



# CO-OP COMMONS

# TASTE

play 2014 Summer Issue Shine



"To me, food is as much about the moment, the occasion, the location and the company as it is about the taste." - Heston Blumenthal

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# At the Table

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

PORT TOWNSEND  
FOOD CO-OP COMMONS

Quarterly Newsletter of the  
Port Townsend Food Co-op

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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!

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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.

Cover photo: Betsy Ragland

While you're reading this, it's highly likely I might be on some dirt road or working my way through logging slash picking native blackberries. Not the huge, invasive Himalayan blackberries, mind you, but the Pacifica berries that were here long before Luther Burbank brought the Himalayans from Europe to the East Coast in 1885. I'm talking about the smaller berries, which in my family are the only ones suitable for pie.

Yes, I will be out there many nights in July after work, until it gets too dark to see for picking. I might have my neighbor (and Co-op member) Julia Danskin with me even though the general rule is to keep your berry patch a secret. Julia understands the superiority of the native blackberry, and I consider it a fortunate day when I moved across the street from her and her husband, Larry Dennison. They are, without question, the best neighbors I have ever had. That is just one of the reasons why I share my berries with her.

Blackberry pie is probably the thing I would have for my last meal if I were on Death Row, it is that important to me. It's a family thing – the pie, not Death Row – and because of that, blackberry pie is the number one kind of food that means love to me. For you, it could be something altogether different, but equally special. "Love food," by my definition, is something a person has to actually make from a variety of ingredients, so a chocolate bar or something else that is packaged really doesn't qualify.

A couple of weekends ago, I had six friends over for a Sunday afternoon of knitting, and because I love these people like family, I made two kinds of pie – strawberry/rhubarb and blackberry. I could have gotten by with only making one pie, but I wanted to make sure there was plenty for all of us. This is another rule of "love food" – make sure you don't have to skimp on portions. Like love, it is best to feel like we have received enough. It's good to have some extra to send home with the ones who have travelled the farthest distance, too, which I did in this case.

These "love foods" are the thing(s) we should make only for the people in our lives who truly appreciate them *and* you. I have to be feeling the love in order to be motivated to make pie, and expectations and love aren't exactly compatible, if you know what I mean. But when I am feeling it, there is no summer day too hot to bake one. Or two. Or three.

Here at the Co-op, there is a lot of love that goes into what we do for you. We want the healthiest member/owners possible. We want to keep our local farms economically sustainable. And both of those desires stem from nothing but love for our community. It was true when the Co-op first began 42 years ago, and it is still true today. If it weren't, we'd be working in a different store or a different business. So, thank you. Thank you for loving us because we love you right back.



"Get excited and enthusiastic about your own dream. This excitement is like a forest fire – you can smell it, taste it, and see it from a mile away." – Denis Waitley

# M

ost of us know our “origin” story – how we started in Uptown in 1972 and slowly grew until we relocated down the hill to the site of the old Key City bowling alley in 2001, where we wondered how we would ever fill all that space.

In 2005, we decided to buy the building and cemented our relationship with this location. Since that time we have gotten very crowded, in the store and in our back rooms and not to mention the parking lot. As a result, over the past three years, we’ve added several hundred square feet onto our South side (the side that faces the water) for kitchen storage and a dining room. And while these additions have given us some desperately needed breathing room, the fact of the matter is that our workspace is still very crowded.

When we moved in here our sales were close to \$4 million/year, and now we are over \$12 million/year, all of which means it takes a lot of staff time and effort to order, receive, and stock product to support those sales. Don’t get us wrong, we love our work! But because we lack the space inside, our produce department has a cooler in the parking lot, and our maintenance crew has a “temporary” shed. Our grocery team receives and processes their orders under a canopy in the parking lot which means we are moving product in and out our back doors all day long until finally, when the workday is over, the last thing our staff does is move everything back inside before going home. Phew! In the morning, we repeat the process in reverse all over again. Truly, it’s slightly crazy and not very safe. We think it’s finally time to take care of our staff (and our stuff) and add some much needed inside space.

Our strategy is to prudently expand our operations so that we have stronger capacity for investing in our local food system. We are considering adding 2,500 square feet of space for processing and storing product, which would in turn allow us to open up the current backroom to retail space so we can have more of the good product you’re looking for.

The plan is in early stages for sure, though the Board has reviewed it and asked their tough questions. The next steps include answering those questions, working with our staff to ensure that our plans will really work, and of course sharing the plan with members. At the end of a fairly lengthy process, we will come to you for your vote of support in going ahead with this expansion.

