

NEWSLETTER OF THE PORT TOWNSEND FOOD CO-OP



# CO-OP COMMONS

SPICE

2015 Fall Issue

MIRTH

# GATHER



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# WHY BE A FOOD CO-OP OWNER/MEMBER?

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

[PortTownsendFoodCoop](#)

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

OPEN DAILY  
Mon-Sun 8am-9pm

## MISSION STATEMENT

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

## PRINCIPLES

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

## MEMBER-OWNED

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

## EDITORIAL STAFF

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.

The Food Co-op is Port Townsend's only community-owned grocery store. Membership makes you an owner in a cooperatively run local business. Every member has an equal, democratic voice, as the Co-op is run for the benefit of its owner/members and for no others!

Starting in 2016, each year we have a profit, the board determines if it is feasible to distribute member patronage dividends – a percentage of your yearly purchases. You will be able to choose between cash, a store credit, or a donation to a local nonprofit.

You are able to take 10 percent off most products at our twice yearly Member Appreciation Days, usually held in March and October.

You are eligible to save as much as 20 percent through our special order program. Ask at the Member Services Desk for details.

Becoming an owner doesn't really "cost" anything because \$100 of your \$105 investment is fully refundable at any time. The \$100 can be in payments as little as \$2 every month you shop. However you choose to pay, you stop paying when you've accumulated \$100 in your account. There are no other fees.

The \$5 is a one-time non-refundable fee to provide you with a member number and two membership cards (designated owner/voter and one household member). You may also share the membership with other household members, even visitors to your home from out of town.

You're encouraged to take a store tour, free to owners, and a great introduction to the many unique products sold in the Port Townsend Food Co-op, especially if you're on a diet that requires special foods or supplements.

## Other benefits:

- Connect your business or service to our community by reserving space in our Alcove at no cost. Attend Co-op classes or groups at reduced rates or for free.
- Receive e-mail notices of special events and sales.
- Your Food Co-op member card is honored by many other co-ops around the country, even the world.
- Receive a 25 percent discount on Better World Club membership, America's only environmentally friendly auto club, for 24/7 nationwide roadside assistance for cars and bikes.
- Get involved in Co-op governance. Attend a Board meeting and share your voice, serve on a committee, or send the board an email.
- Be a candidate for the Board of Directors. The Board is elected by owners and is legally responsible for running the Food Co-op. The Board hires and evaluates the general manager, sets store policy, and keeps an eye on finances.

Our store is truly community-owned, and we want you to be a part of it! Next time you're in the store, just tell the cashier you'd like to become a co-owner. You'll fill out a short application form, make your investment, and that's it!



"The thinkers of the world should by rights be guardians of the world's mirth." – Agnes Repplier



# A PENNY SAVED IS A PENNY EARNED

KENNA S. EATON, General Manager

Our Board of Directors received two letters this summer that I offered to answer in the *Commons* because both were anonymous, so we couldn't send personal replies. The first simply said, "You should have lowered [the] 60 most common items 10 years ago!" and the second was a bit longer, saying, "If we are having \$10,000 days... it is time we lower prices for our Co-op members who have limited incomes, mostly seniors who helped support the co-op principle of keeping healthy food accessible and reasonable priced. Thank you, [Signed] Longtime co-op member & supporter."

First, I want to thank both of these members for taking the time to write to us – we love getting your comments and suggestions. Second, I would encourage all of you to leave us some contact information so we can call or write you directly to answer you in a more personal way.

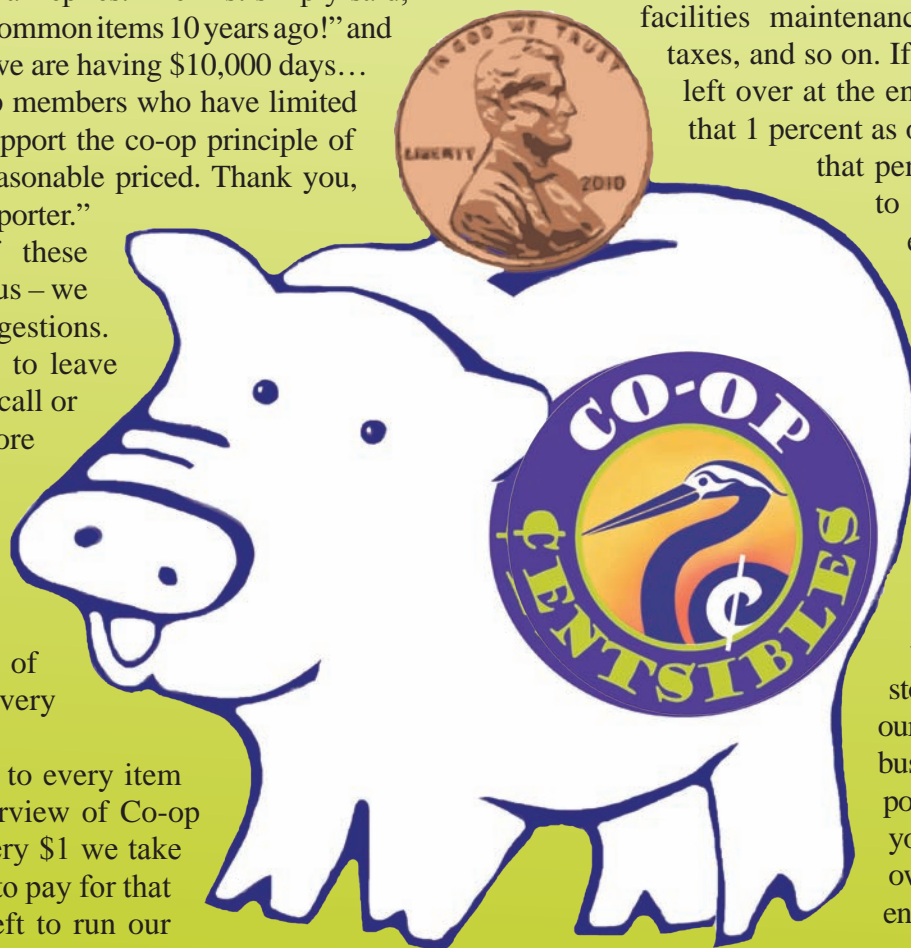
Our new Centsibles program – referred to above in the first letter – is a great way for our shoppers to save on regular, everyday items. Since we launched the program at the beginning of 2015, members have been responding very positively to the new, lower prices.

