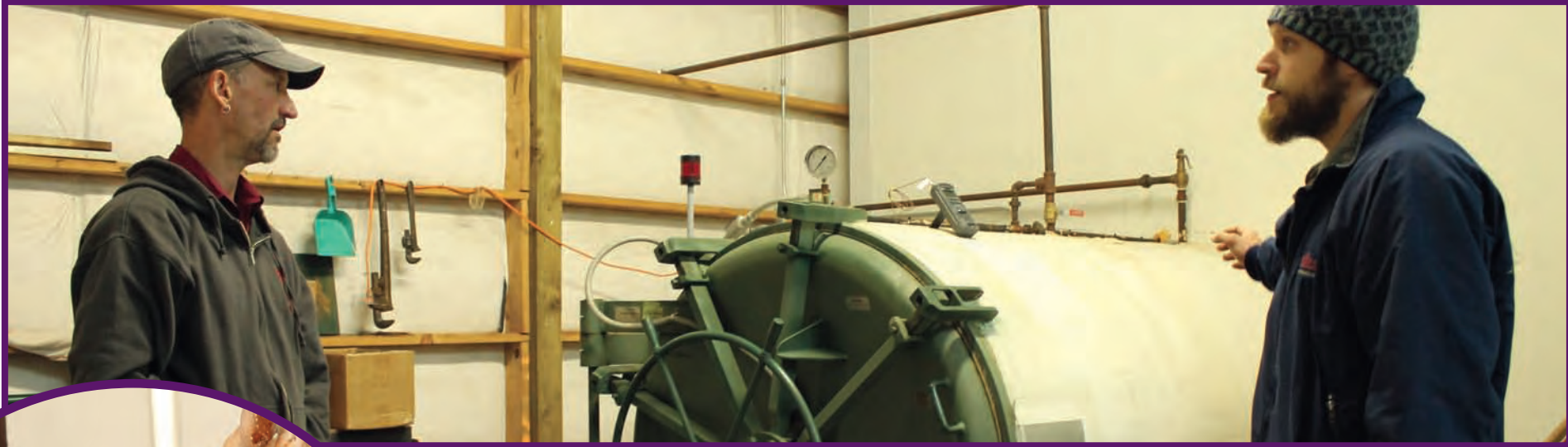
We also did not review supplements. However, both Natural Vitality and MegaFoods have had some of their products complete the non-GMO verified process. We have discontinued any papaya supplements that used GMO papaya. Consider that many foods have less than 10 ingredients and average six-nine months to become non-GMO verified, and then consider how much more time and resources the process will take for supplements that may have five times the number of ingredients. We have wanted to remain supportive to manufacturers who are working towards non-GMO verification, because we know that it takes time, not only to go through the verification process but also to source sufficient product.

If you are interested in hearing more, come to the next PRC meeting on Tuesday, Oct. 14, at the Co-op Annex, 2482 Washington St. We meet the second Tuesday of each month at 3pm.



"Country people do not behave as if they think life is short; they live on the principle that it is long, and savor variations of the kind best appreciated if most days are the same." – Edward Hoagland





Will Lockmiller shows the farm's sterilizer to Co-op employee Brendon O'Shea.



# Sno-Valley Mushrooms

## *Strives for Quality of Product & Life*

KATHIE MEYER, Outreach, Education & Marketing Manager

Watch these guys. If any small mushroom farm can grow big enough to challenge Ostrom's and Champ's domination of the market, it's these former Evergreen State classmates, Will Lockmiller and Rowan Ledbetter, now co-owners of Sno-Valley Mushrooms in Duvall. But they will never do it if it means sacrificing their quality of life.

"There's a big hole in Washington State agriculture; people aren't growing enough mushrooms. We're the biggest mushroom farm in King County, and we're still a pretty small farm," said Lockmiller.

Lockmiller started on his parent's property near his Duvall farm and produced only enough to attend three farmers markets, but two and a half years ago, an opportunity to purchase a one and a half-acre mushroom farm with a state-of-the-art facility, including an incubation space, presented itself.

"It's basically a surgical suite of cleanliness," he said. "You could go with less sterility and less quantity control, but you would never survive commercially."

The farm grows four varieties of mushrooms, three of which are sold to the Food Co-op: shitake, Lion's Mane, and oyster. The farm also produces prioppino mushrooms.