Since it’s still so early in the planning stages there’s lots of stuff we don’t know including the final price tag, however we are practicing being patient with the process and know that in good time our questions will be answered. As we move along this journey, we hope for your presence and input when called upon because we know you care about the Food Co-op’s future as much as we do.

If you would like to participate in a forum to discuss expansion plans, please put your name, email, and member number in the Board’s box at the front of the store under the Board’s board or send the information to [coopboard@foodcoop.coop](mailto:coopboard@foodcoop.coop) by July 31. The forum will be in September, with a possible second in October.

Room to Breathe



## Timeline

Board asks ?s  
GM answers  
Staff gives input  
**Summer 2014**

Members informed  
in-store, on web site, & forum  
Board decides  
**Fall 2014**

General meeting for members-  
discuss loan proposal  
25-day voting period begins  
**Nov. 9**

Voting ends  
**Dec. 4**

“There are two ways to spread happiness; either be the light who shines it or be the mirror who reflects it.” – Edith Wharton



**his job**

Wellness clerk & evening cashier; his job responsibilities are ordering, customer service, and cashiering during the late shift

**good food**

Lucky for Charlie, his wife is a phenomenal cook who loves to cook organic meals from scratch

**books you will find by his bedside**

Sci-fi by Philip K. Dick; poetry by Dale Pendell

**favorite part of his job at the Co-op**

Customer service and continuing to learn about health, wellness and other products

**most desired skill**

Wants to become an herbalist

**why PT?**

Charlie loves to hike and be near the water; he loves it here!

**past jobs**

Almost a decade in the wellness industry, his previous job was as buyer, team leader, & cashier for the Moscow Food Co-op

**travel**

Europe, Costa Rica and Hawaii are some of the places he has visited, but Port Townsend feels just right

**did you know?**

Charlie has a "sweet tooth," and loves good French press coffee!

**Charlie**  
Wellness Clerk

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.

hearty  
**THANK YOU**

**anniversaries**  
July, August, September

**24 years**

Ruth Bascom

**23 years**

Deb Shortess

**19 years**

Liz Lindstrom

**13 years**

Walter Harris, Josephine Holmstedt

**11 years**

Brendon O'Shea

**10 years**

Marie Killian

**8 years**

Hank Walker, Katy Morse

**7 years**

Tracy Nichols

**6 years**

Phillip Blair, Jan Tobin

**5 years**

Mike Jones, Fiona O'Brien

**4 years**

Jedidiah Franke, Barbara Lytle, Daniel Nelson, Hadley Nye

**3 years**

Adam Carter

**2 years**

Kathie Meyer, Mateo Feliz Marquez, Khy Griffin, Jennie Wiese

**1 year**

David Dunn, Kate Miller, Tamee Bright, Tristen Kilmer, Patty Ferry, Fernando Conill

*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.*



**Hank**  
May



**Layne**  
March

**Way to Go!**

Thanks to Lisa Barclay and Monica le Roux for the fabulous cooking, event planning, and inviting local farmers for our Annual Meeting!



"It is only those who believe in their ability who shine when it matters." — Maurice Greene



# Boycott Affirmed

JANET WELCH, Board President

**A**t its June meeting, the Board voted six to one in favor of our participation in the global Coca-Cola boycott. The spring *Commons* explained the history of our 2007 decision to join the boycott and remove Odwalla from our shelves. The current issue was Honest Tea, which had gone from 40 percent ownership by Coke to 100 percent.

The issue was admittedly thorny. Honest Tea is a popular line of lightly sweetened, single-serve drinks made by a company that prides itself on the good work it does. However, once Honest Tea sold to Coca-Cola, it fell under our existing boycott. While Coke has reformed some of the labor abuses that led to the boycott, enough problems remain that the boycott is still in force internationally. Coke's recent funding to defeat I-522, an initiative seeking to label GMO products, indicates Coke remains opposed to many of our core principles. Still, it is hard to know where to draw the line since a handful of international corporations own many of the product lines that fill our shelves. The buyout of small, conscientious companies has proliferated because it gives the startup a tremendous advantage while offsetting the unfavorable reputation of the corporate parent.

## Member input

In April we queried the membership about its position on this issue. We were delighted that 213 members used our new e-voting system to express their opinion, and 75 also made comments. Eighty-four percent of respondents were in favor of continuing the boycott and removing Honest Tea while 16 percent preferred to end the boycott. We held a meeting for members to gather input, and two board members spent time in the store soliciting member opinions (33 written comments of which 100 percent were in favor of continuing the boycott).