Sadly, we can't extend the savings to every item in the store. Why? Here's a basic overview of Co-op finances using round numbers: For every \$1 we take in at the register, the first 62 cents goes to pay for that item. The next 38 cents are what is left to run our

business. Of that, 18 cents goes directly to our staff, with 9 more cents paid out in related staff costs like benefits and taxes. That leaves 11 cents for daily operations: interest and rent on our buildings, facilities maintenance, supplies, outreach, fees, and taxes, and so on. If we get it right, there is one penny left over at the end. The Board of Directors has set that 1 percent as our goal for profit, and they ensure

that penny goes into our savings account to pay for future expenses, like expanding the building. And that profit is why we don't raise our prices when we do expand.

Every day we work hard to run your business in a way that makes sense — by being fiscally prudent and operationally efficient. It's a tough balancing act. For example, we want to pay our farmers a good price for their produce and pay our staff decent wages while keeping our prices at the store reasonable. We want to follow our principles, our hearts, and basic business rules so we can contribute positively to our community. Thank you for being part of our cooperatively owned market and thank you for caring enough to ask those questions.



"The secret of happiness is variety, but the secret of variety, like the secret of all spices, is knowing when to use it." –Daniel Gilbert



# THE TRUE ADVENTURES OF A WHEAT TRADER

JANET WELCH, Board President

**THE CO-OP** is very committed to strengthening our local food system – supporting local farming jobs and reducing the carbon footprint for better tasting food. Beautiful and bounteous local produce greets us when we walk in the doors.

I was surprised, therefore, to learn recently that the great majority of produce we sell is not local. Second quarter (spring) sales are about 20 percent local, and third (summer) peak at 40 percent. While we sell products that *are* grown here instead of the ones that *aren't* whenever possible, it is obvious that the ones that *can't* be grown here still outpace sales of ones that *can*. We obviously love our bananas, avocados, and plastic tubs of salad greens!

## SHIFTING THE BALANCE

Without taking away those imported items, it would be great if we could encourage members to shift the balance by purchasing more of what is grown here. Sometimes a small nudge can create lasting change. I got the nudge last month. While I'm an extreme locavore, my pattern for years has been to order my bread flour from Giusto's. When I placed my most recent special order, it didn't come in. Chagrined, I bought some from the bulk bin. As I walked

away, however, I noticed the prominent "L" sign on Nash's flour. Well, duh.

It was an "aha" moment for me. I had known the value of supporting local, I had known Nash was growing wheat, and yet it wasn't until I was inconvenienced from my long-term pattern that I saw an opportunity to strengthen my commitment to local. Education was not the key for me, inconvenience was! I was nudged to change, and I happily did so, immediately ordering my first 25-pound bag of Nash's flour. Giusto's lost a customer, and Nash gained one.

Departing from the convenience of my pattern, I arrived at a place of satisfaction and results that better aligned with my values.

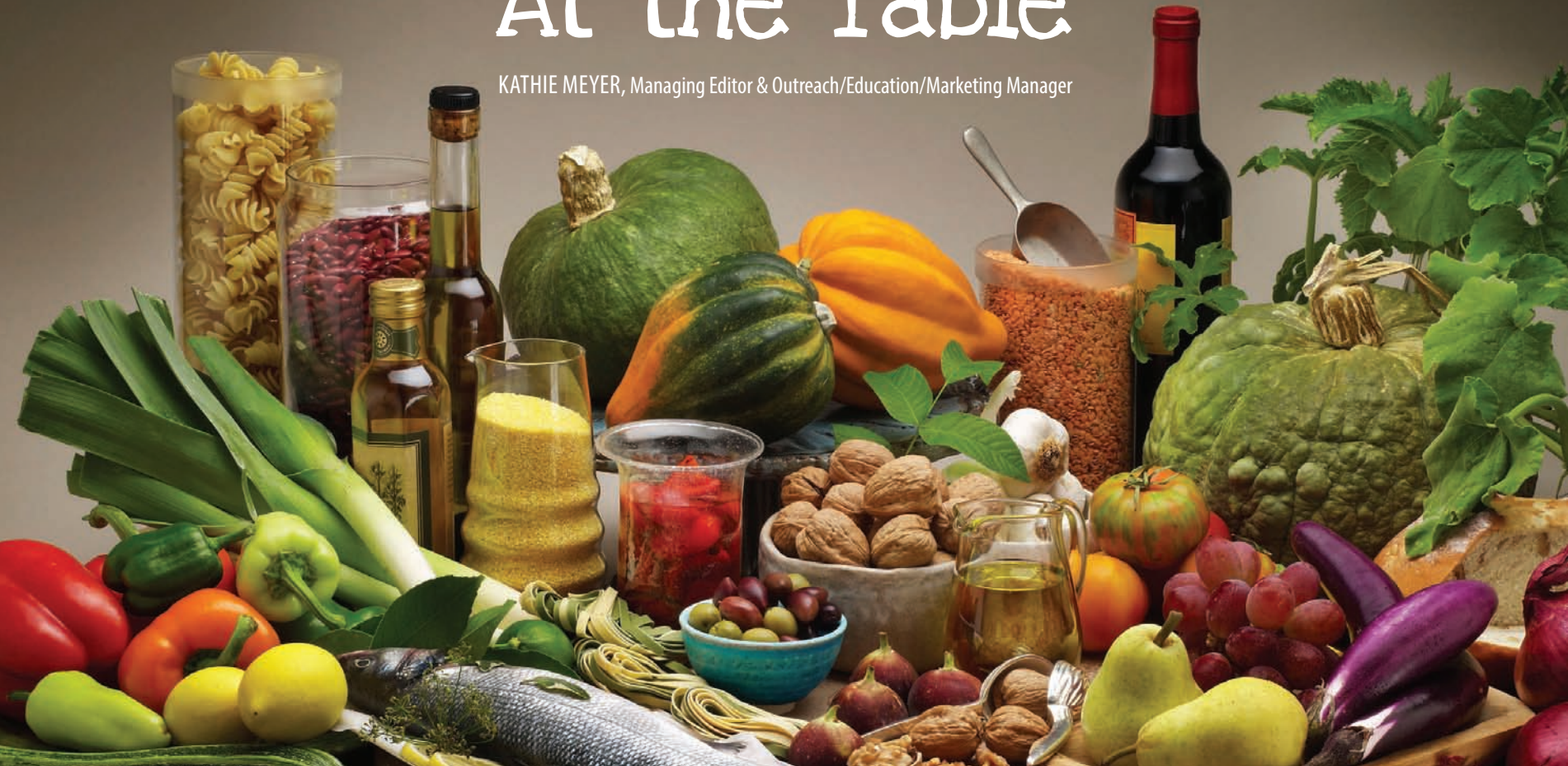
And so I challenge all of us to see where changing our patterns might bring us more into alignment with our values. Consider our winter diet. Impact from the California drought might inconvenience us in a few months. We can be pro-active and let that nudge us into making incremental change now. We can stock up on the local bounty of apples, storage onions, grains, winter squash, and root vegetables to fill our winter pantry. We can use beautiful fall days to press cider that we can enjoy all winter. Maybe this could be the year to try dehydrating, canning, or freezing some of that local bounty. In doing so we can feel great about keeping some those hundreds of thousands of dollars in our community.