To begin with, sawdust and grain are mixed together and sterilized in polypropylene bags. Then the bags are inoculated with seed. Lockmiller and Ledbetter make and maintain their own seed which means they can produce as much as they need or want to. Six weeks later, the mushrooms are ready for harvest.

It sounds simple, but it is not.

"It takes more than the money and willingness to do it," said Lockmiller who worked as an intern at Olympia's Fungi Perfecti while

in college. "I need HVAC, carpentry, and business skills to actually run a mushroom farm. It's a technological effort. I wish there were more people doing it so we'd have a sounding board and ideas floating around. We've basically worked it out by trial and error."

The partners are continually looking for efficiencies and sustainable practices. For instance, they don't grade mushrooms by size, but let the customer choose for themselves instead. It doesn't matter because they continuously sell out anyway.

Once the mushrooms are harvested, the crew throws the compact sawdust bricks into a compost pile which, after it breaks down a bit, is sold to local landscapers to recover the cost of the sawdust substrate. Lockmiller thinks he might package it up someday and sell it as designer compost because it "grows tomatoes like gangbusters."

Sno-Valley is not a certified organic farm, and that's okay with them.

"We basically are already growing far in excess of what organic mushroom certification would require," Lockmiller said. He points out that other farms use inorganic substrate because it's allowed for mushroom farm organic certification. Additionally, there is no ethical or financial motivation to change because it would cost them over a \$1,000 per year to maintain organic certification.

They are planning to put up another building on the property, but beyond that, the two are fine with how things are as long as they continue to be happy. Lockmiller just had another child, and being close to his family is more important than becoming a mushroom king.

Still, you can't help but think they might end up at the top of the sawdust heap anyway.

"Hopefully [in five years], we're running the business more efficiently and sustainably. Because that and profitability goes hand in hand," he said.

"I want local mushrooms to take off."

"Tenderness is the repose of passion." – Joseph Joubert



# The Fruits of Fall

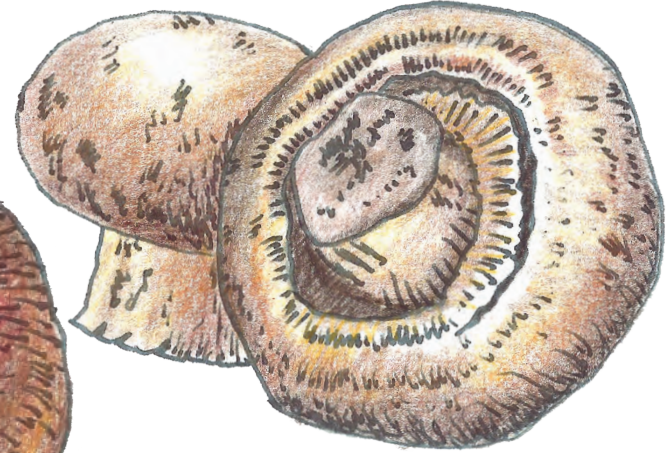
# MUSHROOMS

BRENDON O'SHEA, Co-op Local Cultivator  
ILLUSTRATIONS BY MINDY DWYER



## BLUE CAP OYSTER SNO-VALLEY

Sno-Valley primarily cultivates the “Blue” or “columbinus” variety of the fast-growing Oyster mushroom. A lighter-bodied fungi than their shiitake, Oyster mushrooms have a delightfully chewy texture and are the embodiment of culinary versatility. Great on anything from pizza to omelettes, pasta, soups, or stir fries.