In concluding our review, the Board agreed that boycotts are not a decision to be made lightly and must be revised periodically. In general, which products the Co-op sells is an operational decision, not a board one, but the responsibility for making a political decision such as to boycott lies with the Board. Some board members might not have chosen to initiate a Coke boycott in the present circumstances, but they concluded that ending the boycott required a much more profound improvement in Coke's practices or strong member support for that decision.

## In other news,

The Board recently updated the Strategic Plan to clarify and strengthen the strategies related to education, outreach, and advocacy. The revised document is on the website ([www.foodcoop.coop](http://www.foodcoop.coop)) and in the front of the store.

"You play the hand you're dealt. I think the game's worthwhile." – Christopher Reeve

# This **L** piggy went to the Co-op!



We carry organic pork from these local farms:  
 Finnriver  
 Moonlight Farm  
 Nash's Organic Produce



Look for it in our frozen meat section.

Have you checked out the Co-op meat department lately? Recently, we purchased three whole hogs from Finnriver Farm and butchered them into prime cuts for our member/owners. This pasture-raised pork is now available in the freezer section. Along with providing a lush outdoor foraging space, Finnriver feeds these pigs with the organic apple mash left over from pressing their cider apples and with organic grains, including the organic barley that Finnriver farmer Keith is growing at the Brown Farm in Chimacum. The grains then are pre-soaked in a blend of nutritious residual yeast 'lees' from the cider tanks and whey sourced from two local creameries, Mt. Townsend Creamery and Mystery Bay Farm, all of which makes for greater digestibility and calories. Locally raised meat at its most collaborative! Available in pork chops, small roast, and fat hunks for making real lard crust for your summer pies.

## STAFF PICKS

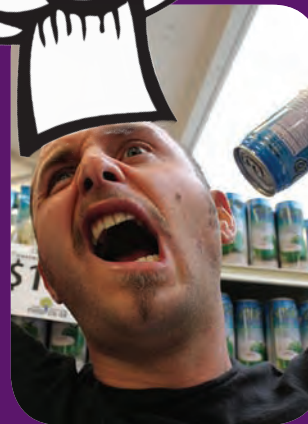
### BRITTANY SEA SALT

"These grayish white crystals are delicious sprinkled on snow peas, zucchini, steamed broccoli, edamame, and homemade caramels. I love their elegance and crunchy texture."  
 - Abi/OEM bulk



### COCO FRESH COCONUT WATER

"With summer being here, staying hydrated is important. At \$1.49 a can, it is the cheapest I have EVER seen a can of coconut water."  
 - Rodney/Grocery aisle 5



### MIDORI CORTIDO

"Cortido makes an instant salad with whatever you have on hand - carrots, corn, cabbage, plus a splash of lemon. Great for picnics and car camping."  
 - Lisa/ Board of Directors produce



"I work very hard, and I play very hard. I'm grateful for life. And I live it - I believe life loves the liver of it. I live it." - Maya Angelou

# BIG FLAVORS

*of the season*



## BARBECUE SAUCES

Add some TANG! to your meat!  
*aisle 5*



## HEIRLOOM TOMATOES

Juicy deliciousness  
*produce*

## GARLIC BRAIDS

A culinary classic  
*produce*

## WHIDBEY ISLAND ICE CREAM BARS

Eight flavors of hand-dipped delight  
*frozen*



## STEVE'S ICE CREAM

Cool off with your choice of two non-dairy frozen dessert or five ice cream flavors  
*frozen*



"When one has tasted watermelon, he knows what the angels eat." – Mark Twain

# PACK THE PERFECT LOCAL PICNIC



CAPE CLEARE  
Smoked Salmon  
*Cheese Case*

PORT TOWNSEND  
BREWING CO.  
Boatyard Bitter, Amber, Golden,  
IPA, Hop Giggity IPA, Porter,  
Scotch, Barleywine  
*Beer Cooler*

EAGLEMOUNT CIDERS  
Rhubarb, Quince,  
Homestead Dry,  
Boot Brawl  
*Produce Department*

MYSTERY BAY  
Award-Winning  
Chevre  
*Cheese Case*

MOUNT TOWNSEND CREAMERY  
Handcrafted Cheeses  
*Cheese Case*

CB'S NUTS  
Peanuts  
(Unsalted or  
Lightly Salted)  
*Produce Department*

CO-OP KITCHEN  
Roasted Whole  
Chickens  
*Grab-n-Go Case*

PANE D'AMORE  
Cream Shortcake  
with Local Berries  
*Produce Department*

SOME LIKE IT HOTT!  
Spice Everything Up with  
Alder Smoked Salt or  
Paprika Spice Packets  
*Aisle 5*

CLALLAM CANNING COMPANY  
Betsy's Bread & Butter Pickles  
*Aisle 6*



CONCERTS ON THE DOCK - THURSDAYS - POPE MARINE PARK - JULY 10-AUGUST 28 - FESTIVAL OF AMERICAN FIDDLE TUNES - JUNE 29-JULY 6 - JAZZ PORT TOWNSEND JULY 20-27

PORT TOWNSEND ACOUSTIC BLUES FESTIVAL JULY 27-AUGUST 3 - SHAKESPEARE IN THE PARK AUGUST 1, 2, 8, 9, 15, 16, 22, 23 - CONCERTS IN THE WOODS, COYLE, SATS 7:30 PM





## 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).

Eastern Mediterranean themed Community Dinners and Community Cooking plus On the Farm Dinners begin in late summer.



