

# CO-OP COMMONS

# BLOOM

SOW

2014 SPRING ISSUE

thrive

Midori Farm  
plant starts  
are here!

"We work with farmers and try to work with the cycle of trees. We know the bloom is coming. It's nature's little dance. You play to the beat of her music. She calls the time, you don't." - Steve Hunter

## What's Inside

Meet Linda	4	Spring Garden Guide	10
GMO Audit	5	Cleaning Made Easy	14
Sidonie Butters Us Up	8	Boycott?	18



# At the Table

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

Many of us, food lovers especially, have a personal list of memorable meals. Often the list includes holiday dinners spent with extended family because there is nothing like feast and kin to make a meal unforgettable.

But there are other kinds of meals that endure, too. I still hold a dinner I had 27 years ago in my top five. Before I was to leave on a long trip to the East Coast, I stopped at Dosewallips State Park to visit my friend Todd Jensen who worked as a park ranger there. You may know Todd as the ranger at Fort Worden now. Me, I've known Todd and have called him my friend since the 8<sup>th</sup> grade. In other words, for over 40 years. Anyway, during this particular visit, we decided to go out to the tide flats and gather clams and oysters for supper. It was a bracing March day, and I wasn't really prepared with the requisite boots and gloves such an outing requires. By the time we were done, the exposure to the cold wind left my face, hands, and feet quite chilled. Back at the house, as we sat near the wood stove next to the table and ate, as I slowly became

warm again, never did I feel so satisfied to partake in what nature has to offer my appetite.

Other food, the type that grows on our organic farms, is not so easy to come by as that on our beaches. For this reason, a recent meal will likely stay long in my memory, I'm sure. After the Port Townsend Public Library's author event for the Community Read, a small group of us adjourned to a Friends of the Library's/Co-op member's home for some snacks and homemade pizza. The author, Atina Diffley, and her husband, Martin, were there as were Nash and Patty Huber of Nash's Organic Produce in Sequim. While the food was excellent and most needed and appreciated late into an evening when most of us were quite exhausted from the the day's work, what made that dinner special for me was to break bread with these organic farming forbearers. Even though I have had the privilege to speak with many nationally known names during my life – U.S. Poet Laureates, actors, musicians, playwrights, and other authors with many more accolades than Atina Diffley – this experience rises above those encounters by several notches. When I think about what Atina, Martin, Nash, and Patty have done for their respective communities with regard to healthy food, it humbles me in a way that is immeasurable, and my gratitude is deep.

In these days of GMOs and organic farming methods threatened within the Trans-Atlantic Trade and Investment Partnership and the Food Modernization Safety Act, I believe that every time we feed our children and take a bite ourselves, we are saying what kind of world we want to live in. If you are type of person who says grace either silently or aloud before a meal, I hope you remember all of our organic farmers, not just the Diffleys and the Hubers, with your words.



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

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

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

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

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

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

**EDITORIAL STAFF**  
Kathie Meyer, Managing Editor  
[kathie@foodcoop.coop](mailto:kathie@foodcoop.coop)  
Mindy Dwyer, Graphic Artist  
[mindy@foodcoop.coop](mailto:mindy@foodcoop.coop)

**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.

"Your friend is your field which you sow with love and reap with thanksgiving." – Kahlil Gibran

**Our co-op** grows and changes, almost every day. If you haven't been here in a while, welcome back, we hope you like what we've done! This past winter we enclosed our south entrance making our store warmer, more spacious, more functional, and energy efficient. At the same time, we moved the bulk water station into the new south entrance enclosure, which made our store's interior just a bit more spacious and easier to shop.

So what has stayed the same? Our wonderful produce! It's still beautiful, organic, reasonably priced, and quite often locally sourced. If you like to grow your own food, look for local vegetable starts from Midori Farm outside the north entrance, and get your planting season going.

Our deli has the same great food too, and we've recently added more hot soups. Soon we'll have hot comfort foods all day long (think squash lasagna and mac 'n' cheese). The deli also started making their own fresh scones this spring. They are all made from scratch with good ingredients and wonderful flavors.

In our grocery aisles, you'll see the constant effort our team puts into improving the selection of good food. Always on the lookout for regional and local goodies, we have just added freshly ground flour made from Nash's Farm certified organic grains, to give an example. While you can

expect the bread to stay in the same place, don't be surprised if we move a few more things on you. Our staff is always happy to help you find something though. That hasn't changed one bit.

For your health, we've got still got the same wonderful supplements, great potions, and awesome scarves in our Wellness and Mercantile departments, but do check out the selection because it's always changing.

This year we started making our own in-house sales flyer. Haven't seen it yet? Stop by the Member Services Desk and ask for your name to be added to our email address list. That way you can always be up-to-date on the freshest, most local, best deals. If you don't want the flyer emailed, you can always pick up a hard copy in the store, too.

One more new thing: our freshly paved courtyard. It has always been a great place to eat your lunch or share a cup of coffee and treat with a friend any day of the week, but now we've taken it up a notch. In case you were wondering, we've relocated the vegetable garden in the process to make room for more tables and chairs. Look for the Cape Clear salmon cart to return mid-May.

So many things stay the same at the Co-op: our commitment to great service, wonderful selections, and our values. But we also want to keep it fresh and new for you, too. So come on down, say "hi," and enjoy the best grocery store in town with more local products than all of the others here on this beautiful peninsula.

# Our Changing Co-op

KENNA EATON, Food Co-op General Manager



"The only way to thrive is to innovate. It's that simple." – Alex Tabarrok

## loves her job!

Linda has cashiered for 17 months and seriously loves everything about her job, especially greeting and helping people. She likes being around the healthy foods available at the Co-op. It has changed the way she eats – more fresh fruits and veggies!!

## did you know?

Linda is a third generation native of Port Townsend.



# Linda

## Cashier

## past jobs

She has worked in several jobs including the family business, and has found that she is happiest when helping people.

## favorites

Linda loves to volunteer! She has volunteered for the Elks Club, blood drives, and the homeless shelter.

## family

Three kids and seven grandkids! She loves every minute with them.

## dream vacation

Once she took a cruise up the inside passage of Alaska and hopes to one day go to Alaska again.

## motto

Laugh!  
Smile!  
Make people happy!

## one extravagance

A spa day with massage!

## story

Long ago, when Linda worked in the court system, there was a visiting judge who loved Kefir. Linda knew she could find this product at the Food Co-op and always went to the Uptown store to make sure he had it when he came to town.

## real life hero

Linda's dad, Bonzo DeLeo, was the rock of her life. He taught her to be the person she is today, inspired her to not look back, go the extra mile, and to always help others. He was never angry, a calm, up-front, honest person.

# hearty THANK YOU

## anniversaries April, May, June

**15 years**  
Virginia Carpenter

**13 years**  
René Tanner

**11 years**  
Susan Sjoland  
Estelle Giangrosso

**10 years**  
Cristine Rutledge  
Tricia Tyler

**9 years**  
Yvonne Cleveland  
Greg Turner

**6 years**  
Kevin Terry  
Seth Hager

**4 years**  
Kristina Dosey

**2 years**  
Nicholas D'Andrea

**1 year**  
Clayton Lemessurier-  
Watson

Paula Kieko  
Sally Renee  
Aaron Feit  
Phuong Ngo

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.



**Andrea**  
December



**Seth**  
January



**Deb**  
February

"If you want to live and thrive, let the spider run alive." – American Quaker Saying

# THE GREAT GMO AUDIT

*Tales of the Food Co-op's Intrepid Product Research Committee*

LISA BARCLAY, Board Secretary & PRC member

Knowing what is in your food seems pretty basic to me, so I was disappointed when I-522, the GMO labeling initiative, didn't pass. I decided to join the Food Co-op's Product Research Committee (PRC), a small group of members, staff, and board, who — as the name implies — research products when necessary. In response to our members' concerns, the PRC set out to find out the state of GMOs in our beloved Co-op.

