



# CO-OP COMMONS

# RENEW

ARISE

2014 WINTER ISSUE

EXCITE



*"Green is the prime color of the world, and that from which its loveliness arises." — Pedro Calderon*

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PORT TOWNSEND  
FOOD CO-OP COMMONS

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

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*PortTownsendFoodCoop*

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

**MISSION STATEMENT**

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

**PRINCIPLES**

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

**MEMBER-OWNED**

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

**EDITORIAL STAFF**

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

Printed using recycled paper and vegetable-based inks.

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



# At the Table

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

**A**lthough the days are still short and gray, this is a very exciting time of year to anticipate what's to come. The solstice has passed, and each day brings another few seconds of daylight. That alone excites me as I am one who suffers from the dreaded Seasonal Affective Disorder and wishes to work in my garden all year long.

But there is much more to be excited about in 2014 than just sunshine. If all goes as planned, it's going to be a banner year for presenting this community with ways to get great food at the best possible price.

Soon, maybe even by the time this newsletter is published, we will begin to email our members a weekly sales flyer giving a more frequent and accurate picture of what's on sale in all departments in the store. If you are already on our email list, you'll receive the flyer. Trust me, this isn't junk mail because, every month excepting those with a Member Appreciation Day, we will include a coupon enabling you to save more bucks at the cash register. If you are not on the email list and want to be, please stop by the Member Services Desk and update your member information. For those who don't have email, the sales flyer will also be available in the store in limited quantities. The flyer will also include what products have the tear pad coupons in-store, so members don't have to rely on good luck to find them.

Several other co-ops in the country use this method, and we hope members embrace our

transition. Eventually, by the end of the year, the Co+ flyers you've been accustomed to finding in the newspaper or in-store will be phased out entirely.

Another exciting paperless move we have planned is creating online forms for things such as member comments, Beans for Bags nominations, job applications, alcove sign-ups, and special orders. This is going to take a while, and implementation will occur bit by bit. But it's coming and, in the end, it will bring about better, more efficient customer service.

Speaking of special orders, we promise to continue to get the word out on how this is the most effective way to save money in your food budget. I know the process seems daunting at best for a lot of folks, but once you get it down, it's worth taking the time to get familiar with it. Member Services is always happy to help you. For myself, I use it to buy non-perishables that I need constantly like cat food, dental floss, etc. I've become such a staunch believer that I'll be teaching a class on this benefit of being a Co-op member sometime this year.

Finally, we're working on a reader board for the building exterior to let all of the drive-by shoppers know what's on sale too. Knowledge is power, and we hope that with all of these new ways of spreading the word to stretch your dollar, you'll find 2014 to be very satisfying and powerful as you sit down at the table to eat with your loved ones.

"Half our mistakes in life arise from feeling where we ought to think, and thinking where we ought to feel." — John Churton Collins

# THE CONVERSATION BEGINS

COMING SOON: FORUMS, DISCUSSION GROUPS, AND GET TOGETHERS IN 2014!

JANET WELCH, Board President

This edition of the *Commons* is themed “arise, renew, and excite,” the very themes of the big conversation the Board has begun, i.e. should we expand the store? This exploration process requires that we *renew* our commitment to stay true to our mission and principles, *arouse* the membership to identify its needs and wants (and dreads and fears), and *excite* the passions that distinguish us from a mere grocery store.

## LOOKING BACK

About eight years ago, Briar Kolp, general manager at that time, expressed her concerns about cramped working conditions in the receiving area. If you’ve never peeked into our back room, you’re in for a shock. It’s a true testimony to our staff that they can accommodate receipt of all product that comes into the store.

When management brought an expansion proposal to the board three years ago, however, they had determined that the greatest needs were related to safety issues in the dairy cooler. Food handling health risks and back-mangling storage regimes created serious liabilities. We had to prioritize the health of our staff and members, and so the Board approved the new cooler, freezer, storage area, and meat cutting room.

The next two expansions were for the deli seating area and the weather-protected south entrance last year. All three were paid for with funds we’d been saving for years. All the while though, the receiving area staff continued to juggle product with ever more creativity and urgency.

## LOOKING FORWARD

This past October, a consultant briefed the Board on his analysis of our market position. He reported we can better meet the needs of our members though some of his strategies aroused very lively discussions. The one thing that is very clear is that there are innumerable ways we can approach the topic of growth. There may actually be 6,500 ways, as each member probably has a unique recipe for how s/he would have the Co-op evolve.

This is a very interesting time to excite our imaginations about the future of this organization. As supermarket corporations increasingly play the “fresh and natural” card, we must assert those characteristics that truly differentiate us as a store and a democratic institution. Strengthening aspects of our organization that build loyalty of the membership and bond us in a collective vision for our future are keys to achieving our greatest success, investing in our local food system, and contributing to our community’s health.

What we do know is that the Board won’t be doing this in a vacuum. We’re just beginning the process, having spent the December board meeting in a study session about expansions in general. In learning from the successes and failures of other Co-ops, we understand the need for early and continual member involvement. Our membership consists of minds full of great ideas and hearts full of passion. Your vision will help us explore options. And, if we do decide to expand, the final decision will be yours. In voting whether to take on more debt, the membership gets the final word. That’s because *you own* this business.

**“OUR MEMBERSHIP  
CONSISTS OF MINDS FULL OF  
GREAT IDEAS AND HEARTS FULL  
OF PASSION.”**



“Rest when you’re weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work.” — Ralph Marston



# What's Next?

KENNA EATON, Food Co-op General Manager

This fall we had quite an exciting election cycle, and although we only lost by a slight margin of 49% to 51%, Initiative 522 (mandatory labeling of GMO foods in Washington State) did not pass. First, I want to thank everyone who helped by making a phone call, wearing a button, talking to a friend, or sporting a bumper sticker. It was a good effort, and we did a great job of raising the subject's awareness level.

So what are the next steps for the Food Co-op? I have heard that labeling will be back on the ballot in 2016, but it's a long time until then. In the meantime, what will we do?

It has been five months since we announced that we would not bring in any new items to the store that contained at-risk ingredients unless they were verified non-GMO or certified organic.