"It is the memory that enables a person to gather roses in January." – Unknown



# At the Table

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



I order the roasted roots from our deli and then remember I'm trying to cut out the carbs and sugar. I read the ingredients list on the price sign and see that maple syrup is listed, so I naively ask, "Does maple syrup count as sugar?"

The deli clerk looks at me like "Are you kidding?!" The woman standing at the counter next to me laughs. And then she laughs some more.

I never thought I would be that person. I never really had to watch my weight (until menopause, that is), had food allergies, or anything that would make me pay serious attention to what I put in my mouth. A co-worker who struggled with his weight once said to me, "You must have the metabolism of a hummingbird."

But recently, my doctor suggested I cut out carbs and sugar to get the better of a minor health issue that I won't mention here because it's a little embarrassing. I'll just let you think the worst.

So here I am, paying attention to my diet. And it's hard. Personally, I like to eat pie, potatoes, and pasta. I have been known among my friends as someone who can cook a mean "comfort food" meal. While I can adjust my own home cooking, it gets even harder when you go out to eat in a restaurant or are invited to another person's house for dinner. And now the holidays are fast approaching. Deer. Headlights. That's me.

Suffice it to say, I feel like I could use a little help to stay on track. Therefore, I have done some research on how to keep on your diet. Here are 10 tips I have found, some of which I already knew but hope to gain greater resolve in practicing. Maybe it will help you too. I might put these words on my refrigerator for a constant reminder, because boy howdy, I feel like I'm going to need it.

## Tips to Stay Strong on a Diet

1. Drink lots of water.
2. Either close down the kitchen after a certain hour, or allow yourself a low-calorie snack, like a 100-calorie pack of cookies or a half-cup scoop of low-fat ice cream.
3. Instead of cutting out your favorite foods altogether, be a slim shopper. Buy one fresh bakery cookie instead of a box, or a small portion of candy from the bulk bins instead of a whole bag. You can still enjoy your favorite foods – the key is moderation.
4. Eat several mini-meals during the day.
5. Eat protein at every meal.
6. Add spices or chilies to your food for a flavor boost that can help you feel satisfied.
7. Stock your kitchen with healthy, convenient foods.
8. Include fiber in your diet.
9. Limit alcohol to weekends.
10. Cut down on portions.

Finally, if we fail, let us begin again. And remember that we are all students in this thing called life.

"Compromise, if not the spice of life, is its solidity. It is what makes nations great and marriages happy." – Unknown



# & Fun Stuff



When you BUY CO-OP logo products you support the kids' ABC Fruit Club!

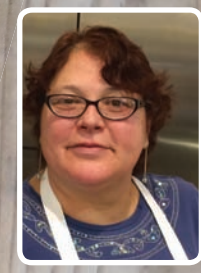


**CO-OP Bulk Tote Bags**  
Save time & money, carry your jars from the bulk bin to your pantry - no more plastic bags!

**CO-OP Lunch Boxes**  
Retro metal boxes for lunch, crafts or ?  
*mercantile*

**WOODEN FORKS & SPOONS**

Look for more cooking accessories on top of the produce islands.



**Go's PICKS**  
Josephine  
Co-op Cheese Cutter

Sartori is a fourth-generation, family owned and operated company in the U.S. for 75 years. Try these cheese pairings!

**Asiago**  
A wonderfully mild and versatile nutty, creamy cheese.

**Wine:** Chianti, sherry, beaujolais

**Beer:** Nut brown ale, porter

**Food:** Savory crackers, crusty artisan bread, or dried pineapple



**IQUE**  
Enrique Foster 2012 Malbec is a fresh, young Argentine wine with fruity aroma & a hint of white pepper; ruby-red color with hints of violet.  
*aisle 3*



**Silver City Brewery**  
**Le Fat/Oak Barrel Aged Belgian Sour Scotch Ale**  
Hints of fig, plum, and tart cherries. (9.9% ABV)

**Oktoberfest Lager**  
Celebrate tradition and authenticity in this classic amber lager; rich with malty sweetness and spicy hop character. (6.3% ABV)  
*beer cooler*



**ALPENFIRE**  
Organic Hard Cider  
Pirate's Plank Bone Dry (6.9% ABV)  
*aisle 6 rear end cap*



**Montamoré®**  
Prepare to fall in love! Sweet, creamy, and fruity cheese that finishes with a playful, tangy bite.

**Wine:** Beaujolais, light Italian red, chardonnay, and pinot noir

**Beer:** Porter, pale ale, stout, or bock

**Food:** Crusty artisan bread, dried nuts, dried pineapple, chocolate, or green olives



**FROM THE FIELDS**  
Original Wheat-Free Granola is now available in bulk!  
*Seven varieties packaged on grocery aisle 4*



**REAL BONE BROTH**  
Organic Beef or Chicken Bone Broth handcrafted in small batches from grass-fed /grass-finished beef and pastured, organic chickens.  
*freezer case*



**THE NEW PRIMAL**  
Spicy Beef, Just Beef, or Turkey Jerky  
Made from humanely raised and pastured animals, hormone & antibiotic free, soy & gluten-free.  
*aisle 2*

**THAT'S IT** Fruit Bars  
Apple/Banana, Apple/Blueberry, Apple/Mango (No added sugar!)  
*aisle 2*

**Fontina**  
A rich, deep, creamy fruitiness all by itself and even better when melted!

**Wine:** Chianti, sherry, asti spumanti, merlot, and sauvignon blanc

**Beer:** Pale ale or lager

**Food:** Olives, red grapes, whole grain crackers, or bread and prosciutto

"Frame your mind to mirth and merriment, which bars a thousand harms and lengthens life." – William Shakespeare



### PASSIONS

Gardening, crafting, reading, cooking fresh food, and getting outdoors

### FAVORITE BOOKS

There isn't much time to read in the busy summer months of produce growing, selling, cooking, harvesting, but Laura's favorite books are novels and historic fiction. Currently she is absorbed in reading *Soil Science* and the *Outlander Series* by Diana Galvaldon.