## The Audit

The first step, we determined, was an audit of the store to see how many products might contain GMO ingredients. We knew Co-op buyers worked hard to find healthy products, but GMO ingredients can sneak into foods and even seemingly innocent ingredients like sugar have become suspect. For instance, cane sugar is OK, but beet sugar is now almost certainly GMO.

We began in the sections that we thought most likely to harbor hidden GMOs: crackers and bread, cereals, chips and salsa, sauces, and baking ingredients. Unless they are organic or Non-GMO Project-certified, processed foods may contain GMOs because they often include soy, beet sugar, canola oil, or corn, which are largely genetically modified in the United States. Although some of our sister co-ops limit their GMO research to the top three ingredients on a given label, we decided to be more thorough and check the first five. You might have seen us in the aisles with our clipboards, studiously deciphering the packages' tiny print.

## Good News!

The committee was thrilled to discover how few products even potentially harbor GMOs since most of the processed food on our shelves is organic or Non-GMO Project-certified (or in the process of being certified, since it takes a

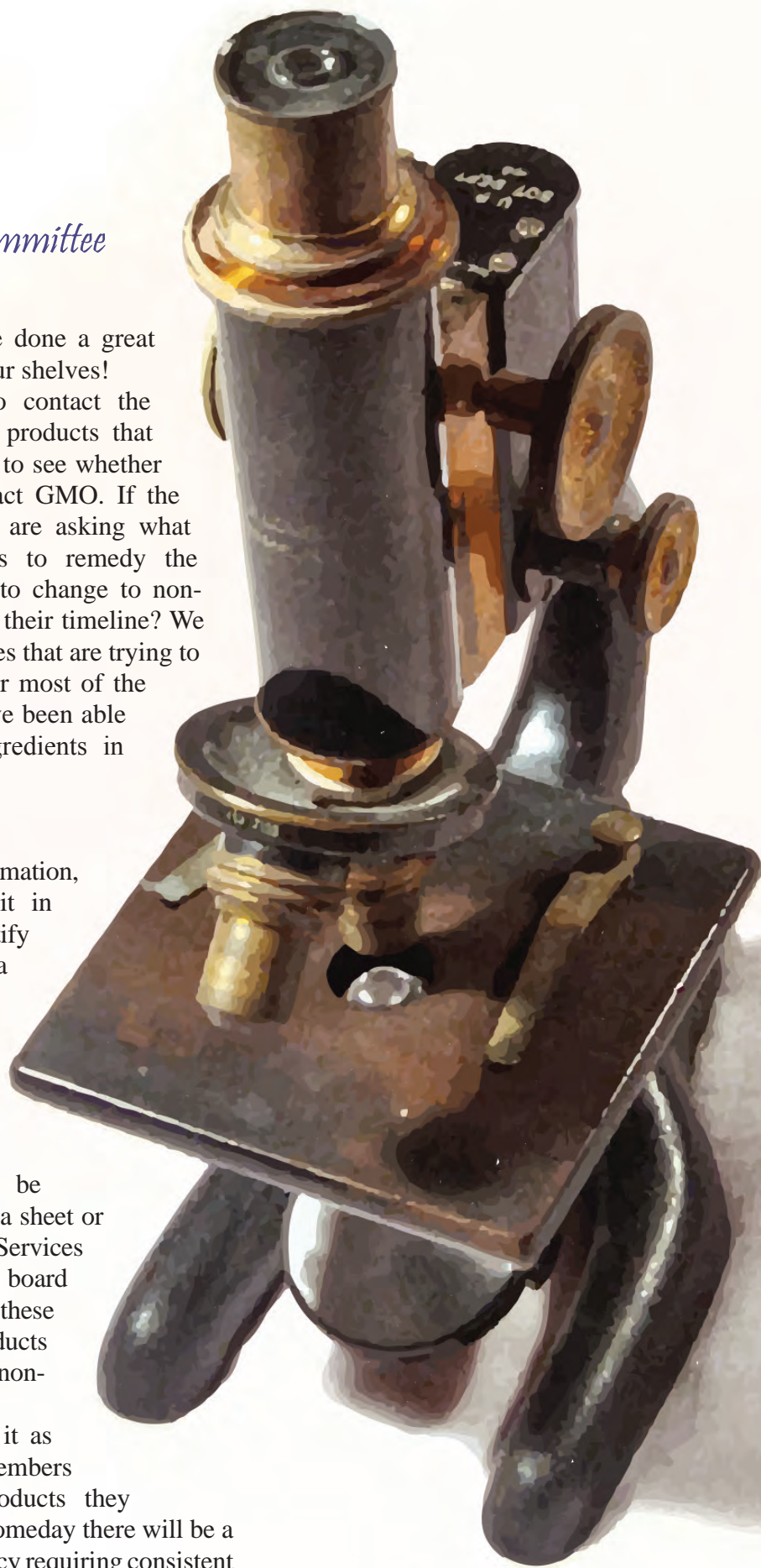
while). Our buyers have done a great job keeping GMOs off our shelves!

Our next step is to contact the producers of those few products that have suspect ingredients to see whether the ingredients are in fact GMO. If the ingredient is GMO, we are asking what plans the company has to remedy the situation. Do they plan to change to non-GMO, and if so, what is their timeline? We want to support companies that are trying to do the right thing. So far most of the companies contacted have been able to confirm that the ingredients in question are non-GMO.

## What's Next?

As we gather information, the Co-op will utilize it in several ways. We'll identify products that contain a suspect GMO ingredient so our members can make informed choices. Some of these products may be replaced with equivalent non-GMO items, and some may be discontinued. We'll keep a sheet or binder at the Member Services Desk and/or the Board's board with more details on these products, including products that are transitioning to non-GMO ingredients.

Our aim is to make it as easy as possible for members to know about the products they purchase. We hope that someday there will be a state, or even federal, policy requiring consistent and informative labels. But in the meantime we'll just have to do it ourselves.



"In these times, the hardest task for social or political activists is to find a way to get people to wonder again about what we all believe is true. The challenge is to sow doubt." – Lawrence Lessig

# What's New

## RAW REAL LIVE FOOD!

NAVITAS

Snack Food; Assorted Flavors  
pillar display near checkstands



WINDY CITY

Hemp Seed Butter & Sprouted Pumpkin Seed Butter  
100% Organic, Raw, & Stone Ground  
pillar display near checkstands

## ALIVE & RADIANT

Kale Chips - Assorted Flavors  
chip aisle



## SOME LIKE IT HOT SPICY PAPRIKA

"Several blends and heats to choose from. All have amazing flavor. Locally grown and alder-smoked in our own backyard. Worth every penny."

- Katy/Front End aisle 5



## DAIYA DAIRY-FREE CHEESE



"Great alternative, the only one for me, for homemade nachos, pizzas, tacos. It melts like no other substitute I've found. Also, it's dairy-, soy-, and gluten-free!"

- Teresa/ Front End cheese case/ top shelf

## NANCY'S GREEK YOGURT



"Plain is low in sugar, high in protein, not too tart. Love it!"

- Khy/Grocery Manager chill

# Whiskey Hill Goat Milk is back!

**Diane Dyer** is tending her goats and bringing us milk again after recovering from heart surgery. Goat milk lovers and the entire Co-op community welcome Diane back and wish her well!