Now the Food Co-ops' Product Review Committee (PRC), led by our Store Inventory,

Pricing & Systems Manager Deb Shortess, has agreed to help us make more progress by completing a product survey. The survey focuses on our packaged and bulk foods and reviews the top five ingredients of each one. We will determine


whether it contains one or more of the top food ingredients

most likely to contain GMOs: soy, canola, corn, cotton, sugar beets, and/or alfalfa.

The PRC will be actively engaged with manufacturers, asking what their position is, and what they intend to do differently, i.e. switch out ingredients, label, or whether they plan to do nothing. We will then collect their letters and post them in a binder at the Member Services Desk so that you can read them and educate yourself. Our future action plan will in part be determined by how many products/manufacturers we find that likely contain/use GMOs.

Now that the awareness level has been raised, now that natural food stores across the country are taking a position and pressuring manufactures to source non-GMO ingredients or clearly label their GMO products, I believe change will come. It may be slow, but we do know that within five years the marketplace will respond to that demand. Remember way back when, before organic certification was a federal standard? Each state had to create its own organic labeling rules, and not all of them even bothered. Look where we are now with a federal standard of labeling by the USDA for organic food, and manufacturers in compliance every step of the way. It's amazingly cool.

Just so we're clear, we already know that many, many items in the Co-op are GMO-free: all organic items, (approximately 98% of our produce, 60% of our bulk, and 60% of our packaged grocery) and all items with the Non-GMO Project label (at last count almost 400 items). If you have questions about a specific product, please ask a staff member or fill out a comment card, and we will respond to your concerns.



"I believe change will come."

"Arise, get up, wake up, open your eyes, step out, move from where you are to where you need to be." — Jan Payne



# RODNEY JUST

## Grocery Team Leader

### EXCITE

What gets Rodney excited is going to a Seahawks game! He's only missed one home game this season. The one they lost!

### DREAM JOB

He's a moonlight IT man who builds computers, and purchases consumer electronics for clients.

### GOALS

He wants to be healthy, enjoy life, keep moving, and help others. Oh yeah, and play lots of text-heavy video RPGs (Role Playing Games).

### ROCKIN' RODNEY

is a song writer, a published musician, a producer, and a performer. Look for his albums at all the digital places under Lyrical Mezziah. While Rodney's music resembles hip hop in it's sound, it's his own statement. His lyrics defy the stereotype in living the violent street life often represented in that genre of music.

### FUN FACTS

He wears a watch; a beautiful sapphire crystal timepiece and has a watch collection.

Rodney has four albums! Find them on itunes, Spotify, Amazon, and GooglePlay.

He's just an old-school video game guy.

### FAVORITES

Down time for Rodney is playing his favorite video game Lunar and eating some chicken fried rice.

### LOVES TO COOK

Favorite dish to make is huevos rancheros!

### REAL-LIFE HEROES

are his mom and three sisters who are resilient, strong people.

### PET PEEVES

Please don't chew in Rodney's ear. Seriously, what peeves him the most is glorified violence and anger which is evident in his artistic work; his songwriting expresses this belief explicitly.

### MOST TREASURED POSSESSION

"My brain," he said. Because he's smart.

### WHERE HE'S BEEN

Rodney grew up in the Pacific Northwest and loves it here. He has lived in some beautiful places: Colorado, Boston, LA, and Seattle. He's also traveled to France, Central America, and Asia.

# hearty THANK YOU

## anniversaries

January, February, March

- 19 years**  
Bev Mustin  
Gale Wallis (sub)  
Skylark Beck
- 13 years**  
Aaron Carver
- 12 years**  
Deborah Schumacher  
Anne Steurer
- 11 years**  
Dan Goldstein
- 8 years**  
Teresa Swindell  
Layne Day
- 7 years**  
Derek Christensen  
Rob Robbins
- 6 years**  
Abi Crecca
- 5 years**  
Mindy Dwyer  
Chandra Wright  
Debbie Vanderbilt
- 3 years**  
Kenna Eaton  
Mario Gonzalez
- 1 year**  
Rosanna Gomes  
Rodney Just  
Jessica Haynes  
Ben Lichty  
Cameron Boyd



**September**  
Skylark



**October**  
Peter



**November**  
Scott

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.

"Take a course in good water and air; and in the eternal youth of Nature you may renew your own. Go quietly, alone; no harm will befall you."

— John Muir



# WORLD COOKING WAYS



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

F.E.A.S.T.'s (Foodways Education at a Sustainable Table) mission is to promote the 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

**Jan. 11, 18 & 25**

*Pots of Gold - World Soups*

**Feb. 8, 15 & 22**

*Dawn of Flavor - Home Cooking From the Spice Islands of Indonesia, Malaysia & Singapore*

**March 15, 22 & 29**

*French Farmhouse Cooking*

**April 12, 19 & 26**

*Three Russian Feasts*

**June 7, 14 & 21**

*Mexican Regional Sampler*

# GLUTEN-FREE

## SOURDOUGH STARTER & THE WORLD OF PANCAKES

SIDONIE WILSON, FEAST Culinary Studio

Our world foodways are brilliant. All over the planet people have devised innovative ways to make delicious food, taking into account the seasons, the senses, our soul and, not least of all, the digestibility of food.

Fermenting and soaking flours in a slightly acidic environment activates the enzyme phytase, which neutralizes phytic acid. Phytic acid is a natural part of all grains and seeds, but unneutralized it compromises our ability to absorb minerals, and absorbing minerals is important. Plus, the souring and soaking makes the grains or beans easier for us to digest and the food more delicious.

People with grain sensitivities need to get the maximum absorption of nutrients and increase the digestibility of their food. I hadn't come across a gluten-free sourdough starter, so I invented one, and I'm excited to share it. It's best used for things that don't need much structural power like crepes, waffles, pancakes, or flatbreads, but please experiment and let me know what you discover. All of this can be done in the same way with wheat if you choose.

As I said, pancakes are an especially great way to use sourdough, and they have a world following. The Russian blini, Jewish blintz, Chinese bao bing, French crepe, Netherland waffle, Ethiopian injera, and Indian dosa are all types of pancakes that traditionally follow the sourdough method. While the American pancake is actually a drop scone that comes to us via Scotland, don't worry because they're still technically pancakes and are wonderful made with sourdough.

The worldly repertoire of pancakes play more roles than just as breakfast food. They're wrapped and filled with spicy and savory fillings all day long. Pancakes have always been an important food for working people – nourishing, filling, and easily cooked.