SIDONIE WILSON, FEAST Culinary Studio

**I WAS SURPRISED** to hear that colonial Americans drank sodas. I thought sodas were a semi-modern invention of high fructose corn syrup, flavor chemicals and dyes – meant to assist one in dying young. But no, colonials drank lacto-fermented sodas flavored with herb and fruit vinegars. These homemade sodas were filled with vital probiotics, herbal tonics, and were called drinking vinegars. This may sound strange but the sweet/sour combination and sophisticated flavor combinations are wonderful. Persian/Iranian cuisine has a similar drink called a sekanjabin that's revered today.

I began researching drinking vinegars after a neighbor gifted me with some tibicos crystals, you might know this SCOBY (symbiotic colony of bacteria and yeasts) as water kefir. This friendly colony came to live on my kitchen counter. I provided them, in a half-gallon mason jar, with mineralized sugar and filtered water, while they

provided me with a fizzy, carbonated probiotic drink reminiscent of lemonade.

As I got to know the colony, I wondered what the possibilities were for homemade sodas. This led me into the obscure yet relevant culinary history of shrubs and switchels. The word “shrub” seems to be a corruption of the Arabic word “sharab,” which means to drink. Shrubs go back to Roman times, (their version was called “poscat,” made with honey, vinegar, and coriander seed). Shrubs were and remained a popular American drink into the nineteenth century. A shrub refers either to the vinegar/sugar reduction syrup used to make the soda, or to the soda itself. They're also currently used in modern retro cocktails.

A switchel is basically the same idea, but made with ginger, unpasteurized vinegar, and doesn't need to be carbonated. It was the “recharge” of its day. It was also called “haymaker's punch” because it served as an important source of electrolytes for field workers.

“If music be the food of love, play on.” – William Shakespeare

# HOW TO MAKE A SHRUB

## FIND SOME TIBICOS (WATER KEFIR) CRYSTALS

There are many local sources and I'm happy to give you some, just send me a message via my website at [feastculinary.com](http://feastculinary.com) or email me at [sidomaroon@yahoo.com](mailto:sidomaroon@yahoo.com). I'll also tell you how to care for them, or direct you online to watch a video. You can also use plain carbonated water for your sodas in a pinch.

## INFUSE YOUR VINEGARS

Infusion is the process of extracting chemical compounds or flavors from plant material in a solvent such as water, vinegar, alcohol, or oil. This is a simple and rewarding culinary process. I suggest that you make small infusions in one or two cup batches, so that you'll have a variety of flavors and not too much of one kind.

Use a good quality vinegar to make your infusions; apple cider or white wine vinegars are excellent. If using fruit, berries, flowers, or herbs, fill the jar half full with the materials and then pour the vinegar to fill the jar, leaving a headspace. Cap the jar with a non-metal lid, or use a cloth between the lid and jar because vinegar corrodes metal. Leave the jar in a dark place for at least six weeks, or ten days for soft fruits, and then strain. If you are infusing spices or seeds, use whole spices and seeds, slightly crushed. The amounts to use will vary so use common sense and typical proportions.

## MAKE THE GASTRIQUE

A gastrique is equal parts infused vinegar and sugar or honey, reduced at a simmer, for about 15 minutes, into a syrup of about half of its original volume. These gastriques also make great sauces and additions to salad dressings, like a good balsamic.

I like to drink my shrub with half carbonated water and half tibicos over ice with 1-2 tablespoons of the shrub syrup mixed in. I sometimes add a bit of unpasteurized apple cider vinegar for its health benefits. I even skip the gastrique step occasionally and just add the infused vinegar (start with 1 teaspoon per glass and taste) with stevia, for a sugar-free drink.

## INFUSED VINEGAR IDEAS

- Rose petal and fir tips
- Vanilla bean and cardamom
- Peppercorn, cardamom, and orange peel
- Caraway, fennel, anise, dill seeds, and orange peel
- Cinnamon, cloves, nutmeg, star anise, and ginger

All summer fruits and berries can be infused and then strained after 10 days. Raspberries are especially nice.