### PAST JOBS

"Soup Garden" was Laura's popular Bainbridge Island company where she grew vegetables, made soup, and sold it frozen or hot along with her business partner's freshly made bread at farmers' markets.

### MUSIC

Loves a good beat - reggae, folk and bluegrass!

### HEROES

Hero status goes to Julie Pulich of Common Ground in Olympia, the first farmer Laura worked for, and to Karyn Williams of Red Dog Farm. Both are strong women, real movers and shakers in their field, and inspiration for Laura!

### DREAMS

Laura has goats and chickens, grows her own food, and hopes to one day take this homesteading to a subsistence level. One day she would like to open a farm cafe where she can cook freshly grown food for this community.

### WE DIDN'T KNOW

During the winter months, Laura crafts baskets made from locally grown natural fibers such as willow and cedar. Look for her baskets in the spring under the name "Wildly Crafted."

### FOLLOW LAURA

Instagram.com/ farmerllewellyn or see what's fresh at the Co-op at Instagram.com/ptfoodcoop

## STAFF SPOTLIGHT

# Laura Produce Manager

# STAFF anniversaries October, November & December

**14 years**

LORAN SCRUGGS

**12 years**

MARK VERHEECKE

**11 years**

ERIC RYMER, SCOTT MARBLE,  
ANDREA DAHDAH,  
TODD FISHER

**10 years**

MARCIA ATWOOD

**9 years**

JOSHUA MADILL,  
PETER PETRENCHAK

**3 years**

JULI VALENTINE,  
LINDA DELEO

**2 years**

CRYSTAL MAHER,  
SUSAN CARTMEL

**1 year**

STEPHANIE BURGESS

*Anniversaries are calculated from date of most recent hire for paid employment and may not reflect previous years of employment or work as a volunteer.*

## HEARTY THANK YOU

*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.*



Chandra  
July



Scott  
September



Eric  
August

## Laura's Picks

### TALENTI

Chocolate Swirl Ice Cream "Almost like a banana split in a jar!" freezer



### TOBY'S

Blue Cheese Dressing & Dip "Great as salad dressing or as a sandwich spread." produce case above mushrooms



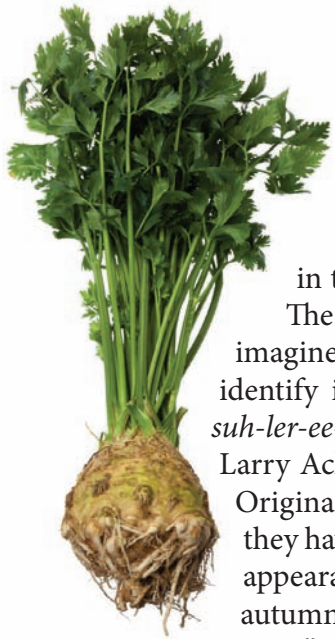
### SOUTH RIVER

Sweet White Miso "It's the best miso ever!" chill case, top left shelf

"I often quote myself. It adds spice to my conversation." – George Bernard Shaw



# GNARLY BUT NICE CELERIAC



LAURA LLEWELLYN, Produce Manager

Ever noticed a gnarly white vegetable in the root section of the produce cooler? The one that is visually impossible to imagine eating, let alone enjoy? You may now identify it as celeriac. Celeriac is pronounced *suh-ler-ee-ak*. If that isn't helpful, say "Sol Larry Ack" kind of fast, and that's pretty close. Originally it was covered with roots, but now they have been trimmed back. Under its tough appearance, you will find the best tasting root autumn has to offer. Imagine "celery-flavored potato" with the ability to be eaten raw.

These roots started life in February at Red Dog Farm when the seeds were planted. Slowly but surely it made its way growing alongside celery crop. For many months, these two look identical. Sometime in July however, the celery tops dashed ahead in leafy lusciousness. Meanwhile the celeriac started to slowly plump up its roots. Harvest began early this year. Red Dog Farm's celeriac graced our shelves by the first of September. Harvest continues until the frost comes. Then it is a race to get the rest out of the crop out of the ground and packed into the cooler (aka modern root cellar). We will be lucky enough to offer celeriac into the deep winter (or as long as supplies last).

If you have never tried a celeriac, do me a favor and be brave. To prep it, take a big knife to all the edges. You will be astonished at the creamy white appearance just under the skin. Cut it up for roasts and soaps, throw them in with mashed potatoes, or thinly chop for salad. My personal favorite is remoulade – a cold sauce originating from France made with mayonnaise and various condiments and herbs such as chopped pickles, capers, mustard, parsley, chervil, and tarragon. It is pronounced *rey-moo-lad*. Really, you can't go wrong. If you're not ready to take my advice immediately, just remember when winter's vegetable offerings start to seem boring, there's always celeriac. You will not be disappointed.

## LAURA'S REMOULADE

- 1 large celeriac
- 2 small apples
- 3/4 cup mayo
- 1/4 cup crème fresh (optional)
- 1/2 tsp mustard
- 1 tsp lemon juice
- salt and pepper to taste

Trim the outer skin off the celeriac. Cut celeriac and apples into matchstick pieces (don't grate!). Mix all the ingredients together.