"When I speak of the gifted listener, I am thinking of the nonmusician primarily, of the listener who intends to retain his amateur status. It is the thought of just such a listener that excites the composer in me." — Aaron Copland

# HOW TO

## A SIMPLE FOUR-DAY PROCESS

### EQUIPMENT

- medium mixing bowl
- measuring spoons
- measuring cups
- big spoon
- clean dish towel or produce bag to cover bowl during fermentation
- a warm room, 65F to 75F (colder night temperatures are fine)

### SUPPLIES

- lukewarm filtered water
- Sidonie's gluten-free flour mix (make before starting sourdough process and store labeled in the freezer)
- 2 cups brown rice flour
- 2 cups sorghum flour
- 2 cups tapioca flour
- 2 teaspoon xanthan gum

### DAY 1

Mix 1 cup flour with 1/2 cup water, stir together, cover, and let sit out on your counter overnight. Contemplate wild yeasts. Yes, they live here.

### DAY 2

Add another cup of flour and another 1/2 cup water, stir, cover, and let sit out overnight. Contemplate gratitude for the role of beneficial bacteria in our lives.

### DAY 3

Divide the dough in half, and make pancakes out of one half. The remaining half? Once again add 1 cup flour and 1/2 cup water, stir, cover, and let sit out overnight. Contemplate symbiotic relationships.

### DAY 4

Divide the dough in half, and (yes, again) make pancakes out of one half. The remaining half, once again add 1 cup flour and 1/2 cup water and stir. Stop.

Now you should have sourdough starter. It should be pleasantly sour tasting, smell fermented and be puffy; if not, continue the pattern for one more day. The warmer the room, the faster the process will be. Gluten-free dough will not bubble up like a wheat starter because it's not strong enough, but it will puff.

### REMEMBER:

- The starter is alive, so treat it like a pet, which means you must regularly feed it, talk to it, and use it to make yummy food. It will train you to think ahead, an important quality in life.
- You feed it with flour and water in the above amounts. You can increase the amounts of flour and water but in the same ratios to make bigger batches.

- Let it ferment for at least 12 hours or overnight at room temperature. This means you can cook with it in the morning or afternoon; it's ready to go.

- Always return 1 cup of starter to a jar kept in the refrigerator between uses.

- Use your starter once a week, and you and it will be happy. If you don't then you run the chance of an imbalance between the wild yeast and good bacteria. The acid-loving bacteria will win, and the yeasts will die out, leaving you with a very sour starter, without any rising power. If this happens, there is no cure; start over.

I hope you enjoy this culinary adventure. If you get stuck or have questions, go to my web site at [www.feastculinaryandarts.com](http://www.feastculinaryandarts.com) and send me an email with your question and phone number. I'll be happy to help you.

## SOURDOUGH STARTER

A living, mysterious culture of acidifying beneficial bacteria and acid-tolerating wild yeasts that feed on the sugars present in the flours creates this sourdough starter.

## SIDONIE'S GLUTEN-FREE SOURDOUGH CREPES

These are also great with buckwheat or teff flour. You can increase everything for a bigger batch, just use the same amount of initial starter and keep the same ratio for the rest of the ingredients

### The night before

Mix up a sourdough sponge by getting out your 1 cup of reserved starter from the refrigerator, and mix it in a bowl with 1 cup of gluten-free flour mix and 1/2 cup of room temperature filtered water. Let it sit covered on the counter overnight.

### The next morning

Put 1 cup of starter back into the refrigerator.

### Beat together:

- 2 eggs
- 1/2 cup milk
- 1/2 teaspoon baking powder
- 1/2 teaspoon sea salt

Pour egg and milk mixture into dough, and stir until it's a thin batter, like thick cream. Add milk if needed. Make sure your griddle is well heated, butter the skillet, and pour on 1/3 cup of batter. Spread with the back of a large spoon from the middle outward. Cover with a lid for one minute, flip, and cook uncovered for another minute. Keep warm in the oven.

Makes six crepes

"When obstacles arise, you change your direction to reach your goal; you do not change your decision to get there." — Zig Ziglar



# WHAT'S FRESH?



LOCAL DAIRY, MEATS, POULTRY, EGGS, HONEY, CIDER & WINE YEAR 'ROUND!

## JANUARY

BEETS • BRAISING MIX • BRUSSELS SPROUTS • CABBAGE • CARROT • COLLARDS • HERBS • KALES • OYSTER & SHITAKE MUSHROOM • TURNIP • APPLES



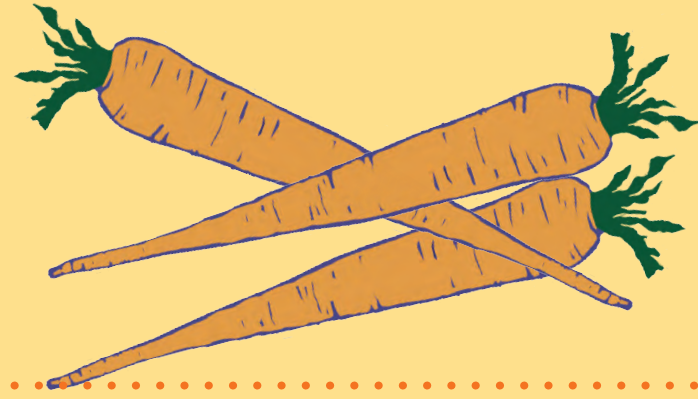
## FEBRUARY

BEETS • BRAISING MIX • CABBAGE • CARROT • COLLARDS • HERBS • KALES • OYSTER & SHITAKE MUSHROOM • TURNIP • APPLES



## MARCH

BEETS • BRAISING MIX • CABBAGE • CARROT • HERBS • LEEK • MESCLUN OYSTER & SHITAKE MUSHROOM • TURNIP



## APRIL

ARUGULA • ASPARAGUS • BEETS • BRAISING MIX • CAULIFLOWER • HERBS • LEEK • MESCLUN • OYSTER & SHITAKE MUSHROOM • ONION-GREEN • RADISH • RHUBARB • FLOWERS