## GRADE A RAW GOAT'S MILK

32 fluid ounces  
chill



## DRY SODA

Assorted Flavors  
aisle 4

## CO-OP KITCHEN

Good Morning Bar  
Chocolate Crispie Bar  
Fresh Muffins/Scones  
All Made In-House!  
deli



## ECO TEA

Yerba Mate Leaf/Stem  
aisle 1



"When the flower blooms, the bees come uninvited." – Rama Krishna

**GLUTEN FREE**



**HARVESTER BREWING**

GF Coffee  
Pale Ale  
aisle 6  
beer cooler

**E-Z MEAL**

**FRONTERA**

Skillet Sauces in Assorted Flavors  
aisle 5



**RSVP**  
Grind your own nuts at home the way your grandma used to  
*mercantile*



**L LOCAL**

**CB'S ORGANIC PEANUT BUTTER**

Grind Your Fresh Peanut Butter With Organic Peanuts, Locally Roasted!  
aisle 1 bulk



**WELEDA**

Hair Treatments  
*wellness*

**L LOCAL**



**FINNRIVER**

Pear/Cacao Brandy Wine  
*wine*



**ANTONINA'S ARTISAN BAKERY**

A Variety of GF Baked Goods  
*deli*



**NASH'S**

Organic, GMO-Free Five Flour Varieties  
aisle 5

**CO-OP CAPS**

Embroidered Caps by PT Shirt Co.  
*mercantile*

**MIMOLETTE**

French Imported cheese  
*cheese*



**PASTARISO**

GF Pasta Varieties  
aisle 3



"He who sows courtesy reaps friendship, and he who plants kindness gathers love." – St. Basil



# Beautiful Butter



SIDONIE WILSON, FEAST Culinary Studio

## World Cooking

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

F.E.A.S.T.'s 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).

## Upcoming Classes

**April 12, 19 & 26**

*Three Russian Feasts*

**June 7, 14 & 21**

*Mexican Regional Sampler*

Butter — that luscious, ultimate ingredient with a documented 6,000-year history of use. It's coveted for health and flavor in India, the Middle East, Africa, and Europe.

Try to imagine French cuisine without the important traditions of culturing and clarifying butters. In fact, all European countries have time-honored ways of making, preserving, and eating butter. Yes, even Greece — think baklava.

In India it's a sacred Hindu food and is considered important to fertility, prosperity, and regeneration. It must be working because Indians eat the most butter on the planet.

Butter is also central to Moroccan food in cultured or clarified versions such as Smen and Oudi. The Ethiopian spiced butter Nit'ir Qibe is key to their cuisine, and Tibetans are known for drinking hot yak butter tea as a major nutritional component of their diet.

The United States had a thriving butter tradition back in the days when heart disease was a rarity, before 1941 butter consumption was 17 pounds per capita. But by 1958, margarine, which was promoted as healthier, surpassed butter consumption. Now we know better.

### Making Cultured Butter

Cultured butter is a tangy treat with complex flavors; it's made with cream that has first been cultured with a starter such as yogurt. It was the primary way butter was eaten before refrigeration. It's easy to make and well worth the effort especially for slathering on toast at breakfast.

To make about ½ cup of butter, combine 3 cups organic heavy cream (traditionally it was unpasteurized) with 2 Tablespoons of whole milk plain yogurt in a bowl and let it stand at room temperature overnight to culture. This is, by the way, also an easy way to make crème fraiche.

Once the cream has cultured, it will taste slightly sour. Pour it into a food processor, and process until it goes past being whipped cream and starts to throw off liquid. Now pulse until the butter separates from the liquid (which is buttermilk, save it to use).

Pour off the buttermilk. Leave the butter in the processor and wash it by adding 3 Tablespoons ice cold water and pulsing two to three times. Pour off the water and repeat with ½ cup ice-cold water. The water should pour out clear; if it doesn't, repeat one more time.

Place the butter on parchment paper and sprinkle with about 2 teaspoons coarse sea salt or to taste, and knead it in until blended. You can just eat it right away or mold it into a butter mold. It's so delicious that it won't stay around long, but it'll keep refrigerated as long as other butters.

### Making Compound Butters

Compound butter is a culinary secret weapon. It's so easy, yet it will levitate your dinners. It's wonderful on sautéed vegetables or grains.

Put four cubes of unsalted butter, cut into pieces, into a food processor. Add flavors, season with salt to taste, and process until the butter is light and fluffy. It can then be molded by simply laying the butter down in the middle of plastic wrap, folding the edges over, shaping into a sausage, twisting the ends to close and refrigerating until chilled. When ready to use, unwrap and slice.

A few fabulous flavors:

- Indian Mint/Lime: ¼ cup fresh mint, chopped; and 3 Tablespoons lime or lemon juice
- Indian Basil/Nutmeg: 1/3 cup fresh basil, chopped; 1 Tablespoon nutmeg, freshly ground; 1 Tablespoon cilantro, chopped; 1 Tablespoon poppy seeds

"The season of failure is the best time for sowing the seeds of success." – Paramahansa Yogananda



- French Parsley/Caper: 1 cup parsley, minced; ¼ cup capers, drained
- French Tarragon/Lemon: 1 cup chives, minced; ½ fresh tarragon, minced; 1/3 cup fresh lemon juice
- New American Chipotle/Cilantro: chipotle adobo sauce to taste, 1/3 cup fresh cilantro, 4 cloves garlic, minced; 2 teaspoons honey, grated lime zest from one whole lime, juice of whole lime

## Making Ghee

Making ghee in the oven with spices is the easiest way to make a large quantity of ghee. Ghee and clarified butter are essentially the same, except that ghee is cooked slightly longer.

Preheat oven to 300F. Lay 12 unwrapped cubes of unsalted butter in the bottom of a large casserole or other heavy bottomed pan. Add whatever whole spices you are using.

Allow the butter to melt, uncovered and undisturbed, until there is a layer of solid foam on the top. The foam looks crusty around the edges and even darker than the center. Clear, amber-colored ghee are in the middle, and lumps of golden solids are on the bottom. This will take about one hour, maybe a bit longer.

Skim off the foam with a slotted spoon and pour the remaining ghee through cheesecloth set over a strainer over a bowl. You can strain it twice if it's cloudy.

Pour into glass storage containers, and store in the refrigerator.

Spice options:

- Ethiopian Nit'r Qibe: 12 opened cardamom seeds, 2 teaspoons whole fenugreek, 2 teaspoons nigella seed
- Cumin-flavored ghee: 3 Tablespoons whole cumin seeds
- Clove-sesame ghee: 25 whole cloves, 2 Tablespoons sesame seeds, ¼ whole nutmeg
- Ginger ghee: 2-inch piece of ginger root, sliced



LISA BARCLAY, Board Secretary

So, you may ask, what is a patronage dividend system and what is it good for? Let me answer the second question first: Every year the Co-op pays a considerable sum in federal taxes, and patronage dividends would enable us to substantially reduce the amount.

OK, back to the first question. A patronage dividend system exempts much of our profit from taxes, enabling the Co-op to save some money as equity and distribute some to our members as refunds, depending on how much you spend during the year. But wait, don't get too excited yet about the word "refund"! Individually, none of us will get much money out of this, but collectively it can add up to quite a significant sum staying in the community. Plus, even though each of us will get back only a small amount, we can choose to multiply the impact of that money by pooling individual refunds to donate to a good cause — like our Beans for Bags program but on a larger scale.

How does this work? The Co-op operates on very small margins — usually between 1 and 2 percent a year in profit — so we can keep our prices as reasonable as possible. But we must make a little profit in order to create a surplus for emergencies and incalculable expenses such as freezers dying or other unexpected needs. We must also save for future needs and opportunities. Each year we pay more than a third of that profit in federal taxes. If we assign some of our profit to patronage dividends, we don't pay taxes on that money because federal tax law recognizes co-ops as essentially different from capitalistic ventures.

Don't look for dividends like REI gives out. REI has a much, much, *much* higher profit margin than we do. Our dividends would be quite small, from a dollar or even less to maybe tens of dollars. And if there is no profit, there is no dividend that year. The point would not be for any individual to receive a large boon, but that by acting collectively and cooperatively, we can keep more of our money in our community.

Because of these benefits, the Co-op board has decided to explore the possibility of implementing a patronage dividend system. Over the course of this year we will ask for your input. Once we have thoroughly discussed the possibilities in forums and meetings, and fully explained the system in articles, emails, and pamphlets, the membership will vote on whether to take this step. So read your emails from the Co-op, and keep an eye on the bulletin board at the front of the store for events and information. And remember, you can speak to board members at any of our Coffee Conversations in the Co-op dining room held on the first Wednesday of every month at 9am, plus on a rotating schedule in the afternoon.