# COLOR ME CO-OP!

In August, we asked Co-op kids to enter a coloring contest and were pleased with the response. Each winner in the three age groups received a \$10 Co-op store card and a 2015 edition of the Food Co-op lunchbox. Here are the winning budding artists chosen anonymously by an impartial Co-op staff member:

Mia Carter  
9-12 age group



Ari Baker  
5-8 age group



Eleanor Curtis  
ages 4 & under

"A different spice is the most interesting thing to me." – Nobu Matsuhisa





Food Co-op staff Scott Marble (left) and René Tanner sit atop the Co-op's roof next to the low-temperature compressor with an iced-over visible accumulator. Marble and Tanner's attention to the co-op's refrigeration systems earned the Co-op an award for best emissions rate from the Environmental Protection Agency's GreenChill Partnership. Photo by Kathie Meyer

# FOOD CO-OP EARNS NATIONAL EPA AWARD

The Port Townsend Food Co-op has earned the GreenChill 2014 Achievement Award for Best Emissions Rate from the Environmental Protection Agency's GreenChill Partnership. This award goes to the partner with the lowest corporate-wide refrigerant emissions rate of all the 11,000 partners which includes well-known retailers such as Target, Whole Foods Market, Hanover Co-op stores, and many others.

Refrigerants used by supermarkets are harmful to the environment when emitted into the atmosphere; some harm the ozone layer, and most are very potent greenhouse gases. Refrigerants that are commonly used in supermarket refrigeration systems are anywhere from 1,800 to 4,000 times worse for climate change than carbon dioxide.

"For comparison, our emissions rate for 2014 was 2.6 percent or 12 pounds of refrigerant, said René Tanner, Facilities and Maintenance Manager for The Food Co-op. "A typical supermarket leaks 1,000 pounds into the atmosphere annually. That is because we do in-house preventative maintenance on our refrigeration equipment and catch things early before they become a large problem. We also work with a responsive refrigeration contractor, Mayda Mechanical LLC."

The EPA's GreenChill Partnership works with supermarkets to reduce refrigerant emissions and decrease their impact on the ozone layer and climate change. The Partnership helps supermarkets transition to environmentally friendlier refrigerants; reduce harmful refrigerant emissions; and adopt greener refrigeration technologies and environmental best practices.

For more information on the EPA's GreenChill Partnership, please visit <http://www2.epa.gov/greenchill>. Anyone may use the EPA's climate change calculator for references to put the climate impact of refrigerants into context. It calculates equivalency results for passenger vehicles, gallons of gasoline, forests, etc. Find it at <http://www.epa.gov/cleanenergy/energy-resources/calculator.html>.



"Teach us delight in simple things, and mirth that has no bitter springs." – Rudyard Kipling



# WINTER WEATHER COMFORT FOR YOUR PET

DR. ANNA MARIA GARDNER, DVM

AS SUMMER COMES TO AN END AND FALL AND WINTER LURK AROUND THE CORNER, OUR ANIMAL FRIENDS CAN SLOW DOWN AND FEEL STIFF AND SORE LIKE THE REST OF US. THERE ARE SEVERAL HELPFUL SUPPLEMENTS, HOMEOPATHIC REMEDIES, AND ACUPUNCTURE TREATMENTS THAT CAN HELP:

- Glucosamine, chondroitin, and MSM (methylsulfonylmethane) all help with joint stiffness and mobility and reduce inflammation too. It is good to get a combination of these and something formulated for animals without additives. Liquid can be absorbed well, and I like Green-Lipped Mussel-based formulas that are more natural and well tolerated by both cats and dogs.
- Fish oil, including salmon, anchovy, and krill, are also anti-inflammatory and have a lot of other benefits. It's important to look for a good source, and with radiation concerns, some people are opting to use coconut oil which is also very beneficial. Flax seed oil is also safe and effective for both cats and dogs, though I prefer a good quality, well-sourced fish oil as this is closer to what your animals would actually eat in the wild.
- Homeopathic remedies also help with arthritis and stiffness. There are several helpful treatments as well as constitutional homeopathic remedies prescribed for the whole animal which treat overall energy, health, and well-being. Useful remedies for general arthritis include Rhus tox, Bryonia, ruta, phosphorus, and Arnica for any type of injury or physical trauma.

- Acupuncture is an ancient Chinese method of treatment that is based upon the concept that the body has meridians, or energy lines, running along it, and when the body is out of balance the energy lines are blocked or deficient in some way. Acupuncture works very well in dogs and cats as well as other animals like horses and even rabbits. It helps reduce pain, decreases inflammation, and helps with longevity and overall health.
- There are also natural herbal anti-inflammatory formulas containing herbs like bromelain, yucca, and devil's claw which help with pain and soreness. It is best to use one formulated for animals or consult with a holistic practitioner about which ones are safe and the correct dosages.
- Physical therapies like massage, swimming, acupressure, and plain old walking also help and are important adjuncts to the other modalities. Swimming can be very helpful too if there is a warm place to swim or if there is a swim therapy center for dogs close by. Regular, slow, steady exercise like several short walks in a day is beneficial though overdoing the exercise is not good either. But, in balance, the right amount of walking is very helpful.



*Dr. Anna Maria Gardner MA Vet. MB is a licensed holistic veterinarian, who is certified in both acupuncture and homeopathy. She uses diet, homeopathy, acupuncture, reiki, nutritional supplements, western and Chinese herbs and flower essences as part of her holistic approach. She lives in Jefferson County with her daughter and large animal family and is available for housecalls in the local area.*

*See [www.petsynergy.com](http://www.petsynergy.com) for more information or contact her at [drgardner@petsynergy.com](mailto:drgardner@petsynergy.com) or 360-796-3749.*

*"I've been lucky enough that I can gather all sorts of experiences and find inspiration by traveling around and by spending time with people I admire." – Bonnie Raitt*



# Herbs for Relaxation



JAN TOBIN, Wellness Manager

**Herbs** are really foods with medicinal qualities. They combine with our bodies as food does, so they are able to address both the symptoms and causes of a problem. Chinese medicine includes using herbs in soups and other dishes. Herbs are essentially body balancers that work with the body functions so it can heal and regulate itself. Herbal medicines can focus on a special problem or be broad-based for overall support.

In keeping with the theme of our newsletter this quarter, I am focusing on herbs for relaxation and mirth. Herbs work better in combination than they do singly, so choose combinations of two to five. Your part is to play with combinations and to actually sit back, sip tea, and relax!

**Chamomile** increases mental calmness by reducing symptoms of generalized anxiety disorder. As a mild sedative, it relaxes nerves, calms the stomach, and relieves mental stress and tension. Chamomile is an excellent choice for children. Remember the tea from Peter Rabbit?

**Hops** are known for sedative properties and their relaxing effect on the nervous system. Think beer! This herb specifically relieves hypertension, eases tension and anxiety, however it is not recommended for people who suffer from depression.