Some herbs to infuse are Angelica seeds, anise hyssop, basil, fennel, mints, lemon balm, pineapple sage, lemon verbena, scented geraniums, rosemary, thyme, and/or bay leaf.

## LITHUANIAN KRUPNIKAS SHRUB

1 vanilla bean, split open  
¼ whole nutmeg, crushed  
4 strips lemon zest  
3 cinnamon sticks  
3 whole cloves  
infuse in 2 cups apple cider vinegar for six weeks

Strain vinegar and add 2 cups honey, cook down at a simmer until reduced to a syrup, or about half its volume, for about 15 minutes. Use syrup at 2 tablespoons per drink, in tibicos or carbonated water.

## ROYAL USQUEBAUGH SHRUB

Soak 1 cup raisins, 1 cup dried sliced figs, 2 teaspoons anise seed, 2 tablespoon licorice root, 4 strips lemon zest in 2 cups vinegar for 2-6 weeks, strain and then make a gastrique with equal parts honey to vinegar.

## POSCAT - SHRUB OF THE ROMAN ARMY

Mix 1 cup vinegar with 1 cup honey with 1 tablespoon crushed coriander seed. Cook until a syrup or reduced by half at a simmer for about 15 minutes. Strain and use by the tablespoon in tibicos.

## SWITCHEL RECIPE

Make a tea of oatstraw, 4 tablespoons dried herb per quart of water, infused with eight slices of fresh ginger and honey or stevia to taste for three hours. Strain and keep chilled. Add 1 teaspoon apple cider vinegar per drinking glass. Carbonation or tibicos can be added.



"Cooking is not difficult. Everyone has taste, even if they don't realize it. Even if you're not a great chef, there's nothing to stop you understanding the difference between what tastes good and what doesn't." – Gerard Depardieu

# Kids' page



**Q:** Why were the apple and the orange all alone?

**A:** Because the banana split!

**Q:** Why did the banana go to the doctor?

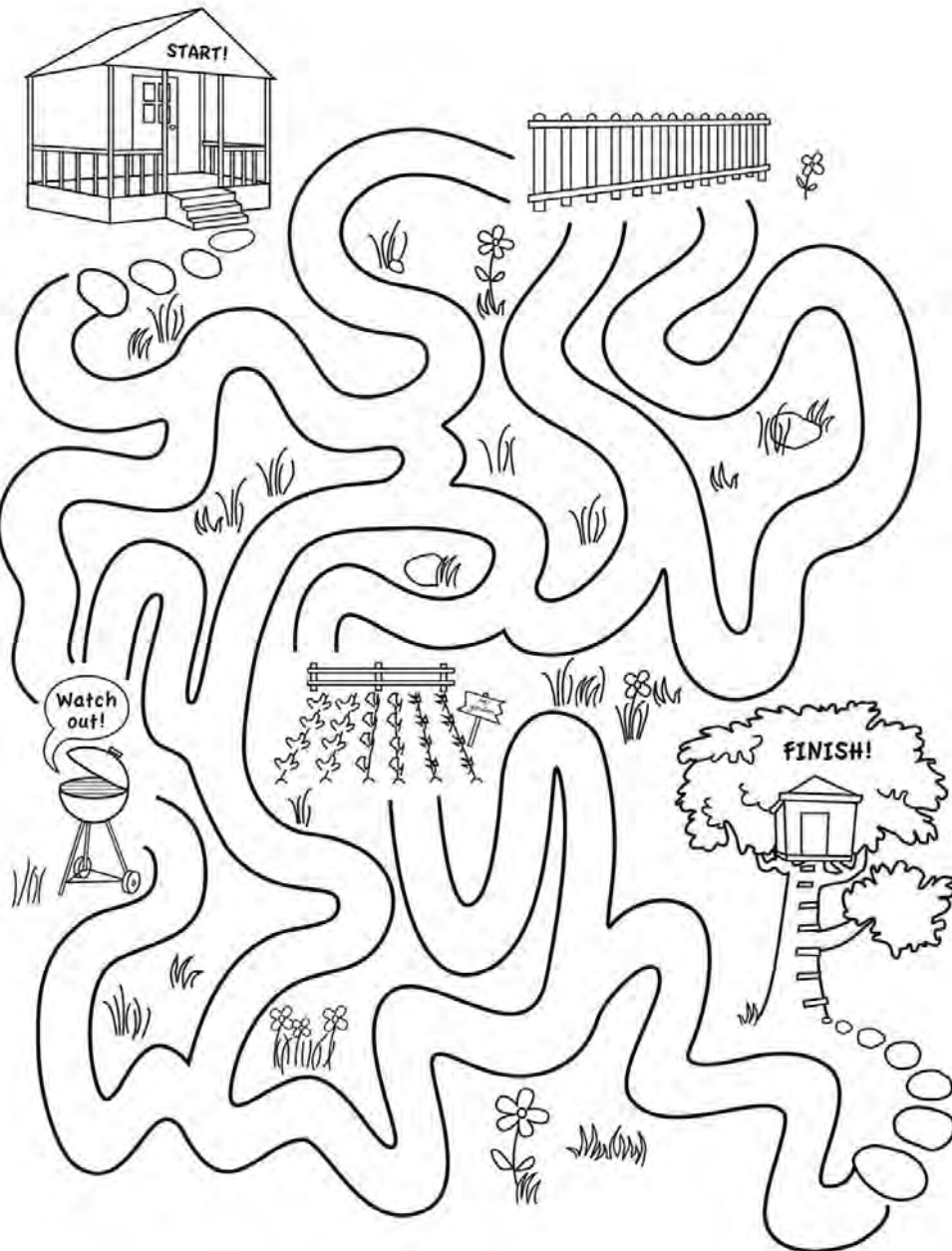
**A:** Because it wasn't peeling well.