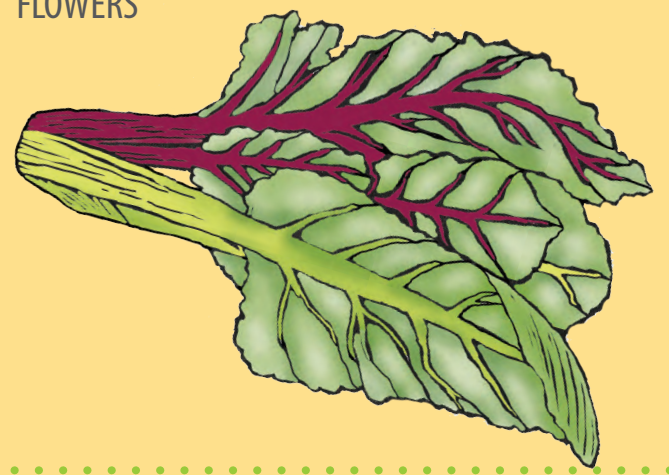
## MAY

ARUGULA • ASPARAGUS • BRAISING MIX • CAULIFLOWER • HERBS • LEEK • MESCLUN • OYSTER & SHITAKE MUSHROOM • ONION-GREEN • RADISH • RHUBARB • FLOWERS



## JUNE

ARUGULA • ASPARAGUS • BRAISING MIX • CHARDS • CILANTRO • HERBS • KALES • LEAF LETTUCE • LEEK • MESCLUN • OYSTER & SHITAKE MUSHROOM • MUSTARDS • PEAS • RADISH • SPINACH • RHUBARB • FLOWERS



## JULY

ARUGULA • BEAN-FAVA • BEAN-GREEN • BEETS • BOK CHOY • BRAISING MIX • CARROTS • CAULIFLOWER • CHARDS • CILANTRO • COLLARDS • DANDELION • ENDIVE • ESCAROLE • FRISEE • GARLIC • HERBS • KALES • LEAF LETTUCE • LEEK • MESCLUN • OYSTER & SHITAKE MUSHROOM • MUSTARDS • ONION-GREEN • PEAS • RADICCHIO • SPINACH • SUMMER SQUASH • ZUCCHINI • BERRIES • PLUMS • FLOWERS



## AUGUST

ARTICHOKE • ARUGULA • BEAN-FAVA • BEAN-GREEN • BEETS • BOK CHOY • BRAISING MIX • BROCCOLI • CABBAGE • CARROTS • CAULIFLOWER • CHARDS • CILANTRO • COLLARDS • CORN • CUCUMBER • DAIKON • DANDELION • EGGPLANT • ENDIVE • ESCAROLE • FENNEL • FRISEE • GARLIC • HERBS • KALES • KOHLRABI • LEAF LETTUCE • LEEK • MESCLUN • OYSTER & SHITAKE MUSHROOM • MUSTARDS • ONION-STORAGE-GREEN-SWEET • PEAS • PEPPERS-BELL & HOT • POTATO • RADICCHIO • RADISH • SHALLOT • SPINACH • SUMMER SQUASH • ZUCCHINI • TOMATO-CHERRY-ROMA-SLICING • APPLES • BERRIES • PEARS • PLUMS • KIWI-HARDY • FLOWERS



## SEPTEMBER

ARTICHOKE • ARUGULA • BEAN-FAVA • BEAN-GREEN • BEETS • BOK CHOY • BRAISING MIX • BROCCOLI • CABBAGE • CARROTS • CAULIFLOWER • CELERAIC • CHARDS • CHARDS • CILANTRO • COLLARDS • CORN • CUCUMBER • DAIKON • DANDELION • EGGPLANT • ENDIVE • ESCAROLE • FENNEL • FRISEE • GARLIC • HERBS • KALES • KOHLRABI • LEAF LETTUCE • LEEK • MESCLUN • OYSTER & SHITAKE MUSHROOM • MUSTARDS • ONION-STORAGE-GREEN-SWEET • PEAS • PEPPERS-BELL & HOT • POTATO • RADICCHIO • RADISH • RUTABAGA • SHALLOT • SPINACH • SUMMER SQUASH • ZUCCHINI • TOMATO-CHERRY-ROMA-SLICING • TURNIP • WINTER SQUASH • APPLES • BERRIES • PEARS • PLUMS • KIWI-HARDY • FLOWERS



## OCTOBER

ARTICHOKE • BEETS • BOK CHOY • BRAISING MIX • BROCCOLI • BRUSSELS SPROUTS • CABBAGE • CARROT • CAULIFLOWER • CELERAIC • CELERY • CHARDS • CILANTRO • COLLARD • CORN • CUCUMBER • DAIKON • EGGPLANT • ENDIVE • ESCAROLE • FENNEL • FRISEE • GARLIC • HERBS • KALES • KOHLRABI • LEEK • MESCLUN • OYSTER & SHITAKE MUSHROOM • ONION-STORAGE • POTATO • PUMPKINS • RADISH • RUTABAGA • SPINACH • TOMATO-SLICING • TURNIP • WINTER SQUASH • APPLES • PEARS • FLOWERS



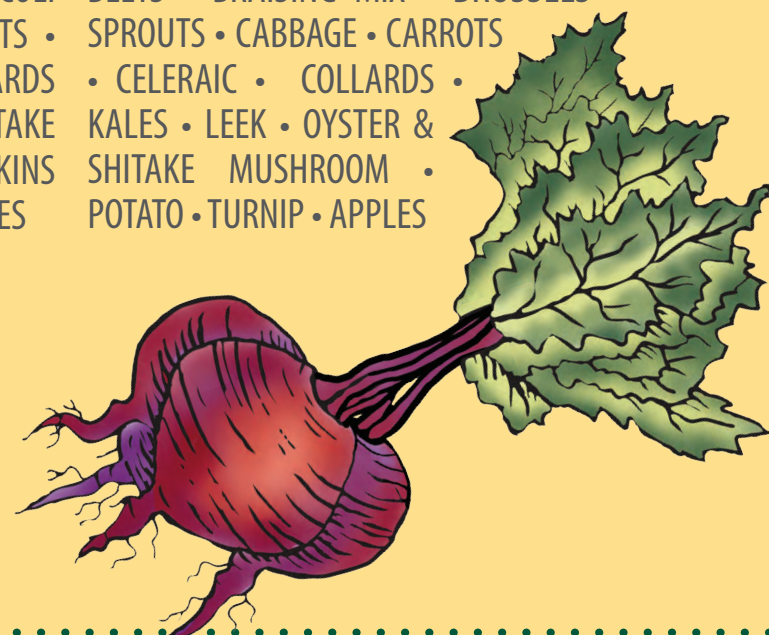
## NOVEMBER

BEETS • BOK CHOY • BRAISING MIX • BROCCOLI • BRUSSELS SPROUTS • CABBAGE • CARROTS • CAULIFLOWER • CELERAIC • CHARDS • COLLARDS • HERBS • KALES • LEEK • OYSTER & SHITAKE MUSHROOM • ONION-STORAGE • POTATO • PUMPKINS • RUTABAGA • TURNIP • WINTER SQUASH • APPLES