**Kava** decreases anxiety. It helps calm the mind and relax the muscles without causing side effects like over-sedation or addiction. But be warned that kava should not be taken when drinking alcohol as it can intensify the effects. It should also not be taken with anti-psychotic drugs or Levodopa for Parkinson's Disease. Kava can induce a tranquil, euphoric state with feelings of peace and harmony. It also clarifies the thought process and helps with anxiety and despondency.

**Lavender**, a close member of the mint family, is a nervine and anti-depressant. It calms and settles restlessness. A refreshing note to a tired mind, lavender has been named as one of the most useful of the essences for the relief of anxiety and stress.

**Lemon Balm**, also known as Melissa, is also a member of the mint family and grows very well in our area. Lemon balm improves mood; induces mental calmness; removes surface tension from the body; and helps with nervous tension, depression, and melancholy.

**Maca** helps balance your mood and diminish anxiety, stress, depression, and mood swings. It increases mental focus and provides a sense that all is well in the world.

**Oatstraw** calms the nervous system; acts as a tonic

against depression and debility; increases strength of mind, spirit, and body; and is an excellent cardiac tonic. Often used to ease the symptoms of nicotine and other chemical withdrawals, it is also one of the best nerve tonics for feeding a depleted nervous system and treating those who are chronically under stress and simply burned out.

**Passion Flower** is an herbal tranquilizer, nervine, and mild sedative. It is used for depression, insomnia and various neurologic disorders including Parkinson's, epilepsy, neuralgia, shingles, anxiety, and hypertension.

**Peppermint** calms nervous tension, nourishes the nervous system, de-stresses the body, soothes the upset stomach, and relieves anxiety. Physically, it does its job by relaxing the muscles of the digestive tract.

**Scullcap** is another member of the mint family that works to repair damaged nerves. It is excellent for people with over-active minds and those who have fiery emotions that promote nerve and muscle tension. As a mild sedative and a primary nervous system tonic and relaxant, this plant is used specifically in the treatment of seizure, hysterical states, and epilepsy.

**Thyme** tea before bed is effective against nightmares. Thyme provides 0.35 mg of vitamin B-6 or pyridoxine, furnishing about 27 percent of the daily recommended intake. Pyridoxine keeps up GABA (beneficial neurotransmitter in the brain) levels in the brain which has a role as stress buster. If you use thyme or thyme oil regularly, it might have a positive effect on your feelings and mood.

**Valerian** is a mild nervine sedative and is more effective the longer the root is stored. It is good for general nervousness and insomnia, and general symptoms of stress. Many use it for anxiety, despondency, and nervousness.

## Herbal teas

are the most basic of all healing mediums – easily absorbed by the body as hot liquid. Tips on taking herbal teas: Use one packed small tea ball to 3 cups of water for medicinal strength tea.

Bring water to a boil, remove from heat, add herbs, and steep covered off heat 10-15 minutes for dried herbs, 15-25 minutes for a root bark tea.

Keep the lid on your cup or pot while steeping to keep the volatile oils from escaping.

Use a teapot of glass, ceramic, or earthenware, never aluminum. Aluminum can negate the effect of the herbs.

Drink in small sips throughout the day rather than all at one. One-half to 1 cup taken 3-4 times over a day allows absorption of the tea without passing before it has a chance to work.

“With mirth and laughter let old wrinkles come.” – William Shakespeare



# Dosa Dough

## How to make an Indian crêpe

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

LARGE THIN SOURDOUGH GRIDDLE CAKES ARE A STAPLE AT OUR HOUSE. WE ROTATE WEEKLY BETWEEN BRITTANY BUCKWHEAT CRÊPES, ETHIOPIAN INJERA, AND SOUTHERN INDIAN DOSAS. BESIDES BEING ABSOLUTELY DELICIOUS, THEY'RE A NIFTY WAY TO ROLL, WRAP, AND BRING FOOD TO THE MOUTH.

I love the rhythm and ease of these breads – something soaking, something fermenting, something on the griddle. And, when they're on the griddle in the morning, I get to use my fancy French crêpe spreader and wooden turner, while dancing around and singing along to my husband playing his guitar.

I'm especially fond of the Indian dosa because turning only a handful of grains and legumes mixed with water and some salt into a thin, crêpe-like bread is magic. Each region of India has its favorite version of the dosa, and they vary in names and thickness: paper-thin crisp *dosas* from Tamil Nadu, vegetable laden *poori* from Gujarat, velvety smooth *Cheela* from Uttar Pradesh. Eaten throughout the day, they are nourishing, inexpensive, and easily digested.

Served with a myriad of fresh chutneys, dal soups, or stuffed with masala potatoes, the variations are endless, especially with all the different spices and herbs added into the batters.

How do we eat our homemade dosas? We fill them like a crêpe and eat them with a fork, or roll them like a burrito and eat them with our hands. What I like best is to fold them into fourths and tear, using the pieces to make little parcels for dal and fresh chutney, or my scrambled eggs and greens.



## FRESH COCONUT MINT CHUTNEY

A word about fresh chutneys – they're amazing, and they are easy to make. Get out your food processor because here is one to start you out:

### Ingredients:

- ½ inch of fresh ginger
- a couple cloves of garlic
- one seeded and chopped jalapeno
- 1/4 cup roasted cashews
- 2 Tablespoons lemon or lime juice or vinegar
- 1 Tablespoon sugar
- 1 teaspoon salt
- ½ cup fresh coriander or mint or both
- 1 cup toasted, shredded, unsweetened coconut or fresh coconut

Blend with ⅓ cup of water in the food processor and correct to taste.

"Plant kindness and gather love." – Unknown



# VERSATILE DOSA RECIPE

Makes one quart of batter, enough for 12 dosas

For several years I religiously followed the dosa recipe I had copied down from my favorite Indian cookbook, *The Art of Indian Vegetarian Cooking* by Yamuna Devi. Then one day I was out of urad dal and white basmati rice, so I substituted split peas and pearl barley, and guess what? They were wonderful. So I began to branch out, keeping the proportions and technique the same, but trying all manner of grains and legumes. So far, they're a crowd pleaser.

Grains and legumes used: pearl barley, millet, long grain brown rice, short grain brown rice, amaranth, red lentils, black eyed peas, mung beans, split peas.

## Ingredients:

- 1 ½ cups whole grain or mix of grains
- ¾ cup legumes
- 1 teaspoon sea salt
- 1 ¾ cup filtered water

## Directions:

I follow a simple three-day process. I say simple because while it takes time, it doesn't take much of your time, and nothing you need to do is difficult.