"You surround yourself with amazing, grade-A talent, and you're going to have to lift your game. You kind of thrive just by being around such people." — Joe Lo Truglio

# What to do in the garden?

## GARDEN



### to-do list:



"Get to know your garden site and work with what you have; wind, sun, and orientation can affect each garden plot differently." – Marko Colby of Midori Farm

- turn the green manure under

- fertilize your over-wintered brassicas

- eat kale blossoms if budding (kale raab)

### rule of rotation:

**leaf to root, flower to fruit**

plant the next crop in the rotation for healthy beds

### start indoors:

eggplant  
tomatoes  
peppers  
basil

### transplant

**greens:** arugula, spinach, lettuce/salad mix

**brassicas:** broccoli, cabbage, cauliflower, kale, chard

**vegetables:** carrots, beets, dill, peas, herbs, parsley, fennel bulb, sorrel, artichokes, cilantro

**flowers:** nasturtium, calendula

**onions:** leeks, chives, scallions

**berries:** strawberries

### hardening

introduce your indoor plants to the outside a little bit each day for a few days, then keep outside in the pots for a few days and nights before planting

### Sow:

arugula, lettuce, spinach, radishes, beets, chard, broccoli, kohlrabi, kale, cauliflower, leeks

**plant potatoes!**

## April

- deeply work the raised bed for carrots (till or spade)

- thin starts and eat!

### start indoors:

curcubits (squash, pumpkins, cucumbers, melons) in large pots mid-month

### transplant:

basil, tomato, peppers, corn (a south facing slope or wall, a row cover or hoop house will help these warm season vegetables)

### plant or transplant:

squash, beans, cucumbers, dill, marigold

## May

### Sow again:

arugula, lettuce, spinach, radishes

**plant potatoes!**

- weed
- thinning
- get ready for July winter crop

### in favor of flowers:

- first flowers of the season are important to attract pollinators
- grow them with your veggies
- plant for continuous bloom
- fill in-between
- overcome weeds
- beauty & color
- attract beneficial insects

### about fertilizing

**yearly:** spread and work in a few inches of aged compost

**ADD** balanced organic fertilizer blend (see BULK AMENDMENTS at the Co-op)

**every 2 years:** agricultural lime and calcium to balance the acidic NW soils

## June

### plant or transplant

squash, beans, cucumbers, dill, marigold

### Sow again

arugula, lettuce, spinach, radishes

**Sow** dry beans, summer squash, brussels sprouts, cabbage (if it's wet, start brassicas indoors)

get started!  
Midori Farm plant starts



### Seeds at the Co-op

Oatsplanter Farm  
Seed Dreams  
Uprising Seeds

### Sowing

- soil must be warm enough
- cover seed with soil three times the thickness of the seed
- keep soil moist until germination (when leaves emerge water less)

### storage

keep seeds dry in metal tins or glass jars with tight sealing lids to keep cool and dark

### how to

make a cloche & hoop house  
<http://westsidegardener.com>

### succession

plant throughout the season for quick maturing vegetables: salad greens, lettuce/salad mix, spinach, cilantro, brassicas, turnips, carrots, beets, radishes

### books at the Co-op

*Vegetable by Vegetable: A Guide for Gardening Near the Salish Sea*, by Hanako Myers & Marko Colby, Midori Farm  
*The Maritime Northwest Garden Guide*, by Seattle Tilth

### why local, non-GMO seeds?

Local seeds are cultivated specifically for our region's climate and growing conditions in our home gardens.

Read more on the Organic Seed Alliance web site: [www.seedalliance.org](http://www.seedalliance.org)

Choose certified organic seeds which are non-GMO. If you can't buy organic, buy only from companies that take the Safe Seed Pledge – committing to not knowingly using or selling any genetically modified, or GM, seed.



# PEACE PATCH FOR VETS

KATHIE MEYER, Outreach/Education/Marketing Manager



Liz Goldstein had the layout for Peace Patch Farm hung on her wall for years before the time was finally right to start a business that is designed to give U.S. military veterans jobs in agriculture.

“I actually wrote the business plan for this nine years ago, but didn’t have the time or the resources to do it,” she said.

“I know that the government doesn’t take care of our vets. A lot of them come home with injuries, with PTSD [post-traumatic stress syndrome]. [The government] is trying, but there is still a long way to go. There’s so many restraints, and so many [vets] are falling through the cracks.

“It’s soothing, calming to work in dirt, and it’s hard for returning vets to work a desk job or work around a whole lot of people and be inside.”

To emphasize the psychological and spiritual benefits of “agri-therapy,” she points out the view of the Olympic mountain range and speaks of the wild birds who frequent the two acres she and Dan live on and hope to continue to develop.

Goldstein, who worked on staff at the Food Co-op for over four years before health concerns caused her to move on, has been a peace activist for many years. Her husband, Dan, is still employed by the Food Co-op as its controller and serves on the Board of Directors. While the farm is still in the process of becoming profitable on its own, Liz and Dan are paying their employee, Bruce Elledge, out of their own pockets.

“It’s a chance for veterans to work here and learn how to grow food,” she said. She found Elledge through the WorkSource program when his job as a groundskeeper that he’d held for 13 years was eliminated through outsourcing. Goldstein hopes to connect with more veterans through Olympic Community Action Programs and networking with a Bellingham farm that hires veterans. Another small farm in Sequim, which is not commercial, gives community garden plots to veterans and their families.

The plan is to carry her employees (she recently hired another veteran) through one growing season to give them experience they can use to get hired on a bigger farm or start their own, augmenting their learning with classes at WSU Extension and conference attendance.

Her business permit is for a “cottage industry,” so she is presently limited to four employees. Still, she is committed to getting bigger. “It may just be one or two at a time, but I hope down the road I’ll have quite a few [employees]. If I grow this as big as I really want to go, I’ll probably have to buy another piece of property.”

**Vets: continued on next page**

**Photo caption:** Bruce Elledge served in the U.S. Army for three years during the Vietnam War. *Photos by Kathie Meyer*

“Let a hundred flowers bloom, let a hundred schools of thought contend.” – Mao Zedong

# VETS:

continued from page 12

## Peace activist

Goldstein admits she is short on large-scale agricultural experience. Previously, she and Dan tended the usual family-size garden plot. But she has a wealth of peace activism and that is what inspired her to create Peace Patch Farm.

Originally, she began her activism with a local group she called the Teen Peace Project. From 2001 to 2009, she met with kids at the Boiler Room and the Quimper Unitarian Universalist Fellowship. The largest group was around 20 kids, but usually it was five to eight, she said. Group work included discussions about Gandhi; Martin Luther King, Jr.; and war and peace.

“Sometimes I felt like I was only talking to one or two kids, and then one of the kids would ask me a question and I’d say ‘I don’t know what the answer to that is,’ and some kid sitting across the room working on a computer, a couple of minutes later, would holler out the answer.

“It was an amazing program, and it led me to doing national peace work.”

Part of her work included working with the National Network Opposing Militarization of Youth which ensured kids and parents were given an option as to whether they wanted to be contacted by military recruiters before graduating from high school.

Eventually she took five kids to a peace conference in St. Louis. They were the only teenagers in the room of 500 people. People noticed her work and elected her to the national steering committee for United for Peace and Justice. For the next two and a half years, she helped organize national marches and peace conferences.

As she worked with the groups Veterans for Peace and Iraq Veterans against the War and supported soldiers that were conscientious objectors, she heard the same thing again and again. The biggest problem, she was told, is that it is very hard to find a job once they come home.

“Lieutenant Watada, the first soldier who came out against the Iraq war, said, ‘if you really want to end wars then you need to give soldiers a job so they can take care of their family,’” Goldstein said.

“And that has stuck with me for years, and I thought how can I do that? This [farm] is a way for me to do that.

“I also think that creating life and supporting the community is still a way of serving your country. It’s a different way of serving your country.”



Liz Goldstein has wanted to create a farm for U.S. military veterans for nine years. Now she’s seeing her dream become reality.

## A good person

Peace Patch Farm currently has 12 fruit trees and grows raspberries, strawberries, and boysenberries. The plan also includes growing broccoli, carrots, beets, and kale to donate to the Boiler Room for their soup kitchen and to the Jefferson County Food Banks.