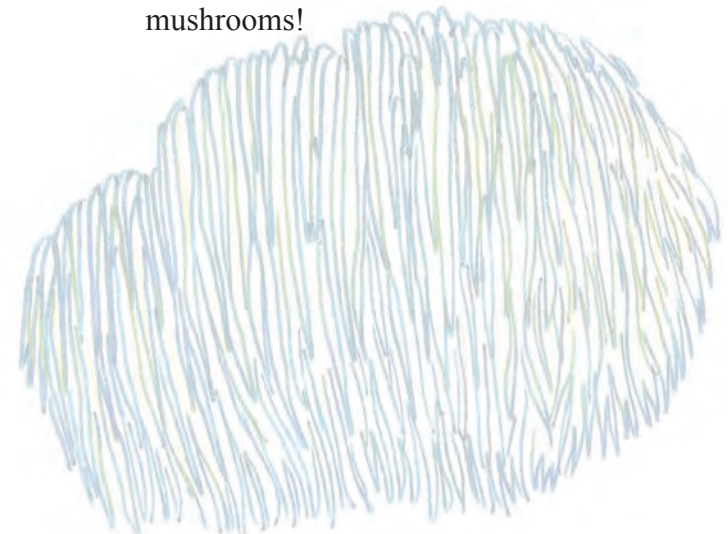
## CRIMINI CULTIVATED

In the world of cultivated mushrooms, referred to as ‘baby ports,’ crimini mushrooms are actually Portobello mushrooms harvested before they are fully mature. They have a firm, crunchy texture with a flavor that is sweet, musty, and slightly grassy. Trim stems, eat raw, sauté, roast, or grill! Perfect for stuffed mushrooms!



## SHIITAKE SNO-VALLEY

The world’s second most cultivated edible fungi. Earthy, rich, and savory in flavor, it is perhaps the ideal gourmet mushroom. Sno-Valley grows their shiitake in a variety of sizes, from baby to jumbo – their strain of shiitake is known to be far more tender than other varieties, so the stem is edible too! By far Sno-Valley’s most popular variety!



## LION'S MANE SNO-VALLEY

A prize for any forager, but a weekly staple at SVM, Lion’s Mane is mild, sweet and delectable with a flavor reminiscent of white meat. It tastes best when dry-fried (in a well-seasoned cast iron skillet) in thin steaks and then buttered and salted once the pieces are golden brown. Lion’s Mane has become a fast favorite of many Sno-Valley farmer’s market regulars. It is also the subject of much recent medical research that would suggest Lion’s Mane has properties which are beneficial to the human nervous system.



## WHITE BUTTON CULTIVATED

Recognized for its pale color, broad cap and stubby stem, the white button is the most commonly cultivated mushroom. Consistently “springy and moist” in texture with a “mildly nutty” flavor, white buttons can vary in size. Trim stems, sauté, roast, stuff, or eat raw.

“A cat improves the garden wall in sunshine, and the hearth in foul weather.” – Judith Merkle Riley





**PORTOBELLO**  
CULTIVATED

Portobello is the heavyweight. This “meaty, dense” fleshed mushroom is often compared to steak, making it perfect for the grill. It has a very robust flavor with hints of “port wine fruitiness.” Discard the stems, grill, roast, or sauté.



**CHANTERELLE**  
WILDCRAFTED

A favorite of mushroom hunters around the world (especially in the Pacific Northwest!), chanterelles are recognized by their pale yellow to deep orange color and their trumpet like shape. Their texture is “dense, almost crunchy” and their flavor is described as “buttery and assertive with a fruity after taste.” Sauté, roast, or dry for future uses.



**CAULIFLOWER**  
WILDCRAFTED

The Cauliflower mushroom is a large, cap-less mushroom composed of clusters of frilled, leaf-like branches emerging from a joined base. Resembling a coral reef, though its name suggests it looks like a head of cauliflower, its surface and flesh color are ivory white to pale cream. The texture is crunchy and firm, though brittle to the touch and must be handled carefully. The mushroom gives off deep aromas of musk and earth. The flavor is mild with notes of fennel and almond.



**MAITAKE**  
WILDCRAFTED

Commonly referred to as the “hen of the woods,” maitake’s frond-like growth resembles the fluff of a chicken’s feathers and can be found in the wild as well as cultivated. Similar in taste and texture to Oyster mushrooms, Maitakes are firm and “slightly chewy,” with a “fruity, red wine-like complexity,” and a mossy aftertaste. Discard the stems, break up clusters, and roast, grill, or sauté.



**LOBSTER**  
WILDCRAFTED

It’s a mushroom, no it’s a parasite; well, what is it? Lobster mushroom is not a true mushroom; it’s a parasitic mold that infects and turns the exterior of its host mushroom a bright rusty orange color. This large, trumpet shaped fungus is prized for its “dense, meaty” flesh coupled with its “musty and nutty” aroma with a “buttery, shell-fishy” taste.