**Step one:** Mix the grains and legumes together in a bowl, cover them with water, and let them soak for 24 hours. The mix will always be in a ratio of two parts grain to one part legume.

**Step two:** After 24 hours, drain and rinse the mixture. Measure out 1¾ cups water. Put ½ of the drained grain/legume mixture in a food processor or blender with ½ of the water. Blend until smooth, about 4-5 minutes. Pour into a bowl and blend the second half in the same way.

**Step three:** You now have a wet smooth batter which tastes beany. Let this sit out in the bowl covered at a warm room temperature until it ferments and tastes slightly sour. I usually let mine sit overnight because I like it nice and sour, but a shorter time works as well. It should have lost its beany taste, be slightly bubbly or puffed, and taste sour. On a warm day this could be as short as four hours. I've never had to leave mine longer than 12 hours.

**Step four:** Add 1 teaspoon of salt per quart to the batter and stir it in. Pour into a quart-sized mason jar. You can cook some up now, or store as needed in the fridge for up to a week.

To cook the dosas, heat a round cast-iron griddle, non-stick griddle, or crepe pan on low for 10 minutes. Move the heat up to medium and oil the pan as for pancakes. I use butter or ghee for this, coconut oil tends to stick. Oil the griddle before each dosa for a crisp bottom. Pour ⅓ of a cup of the batter into the middle of the pan, take a deep breath as there is no hurry, and then spread it out as thin as possible with a crepe spreader, or the back of a large mixing spoon, pressing lightly and moving outward in a continuous spiral motion. This takes some practice but your learning curves will taste great. When the top looks dry and the edges start to loosen (about 2-2 ½ minutes), flip it over and cook the other side for a minute or so. Slip the cooked dosa into a warm oven while you cook more, or eat it right away.

# Yes, We Have GROW Bananas

It's no secret that the bananas we sell are from Mexico. Not exactly local. However, since October is Fair Trade Month, you might be somewhat reassured to know that we get most of our bananas from Organically Grown Company (OGC), a big supporter of on-farm fair labor practices.

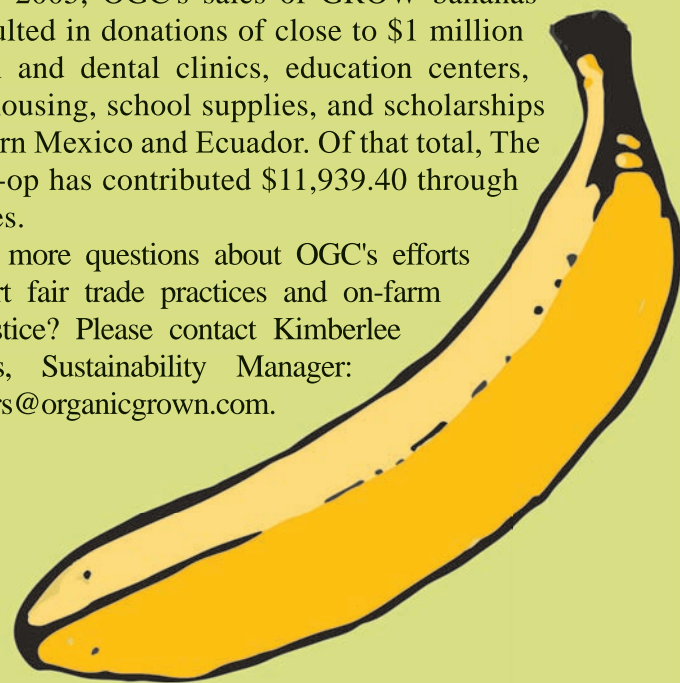
Fair trade certification guarantees producers comply with strict environmental, economic and social sustainability criteria. Fair trade premiums provide development funds directly controlled by the farmworkers that go to educational, health, and social service programs. For example, at Wholesum Harvest's in Imuris, Mexico, farmworkers elected to use some of their premiums to build a tortilleria where tortillas are sold to the community at cost.

In 2014, OGC sourced from 11 vendors and offered over 20 fair trade certified products from Mexico, Ecuador, Peru, Argentina, Chile, and New Zealand. These fair trade items represented three different kinds of fair trade certifications: Fair for Life, Fair Trade International, and Fair Trade USA. Fair trade is more common in developing countries such as Mexico, but increasingly the need for similar practices in the United States, and Canada are being recognized. Organizations like the Agricultural Justice Project work with growers to bring similar high-bar social justice standards to the farms here at home in the United States and other fair trade certifiers are also developing domestic standards.

In addition to third party fair trade certifications OGC supports on-farm fair labor practices through programs like GROW - Organics Unlimited brand bananas.

Since 2005, OGC's sales of GROW bananas have resulted in donations of close to \$1 million to vision and dental clinics, education centers, student housing, school supplies, and scholarships in southern Mexico and Ecuador. Of that total, The Food Co-op has contributed \$11,939.40 through store sales.

Have more questions about OGC's efforts to support fair trade practices and on-farm social justice? Please contact Kimberlee Chambers, Sustainability Manager: [kchambers@organicallygrown.com](mailto:kchambers@organicallygrown.com).



"They whom truth and wisdom lead, can gather honey from a weed." –William Cowper





# CO-OP JOINS NATIONAL BICYCLE BENEFITS PROGRAM



Ride your bike, get a good deal. Three Port Townsend businesses are now part of the nationwide Bicycle Benefits program: the Food Co-op, the Pourhouse, and the Recyclery. The program is designed to encourage more bike traffic, increase customer loyalty amongst bike riding customers, and instantly become a bike-friendly establishment through participation.

“This is something I have long wanted to do – participate in a community-wide program to encourage bicycling. I hope other local businesses

will consider joining Bicycle Benefits; the more who participate, the better the results,” said Kenna Eaton, Food Co-op General Manager.

To reap the benefits, bicyclists must first purchase a Bicycle Benefits sticker for \$5 at any of these three businesses and attach the sticker to their bike helmet. Each time the participant rides to any of the participating businesses and shows their sticker, they receive a free or discounted item. The co-op gives a free apple, banana, or carrot per trip. Please let the cashier know your choice. The Pourhouse gives a \$1 off the first pint per trip. The Recyclery gives a bicycle sticker from the grab bag per trip.