“Cut flowers are what we’re really hoping to make money to pay the veterans,” Goldstein said. She sees a market for small, single flower bunches which would not compete with other local growers and will soon erect a greenhouse to extend the growing season through the end of Thanksgiving. She has already talked to Brendon O’Shea, the Co-op’s “local cultivator” about what she needs to do to sell flowers wholesale to the Co-op. In the future, Peace Patch will also cultivate and dry culinary herbs for sale.

Goldstein and Elledge start each morning having a cup of coffee and chatting for a bit about what projects they’re going to work on that day.

“He’s slowly been opening up about his experiences in Vietnam. It was not an easy time,” she said.

Elledge, who is 67 year old, spent three years with the U.S. Army’s 101<sup>st</sup> Airborne Division. He was not drafted, he enlisted, and was in Vietnam from 1965 to 1966.

“When I came back from Vietnam, there was nothing for us,” he said. “We were ‘baby killers’ and everything else. I never killed a baby in my life and never would.

“She’s a good person to work for, and I like what she’s doing for veterans.”

## AWARD-WINNING DOCUMENTARY RETURNS

In partnership with the Port Townsend Film Festival and the Food Co-op, directors Dulanie Ellis and Ray Singer return to the Olympic Peninsula with their inspired documentary of hope, farming, and veterans titled “Ground Operations.”

“In a world full of problems, ‘Ground Operations’ is a story about solutions” writes Ellis. The film tells a hopeful tale of soldiers — their decision to join the military and their journey coming back from combat.

Thanks to the support of the Food Co-op, the PTHF Peter Simpson Education Fund, and Peace Patch Farm, all of these screenings will be open to the public at no charge. Each film will be followed by a panel discussion with the filmmakers, farmers, and veterans.

### PLEASE JOIN US AT THESE LOCAL SCREENINGS:

- Monday, May 5, pm, PTHS Auditorium
- Wednesday, May 7, 7pm, American Legion Hall, Monroe & Water Streets



“Leaders thrive when they feel creatively empowered, when they trust the people around them, when their confidence is swelling.” – Bill Simmons



# Make It Easy on Yourself

JAN TOBIN, Wellness Manager

When the job involves a dirty kitchen, overused bathroom, messy garage, a wet basement, dusty bookshelves, expensive electronics, smeared windows, fogged mirrors, grimy tools, and so much more, we have the exact microfiber cleaning products you need to do all these home and office cleaning jobs right the first time.

## E-Cloths

Unlike ordinary cloths, e-cloth fibers are designed and fabricated to provide maximum cleaning power. Primarily made from polyester and polyamide, the tiny e-cloth fibers are 1,000 times finer than cotton fibers, or 1/200th the diameter of a human hair. These are the smallest man-made fibers in the world.

It is e-cloth's composition, fiber size, and fiber processing that allows e-cloth to perform, absorbing seven times their weight in water. E-cloth's filaments are so small and so strong; using just water they break up, lift, lock in, and clean deep down into the tiniest grooves and crevices. Dust, grease, oils, grime, dirt and bacteria are quickly and easily removed and locked away deep inside the fibers until the cloths are rinsed or washed. Water is electrically unbalanced and is drawn to dirt, bacteria, grease and grime.

Scientific research, carried out by world renowned Silliker Group, has proven that e-cloths remove over 99% of bacteria. Surfaces are left polished and totally smear- and lint-free; and the allergy-friendly cloths are guaranteed for a minimum of 300 washes.

We carry several sizes of e-cloths for personal use: glasses cloth, gym towels, hand towels, cleansing mitts, and bath towels. A sample cloth is available for customers to feel the luxurious softness that accompanies the fiber design.

## MysticMop

Wet or dry, MysticMop actually glides along the floor on a cushion of air. Stiff monofibers lift the pad and allow increased air flow between the stiff monofibers. By pushing down on the mop, the microfibers bend to expose two types of other cleaning microfibers wrapped around the core microfiber. Then, when the downward pressure is released, the mop pad literally springs back on the stiff microfibers. This union of the three types of microfibers guarantees an improved ability to collect dirt, dust, and grime.

Microfiber refers to the ultra-fine yarn, each with a diameter hundreds of times smaller than cotton, wool, silk, or human hair.

MysticMaid microfibers are 20 $\mu$  (microns), even before the fiber is split utilizing their patented technology. To give you some perspective, the eye of a needle is 749 microns wide, and a human hair is 120 microns. These microfibers have the highest nylon content in the industry: 50 percent nylon to 50 percent polyester.

Why is that important? The higher the nylon content, the better the microfiber performs. Most microfibers on the market today have a blend of up to 80 percent polyester and 20 percent nylon.

MysticMaid microfiber products clean all hard surfaces (both smooth and uneven) with just a wipe, using plain water for the worst cleaning challenges. And their patented microfiber products are woven tightly (as opposed to many microfibers that are knit) to prevent snagging, thereby increasing durability and lint control.

## Full Circle Cleaning Products

Full Circle sources raw materials close to where all of the processes and packaging is done to minimize transportation. They use recycled and FSC-certified paper for packaging, and audit their factories according to fair labor practices; health and safety; compensation and work hours; environmental conditions including air, water, and waste disposal.

Because bamboo is one of the fastest growing plants on earth, making it one of the best renewable resources, Full Circle uses bamboo, triple-coated with natural oils to help it withstand water, in many of its products.

Full Circle also uses Bonterra™, meaning "good earth," a material right out of the earth derived from plant cellulose and starch. It looks and feels like plastic and can last for years. It is not made from petroleum.

Other Full Circle products are made of finished glass, which has an inert, non-toxic, dense surface which inhibits contamination, making it easy to clean and maintain. Glass is the most recyclable of all materials.

We carry a wide variety of Full Circle products including the Suds Up soap dispensing dish brush with replaceable heads; a bottle brush; potato brush with eye remover; vegetable brush ring; wood-fiber cleaning cloths; organic cotton dishcloths; glass beverage bottles; Lemon Water on the Go glass bottle; a natural cleaning set with glass bottle with microfiber cloth with spray top; and a recipe book for cleaning solutions.

Now is the time for a fresh start, so why not make spring cleaning easy on yourself?

"If your heart is a volcano, how shall you expect flowers to bloom?" – Khalil Gibran

## PHYLLO-WRAPPED ASPARAGUS

- one bunch of organic asparagus spears
- 1/2 (16-ounce) package frozen phyllo dough sheets, thawed
- 1/4 cup organic butter, melted or your favorite cooking oil
- 1/4 cup finely grated organic Parmesan or another cheese of choice
- assorted organic dried or fresh herbs: thyme, rosemary, basil, etc.
- 1 tsp. organic garlic powder

Preheat oven to 375F.

Snap off the tough ends of the asparagus. Unwrap the phyllo and cut the stack in half lengthwise. Reserve 1 stack for later use. Cover the phyllo with a damp towel to keep it from drying out. Take 1 sheet of phyllo and brush lightly with some melted butter. Sprinkle with some Parmesan cheese.

Place two to three asparagus spears on the short end of the sheet. Roll up, jelly-roll style. Place each piece, seam side down, on a baking sheet. Brush with more melted butter and sprinkle with more Parmesan. Repeat until all the asparagus spears are used up. Place baking sheet in oven and bake for 15 to 18 minutes, or until golden brown and crispy. *Courtesy of K. DeWyse*

## ASPARAGUS KIDS LOVE

Try this easy method with your kids. It will make the heads so soft and tender, yet leave the stalks a little crisp, like a green bean. Enjoy, and happy Spring!