## DECEMBER

BEETS • BRAISING MIX • BRUSSELS SPROUTS • CABBAGE • CARROTS • CELERAIC • COLLARDS • KALES • LEEK • OYSTER & SHITAKE MUSHROOM • POTATO • TURNIP • APPLES





# What's new



## NASH'S CHICKEN FEED

Non-GMO, organic chicken feed makes for happy chickens! Now available in bulk.



## MIRACOLE MORSELS PEANUT BUTTER CANDY

This candy is better than any peanut brittle you can remember!

aisle 2

## ROCK ISLAND RED YUM

Jam is technically 65% sugar. With less than half the sugar of jam, yums have more fruit, and more taste. Yum!

aisle 6

## BAGELS EVERY DAY!

Metro Bagels now available at the Co-op & Bob's Bagels still available Friday, Saturday & Monday!

deli

## MILLENIUM RASPBERRY CHIA

"A nutrient rich food. Pair with seltzer for a delightfully refreshing zippy liquid!"

- Loran/IT

chill

## MEDJOOOL DATES

"Finest dates I've tasted, easy to pit, great in live recipes, or to snack on while hiking/playing outside. Try in a plain yogurt smoothie!"

- Estelle/Kitchen

produce

## LA SALAMANDRA MILK CARAMEL

"Great dip for your favorite apples! Best caramel ever; it's better than ice cream."

- Kathie/OEM

aisle 6



## INDIANOLA WHEAT GRASS

Find it in the produce department - juice it up!



# staff picks



## BLUE FORTUNE FARM BLACK GARLIC

Sweet meets savory; perfect mix of molasses richness and tangy undertones with twice as many oxidants as raw garlic without the pungent odor. It has a melt-in-your-mouth consistency similar to soft dried fruit.

aisle 3 and produce department

"Genius is the ability to renew one's emotions in daily experience." — Paul Cezanne



Beginnings have a certain magic and mystery. Each year starts like a clean, unruffled notebook. The blank, clean page cries out for words, thoughts, and drawings from our creative selves. January 1st is a time for reflection and renewal, as well as making commitments to reach our goals and desires in the months to come.

Many resolutions have to do with a desire to be healthier in body, mind, and spirit. Tofu sales are highest in January as people try to eat a little lighter. Weight loss product sales and gym sign-ups are robust. The momentum of new beginnings moves us for a while, and then, the day-to-day stresses and old familiar patterns once again emerge.

Where to start, you ask? Writing a personal mission statement of what you want to accomplish is critical for successful change. Specificity is measurable, and what gets measured gets improved. Identify what behaviors best reflect your goals and values. Conscious awareness is necessary to reflect what you do and don't do, and allows understanding of your relationship to self-discipline. Your mission statement can be posted so you can see your goals. I like to use colors and symbols along with words. The visual reminder helps you stay focused, resilient, and persistent. Internal coaching helps you act on what you think rather than how you feel in the moment. Setbacks can be reframed as learning opportunities. I recently learned a new way to apply the 80/20 rule – spend 20% of your time looking back and 80% looking forward. This allows our efforts to be fresh and exciting and lets the past go more quickly.

### Your Body

Next, review your diet. Diet simply means what you eat. A basic, foundational diet, exercise, and fresh air supported by specific nutrient-dense supplements can achieve optimum health.

Dr. Michael Murray, N.D., suggests daily supplementation with a good multi-vitamin, fish oil, probiotics, and green drinks. Other supplements and diet choices are useful for treating specific health conditions. The Co-op carries a variety of books to help with special dietary needs.

Look at the ingredients in products you put on your skin. Anything put on the skin gets absorbed into the circulatory system. Environmental Working Group has a website



JAN TOBIN, Wellness Manager

([www.ewg.org](http://www.ewg.org)) that evaluates products for safety by brand name.

There are a number of ingredients in personal care that are carcinogenic and hormone disrupting. Any product containing aluminum should be avoided. Aluminum is found frequently in deodorants and antiperspirants. The Co-op offers many choices of safe deodorants.

### Mind & Spirit

Aromatherapy is the practice of using the natural oils extracted from flowers, bark, stems, leaves, roots, or other plant parts to enhance psychological and physical well-being. The inhaled aroma from these “essential” oils is widely believed to stimulate brain function. Essential oils can also be absorbed through the skin where they travel through the bloodstream and promote whole-body healing. Be aware that essential oils can be allergenic to some people as the oils come from the whole plant.

A form of alternative medicine, aromatherapy is gaining momentum. It is used for a variety of applications, including pain

relief, mood enhancement, increased cognitive function, and stress relief. There are a wide number of essential oils available, each with its own healing properties.

Bach Flower Remedies and essential oils are used effectively to support and balance our moods and emotions. Dr. Edward Bach discovered the Bach Original Flower Remedies which is a system of 38 Flower Remedies that correct emotional imbalances where negative emotions are replaced with positive emotions. Rescue Remedy is the most famous of the Bach remedies, but in fact is not “a remedy” at all. Instead, it’s a blend of five different Bach Flower Remedies, a mix was created by Dr. Bach to deal with emergencies and crises. It can be used to help us get through any stressful situations, from last-minute exam or interview nerves, to the aftermath of an accident or bad news. It is particularly useful for animals facing stress. I carry a bottle in the glove compartment of my car.

While the new year is a good place to start pursuing optimum health, you can begin at any time. And remember this Japanese proverb: “Fall down seven times, get up eight.”

“It is a law of life that problems arise when conditions are there for their solution.” — Walter Sisulu



The tangy taste of

# CITRUS



The Food Co-op's Local Cultivator Brendon O'Shea recently met with our southern state citrus farmers.