**Q:** What did the banana in the sun say to the other banana in the sun?

**A:** I don't know about you but I'm starting to peel!



## Find Your Way to the Treehouse!



**Thanks to Camille Speck** and the Facebook group "Buy Nothing Quimper Peninsula," the Co-op now has two grocery carts for kids. Here is Sophie Anderson, age 7, a Grant Street Elementary student, ready to make use of this gift. Sophie says she's gardening during her summer vacation.

"In my room as a kid...I'd play a fighter and get knocked to the floor and come back to win." – Dustin Hoffman

# Hot Fun in the Summertime

JAN TOBIN, Wellness Manager

Sunscreen filters sunlight so that fewer of the sun's ultraviolet rays reach your skin's deeper layers using an organic and inorganic chemical combination. Sunblock, on the other hand, reflects or scatters the light so that it doesn't reach the skin at all.

There are three kinds of ultraviolet light:

- UV-A penetrates deeply into the skin and can lead to cancer and premature skin aging.
- UV-B is what tans and burns your skin.
- UV-C is completely absorbed by the earth's atmosphere.

Obviously, a person needs protection from UV-A and UV-B. Most people think a sunscreen with a high Sun Protection Factor (SPF) is all they need to be concerned with, but that's not necessarily true.

SPF only applies to UV-B and is merely a number you can use to help determine how long you can stay in the sun before getting a sunburn. For instance, if you can be out in the sun for 15 minutes before burning, a 10 SPF allows you to resist burning for 10 times longer, or 150 minutes.

SPF does not indicate protection from UV-A though, and that can cause cancer and premature aging of the skin. To stay safe, look for product labels that indicate if they offer broad spectrum protection, an indication of whether they work against UV-A radiation too. The particles in sunblock reflect both UV-A and UV-B.

Other concerns about your sunscreen or sunblock worth mentioning are the chemical ingredients known to cause free radical damage and hormone disruption when absorbed in the bloodstream through your skin. These are: para-aminobenzoic acid (PABA), cinnamates, benzophenones, anthranilates, and ecamsules. Environmentally, benzophenone, camphor derivatives, cinnamate, and paraben contribute to coral reef damage.

According to *Clinical Dermatology*, PABA can lead to a variety of skin abnormalities when applied topically, ranging from discoloration to cancer. PABA protects against carcinoma but does not protect the skin from melanoma. Additionally, PABA contributes to the release of oxygenated free radicals, which *Clinical Dermatology* says can lead to deepened skin pigmentation in the best of cases and skin cancer in the worst of cases.

If those reasons don't make you reconsider your brand, there are added

beauty benefits to boot. Chemical ingredients in sunscreen can irritate your skin and exacerbate redness, especially if you have sensitive skin or are prone to eczema or rosacea.

Once you're ready to swap your SPF for a natural sunscreen, narrowing down the sea of options to a brand bearing the Natural Products Association (NPA) seal can help you take the guesswork out of making your purchase. Those who look for natural sun protection typically pick the physical sun blockers with ingredients such as zinc oxide and titanium oxide.

In her book *Skin Rules*, New York City dermatologist Dr. Debra Jaliman recommends using a sunscreen with at least an SPF 30 in a broad-spectrum formula that blocks both UV-A and UV-B rays. She prefers physical sunscreens made with zinc oxide and titanium dioxide for optimal skin health. The cons people commonly find to these ingredients is that they leave your skin looking white and they have to physically be washed off unlike the chemical sun blockers that go on sheer and dissolve from your skin over time. Jaliman says her favorite organic sunscreen is made by W.S. Badger Company.