- 4-quart pot
- grill pan or skillet
- tongs
- 1 bunch of organic asparagus (trim ends up about an inch or two; cut it where it won't bend)
- 2 Tbsp. sea salt
- 2 Tbsp. extra-virgin organic olive oil
- 1 tsp. organic garlic salt or 2 garlic cloves finely chopped

In pot, bring water to a boil and add in 2 Tbsp. salt. Boil the asparagus spears for 3 minutes. Using tongs, pull from water. In a grill pan or skillet, add in 2 Tbsp. olive oil over medium heat. Saute for 5-8 minutes; using your tongs to rotate often. Sprinkle with a little garlic salt (or finely chopped garlic) and freshly ground black pepper. Pull from pan and plate up.

[www.waasparagus.com](http://www.waasparagus.com)

# Asparagus

## Earth's Spring Sprout



It's springtime in the Pacific Northwest! What speaks Spring more than asparagus; nettles; and sweet, tender over-wintered brassica raabs – all available from our local farms at our Co-op.

Here are five reasons why I think asparagus should be high on your consumption list this Spring:

1. It's LOCAL! It should be common knowledge that a piece of produce grown in the United States travels an average of 1,500 miles before it reaches your dinner table. Grown less than 12 miles away from the Co-op shelves, our local asparagus is grown for you by Solstice Farm in Chimacum. Jim Rueff and Linda

Davis planted their first crowns in 2006 after I expressed a need for this tasty spring vegetable at a WSU farm meeting. They heard the need and quickly responded by planting one 150-foot row each year until the asparagus patch reached a size of 6,000 sq. ft. The annual Spring harvest in early April expects to yield a pound to a pound and a half per linear foot. Solstice Farm uses organic farming methods but has chosen not to become certified organic for various reasons.

2. It's the first taste of Spring! You are ready for something new and fresh after a winter of hardy greens, roots, and tubers. Grab a lemon and squeeze some citrus sunshine into your day!

3. It's nutritious! Health diets and meals are on the rise, and asparagus is quickly becoming a premium vegetable that takes a regular place in

BRENDON O'SHEA, LOCAL CULTIVATOR

menu planning rather than being "only for special occasions." Asparagus is the leading natural source for folacin and glutathione, two nutrients that prevent disease and promote overall health. Asparagus provides 60 percent of the USDA recommendation of folacin (folic acid) which is important for the formation of blood cells. Glutathione has been shown to be one of the most potent anticarcinogens and antioxidant found within the body. And guess what?! Of all foods tested, none was higher in glutathione than asparagus.

4. It's a great reason to fire up the barbeque! I have heard lots of debate on whether thick or thin stalks taste better, which is more tender, and which is more nutritious. Well, I am not a scientist, so I cannot comment on the nutritional part. But, I love to cook on the grill, so I choose the thicker stalks just so they don't fall through the grate. I choose thinner stalks when preparing a stir fry or a side dish. Don't forget the squeeze of lemon on top!

5. And last but not least, we all need one more reason to eat locally sourced bacon. Wrap a spear or two up in a strip of bacon, place in the oven at 350F until the bacon is done and voilà! Bliss!

These are the first five reasons that come to

my mind. I am sure you may have many more, so please share them with your friends, encouraging them to grab a bunch of asparagus for dinner tonight! Happy Spring!

## TASTE THE NEW SEASON

NEW on our Produce Dept. shelves: Spring nettles from Erin Vicha of Tarboo Wildcrafting. Erin has picked up where Hans Barr, our previous nettles supplier, left off. Look for 1/2 lb. bags in the Produce Dept. today, and try this simple recipe for Nettle Pesto from one of my favorite radio shows, "The Splendid Table" – [www.splendidtable.org/recipes/stinging-nettle-pesto](http://www.splendidtable.org/recipes/stinging-nettle-pesto)

Sweet, tender over wintered assorted brassica raabs are here too! Look for these bunched plant tops from kales and cabbages left by our farmers to survive winter in the field on our shelves.

Picked fresh daily, Red Dog Farm, Dharma Ridge Farm, and Nash's Organic Produce grow a wide variety of colorful raabs for your dinner menu. Stop by the Produce Dept. and ask staff for a sample taste!

## FUN FACTS

**Store asparagus bunches standing in an inch of water to prevent wilting**

**Choose firm, unbruised spears with tight tips.**

**Eat asparagus as soon as possible after purchasing, as the sweetness diminishes over time.**

**Asparagus is a member of the lily family and is related to onions, leeks, and garlic.**

"The most precious gift we can offer others is our presence. When mindfulness embraces those we love, they will bloom like flowers."  
– Thich Nhat Hanh

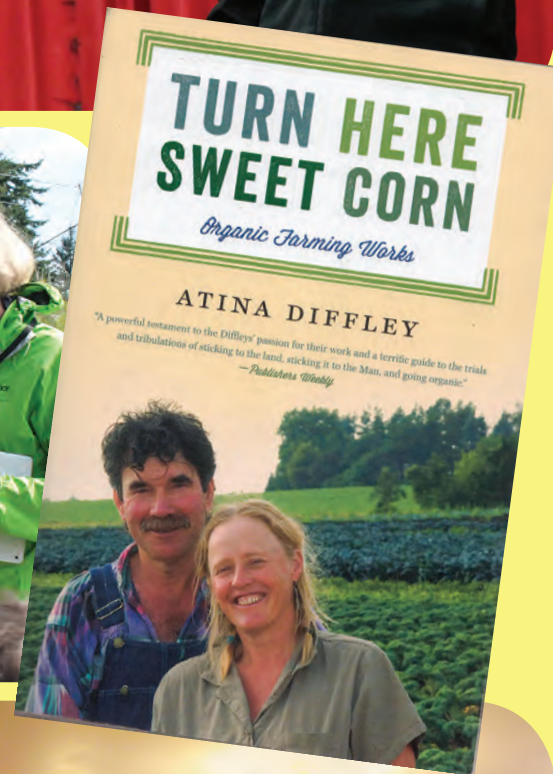
# Community Read + Co-op = More Fun Than We Imagined

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

The Food Co-op was pleased to co-sponsor the Port Townsend Public Library's Community Read this year which enabled us to bring Atina Diffley, author of *Turn Here Sweet Corn*, and her husband, Martin, to Port Townsend on March 27 to speak about organic farming. According to Cris Wilson who chaired the Community Read Committee, more books were sold for this Community Read than any of those previous.

The Community Read is more than one event. All during the month of March, events are held that highlight the book's topic. The idea is to bring together the entire reading community to discuss the same book. There are book discussion groups, a film, an event geared for kids, an art show based on the book's theme, and a lecture from a local writer who discusses the literary pros and cons of the story. In addition to those events, a cooking class, a lecture on organic seeds and sweet corn, and a dance were also part of the schedule. All events were free.

As the Community Read's official photographer, I attended everything but the book discussions. I was pleased to see the events were well attended, and it seemed everyone who went had a good



time. For me, it was more fun than I had imagined and promised it would be when the Community Read Committee began work almost an entire year ago.

On the day of the author event, Atina Diffley visited the Co-op

**Community:** continued on next page

**“Actually, it’s one of the nicest stores I’ve seen.”**  
 ATINA DIFFLEY,  
*Turn Here Sweet Corn* author

**PHOTO CAPTIONS**

**Top:** Atina’s husband, Martin, joined her onstage for the Q&A session at the author event on March 27. Martin’s farm, the Gardens of Eagan, was one of the first organic farms in Minnesota.

**Center:** Bev Shelton, acting director of the Port Townsend Public Library, talks about the book to Grant Street Elementary students.

**Bottom left:** Laurette Feit taught a class on cooking with fresh organic produce.

**Bottom right:** The potluck and dance held at the Quimper Grange on March 28 was fun for the entire family.



“The focus is what is right before you – to give it your best. It sows the seeds of tomorrow.” – Kiran Bedi

## Community: continued from page 16

for a brief chat with myself and Katy Morse who writes our in-house staff newsletter. We were pleased that Atina was impressed with our store and community. Looking around our co-op, she said, “Actually, it’s one of the nicest stores I’ve seen.” When passing by the end-cap of kale chips, she laughed. “I would never eat kale chips [from a package], but I love that you have them here, how they could be a person’s first introduction into eating kale, real kale.”

“It’s gateway kale,” I said.