“Our passions shape our books. repose writes them in the intervals.” – Marcel Proust



# Winter Zen

JAN TOBIN/Wellness Manager

*The season that offers opportunity for resting and reviving our souls has arrived.*

It is time to settle in, put our feet up, and savor quiet relaxation. The following are formulas for making your own teas and bath products using herbs, spices, and essential oils, all of which are available at the Food Co-op. Make some for yourself or as a gift for a friend or family member.

Sources:

- *Herbal Recipes for Vibrant Health* by Rosemary Gladstar
- *Healing Herbal Teas* by Brigitte Mars
- *The Aromatherapy Companion* by Victoria Edwards

These books are available at the Food Co-op either on the shelf or through special order as are many of the above ingredients including powdered clays, essential oils, mesh tea balls, muslin bags, carrier oils, salts, and an abundance of bulk herbs and spices.

## sip

### Tea Blends for Relaxation

The following herbs relax the nervous system, help reduce pain, ease tension, and encourage sleep. Use as single herbs or combine as desired.

- Hops
- Lobelia
- Skullcap
- Lavender
- Rose Petals (make sure they are unsprayed)
- St. John's Wort
- Catnip
- Valerian
- Chamomile
- Oat Grass

The general rule for brewing tea is 1 teaspoon to 8-10 oz. boiling water. Always start with fresh, cold water and bring it to a boil. Let the water stop boiling and pour it over the herbs in a teapot that is not metal or copper. Steep for 5-7 minutes. Strain. Sweeten with raw honey, stevia, xylitol, or other natural sugars as desired. Spice it up by using a cinnamon stick in your cup.

#### Warming Winter Tea

- 2 parts dandelion root roasted
- 1 part cardamom pod
- 1 part cinnamon bark
- ½ part ginger root
- ½ part licorice

#### Vitamin C Tea

- 2 parts hibiscus flowers
- 2 parts rose hips
- 1 part dandelion leaf
- 1 part raspberry leaf
- 1 part violet leaf

#### Relaxing Bath Blend

- 2 parts chamomile
- 2 parts lavender
- 2 parts roses
- 1 part comfrey

#### Detox Bath Salts

- 2 cups Borax
- 1/8<sup>th</sup> cup sea salts (Celtic or Himalayan or Epsom Salts)
- 1/8 cup powdered clay (Moroccan red or French green)
- 30 drops of your essential oil(s) of choice

#### Winter Warming Bath

- 4 drops sandalwood essential oil
- 4 drops myrrh essential oil
- 4 drops ginger essential oil
- 1 cup milk
- Stir essential oils into the milk and mix well.

## soak

### Soak Yourself in Bath Salts

Bath salts add trace minerals to bathwater, soften the water, and gently clean the skin.

#### The basic ingredients for bath salts are:

- Epsom salts have been used for natural remedies for years. From exfoliating dead skin cells to muscle cramp and pain relief, this is a staple to your bath salts recipe.
- Dead Sea salts are helpful with open sores, psoriasis, and rashes.
- Baking soda is used to detoxify the body from excess alcohol, caffeine, and other medications. After a long soak in a baking soda bath, you will feel renewed and refreshed!
- Citric acid added to your bath salts recipes helps preserve your homemade skin care products. Combined with baking soda, you will have a slightly fizzy, skin-softening addition to your recipe.
- A carrier oil of your choice adds a little bit of oil to soothe dry skin, just don't slip in the tub! Almond, jojoba, grape seed, and olive are lovely carrier oils.
- Choose your favorite essential oil or blend several together. Keep in mind that you should never use undiluted essential oils on your skin. Always dilute these in a carrier oil.

#### Try some of these recipes to enhance your bathing experience:

Combine dry ingredients in a bowl and whisk until ingredients are well blended. Add the essential oil(s). The mix will absorb a lot of oil. The salts should smell twice as strong as you'd like your bath to smell. If you smell the mix and think it is nice it may not be strong enough. Wait until you think, oh my, this is strong. The mix will be diluted by the bath water. Cover the bowl with a cheesecloth and let sit for several hours to dry. Blend again. Add 4-6 tablespoons to your bath and let dissolve.

Mix the herbs. Place a handful or two in a muslin bag or large mesh tea strainer. Tie onto nozzle of tub and let hot water run through the bag while you run your bath, or put the mesh strainer into your bath.