Honeygold grapefruit is available February through March. The tart and tangy juice sparkles with health benefits: vitamin C for the immune system, lycopene to fight free radicals, and limonoids promote formation of detoxifying enzymes.

## Gluten-free Flourless Orange Cake

- 6 Johansen Ranch satsumas (*thoroughly washed*)
- 6 SpringRain Farm eggs
- 1 1/4 cup almond flour (*organic when available*)
- 1 cup sugar (*certified organic, non-GMO*)
- 1 teaspoon baking powder
- butter and rice flour (*for pan*)

Cover oranges in a medium-sized pot with water. Bring to a boil, place the lid on the pot and lower heat to a simmer for 45 minutes. Remove oranges from water, allow to cool. Cut open and remove any seeds, roughly chop whole fruit, including the skin. Preheat oven to 375F.

Butter and flour a 9-inch springform pan. This batter is really wet, so make sure that your pan forms a tight seal. Add the oranges and eggs to your food processor and purée, set aside. Thoroughly mix almond flour, sugar and baking powder in a large mixing bowl. Gradually whisk in egg-orange mixture to the dry ingredients until combined. Scrape batter into the pan and bake for 45 minutes to 1 hour. The cake is done when it is a deep golden brown, pulls slightly away from the sides, and the top springs back when touched. Cool completely in the pan before gently releasing the sides.

### Benzler Family Farm Fresno, California

navel oranges, seedless lemons

The Benzler Family Farm has grown and packed natural food products ecologically since the farm was started by Fred and Bertha Benzler in 1952.

As farming moved into the 60's and 70's, consumer concerns turned towards organically produced food. The Benzler family offers food free of pesticides and other synthetic chemicals and utilizes natural predator releases on the farm to control pests. The farm is now operated by Thomas Benzler, Jr. along with his year-round crew who also live on the farm.

Their organically grown citrus, table grapes and raisins are farmed on 80 acres and are neatly packed to meet individual needs. They are picked and shipped in a matter of hours, guaranteeing taste and freshness to the consumer, without compromise to shelf life.

### Johansen Ranch Orland, California

Owari satsumas, Washington navels, blood oranges, Meyer lemons & clementine mandarins

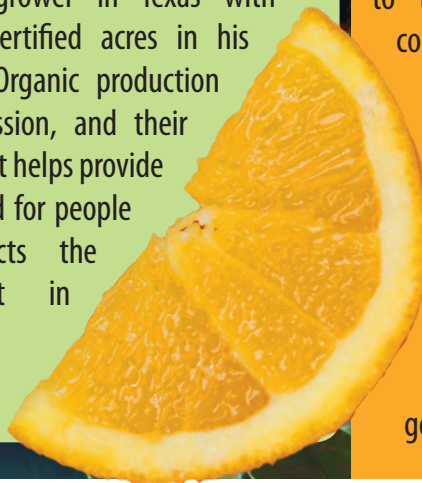
Located in a sun-rich valley between California's Sierra Nevada and coastal mountain ranges, the Johansen family has been growing sweet, organic, tree-ripened citrus since 1910. A family tradition started by Anton and Bertha Johansen, Johansen Ranch is now owned and operated by Rich and Mila Johansen.

We are proud to offer our customers what we feel is some of the tastiest citrus grown in California. Look for bulk sales of the above-mentioned items throughout the produce department. Grab one of those blue 5 lb. boxes of satsumas, available while supplies last!

### South Texas Organics Mission, Texas

Rio Star & Honeygold grapefruit, Meyer lemons & Hamlin oranges

Dennis Holbrook and his wife, Lynda, purchased the family citrus operation from his father in 1977. After many years of farming the citrus groves conventionally as his father did, South Texas Organics LLC was established in 1984 providing the best way to grow nutritious, tasty citrus. Since Dennis began farming organically, he has become the largest organic citrus and vegetable grower in Texas with over 500 certified acres in his operation. Organic production is their passion, and their commitment helps provide healthy food for people and protects the environment in the process.



"When you arise in the morning, think of what a precious privilege it is to be alive - to breathe, to think, to enjoy, to love." — Marcus Aurelius



# January

14, Tuesday • Board Development Committee Meeting, Clay Street Office, 5–6:30pm

16, Thursday • Game Night, Co-op Dining Room, 6:30-8:30pm

22, Wednesday • Healing Diet Discussion Group Workshop, time, Co-op Annex, 7pm

29, Wednesday • Healing Diet Discussion Group, Co-op Annex, 7pm

# February

4, Tuesday • Board of Directors Meeting, Co-op Annex, 5:30–8:30pm

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

11, Tuesday • Board Development Committee Meeting, Clay Street Office, 5–6:30pm

12, Wednesday • Food System Development Committee Meeting, Co-op Annex, 5:30-6:30pm  
Healing Diet Discussion Group Workshop, time, Co-op Annex, 7pm

18, Tuesday • Book Discussion Group, Co-op Dining Room, 7-8:30pm

20, Thursday • Game Night, Co-op Dining Room, 6:30-8:30pm

26, Wednesday • Healing Diet Discussion Group Workshop, time, Co-op Annex, 7pm



THANK YOU  
FOR SUPPORTING  
**LOCAL**  
FAMILY FARMS!

## Meet Nina

co-owner of Moonlight Farm

Learn about  
Moonlight Farm Pork CSA

CSA members may pick up  
their shares  
(no sales to the public)

Co-op north entrance  
3-4pm

Wed. Feb. 5  
Wed. March 5

# March

4, Tuesday • Board of Directors Meeting, Co-op Annex, 5:30–8:30pm

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

11, Tuesday • Board Development Committee Meeting, Clay Street Office, 5–6:30pm

12, Wednesday • Food System Development Committee Meeting, Co-op Annex, 5:30–6:30pm

13, Thursday • **MEMBER APPRECIATION DAY**

20, Thursday • Game Night, Co-op Dining Room, 6:30-8:30pm

This February's book for discussion is *Consider the Fork: A History of How We Cook and Eat* by Bee Wilson. In *Consider the Fork*, award-winning food writer Bee Wilson provides a wonderful and witty tour of the evolution of cooking around the world, revealing the hidden history of everyday objects we often take for granted. The book is available at William James Bookseller in Port Townsend for \$5.95. See the calendar for date, time, and place.