“It’s what this co-op does,” said Diffley. “It’s so incredibly powerful. It educates one person, one at a time. Sometimes you do it through a bag of kale chips. You don’t always do it through a bulk bin. It doesn’t mean you’ve sold out. It’s a different way of reaching people.”

She noted that there were some co-ops in her home state, Minnesota, that went out of business because they stayed too close to the bare bones values that some owner/members believe is what a co-op should be. In other words, the kind of co-op that would never sell a packaged kale chip, only fresh produce and bulk food. But a co-op needs to appeal to a variety of customers to keep their doors open, she said.

“You know, Gandhi said, ‘When they copy your revolution, it’s time to start the next one.’ That’s the role that co-ops have always had. You’re not going to be the biggest changemaker; you know Walmart sells 25 percent of organic food. When Walmart says ‘we’re going to reduce our energy [consumption] by 10 percent,’ what Walmart accomplishes environmentally is far more than what [a co-op] can accomplish. But you are the leaders that got it all going. You’ve always got to hold that bar up and push them to the next level.”



### PHOTO CAPTIONS

**Top:** Candice Cosler of the Jefferson County Farm to School Coalition taught Grant St. Elementary School students about planting seeds.

**Center left:** John Navazio of the Organic Seed Alliance is lead singer for the Pheremones, a band he and Martin Diffley co-founded which is

featured in *Turn Here Sweet Corn*.

**Center right:** Atina Diffley signs her book for a Co-op member.

**Bottom left:** Cris Wilson, Port Townsend Public Library’s Adult Services Librarian was pleased with this year’s Community Read.

**Bottom right:** The Pheremones kept dancers on the floor the entire time.



All photos by  
Kathie Meyer

“Resilience is all about being able to overcome the unexpected. Sustainability is about survival. The goal of resilience is to thrive.”

– Jamais Cascio



# REVISITING COKE AT THE CO-OP

MONICA LE ROUX, Board Member



The Co-op's Board of Directors has decided this is an appropriate time to revisit the Food Co-op's participation in the international Coke boycott, seven years after our Co-op originally joined. Our current concern arose after we were notified that Honest Tea (a product we carry at the Co-op) has gone from being 40 percent to 100 percent owned by the Coca-Cola Company. An ad hoc committee was created by the Board to handle the issue, and this committee is now requesting input from members.

## History of the Food Co-op's Participation in the Coke Boycott

As reported in the *Commons* (Nov/Dec 2006), at a member forum to "discuss concerns, values and ethics about the products purchased for the store," a specific concern was raised regarding Coca-Cola, and its quiet purchase in 2001 of Odwalla, originally a small, independent juice company. Briar Kolp, then Co-op General Manager, decided to respond to member concerns.

As a first step, a sign was posted on the Odwalla cooler, notifying shoppers that "Odwalla is owned by Coca-Cola." The ultimate goal of the concerned members was for the Co-op to join the worldwide Coke boycott. The Board eventually chose to endorse that action in Consensus Decision 2007-06-03: "Agreed to direct Briar to work with Cindy (Ana) Wolpin on a procedure to ban Odwalla products from the Co-op."

Odwalla was removed from the store, and signage explained that the Co-op was "joining the Coke boycott." Local, regional, and national press releases announced the boycott, summarized the reasons for it, and concluded with a detailed list of the offenses attributed to the Coca-Cola Company.

## Our Question for Our Members

The question before us now is: "Shall the Food Co-op continue to participate in the international Coke Boycott and remove Honest Tea from its shelves, or should it end participation in the boycott, deciding that Coke's offenses are no longer such that a boycott is justified?"

We will be discussing Coke's past and current record, especially as it relates to the company's funding of the "No on I-522" campaign, as well as Honest Tea's own record, and whether it might deserve exemption for its perceived merits.

## The timeline for our process is as follows:

**March 24:** Informational signage is posted on store shelves, on the Co-op website, and on the Board's bulletin board at the front of the store.

**April 18:** A request for input is sent out to the general membership via e-mail.

**April 23:** A member meeting is held at 7pm in the Co-op Annex, 2482 Washington St. All are welcome!

**April 30:** This is the deadline for member comments to be submitted either via email at [coopboard@foodcoop.coop](mailto:coopboard@foodcoop.coop) or by handwritten comment submitted in the Board's suggestion box posted on the Board's bulletin board at the front of the store.

**May 6:** The Board receives update from ad hoc committee, decides whether sufficient information has been gathered, and schedules time to make final decision on the Coke boycott.

"A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love." – Saint Basil

# April

25 **Friday** Coffee+Conversation with your Board of Directors, Co-op Dining Room, 4:30-5:30pm

# May

1-15 Co-op Board of Director's Voting Period, for more info see page 3

5 **Wednesday** Coffee+Conversation with your Board of Directors, Co-op Dining Room, 9-10am  
Film screening of "Ground Operations," PT High School Auditorium, FREE, 7pm

6 **Tuesday** Board of Directors Meeting, Co-op Annex, 5:30-8:30pm

7 **Wednesday** Member Engagement Committee Meeting, Co-op Annex, 7-8:30pm  
Walk A Mile In Her Shoes, meet at Rotary Park by US Bank, 5:30pm  
Film screening of "Ground Operations," American Legion Hall, FREE, 7pm

13 **Tuesday** Board Development Committee Meeting, Clay Street Office, 5-6:30pm

14 **Wednesday** Food System Development Committee Meeting @ Co-op Annex, 5:30-6:30pm

23 **Friday** Coffee+Conversation with your Board of Directors, Co-op Dining Room, 4:30-5:30pm

24, 25 **Sat & Sun** Artisan Food Festival, <http://jeffersoncountyfarmersmarket.org/celebrate/artisanfoodfestival/>

# June

1 **Sunday** Food Co-op Annual Meeting, NW Maritime Center, 3-6pm

3 **Tuesday** Board of Directors Meeting, Co-op Annex, 5:30-8:30pm

4 **Wednesday** Coffee+Conversation with your Board of Directors, Co-op Dining Room, 9-10am  
Member Engagement Committee Meeting, Co-op Annex, 7-8:30pm

10 **Tuesday** Board Development Committee Meeting, Clay Street Office, 5-6:30pm

11 **Wednesday** Food System Development Committee Meeting, Co-op Annex, 5:30-6:30pm

20 **Friday** Coffee+Conversation with your Board of Directors, Co-op Dining Room, 4:30-5:30pm

21 **Saturday** Summer begins!



"All it takes is one bloom of hope to make a spiritual garden." – Terri Guillemets

# port townsend artisan food festival



# may 24-25

**Classes, Chef's Demos, Tastings,  
Author Talks, Dinner,  
Artisan Cocktail Tasting**

organic produce, pastured beef, chicken, eggs, line-caught salmon, artisan & farmstead cheeses, jams, breads, pastries, ciders, wine, beer, herbs, honey, clams, wood-fired pizzas, raw food, flowers, coffee, lavender, soap, pottery, handmade clothing, art, felt goods, music + Hama Hama Seafood, Wild Sage Teas, Chocolate Serenade & CB's Nuts

Tour Port Townsend Food Co-op, Mt. Townsend Creamery, Alpenfire Cider, Lullaby Winery, Chimacum Corner Farmstand, Finnriver Farm and Cidery, Marrowstone Vineyards & Mystery Bay Seafood, Eaglemount Wine & Cider, and Hama Hama Seafood.



"Great pizza has just three ingredients."

Khy Griffin, Grocery Manager

# PIZZA TIME

93%  OF AMERICANS once a month EAT PIZZA

Americans eat **350** slices every second of every day!