Any business is welcome to sign up for the program at any time. For more information about other Bicycle Benefits communities and how the program works, please see [bicyclebenefits.org](http://bicyclebenefits.org).

# CONSIDER THE SOURCE

VENDOR NEWS FROM DEB SHORTESS, SIPS MANAGER



In the previous *Commons*, I wrote a little bit about some of our vendors that we have been purchasing from for 25 years or more. Here are three more produce vendors that we have had 25+ year relationships: Charlie’s Produce, Lazy J Tree Farm (Steve Johnson), Sunset Berry Farm (Rick Eason).

**Charlie’s Produce** has helped us grow, delivering to us just once a week in the early days to three days a week at the present time. Back when they delivered once a week,

Wednesday was our busiest day because the big delivery of fresh produce came in that day. We had only one walk-in cooler to store our dairy, produce, and other chill backstock. The organic department of Charlie’s helped to develop the Farmers Own brand for their Northwest farmer direct purchasing. Charlie’s distribution area centers on the Pacific Northwest, Montana, and Alaska.

**Lazy J Tree Farm** of Port Angeles is certified organic and has been certified since I have known the owner, Steve Johnson. In 2014, we purchased elephant garlic, a variety of apples, Asian pears, and fingerling and German butterball potatoes. There is a 2015 new crop of elephant garlic in our produce department now. Lazy J is also selling some of his goods to Charlie’s Produce for distribution.

**Sunset Berry Farm** in Sequim focuses on berries, of course. Rick Eason sells us mostly blueberries, although some years we were able to purchase some other berries. This year we were able to offer several of Rick’s blueberry plants for sale. There were a limited number of fresh berries this summer and we froze some of them. Look for Rick’s berries in the freezer this fall.



Rick Eason (left) and Brendon O’Shea, the Food Co-op’s Local Cultivator discuss Eason’s growing practices at the Sunset Berry Farm.

“Fun I love, but too much fun is of all things the most loathsome. Mirth is better than fun, and happiness is better than mirth.” – William Blake





**HAVE YOU NOTICED?** We have added a new electric car charging station to the west side of our building that can service two electric cars at the same time.

## GET INVOLVED!

The Board Development Committee meets the second Tuesday of each month at 5pm at the Clay Street office, 2131 Clay St. The chair of the Board Development Committee is Patricia Smith.



The Food System Development Committee meets monthly on the second Wednesday of each month at 5:30pm at the new Co-op Annex, 2110 Lawrence St., next to Crossroads Music. The Food System Development Committee co-chairs are David Wayne Johnson and Janet Welch.



The Member Engagement Committee meets monthly on the First Tuesday of the month at 11:30am at the Co-op's Clay Street office, 2131 Clay St. The Member Engagement Committee chair is Lisa Barclay.



The Board of Directors meets on the first Tuesday of each month from 5:30 to 8:30pm. at the Co-op Annex, 2110 Lawrence St. There is a 10-minute owner/member comment period at the beginning of each meeting.

**WIN A \$50 Store Card**

**GUESS THE WEIGHT OF THE GIANT PUMPKIN**

**Drawing Friday Oct. 30**

The Food Co-op will be closed on Thanksgiving and Christmas Days. On Christmas Eve, we close at 7pm. On Sunday, Nov. 8, and Sunday, Dec. 6, we will close early at 5pm for an all-staff meeting and our annual staff holiday party. We wish all of our customers a very happy holiday season.

"Mirth can be a major tool for insight, changing 'ha-ha' to 'aha'" – Unknown



# SHICHIMI TOGARASHI

Japanese 7 Spice

*Grind:*

- 2 tspn white sesame seeds, toasted
- 3 tspn Szechuan peppercorns
- 1 tspn dried seaweed
- 3 tspn dried citrus peel

*Add:*

- 3 tspn chili powder
- 1 tspn black sesame seed, toasted
- 1 tspn poppy seed, toasted

# CHILI POWDER

- 2 Tblspn paprika
- 2 Tblspn oregano
- 1¼ tspn cumin
- 1¼ tspn garlic powder
- 1¼ tspn cayenne
- ¾ tspn onion powder

# HARISSA

*Cover chilis with boiling water until soft:*

- 8 dried Guajillo chiles, stemmed & seeded (~2 oz.)
- 8 dried New Mexico chiles, stemmed & seeded (~1 1½oz.)

*Toast in a dry skillet:*

- ¼ tspn caraway seeds
- ¼ tspn coriander seeds
- ¼ tspn cumin seeds

*Put in grinder with 1 tspn dried mint leaves*

*Drain chilis, combine all in food processor:*

- 3 Tblspn extra-virgin olive oil
- 1½ tspn kosher salt
- 5 cloves garlic
- Juice of 1 lemon

*Transfer to jar, keep paste submerged in 1/2 olive oil.*

# Create Flavor POPCORN

- 4 Tblspn celery salt (or 1/2 salt/1/2 celery seed)
- 4 Tblspn dried parsley leaves
- 6 tspn garlic powder
- 6 tspn salt
- 6 tspn ground winter savory
- 2 tspn dried marjoram
- 2 tspn dried thyme
- 1 tspn pepper
- 1 tspn turmeric
- 1 tspn ground sage

# CURRY

- 2 Tblspn ground cumin seeds
- 5 Tblspn ground coriander seeds
- 1 Tblspn ground turmeric
- 2 tspn ground ginger root
- 2 tspn dry mustard
- 2 tspn ground fenugreek seeds
- 1½ tspn ground black pepper
- 1 tspn ground cinnamon

# EXPLORE YOUR OWN Blends

STORE SPICES OUT OF DIRECT SUNLIGHT IN A DRY, DARK AREA, AWAY FROM COOKING SURFACES



## SPICE TIPS

1. *Compliment* flavor (You cannot "un-spice"!)
2. *Keep it simple.* Use only 3-4 herbs/spices in one dish, unless your recipe calls for more.
3. *Add flavor* by crushing dried spices/herbs
4. *Season late* in the cooking, not too early!
5. *Use* 1/3 - 1/4 dried spices/herbs in place of fresh.
6. *Add* salt, black pepper, cayenne pepper, or garlic powder after cooking

*Experiment*  
with non-traditional pairings;  
**HEAT WITH SWEET**  
*or sweet with savory*



*Try* nutmeg in baked winter squash, béchamel sauce, or spinach dishes