Let's  
Read

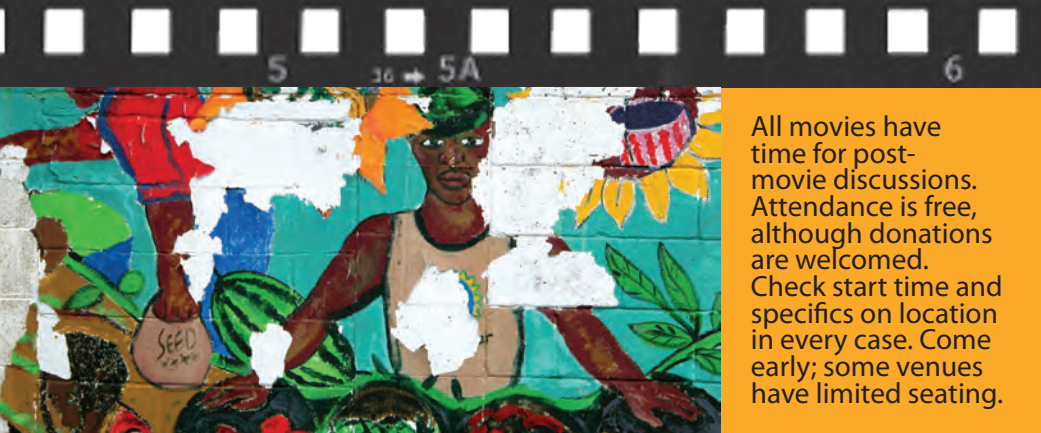


"We must always change, renew, rejuvenate ourselves, otherwise we harden." — Johann Wolfgang Von Goethe



# Fresh & Free:

## Moveable Feast Film Series



All movies have time for post-movie discussions. Attendance is free, although donations are welcomed. Check start time and specifics on location in every case. Come early; some venues have limited seating.

JUDITH ALEXANDER, Commons Contributor

Perhaps some of you recall last year's Farm Survey results conducted by Citizens for Local Food. The majority of farmers indicated that one of the primary factors which would encourage their future success is "more consumer education." Well, now is your chance! The Food Co-op is teaming up with Local 2020 (Citizens for Local Food is the food resiliency action group of Local 2020) to sponsor the Moveable Feast of Films: 12 movies about food sprouting all over Jefferson County.

Launching Wednesday, Jan. 22, with the first film, "Fresh," shows at the Port Townsend Community Center at 7pm, the Co-op provides light refreshments at this opening of the two-month film series. And best of all, the movies are free. While donations are gratefully taken at the door to offset series expenses, there is no charge required.

New food information is exploding and with it consumer demand for healthier food options, better labeling practices, and fresher, locally grown food. This is all as it should be. These movies cover topics such as:

- industrial agriculture vs. small family farm production
- the U.S. obesity epidemic
- what encourages healthy soil
- food justice and food security issues

- Concentrated Animal Feeding Operations vs. smaller operations
- USDA intimidation raids on small farms
- eating on a food stamp budget or out of dumpsters
- climbing out of the despair of being overweight or sick
- how the term "organic" has been compromised
- the benefits of a plant-based diet

How most of us eat is quite habit bound. So how do we make changes? Especially when our sense of pleasure is reinforced with every delicious (but perhaps not-so-healthy) bite? Information helps. Discussion helps. Support helps. Access to better choices helps.

Hopefully, this film series makes all this seem more possible. For those who wish to stick around, facilitated discussions follow each film. In some cases, films have guests in attendance for audiences to query. Overall, we will gain a window to the range of consequences various food policies and eating habits create.

Please read the schedule carefully. There are different start times, and seven different locations in Quilcene, Chimacum, Port Hadlock, and Port Townsend. We invite you to join us for one or all of these films on a topic that affects each and every one of us.

"Need and struggle are what excite and inspire us; our hour of triumph is what brings the void." — William James

Series  
Schedule

Wednesday, Jan. 22, 7pm  
Port Townsend Community Center  
**"Fresh"**

Monday, Jan. 27, noon & 5:30pm  
Jefferson Healthcare, Dirksen Auditorium  
Jamie Oliver's TED Talk: **"Teach Every Child About Food"**  
Anna Lappe's: **"Food Mythbusters"**  
Speakers: Dr. Joe Mattern & Dr. David Engle, PTSD superintendent

Friday, Jan. 31, 7pm  
Chimacum Grange  
**"American Meat"**  
Local meat farmer producer will be present for discussion

Monday, Feb. 3, 7pm  
Quimper Grange  
**"Farmageddon"**  
Local dairy farmer Amy Rose Dubin discusses the Farm to Consumer Legal Defense Fund

Sunday, Feb. 9, 6pm  
Quilcene Community Center  
**"Food Stamped"**  
Post-movie discussion facilitated by Quilcene Village Store's Greg Brotherton

Thursday, Feb. 13, 7pm  
Port Townsend High School Auditorium  
**"Dive: Living Off America's Waste"**  
Post-movie discussion facilitated by Judith Alexander

Wednesday, Feb. 19, 6pm  
Jefferson County Library  
**"Fat, Sick and Nearly Dead"**

Monday, Feb. 24, 7pm  
Quimper Grange  
**"In Organic We Trust"**  
Discussion includes members of the Food Co-op Board

Friday, Feb. 28, 7pm  
Chimacum Grange  
**"Symphony of the Soil"**

Friday, March 7, 7pm  
Port Townsend Community Center  
**"Forks Over Knives"**

Tuesday, March 11, 6pm  
Jefferson County Library  
**"Vegucated"**

Monday, March 17, 7pm  
Port Townsend High School Auditorium  
**"A Place at the Table"**



# Give Us Five for Sustainability



This fall, at the suggestion of a member, our staff sustainability team known as SURF decided to work with a recycling program called Gimme 5.

Preserve, the makers of recycled plastic products such as toothbrushes, shaving razors, and plates, has developed a program to recycle #5 plastics and remake them into new toothbrushes and shaving razors. Preserve works with other partners in this endeavor such as Brita International, Burt's Bees, and Stonyfield Yogurt to ensure we can "down cycle" these plastics into something useful. They do this to drive systemic change into the way consumer products are made, handled, and used at the end of their lives. And they do it to "close the loop."