## Gluten-free

<http://strongertogether.coop/recipes/wheat-free-flour-mix>  
Udi's or Schiari's  
gluten-free ready-made crust  
try our gluten-free flour mixes

## rule of 3

gorgonzola with pear & walnut  
sprinkle a little fresh thyme

creamy garlic sauce with chicken & artichoke

## meat

grilled chicken with bacon & blue cheese  
spicy Italian sausage with diced tomatoes & fresh basil  
Short's Family Farm ground beef with pizza sauce & mozzarella

## seafood

shrimp with coconut flakes & Prolovone  
Cape Clear smoked salmon with red onion & cream cheese  
anchovies with fig & goat cheese

## Sauce

Alfredo with grilled chicken & Romano cheese  
creamy garlic with spinach & Hempler's bacon  
Muir Glen pizza sauce with chorizo sausage & jalapeño Jack cheese

## dough

ready-made pizza crusts: Stonefire flatbreads or Rustic Crust  
fresh or frozen dough: Bob's Bagels and Pane d'Amore

## cheese

Gorgonzola with spinach & portabella mushrooms  
Mascarpone with fried egg & asparagus  
Swiss cheese with artichoke hearts & roasted garlic

## veggie

Dharma Ridge Yukon Golds with Anne's Pesto & fresh mozzarella  
roasted zucchini with feta & pizza sauce  
fresh tomatoes with ricotta cheese & black olives



Mindy's Cast Iron Pizza Dough

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



Kids Pizza Party Ideas

[www.strongertogether.coop/recipes/funky-pizza-party](http://www.strongertogether.coop/recipes/funky-pizza-party)

"As a man sow, shall he reap. and I know that talk is cheap. But the heat of the battle is as sweet as the victory."

- Bob Marley

# Elections Guide

## Elections 2014 How-To

There are two candidates and two seats available resulting in an UNCONTESTED election.

Voting Period: May 1-15.

Ballots will be NOT be mailed to members.

### New E-VOTING OPTION for 2014:

- On May 1, all active members with an email address on file at the Co-op will be emailed instructions for how to vote electronically in the 2014 Board election.
- A Co-op computer will be available at the store for members to use for e-voting – either with their emailed username/password OR
- If a member doesn't have an email address on file or didn't receive an email he/she can visit the in-store computer and click on the e-voting link and confirm his/her identification to vote online.
- Paper ballots/envelopes will be available for in-store voting. This requires a member number and signature.
- A downloadable ballot will be available on the website. If a member uses this option, he/she needs to use their own envelope which can be either dropped off in the red ballot box or mailed to the Co-op at 414 Kearney St. They MUST print their name, Co-op number, and sign the envelope in order for their vote to be valid.



For more info, call Cindy Scott, 379-5798  
or send email to: [coopboard@foodcoop.coop](mailto:coopboard@foodcoop.coop)

# Janet Welch

## Running for a three-year term, 2014-17



In the 30 years of living here I've indulged my passions for hiking, sailing, bike touring, gardening, and rowing. Underlying that, my husband Willi and I mostly have a paleo lifestyle (but not diet) where we spend our time tending to basic needs. We live in the woods on Marrowstone in a small house we may someday finish. I work trade on local farms for summer veggies and grow all my own for the winter months.

I see evidence that the world is in crisis -- environmentally, politically, and economically. I am comforted, however, by believing that our community understands the importance of retaining the underlying values that make life worth living. For me it is a daily act of mindfulness to give thanks for the things that enrich my life and to make time to actively work to preserve them. The Co-op is one of them.

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

I've served on the Board for nine years, and am currently its president. While I intended to step down, I'm really enjoying the passions, values, respect, and teamwork of this board! We're living in an exciting (and challenging) era, and as time passes only the nature of the excitement seems to change. Nowhere is that more true than serving on the board.

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

I am passionate about and committed to organic local food production. I co-chair the Food System Development Committee where we look for ways for the Co-op to broaden, deepen, and strengthen our local and regional food systems. I bring a balance of logical thinking and creative exploration to the table to envision and help create a secure, locally based food future.

### What experiences have you had contributing to successful group efforts? What challenges? What have you found that contributes most to success?

The high functioning skills of this board have been essential as we wrestle with growth issues and clearly identifying our niche. A skill I value greatly is that of not *taking* things personally and not *making*

things personal. Respectful disagreement can be very productive when personas are kept off the table.

### What direction, priorities, goals, or changes to the strategic plan would you suggest for The Food Co-op's next three to five years? Why?

I believe that the broad statements about goals and results are the greatest strengths of the plan. The strategies and benchmarks could be made to more clearly reflect those broader statements. I would also like it to contain some semi-specifics, e.g. who we collaborate with, how much of the market we want to claim as "ours," and how we balance the diverse membership's values about affordability, convenience, quality, choice, and conscience.

### How would you encourage greater member-owner involvement in elections, member-owner forums and meetings?

Today many co-ops are indistinguishable from other food stores, and it isn't surprising that people treat them as such. Uniquely, ours has retained the member discount pricing. I think that helps distinguish us and I advocate retaining it. Empowering *shoppers* to become more active *members* requires that they appreciate the differences between corporations and cooperatives. An expanded Co-op educational program can facilitate healthy people, healthy food choices, a healthy community, and a healthy food system.

# Lisa Barclay

Running for a three-year term, 2014-17

I'm a Puget Sound native, so I can't live without water or mountains. That makes Port Townsend the ideal home for me: a small town near abundant hiking, in sight of volcanoes, mountain ranges, and the Sound, full of artists and entrepreneurs, people who believe in strong community and good food.

.....



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

Originally, I ran for the Board because we have a wonderful store and I wanted to help. Today, I'm running because we have a terrific cooperative, and I love being part of it. The board is collaborative, the general manager amazing, the members interesting, and the staff friendly and unstintingly helpful as I learn how to do my job. (I'm running again just a year later because my term was only one year.)

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

Last year I wasn't sure I had much to offer except reasonable intelligence and a willingness to listen. Turns out, my organizational, writing, and editing skills, honed through years of teaching and editing, have been quite useful, from working on the Annual Meeting (mark your calendar for June 1) to writing monitoring reports and researching board study sessions. I also like talking with people, which comes in handy as Monica le Roux and I re-establish the board's Member Engagement Committee, starting with Coffee Conversations, Game Night, and farm/producer tours.

## What experiences have you had contributing to successful group efforts? What challenges? What have you found that contributes most to success?

We have a joke in the BDC (Board Development Committee) that the most important qualification for the board is the ability to play well with others. Everything else you can learn. Basically, I think a

successful group requires the same qualities as a successful marriage: a willingness to truly listen and to try to see another's point of view. Expressing opinions without sounding combative is also helpful. Finally, a successful group requires a lot of time, as I've learned over the past year.

## What direction, priorities, goals, or changes to the strategic plan would you suggest for The Food Co-op's next three to five years? Why?

I would stress those parts of the strategic plan that increase food security and strengthen community, including support for local products and infrastructure as well as access to and education about food.

## How would you encourage greater member-owner involvement in elections, member-owner forums and meetings?

All co-ops struggle with member engagement. We cannot coerce participation (even if we wanted to), but co-ops, like people, thrive in an atmosphere of collaboration and cooperation – that is, in a community. To foster community, the Co-op can create opportunities for members to meet, learn, and have fun. The Co-op's Outreach and Education Department does a lot of work in this area, and the board contributes through the Member Engagement Committee.

Specifically, to increase voter turnout and meeting attendance the board could supplement the work of Outreach by staffing the store alcove and/or dining room in advance of events to answer questions and discuss the issues. We could boost turnout while getting to know more of our members and letting them get to know us. And it's always fun to spend time in the Co-op!

# JOIN US IN A CELEBRATION OF LOCAL COOPERATION, CULTIVATION, & CUISINE!



**Sunday, June 1, 3-6pm**

**Northwest Maritime Center  
ANNUAL MEETING**

**3-4pm**

General Manager Kenna Eaton and Board President Janet Welch report on the state of the Co-op in 2013.

**4-5pm**

Guest speaker, Vicki Robin, author of *Your Money Or Your Life* and *Blessing the Hands That Feed Us: What Eating Closer to Home Can Teach Us About Food, Community, and Our Place on Earth* describes her adventures in eating only foods grown within a 10-mile radius of her home on Whidbey Island.

**5-6pm**

Local Farming, Past and Present: Celebrate the contributions of generations of area farmers and sample seasonal foods and local beverages.