*"Read as you taste fruit or savor wine, or enjoy friendship, love or life." – George Herbert*



# Marston student stirs up Just Soup donation

Kids can make a difference in their community. This summer, for his sixth grade project at Swan School, Trillium DeWyse approached the Food Co-op for a donation to the Just Soup program at St. Paul's Episcopal Church. The program serves free soup to people from 11:30am to 2pm on Wednesdays. Everyone is welcome regardless of financial circumstance.



Trillium only asked for a one-time donation, but because part of the Food Co-op's strategic plan is to address food security in Jefferson County, the Co-op decided to go beyond his request and commit to providing organic soup broth to the program on a continual basis. Pane d'Amore supplies bread, and the Food Bank has also contributed ingredients.

Linda McKenzie, the program's administrator, said Just Soup is run entirely by donation and is not part of the church's budget. It grew from three people when it began in 2010 and has grown to anywhere from 72-95 attendees per week. McKenzie said they serve an average 140 bowls per week because diners may have as much as they want. There is always a vegetarian option but never any religious proselytizing.

"We have tablecloths, real dishes and silverware, and wait on people. It's not your normal soup kitchen," said McKenzie.

Trillium has been a part of the kitchen's operation for a while now. "He used to come when Julie Marston did her homeschooling. Two times a year, the student's families would bring vegetables, and I'd use them for soup. He is just an amazing boy," McKenzie said.



Trillium DeWyse, 12, began attending Just Soup as one of the late Julie Marston's homeschooled students.

## Who's Your Farmer?

Match the dogs with the local farm where they live:

\_\_\_ Red Dog Farm

\_\_\_ Nash's Organic

\_\_\_ Finnriver Farm

\_\_\_ Solstice Farm

\_\_\_ Short's Family Farm

\_\_\_ Ananda Hills Farm



A. Pippin



B. Kenneth



C. Rupert



E. Daisy



F. Guido



D. Megan

Answers: C, F, A, D, E, B

"To be admitted to Nature's hearth costs nothing. None is excluded, but excludes himself. You have only to push aside the curtain."  
- Henry David Thoreau



# what's happening at the Co-op

## New! Cooking Classes!

We are pleased to announce Marie Buckner, our new cooking instructor. Marie will teach two classes per month on healthy cooking starting in November.

Marie has experience teaching cooking classes at the Givens Center, Silverdale Fitness, and through the North Kitsap School District. Her classes include whole grains, soy foods, baby foods, fruit sweeteners, and organic food topics. She is also an award-winning writer who has written her own cookbooks and developed original recipes.

Watch the calendar at [www.foodcoop.coop](http://www.foodcoop.coop), in-store flyers, and our Facebook page ([www.facebook.com/PortTownsendFoodCoop](http://www.facebook.com/PortTownsendFoodCoop)), and newspaper advertising for more details.



## Special Orders Made Easy

Save 15-20% when you use the Special Order program! Our Outreach/Education/Marketing Manager Kathie Meyer takes all of the mystery out of special orders in this new class that meets every third Thursday of the month at 7pm in the Co-op Annex, 2482 Washington. No advance sign-up required; just show up! Free to members only.

In this class, you will learn how to get the best price, find sales, use the catalog, and fill out the form.

Please check the calendar at [www.foodcoop.coop](http://www.foodcoop.coop) for a more complete listing of Co-op events, meetings, and class details.

## October

**11, Saturday**

**Patronage Dividend Q&A**

2:30-5:30pm, Co-op Alcove

**14, Tuesday**

**Patronage Dividend Q&A**

2:30-5:30pm, Co-op Alcove

**16, Thursday**

**Member Appreciation Day**

10% off most items in the store

Win prizes, taste samples, meet vendors

**Special Orders Made Easy**

Free class for members, 7pm

Co-op Annex, 2482 Washington St.