Another thing that people commonly complain when talking about zinc oxide and titanium dioxide is that they aren't as easy as the spray-on sheer sunscreens. Look no further because Goddess Garden Organics spray-on sunscreen looks identical to the spray-on bottles you find at any drugstore. It has 94 percent organic ingredients, and it says right bottle "eco sheer." Goddess Garden Organics has multiple options for sunscreen, including sprays and creams.

The Natural Sun line of Aubrey Organics includes seven vegan products which combine barrier protection with botanical additives to deliver a shield from the sun with added anti-oxidant effects. Saving Face has an SPF 15 and can be used in place of your everyday moisturizer under your makeup. The brand's SPF 26 unscented formula promises 80 minutes of sun protection while perspiring or swimming before reapplying is necessary. SPF 30 options are available in an unscented cream or spray and in tropically-scented and green tea-infused formulas. The brand has the Leaping Bunny certification for manufacturing without animal testing, too.

Have fun in the sun; your skin will thank you for it.

"The sun does not shine for a few trees and flowers, but for the wide world's joy." – Henry Ward Beecher



# BONE DRY

## THE DOMINO EFFECT OF DROUGHT

KATHIE MEYER, Managing Editor

**It's not easy** being a farmer, especially if you live in California. Just ask Thomas Benzler, a third-generation Fresno farmer who supplies the Food Co-op with organic table grapes, citrus, and raisins. The drought makes him nervous, not just for tomorrow, but for the next generation.

"The ground table water in my area is set at 80 to 90 feet. Most of our pumps in our area were drilled by our father or their fathers and they thought 100 feet would be at the end of the world," Benzler said.

"A lot of our pumps are no longer working. I put in two new wells this year; I went to 300 feet, and I'm hoping that will be enough for my kids." While Benzler has paid yearly taxes to his irrigation district for his water rights, he has not had delivery in over three years. Instead, he watches as 50 percent of his water goes to Los Angeles. He jokes that he will charge the Los Angeles market twice the price.

So far though, Benzler is hanging in there. "The crop is beautiful, healthy, and getting plenty of water."

Rich Johansen, a northern California citrus grower from whom the Co-op buys organic Satsuma mandarins and navel oranges, reported to PCC Natural Markets that he has lost his entire water allotment from his water district to competition from walnut and almond growers who have senior rights to the dwindling water supply. He is not depending solely upon well water to irrigate his orchard. For this reason, he's cutting back trees which means they'll require less water, but also bear less fruit.

But it's not just citrus. California produces about half the fruits, nuts, and vegetables consumed in the U.S. Drought conditions also affect water

for livestock and their feed prices. Beef and dairy in particular is affected as hot weather adversely affects a cow's ability to produce milk and beef cattle foraging prospects. To replace the grass cattle normally eat, ranchers must purchase alfalfa and hay. Some cattle is sent to places like Montana and Idaho where the rangeland has better foraging prospects, adding more cost to the rancher's bottom line.

And it's not just California. Co-op member/owners should be aware that on May 14, 2014, the U.S. Department of Agriculture (USDA) notified Gov. Jay Inslee that the USDA was declaring drought in Benton and Franklin counties and designating Adams, Columbia, Grant, Klickitat, Walla Walla, Whitman and Yakima counties as contiguous disaster counties.

And it's not just Washington either. According to the U.S. Drought Monitor, 73 percent of the western region, from Montana to New Mexico, is lacking rain.

Will food prices go up? Almost certainly. The drought is one factor, as is consumer demand. As more and more shoppers understand the value of organic food, the demand increases while the supply decreases, and everyone who has taken an economics course understands the result. A recent study by Professor Timothy Richards at Arizona State University predicted that avocados, berries, broccoli, grapes, lettuce, melons, peppers, tomatoes, and packaged salads will see the biggest price increases.

Here at the Food Co-op, we do our best to keep prices as affordable as we can despite the crazy weather. Our advice to our member/owners who want to get the best price under any circumstance is to buy bulk, watch the sales, and use the special order program.

"Just like gold, which has to weather very high temperatures to achieve the sheen and shine it finally gets, so also every person has to go through struggles in his life to achieve success." – Kailash Kher

We took the Annual Meeting up a notch from previous years and brought in a speaker, celebrated our local farmers, and offered a menu of local food. All of this would not have happened if it weren't for the tireless enthusiasm of board members Lisa Barclay and Monica leRoux who created the menu and cooked everything on it themselves.