Preserve has given us a blue "Gimme 5" recycle bin (pictured) that we'll place near our other recycling bins near the Co-op's north entrance. Customers are welcome to place rinsed, clean #5 plastics into the bin. We will collect them and ship it all back to New York (Obviously, the program isn't perfect, but it's better than nothing.) where they are remade into new products. So here's what we'll be accomplishing together:

- Saving plastic from being sent to landfills
- Keeping it at home by recycling it here in the USA
- Powering Preserve by helping them transform your recyclables into new Preserve toothbrushes and razors

If you have other ideas on how the Co-op can work toward more sustainability, please fill out a Customer Comment Card and we'll give it consideration.



## Exciting?



PATRICIA SMITH, Co-op Board Member

## Yes!

My first year as a Food Co-op Board member has truly been exciting. I didn't anticipate that. I decided to run for the Board to take an active role in supporting our community's access to good, nutritious, organic, fairly priced, and locally produced food. I loved the Co-op's Mission and the Strategic Plan. But, I wasn't sure exactly what I was getting into.

Meetings? Yes. But the meetings very efficiently deal with routine administrative work through a consent agenda, which we have reviewed ahead of time and can quickly move through. It's amazing how fast it goes. We work under a policy governance system designed to help the Board focus on the larger policy issues, while our General Manager, Kenna Eaton, takes care of the operational aspects of the store.

The Board members and Kenna, as the leadership team, have worked together to develop a process that is empowering, educational, and productive. It has been an exciting process to come to this point where we are able to spend most of our time focusing on the larger picture and the future of our Co-op and the community. We engage in strategic conversations in a collaborative process so that we can learn together, provide direction, and facilitate changes to create a sustainable future.

What does this look like in practice? We are creating a year-long plan of study for the Board on a variety of topics important to the Co-op and the community. Each session may involve outside speakers or our own research, but it is always educational and collaborative.

Yes, this excites me because we are growing and evolving together as we put our values to work. There is fun, there is camaraderie, and of course good food to share. If you, too, would find this rewarding, please consider joining us by running for the Board this spring.

"Beauty of whatever kind, in its supreme development, invariably excites the sensitive soul to tears." — Edgar Allan Poe



# CHOCOLATE

Theobroma cacao; Latin for "food of the gods"

Cocoa is an English word for any manufactured product of the cacao plant.



WE LOVE IT

United States: **\$16** billion annually  
 11.5 lbs. per person per year



LBS. PER PERSON ANNUALLY  
 Switzerland 21



Belgium 16



Great Britain 16

WHITE CHOCOLATE is just cocoa butter with sugar and powdered milk.

## READ LABELS

Good quality chocolates are made with cocoa butter.

**cacao %** = cocoa butter and solids; indicates intensity and sweetness

**cocoa butter** = a mono-unsaturated fat comprised of oleic acid

**sugar content** = higher cacao, lower sugar content, i.e. "70% cacao" = 70% cocoa solids and butter and ~30% sugar (including 0.5% of additives such as vanilla, lecithin, etc.)

### ratio of cacao solid to butter

higher cacao % = thicker, more intense, bitter flavor; cocoa butter is often added during manufacturing

$FAT \div BY\ TOTAL\ WEIGHT = CACAO\ BUTTER\ \%$

### about soy lethicin

Adding lethicin is a shortcut to the emulsifying process. Buy organic chocolate to eliminate GMO risk of soy.

one bean equals

**45%**  
cocoa solids  
flavor

**55%**  
cocoa butter  
flavor carrier

## Why Fair Trade?

40% of cocoa is slave-grown and sustainable cacao farming reduces poverty, saves rain forest clearing, and helps farmers make a fair living.



2002 Fairtrade International launches certification mark  
 2000s

high percentage cacao chocolate is recognized as a functional food, delivering antioxidants  
 1900s

Hershey's kiss developed  
 1800s

Dutch invent powdered cocoa  
 First chocolate bar developed  
 First heart-shaped chocolate  
 Milk chocolate developed by Hershey & Tobler  
 1700s

Chocolate business begins in America  
 1657

First chocolate house opens in London  
 1600s

Chocolate mania in Europe  
 1500s

Cortez conquers Aztec Empire, brings beans, recipes to Spain  
 1400s

Christopher Columbus brings cacao beans back to England  
 1300s

Aztecs use as medicinal ceremonial beverage  
 1200s

Aztecs develop "cacahuatl," a warm frothed bitter liquid flavored with local spices; chile, cinnamon, musk, pepper and vanilla, thickened with cornmeal  
 B.C.

Olmec Indians grow "kakawa," Mayan elite drink "xocoatl," an unsweetened cocoa drink  
 Cacao beans are local & international currency



The cacao tree grows large colorful pods with seeds inside. These are the cacao beans used to make chocolate.

Pods are split in half to scoop out the beans for harvest. Beans must ferment in the sun to develop flavor. Fair Trade chocolate is typically shade-grown, under the canopy of the rainforest instead of a clear cut.

1. Buy organic & fair trade.
2. Support companies that insist on quality & fairness such as Green & Black's, Dagoba, Divine, Equal Exchange, and Theo.
3. Limit or stop consumption of mass-market chocolate.

## HEALTH BENEFITS

CHOOSE THE DARKEST, RICHEST CHOCOLATE YOU CAN FIND MADE WITH QUALITY COCOA!

### FLAVONOIDS:

- Lower LDL (the bad cholesterol)
- Increase HDL (the good cholesterol)
- Reduce arteriosclerosis risk
- Enhance immune system
- Protect against hypertension
- Prevent free radical damage
- Inhibit blood clot formation
- Suppress persistent cough
- Assist in weight reduction

Flavonoids in 1.25 oz. of cocoa products:  
 Milk chocolate: 300 mg  
 Dark chocolate: 700 mg  
 Cocoa powder: 1,300 mg

## What can chocolate do for me?

- Boost brain levels of serotonin
- Enhance mood
- Increase dopamine
- Contains calcium, phosphorus, iron, zinc, potassium & copper and is the highest natural source of magnesium

Feel good about the food you eat!

## STORING

temperature 54F to 68F  
 humidity 50% or less  
 protect from light, air & strong odors

MILK Chocolate 9-12 MONTHS  
 DARK Chocolate 12-18 MONTHS

"Renew yourself; today is a new day." — Unknown