**19, Sunday**

**Patronage Dividend Q&A**

2:30-5:30pm, Co-op Alcove

**24, Friday**

**Patronage Dividend Q&A**

11am-2pm, Co-op Alcove

**25, Saturday**

**Patronage Dividend Meeting**

2-5pm, PT Rec Center, Lawrence & Tyler Streets

**29, Wednesday**

**Patronage Dividend Q&A**

2:30-5:30pm, Co-op Alcove

**30, Thursday**

**Giant Pumpkin Drawing**

Guess the weight to win a \$50 Co-op store card

I savor life. When you have anything that threatens life... it prods you into stepping back and really appreciating the value of life and taking from it what you can." – Sonia Sotomayor



# what's happening at the Co-op

## November

**4, Tuesday**

**Board Meeting**

5:30pm, Co-op Annex, 2482 Washington St.

**8, Saturday**

**Sharing Squash's Bounties**

Cooking Class, 2-3:30pm

Cultivated Palette Kitchen, 1433 W. Sims Way

**Patronage Dividend Q&A**

2:30-5:30pm, Co-op Alcove

**10, Monday**

**Patronage Dividend Q&A**

2:30-5:30pm, Co-op Alcove

**25, Tuesday**

**Last day to order turkeys**

**13, Thursday**

**Special Orders Made Easy**

Free class for members, 7pm

Co-op Annex, 2482 Washington St.

**17, Monday**

**Patronage Dividend Q&A**

2:30-5:30pm, Co-op Alcove

**22, Saturday**

**Gluten-Free Holiday Baking**

Cooking Class, 2-3:30pm

Cultivated Palette Kitchen, 1433 W. Sims Way

**27, Thursday**

**Thanksgiving Day**

The Co-op is closed.



## December

**2, Tuesday**

**Board Meeting**

5:30pm, Co-op Annex, 2482 Washington St.

**6, Saturday**

**Healthy Holiday Snacks**

Cooking Class, 2-3:30pm

Cultivated Palette Kitchen, 1433 W. Sims Way

**20, Saturday**

**Last-Minute Meatless Options**

Cooking Class, 2-3:30pm

Cultivated Palette Kitchen, 1433 W. Sims Way

**25, Thursday**

**Christmas Day**

The Co-op is closed.

"When you stop thinking about yourself all the time, a certain sense of repose overtakes you." – Leonard Cohen



# Softneck

- reliable
- stores for 9-12 months
- productive; grows faster
  - not too spicy
- up to 40 cloves per head
  - great for braiding

## Artichokes

Early Red Italian  
Red Toch  
California Early

## Elephant

Not a true garlic, but a leek grown by local farms, with a mild taste and large cloves

As Much Fun to Grow As It Is To Eat

# Hardneck

- chef's favorite
- shelf life 6-9 months
- hardy; likes cold climate
  - robust, sharp flavor
  - 4-12 cloves per head
  - peels easily

## Rocamboles

Kilarney Red  
Russian Red

## Purple Stripe

Bogaty  
Chesnok  
Metechi

## Porcelain

Romanian Red  
Music

## Why Seed Garlic?

Always use certified seed garlic unless you are planting your own home-grown garlic. Choose firm, healthy, large cloves. Midori Farm now offers premium-sized certified seed garlic free of fungal problems!

# GARLIC

## So Easy To Grow

### 1. SOIL PREP

Plant in sunny, loose, fertile beds or containers. Amend with all-purpose fertilizer and bone meal.

### 2. PLANT IN OCTOBER

Keep cloves intact until planting. Use the largest ones; do not remove the paper. Tamp & mulch with straw or fresh cut grass.

### 3. SPACING

2" deep with the root end down. Cloves: 4-6" apart; rows: 6-8" apart

### 4. FERTILIZE IN MARCH

Side dress with high nitrogen (cottonseed meal or compost) or Foliar feed with kelp.



### 5. SNIP SNAPES IN JUNE

Snip once they curl and use for stir fry, salads, or roasted.

### 6. HARVEST IN JULY

Stalks will start browning; when there are five or six green leaves left, check bulbs (loosely dig around the bulb with a fork - don't pull!) Bulbs should be full, white, and aromatic.

### 7. STORAGE

Do not wash; hang in bunches with stalks and leaves intact in good circulation out of the sun. Cure for 3-7 weeks after which cut stalks/leaves off 1-2" above bulb. Trim roots to 1/4" and store in mesh or paper bags at 55 degrees. For fun, braid the softneck stalks instead of trimming.

"Love is a fire. But whether it is going to warm your hearth or burn down your house, you can never tell." – Joan Crawford