# ANNUAL MEETING 2014



# CELEBRATES FARMERS, LOCAL FOOD

The meeting's attendance was better than years' past, and everyone seemed to have a good time.



Cindy Scott, our Board Assistant, was presented with a bowling pin from the original bowling alley that the Co-op inhabits. Scott, whose parents owned the bowling alley, is moving with her husband and two sons to Bellingham.



At the meeting, we celebrated our farmers and local farming history. Here, Karyn Williams of Red Dog Farm receives advice and wisdom from George Huntingford, Sr. Huntingford was once the dairy farmer for Gee Jem Dairy which his sons, George Jr. and Howard sold in 2004.

Photos by Kathie Meyer

Thane and Karen Grooms of Eutopos Farm sent us a note afterwards that said, "Thank you, truly, for hosting such a wonderful Annual Meeting, and including us as new farmers! Seeing our names amongst the maps and displays brought a smile to our hearts!"

We're still smiling too. If you'd like the recipes for the food served, go to [www.foodcoop.coop](http://www.foodcoop.coop) and type "local recipes" in the search box. See you next year!



Vicki Robin, author of *Blessing the Hands that Feed Us*, spoke to the audience about eating local food. Afterwards, she deftly handled questions during the lively discussion period.



Our General Manager Kenna Eaton presented the 2013 Annual Report to members. The report is now available in the store.

"Eating something fresh out of the oven is like a hug you can taste." – Regina Brett



# WHY

WE NEED BEES

**1 out of 3** bites of food is pollinated by honey bees and other pollinators

## Bees and other pollinators

-  **are needed** for more than **2/3** of the world's crop species.
-  **are vital** in the reproduction of nearly **80%** of the flowering plants on the planet
-  **pollinate** more than **100** types of crops in the U.S.!



# WHO

ARE OUR POLLINATORS?

bumblebees, mason, leafcutter, and honey bees

## THERE ARE 1,000s OF BEE SPECIES

20,000 worldwide and 4,000 in North America

**HONEYBEES** are not native – they were brought to the U.S. by settlers

**60%** of U.S. honeybees are hauled in to pollinate California's almond groves. In May 2014, a tractor trailer crashed, freeing 16-20 million bees on a pollinator truck travelling from Florida to Maine.

**BEES ARE COLORFUL**, they are not just yellow and black, but have amber, metallic green, deep metallic blue-black, turquoise, or emerald eyes.

## BEES ARE NOT AGGRESSIVE NOT ALL BEES LIVE IN HIVES

**70%** of native bees live in the ground and are solitary

# WHAT

IS CAUSING COLONY COLLAPSE?

The answer is complex, but some of the contributing factors may be loss of habitat, weakening of bee immune system/poor diet, invasive plant and animal species, modern beekeeping techniques (artificial insemination of queens resulting in loss of genetic diversity), diseases and parasites, and chemical misuse.

Neonicotinoid is a class of pesticides widely used on corn, soybeans, cotton, sorghum, sugar beets, apples, cherries, peaches, oranges, berries, leafy greens, tomatoes, potatoes, and yard and landscaping products.

According to a recent Harvard study, bees exposed to tiny amounts of neonicotinoid pesticide had impaired neurological functions, which resulted in a loss of their ability to return to their hive, use their homing devices, and communicate. They ultimately abandoned their hives.

For a list of pesticides that may contain neonicotinoids go to:

[www.wasba.org/it-is-pesticide-season-neonicotinoid-list/](http://www.wasba.org/it-is-pesticide-season-neonicotinoid-list/)



# HOW

CAN I HELP BEES?

- 1. plant flowers!** pollinator gardens are a mix of native flowers, fruits, or vegetables; they have blossoms with a variety of colors, shapes and bloom times
- 2. eliminate pesticides** or use sparingly, following directions carefully
- 3. learn** about and befriend your native pollinators

**4. buy organic** produce, local honey, native plants

**5. join or support** organizations who protect and advocate pollinators:

[www.pollinator.org](http://www.pollinator.org)

[www.xerces.org/bees](http://www.xerces.org/bees)



# WHERE

TO LEARN MORE ABOUT BEES

## East Jefferson Beekeepers Association

**Meetings:** usually on the second Saturday of the month, 9am  
Jefferson County Library  
620 Cedar Avenue, Port Hadlock  
[www.ejbees.org](http://www.ejbees.org)

## North Olympic Peninsula Beekeepers

**Meetings:** second Sunday of the month, 1 pm  
Port Angeles Library, 2210 South Peabody St.  
[www.nopba.org](http://www.nopba.org)



# The Buzz On Bees